

Tv journal entry

[Linguistics](#), [English](#)



I still have vivid memories of hot afternoons helping my mother, an Eastern pharmacist, pick wild herbs and grinding shrubs for medication to cure my father's lung infection after he returned from a Communist re-education in Vietnam. I liked the way our homemade medicine helped my father feel better. I was fascinated such simple formulas could make a sick person better. I was influenced greatly by my mother's work, hoping to become a pharmacist in Vietnam. However, to escape persecution under the Communist, my family came to America. I was filled with emotions of fear and anticipation of the unknown. Life in America was filled with adversity. I attended school with English being my second language. This was the greatest challenge. I truly believe this is what pushed me harder to succeed and essentially molded my work ethic. I became more determined and disciplined. This drive kept the vision of succeeding in the profession of providing patient care.

My hard work and determination can be seen in the course of my academic journey. One of my proudest milestones was to graduate with honors in high school despite my language limitations and to gain acceptance to the University of Minnesota. While attending the University of Minnesota, I was honored by belonging to the National Society of Collegiate Scholars. I was also recognized by the National Name Exchange Program based on my demonstrated academic merit. I have been honored by the Multicultural Center for Academic Excellence. During my undergraduate studies, I've worked extensively with Dr. LaDora Thompson. One of my first projects was to evaluate the effect of endurance training on diabetic skeletal muscle adaptations in the context of diabetic neuropathy. Another project is my

research on apoptosis, one of the main types of programmed cell death. The purpose of this research was to determine the correlation between apoptotic and atrophy of aging skeletal fibers. I have stained and examined thousands of skeletal fiber cells in both young and old rats to determine their size and apoptotic signals. I believe my academic journey has prepared me for the heavy workload of pharmacy school.

I have also volunteered in Vietnam over the summer. I worked in the internal medicine department at the pharmacy clinic where my relatives work. My duties included helping patients walk after a surgery and assisting them to the bathroom. I have also worked at the Snyder Drug Emporium. I was able to assist my aunts while they counseled their patients about the side effects of the drugs. My direct contact with patients, pharmacists, doctors and nurses enabled me to gain valuable experience.

The influences of my childhood, academic background, volunteer and research experience have combined to instill in me a passion for my decision to become a doctor of pharmacy. I feel that my background has made me mentally and emotionally prepared to commit to the pharmacy profession. If I am admitted to your school it will be another step in carrying out my dream.