

ANSHRUTA CHIDANANDA



MAJOR: BIOLOGICAL SCIENCES

MINOR: COGNITIVE SCIENCE, NUTRITION

SASHP INVOLVEMENT:

- Peer Mentor
- Peer Tutor

ADDITIONAL ACTIVITIES:

- Rutgers Health Hackathon
- RU College Avenue Players
- RU American Medical Student Association
- Chess Club

WHAT PART OF THE SASHP HAS HAD THE BIGGEST IMPACT ON YOUR COLLEGE CAREER?

The lasting relationships I have made in the honors community throughout my time at Rutgers, along with the meaningful opportunities offered by the SASHP, which helps members gain a head-start in their college careers.

ANSHRUTA ON LEADERSHIP & DEVELOPMENT

The outcomes of holding a leadership position are measured by the impact of the leader's work on those around them. My role as a student leader emphasizes collaboration, innovation, and inspiration to others to create positive change.

Entering Rutgers as an eager, yet overwhelmed underclassman, I initially focused on joining various diverse groups in hopes of finding my footing within the Rutgers community. I took on more passive roles with clear-cut responsibilities, as I was trying to figure out what I wanted out of my extracurricular experiences.

As I became more involved at Rutgers, I progressed into more active leadership roles, in which I saw my impact in those around me. As Co-President of AMSA, I work with my executive board to put on meaningful meetings for our members to help them navigate their pre-health journeys. Having been External Events Co-Coordinator of APSEA, I reorganized the format of our free health screenings into a station layout and have seen the improved efficiency in our screenings, including reduced wait time for patients, first-hand.

An active member of the SASHP, I became an honors peer tutor and honors peer mentor. In these roles, I was able to empower my tutees and mentees by equipping them with problem-solving strategies where I am a resource for them, not there to simply provide answers. This approach has helped my tutees and mentees build self-confidence, as they now feel that they have the tools to improve themselves and independently learn about the world around them.