

Emily Gilbert-Esparza, MPH

MPH Emphasis: Infectious Diseases and Zoonoses (Dec. 2021)

MPH Applied Practice Experience: Worked on a project with the Riley County Health Department involving COVID-19 testing and vaccination clinics. Also completed a survey and analysis of K-State students regarding vaccine hesitancy.

Current Position: Regional Field Epidemiologist at the Kansas Department of Health and Environment. Starting Medical School in the summer of 2024.



Career Advice: My advice would be to choose experiences that align with your goals. Truly understand what you're doing and the importance of it so you can talk in detail about it during interviews. Engage in activities that are meaningful to you, not just to fill space on a resume or application. Interviewers and potential schools/employers can tell when it's all fluff! I also think it's important to take the time to create a well-drafted CV/resume and have it reviewed by multiple different people. Always be prepared! Lastly, no one's journey is the same and nothing is ever linear! Be able to go with the flow, make your own choices, and don't compare yourself or your journey to others.

Practical Tips: Time-blocking is helpful when trying to manage studying and the rest of your life. Block out times on your calendar for studying, silence electronics, and focus on studying. Spaced repetition, such as Anki, is useful for retaining content.