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Career Aspirations in Medicine

FOR CHINA AIDS FUND'S
AAYP SCHOLARSHIP 2026

PRESENTED BY
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Introduction

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I'm Cindy, a graduate from Brooklyn College and the Macaulay Honors College last Spring who majored in Political Science and minored in Women's and Gender Studies while being on the pre-med track.

Why pre-med?

- My father, an internist at Elmhurst, exposed me to how a primary care physician gives back to an underserved community by being a guide and educator.
- I shadowed physicians throughout high school and college in Flushing, which allowed me to observe different specialties.
 - It led me to be interested in pediatrics and cardiology.

Why major in the humanities?

- Everything is shaped by policy and norms, directly impacting healthcare.
- We need the sciences and the arts.

I currently work as a Research Fellow in Cardio-Urology at SUNY Downstate Health Sciences University while also freelancing as a Creative Department Assistant at the Mount Sinai Health System.

I will be attending SUNY Downstate College of Medicine this August as an incoming first year medical student.



CINDY LIN

CLINICAL EXPERIENCE

02



Shadowing

- Pediatrics
- Podiatry
- Pulmonology
- Neurology
- Cardiology
- Urology

Volunteering at NYPQ Hospital

- Pre-Surgical Testing
- Pre-Operative Services
- Med-Surg Unit

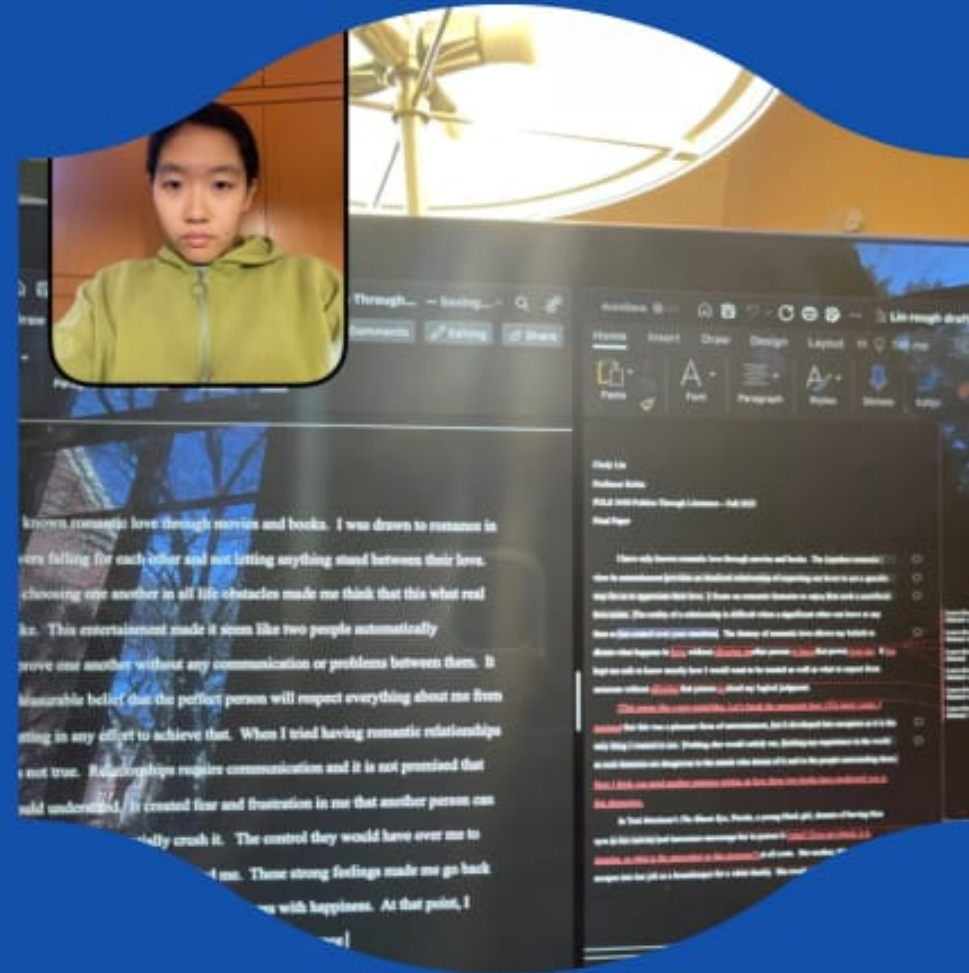
College Studies

03



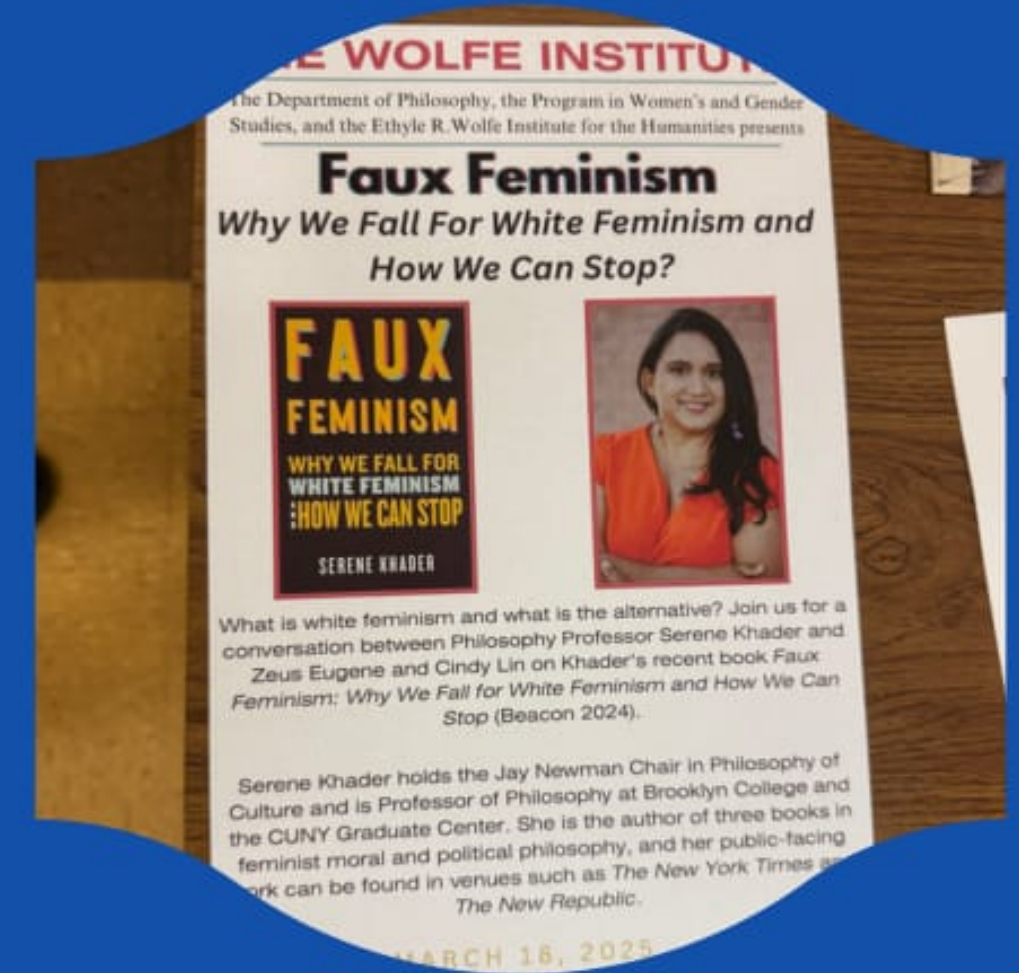
