For the past two years, I have been thinking of enrolling in the School of Pharmacy in the UK to earn my bachelor's degree. I am interested to explore the facts written on the medications and supplements. I enjoy reading the benefits of these medications to treat diseases and the vitamins' types and sites of actions to promote the human health. I personally do not skip having my own daily dose of vitamins as I have a good knowledge about different types of vitamins or minerals and their indications of use. I am interested to nurture and thrive towards the pharaceuticals studies with a professional profound learning experience at the school of pharmacy once I complete my high school education in Kuwait.

Furthermore, I have dedicated my time and energy on my studies daily in order to gain the best GPA possible that qualifies me to join the school of pharmacy this year. Because of my strategic management of my efforts, I have been able to have grade A in most of my school classes during the academic years. I enjoy my summer vacations to spend my spare time supporting patients who need home care and assistance.

This has allowed me to daily watch their recoveries after they start a course of medication. It helps me to link the indications of drug use to the medication mechanism of action to cure or control diseases. Also, I have learned to pay attention to precautions, contraindications and drug interactions. This is so always crucial to know prior to any drug use.

In addition, I have developed a skill to organize materials according to a specific order in terms of their types, expiry dates and manufacturer information. When I was a teenager I used to practice this habit in my home kitchen and food storage room. I used to exercise once monthly to enhance my mental skills of organization for my future career as a pharmacist.

Also, I have developed my cumulative knowledge in science during my journey of education with specific attention to classes of chemistry, biology and math knowing that they are the platform of my future study in the pharmacy program. My science major studies in high school have focused not only on the quality of the science classes but also on the laboratory experiences in order to have strong knowledge so I can pursue pharmacy with confidence in the future. Since grade 1 to grade 6 I was studying at the British school of Kuwait. Later, I joined the American School of Kuwait and then American Academy school for girls . Both of these academies have added an absolute significant value to my education quality.

Nevertheless, I have done a research on ginger and it’s benefits on respiratory function and health. I have taken a sample of 100 patients of age 35-60 years old ( males and non pregnant females) who have a medical history of respiratory disease ( flu) during the covid 19 crisis. I have requested 90 patients as a dependent variable to eat 4 grams of ginger in their daily diet for at least a month during their sickness. On the other hand, the second sample is an independent variable of the remaining 10 patients who have been requested to avoid eating ginger daily for the same period of time during similar sickness. The control sample is 90 people without significant medical findings from age 35-60 yrs ( both genders) who have been requested to not eat ginger in their daily diet. My abstract has showed that first dependent variable of 90 patients have better recovery journey during their respiratory disease because ginger has the benefits to booster the immune system and help the lungs to expel dirts which has helped the patients to feel better. However, the second independent variable reported that they have suffered from airway congestion. I conclude from my data and patients observations that ginger intake helps patients to improve their respiratory and immune functions in comparison to the control sample.

Last but not least, because of my past preparation, I am very confident that pursuing pharmacy program at your school will both provide me the qualification and advance my competency to understand the world of pharmaceuticals which is one of the main lines in the field of health care.

Overall, my efforts for the past years are coherently directed to succeed and enrol in the School of Pharmacy in the near future by joining competent academies, building my general knowledge in the field of medications and assisting patients. I believe that every gradual step I am accomplishing  will make me to graduate one day from the School of Pharmacy, and your school is expected to meet my goals.