



# Public Health Study Abroad, 2019 Sandra Ovuegbe, Public Health, Dec 2020

INTELLECTUAL  
ACHIEVEMENT

## SUMMARY

*Last summer, I travelled to Guadalajara, Mexico for a Public Health Study Abroad Program.*

*Through this program, I experienced public health field work and research in a global setting. With a combination of classroom instruction, hospital, tours and team effort, all interns worked to collect data for our final individual research papers on Health Care Systems. My 15-page paper focused on US vs Mexico's Health Care System; Why our health care system is failing, and what we can emulate from Mexico. Participating in this experience fueled my passion for ethnographic research and encouraged me to be more confident in my abilities. Communication with physicians and other hospital staff improved my Spanish speaking abilities and professionalism.*



## SPICES

**Intellectual Achievement:** *This experience helped me gain confidence in writing research papers, speaking professionally with physicians, and increased my knowledge on Mexico's healthcare system.*

## HERBS

**Benevolence:** *My paper proposed solutions to the US Health Care System to aid underprivileged Americans*  
**Support:** *All interns worked hard as a team to see project through.*

## LEARNING OUTCOMES

**Intellectual Dexterity:** *Acquired knowledge of foreign health care systems doing a combination of data collection and in-class learning.*

**Intercultural confidence:** *Improved my confidence in communicating in Spanish. Acquired cultural sensitivity from interactions with locals*

**Team learning:** *Worked as a team with fellow interns doing data collection and analysis*



## IMPACT

**Impact on myself:** *This experience encouraged me to pursue research as a career choice. I was also able to immerse myself in a different culture which improved my cultural sensitivity. Communication with foreign intellectuals took me out of my comfort zone and increased my self confidence.*

**Impact on Guadalajara/ team mates:** *Experience made us all view the world as a global village with the ability to communicate with nearly anyone. Professors and Physicians appreciated our inquisitiveness and hard work towards wanting to create a better society for ourselves and others.*

## ADVICE

*Study Abroads may seem very complicated and sometimes scary but if it appeals to you, go for it! There's a lot to learn and experience. Don't let anything limit your accomplishments. Remember there are people on campus to help you*