PRE-MEDICAL

The science-focused curriculum and MCAT taught me patience, resilience, and routine.



POLITICAL SCIENCE

Political theory revolutionized my thinking to see how all of our choices are political formations.



WOMEN'S AND GENDER STUDIES

From reading Jane Austen's "Emma", I became passionate about women's rights and connect it to politics and health. It led me to join the NYBCAP Associate Board!

Peer Mentoring

04

5. How can your Peer Mentor improve? (different material, going too fast/slow, clarity, etc)

I believe you are doing a great job in helping out/Providing Support at a well pace matter.

6. Is there anything else you would like to share?

I hope both of us are able to achieve our future goals.

5. How can your Peer Mentor improve? (different material, going too fast/slow, clarity, etc)

Cindy is actually a great mentor. she comes in ready to share information regarding the college life

Thank You!

- The peer mentoring program assigns one mentor to a first-year seminar of 20 students where they attend one lecture a week to present on short topics like time management, study tips, and scheduling.
- I've been a peer mentor at Brooklyn College for 6 semesters who has eased the transition between high school and college for freshmen.
- Through being in this position, I learned about proactiveness, college resources, and how important it is to be present in people's lives, even from the little things.

6. Is there anything else you would like to share?

I love your energy, you're always bubbly, a pleasure to have in class.



