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August 26, 2019.

When I first moved to DC, I had no idea what to expect. I was born and raised in a small town in southeast Alabama, and that was all I knew. However, I always felt the urge to go outside of my comfort zone and see what opportunities and new adventures I could experience. In December of 2018, I completed my master's degree and moved to DC the next month to pursue my PhD in Epidemiology. I packed up my car, and whatever I couldn't fit into it I sold or donated. Thus, began my new adventure!

As a first-year graduate student at GW, I wanted to make sure that I took advantage of every opportunity that presented itself. I got an email about GW Career Quest and immediately started to go through the application process. It's funny because I almost didn't submit my application. I thought, "My chances of getting selected are probably pretty low since I am a new student here." I am so glad I didn't give in to self-doubt.

GW Career Quest has been one of the best experiences I have had in DC thus far! My favorite part of the trip was my roommate. She and I got along really well, and that made the experience even more enjoyable. Each site visit had something new to offer. I was only interested in one site initially, but because I kept an open mind, I was able to learn something valuable from each location.

Boston was absolutely gorgeous! I had my first lobster roll (a native Boston dish that was delicious), and I even had the opportunity to visit faculty at Harvard University during my free time and learn more about research efforts in the program. My advice to anyone interested in GW Career Quest would be:

1. Keep an open mind about each site visit.
2. Take advantage of going to a new city.
3. Try a new food! 😊

Ultimately, just have fun. You never know what is out there if you don't push yourself. "A comfort zone is a beautiful place, but nothing ever grows there." Best of luck!