

I was first introduced to the *On Track* program my sophomore year of High school. I immediately felt so excited that we had the opportunity to expand our knowledge on the medical field and the many exciting paths and opportunities. Because of the *On Track* program, I was able to be part of lab research, internships, physician/nurse shadowing, medical interpreter shadowing, OHSU hospital and school touring, and be able to speak 1 on 1 with medical students from different fields and background. It gave me the confidence to think beyond High school, and start thinking on my future.

Applying to college is extremely intimidating especially when you're first generation college student and most of our parents only spoke Spanish. The *On Track* program gave me the tools to apply to college and explore the many careers that are available. After 4 years I am now a graduate from Portland State University with a BS in Clinical Public Health and Minor in Aging Services. The *ON Track* program is extremely important and necessary for Woodburn students. It opens the door to different resources and experiences, it inspires students to explore medical careers and continue their studies. The *On Track* program, cares about its students and I have kept a constant channel of communication with them, I plan to volunteer and support this program as they did for me.