Marketing

05

TEDxCUNY

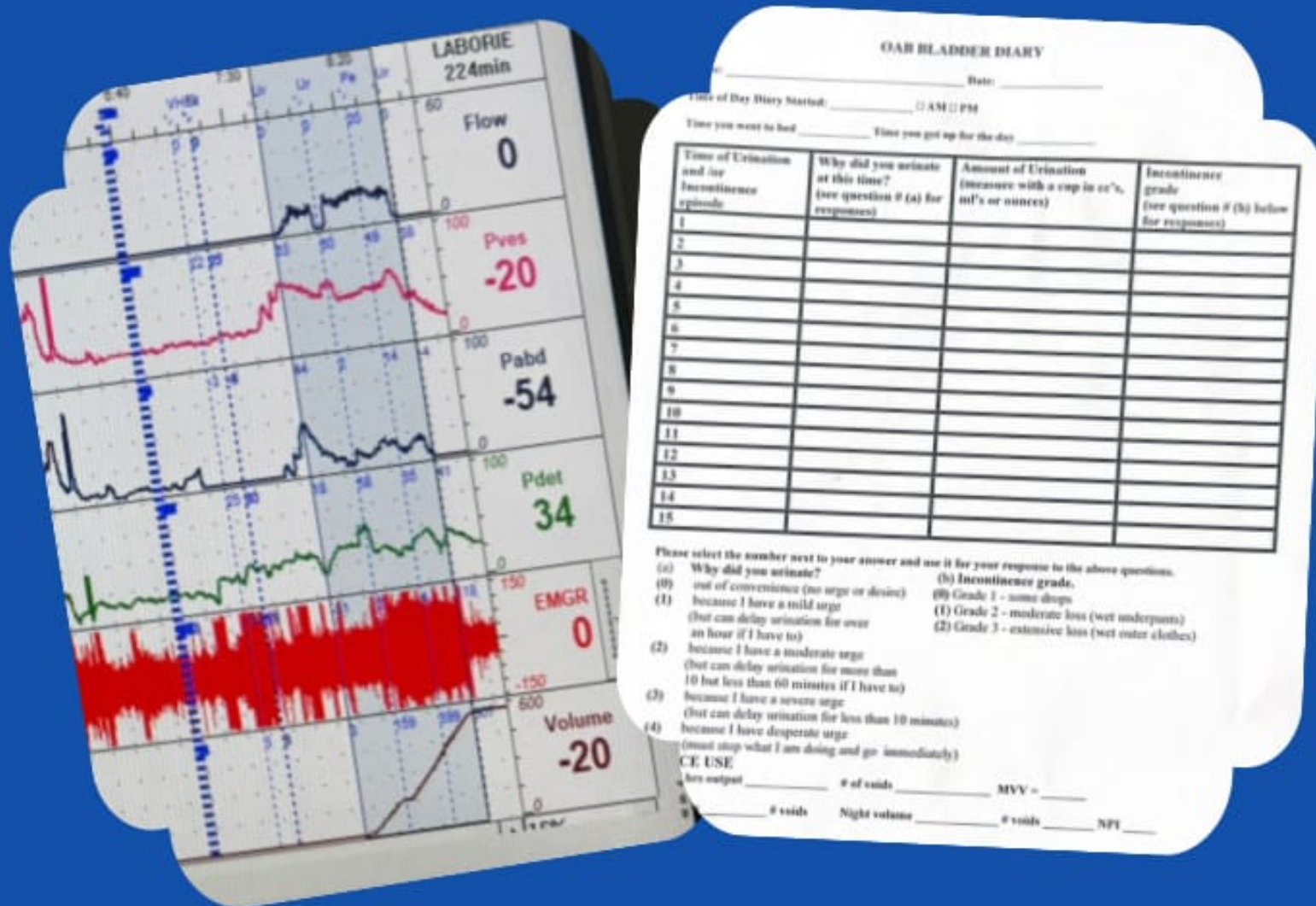
Throughout college, I was on the Media and Marketing Subteam in promoting TEDx speakers in their talks. I became passionate about how we message to the audience and educate people about the voices at CUNY.

MOUNT SINAI

I started as an intern in content marketing at Mount Sinai in drafting consumer health posts and continued as a freelancer in video editing and podcast notes in post-production on shows like *The Vitals*. This aligns with my mission in making health education accessible and understandable to the public.



Clinical Research



As a Research Fellow in Cardio-Urology, I work on studies that explain nocturia, the symptom of waking up at night to urinate, is a cardiovascular symptom.

We see this in people with high blood pressure or hypertension. With fluid overload and the position of sleeping horizontally at night, it allows for our heart to have an easier time circulate and increase urine output.

I also work in urology studies as I data extract urodynamic studies (UDS) that combines 24-hour voiding diaries and questionnaires. We will use this data to explain lower urinary tract symptoms, polyuria, and overactive bladder – connecting an invasive procedure (UDS) to a patient-recorded log (Voiding diary).

Thank You! + Q&A

2026

Thank you to the Board Members of the China AIDs Fund for this opportunity to intern and present!

Special Thank You to all the people who helped me get closer to my dream as a physician:

- My family: Mom, Dad, Stanley, Brenda, Jake
- Drs. Weiss, Lazar, Blaivas, Cheung, Jerard, Sabogal, Lao, Lee, Tran, Yin, Shaw
- Brooklyn College Staff: Dr. Silbering, Professors Robin, Khader, Dowd, Sandeman, Carly, Dr. Schwebel, Mr. Stewart, Georgia, Serafina