

Dear Future MLS Student,

If you're reading this it's probably because you are curious about the clinical internship year as a Medical Laboratory Science student at UPMC Chautauqua. Now this year is hard, I'm going to be frank. There was nothing easy about learning something new every day. I remember sitting in the classroom as we started parasitology and just asking myself how am I going to learn all this information? Can I really do this? Just how am I going to make it to the end? Can I pass the certification exam?

There was so much unknown going into the clinical year but I had no control over that. My best advice is to stay in the present and don't worry about what will happen in the end. If you're answering a multiple choice question, if you are doing homework, or listening to a lecture in that moment make sure you are really thinking and understanding. If you think the clinical year gets easier, you're wrong. It is really going to test your ability to stay disciplined, focused, and persevere. In order to complete this program you are going to have to sacrifice a lot of your time and dedicate it to studying. At some point you are going to feel like it is never ending but you just have to keep pushing yourself. If you sacrifice this time now you will be rewarded in the future and trust me, it will all be worth it. There were days I did not want to get up, study, or do homework but I did because I knew it would pay off. As time goes by you will notice how much knowledge you are gaining and how you can apply it. As you gain knowledge you need to start trusting yourself and be confident that you do know the information. Always strive to know more and ask questions if you are unsure or curious about something, that is how pieces come together. Try your best to stick to a strict studying schedule because cramming is the last thing you want to do. You want to make sure you are taking care of yourself by eating healthy meals and getting enough sleep so you can give 100% throughout the day.

My last advice would be to really try to enjoy the tears and laughs that come with this year because in the blink of an eye it will end. Believe in yourself and put in the work and you will be happy you did it.

Best Wishes,
Nicole, Class of 2023
SUNY Brockport Graduate