



Preeti CHEMITI

Sheyenne High School,
West Fargo, ND



I graduated from Sheyenne High School in West Fargo, ND, where I was involved in ND HOSA for all four years of high school at the school level and the state level.

- ◆ State: Secretary – sophomore year, Vice President – junior year, President-senior year
- ◆ Sheyenne High School: Vice President – junior year, President – senior year

One of my favorite memories from HOSA was attending the 2016 International Leadership Conference after my freshman year of high school. I competed in Prepared Speaking and received second place! It was an indescribable experience to be recognized onstage and know the work I invested had paid off. It was the first time a HOSA member from North Dakota had placed in the top 10 at a national competition, which made the experience more memorable.

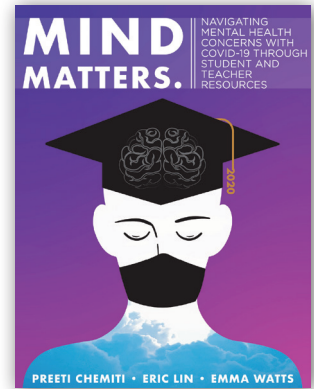
HOSA helped me become a much more confident and poised individual. Moreover, it was critical for allowing me to explore career options at a young age. Getting hands-on experience was invaluable for me, and connecting with adults in the fields I was interested in was very important as I tried to plan for my career. I am thankful for the phenomenal help of high school advisors, including Mrs. Strand-Rysgaard,

who encouraged me to try out for opportunities.

I have a personal philosophy of pursuing my interests and passions, even if they seem to be distinct from one another. So, I participated in several work-based learning experiences in high school and college.

- ◆ In high school, a semester-long capstone project at NDSU's School of Pharmacy where I predominantly conducted research on drug delivery systems.
- ◆ In college, I was a political data intern for the non-profit and non-partisan organization, *We Vote*, and I interned with the U.S. Department of State in the Bureau of Legislative Affairs.
- ◆ In the summer of 2022, I completed two separate opportunities:
 - Working as a judicial intern for the U.S. District Court in the Eastern District of New York.
 - A Critical Language Scholarship in Jaipur, India, through the U.S. Department of State. I greatly enjoyed learning abroad!

In the summer of 2020, I received a grant from Princeton University that I put towards authoring *Mind Matters*, a comprehensive mental health guidebook written by and for students during the



pandemic. Since the book's publication in August 2020, it has received more than 6,000 downloads nationally! It's been an incredibly fulfilling experience.

During my time in college, I have explored international relations, health policy, and law – all of which I love! I firmly believe this intersectional approach to my education will prepare me well for my future career. I am fortunate to have well-rounded exposure to a myriad of subjects and can thus search for more diverse career opportunities down the line. My biggest piece of advice is that if you have multiple interests, you can pursue them! Many careers bridge skills and knowledge from a variety of disciplines.

As you are actively preparing for your postsecondary plans, take a deep breath! Take a moment to reflect on everything you've learned thus far, and how you might want to apply that knowledge in the future. It's perfectly okay to not have everything planned out immediately.