

2023 SHPEP Alumni Spotlight: Ruby Nwoso



Hi, my name is Ruby Nwosu. I am a sophomore here at UofL studying nursing but still figuring out if I want to go pre-med or not. I am a Porter scholar and partake in their E-board as an event coordinator as well as an honor student. I enjoy running, dancing, and hanging out with friends. I did the SHPEP program last summer at the UofL campus. Right now I am looking at a nurse practitioner, MD, or CRNA.

I found out about this program through my sister, when she was in college she did this program and encouraged me last year to apply for it. She said it was a great way to learn more about the healthcare field and figure out the pathway I wanted to take. She mentioned how you got to meet with admissions and make connections with people I would see later in my journey.

My program was hybrid and for the most part the virtual was ok, they tried to make it as interactive as possible which I appreciate. I definitely enjoyed the program way more in person because I actually got to meet my peers and make connections that are usually harder to make sitting behind a computer. Being in person gave us the opportunity to hang out, explore, and have fun with everyone. I also learned much better in person so I was able to absorb and understand the material being taught to me.

This program confirmed my interest in healthcare because it allowed me to gain insight on how my career path would actually be. Being able to shadow and ask those important questions helped me confirm what I already knew I was going to do. Students should apply to SHPEP because they gain clinical exposure, networking with admissions and staff, and a chance to develop their healthcare skills plus you get to make the best friendships that will last a lifetime.

2023 SHPEP Alumni Spotlight: Ghadir Habeeb



Hello, my name is Ghadir Habeeb! My family and I immigrated to the U.S. from Iraq in 2011. I speak both Arabic and English. I am currently a University of Louisville sophomore majoring in psychology with a biology minor on the pre-dental track. I love all things lively and creative, so during my free time, I listen to music, draw, or hang out with friends! During weekends, I enjoy volunteering around my community and then later on relaxing with my two adorable cats when I get back home.

I am considering dentistry as my future career. I am passionate about oral health and specifically its impact on an individual's overall mental health and confidence. I also find the blend of science, creativity, and close patient interaction in dentistry incredibly fulfilling! After having numerous “light bulb” moments since I was a child or through volunteering/shadowing at dental clinics, I realized that dentistry was the perfect choice for me.

I found out about the SHPEP program from my freshmen-year peer advisor. She encouraged me to apply! I was ecstatic to apply after I asked the upperclassmen who had previously done a SHPEP program.

What interested me furthermore is the idea of bringing students from all around the country together in order to learn from each other and figure out how to tackle serious health equity problems.

The volunteering and shadowing opportunities were amazing and so helpful. One of the best opportunities that we received was being able to shadow University of Louisville dental students during their rotations. I learned so much from the dental students and I now know a 100% what I enjoy doing and why.

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During the virtual portion, we had amazing professors who were incredibly patient with us all and taught us courses that most of us had not taken before. We were all very nervous but our test scores improving at the end proves how great the lectures and group activities were! As a result, I felt prepared and confident starting my organic chemistry class in the fall after the SHPEP lectures. Both in person and virtually, we got to enjoy the guest speakers and professional schools that took the time to talk to us about what they do! I learned so much about other health careers. I came in knowing almost nothing about other healthcare careers, but in the end, I left knowing so much more. The best part about SHPEP is truly the knowledge and friendships you leave with. We all still keep in touch and help each other out when needed!

This program solidified my decision to choose dentistry. I have always known I wanted to pursue dentistry since I was young but SHPEP allowed me to get exposed to all of the different parts of dentistry that I have never seen before. I was at first worried about the program changing my mind but the opposite happened!

The volunteering and shadowing opportunities were amazing and so helpful. One of the best opportunities that we received was being able to shadow University of Louisville dental students during their rotations. I learned so much from the dental students and I now know a 100% what I enjoy doing and why.

Students interested in a healthcare career should apply to SHPEP because it is very rewarding and exciting! As pre-healthcare students, it is very important for us to expose ourselves to various parts of our desired careers in order to understand our “why”. I witnessed my peers changing career paths, becoming more confident, and gaining new mentors through this free program.

2023 SHPEP Alumni Spotlight: Bidhu Sharma



My name is Bidhu Sharma, and I'm a second-year undergraduate student at the University of Louisville. I'm pursuing an individualized major with minors in biology and philosophy, along with concentrations in ethics and chemistry. In my free time, I conduct research in Dr. Running's lab and lead HumTum, an organization which seeks to teach Hindi to pre-health students to better prepare them for treating Hindi speaking patients.

I am interested in a career in medicine as a physician. I found out about SHPEP through my introductory Biology class in my first semester. I enjoy participating in structured summer programs, and I was very interested in SHPEP when I saw the activities provided on the program's website. I attended the program at the University of Louisville, and truly enjoyed both the virtual and in-person segments. The in-person portion, however, was my favorite. I loved the opportunity to connect with students with similar interests as me, and I was blown away by the opportunities for mentorship through the program. With regard to the programming, I appreciated the scope of topics within medicine that were discussed, as well as the emphasis on public health and health equity. Attending SHPEP further confirmed my interest in healthcare, and I wholeheartedly recommend all pre-health students to apply. The program will provide fantastic insights into several aspects of healthcare, and it will open countless doors for invaluable connections and mentorship.