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Dear Class of 2023,

Hi there! I am currently writing to you from the clinical rotation of the Medical Laboratory Science Program at UPMC Chautauqua. As I am nearing the end of my 11 months in this program, I wanted to reach out to you all and offer you some insight and advice for your internship year. I know how nerve-wracking it can be to look at this program from the outside, and my hope is that this helps you to feel prepared (because you are!) and confident (because you deserve to be!).

This year may challenge you, and I am willing to bet you might have a few slips here and there, and that's okay. All you need to get back up is to know that you can. Everyone here believes in you, and you should too. Believing in yourself and getting over the imposter-syndrome-feeling of being in over your head is the first and most important step in finding success here.

It will feel overwhelming at first- a lot of homework, exams, and lectures to get through. When it comes to this mountain, organization and good time management will help you scale it and come down the other side with only minor scrapes and bruises. Once its all over, you will be so proud to look back on what you have been able to overcome, and you can look forward to the future excitedly and know that you now have what it takes to be a great medical technologist.

It is easy to feel defeated as you go through this program, but just know that you are surrounded by an unlimited amount of people that want to help you and see you succeed. No one can do it on their own- utilizing your teachers, your peers, and other technologists will make this year a lot more bearable.

At the end of the day, sure, you need to do homework, study, and read, but the most important thing is to keep a positive attitude. Once you can start each day with a positive outlook and a mindset that will allow you to grow, everything else will become exponentially easier.

You will get out of this program exactly what you put into it. Good luck, and I wish you nothing but success. I promise your time here will fly by,

Best wishes,

A student from the class of 2022

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