

When I came to the United States of America in 2016, I never thought not being a citizen or permanent resident of this country would hinder me from dreams I went to the United States to pursue. Growing up in Nigeria, I never envisioned myself going into the medical field, but seeing the way lives were lost every day, I always wanted to be a part of the solution. I joined several medical projects like the W.E.B DuBois Scholars Institute, where I was a Pre-med scholar. I was fascinated by how doctors were able to transform medical conditions. I wanted to remain a part of this, so I decided to start speaking up for people like me who do not have access to good medical facilities. As a strong advocate for community service, it was a great honor to be able to organize a project that could better the lives of countless individuals. As the leader of my project, I focused mainly on immigrants of this country who do not have access to medical insurance and teenagers with mental issues.

Acceptance of everyone, regardless of status, has become an abstract concept in America and I wanted to bring this to light. I believe people should not be excluded from the medical services of this country because they weren't born here or don't have any documentation. As an immigrant, I know how dangerous it could be for one not to feel good and not know the cause or have an illness and be unable to do anything about it. And as a teenager, not having the right resources during hard and depressing times, could lead to a mental shutdown which could cause health problems. Teenagers in the world today are expected to manage their emotions at all times and as a result, there are no psychological resources that help us when we aren't able to help ourselves.

With this said, for my community service project, I organized a weekend, where every person, regardless of age, immigration status, background or religion, came for a complete

physical and dental checkup. They found out whether they are in good health and are maintaining the right diet for a healthy lifestyle. There were different stations for a blood pressure check, BMI, heart rate, cholesterol level, vision check, and blood sugar level. I also had a station where young individuals who had an interest in psychologists serve as volunteers. They had productive conversations about issues teens face with young adults of their age group. The event was open to the entire community and would be from 6:30pm-9: 00pm.

I hope that this project helped immigrants, especially Africans realize that they were as important as every other person in this country and their health matters. I hope that it brought people together and helped us realize that what separates us is our knowledge. I hope teens realized that they are not alone in their struggles and someone does care about how they feel. I want to be a light of hope to immigrants in the United States who believe they cannot make a difference in the world.