

Jenny Cho

## SNUCMAA Scholarship Progress Report

I am currently in my second quarter of freshman year at UCLA. Due to remote learning, the glamour of university life that were advertised to me prior to my entrance to college are nonexistent. However, with the financial and moral support I received from Seoul National University College of Medicine Alumni Association (SNUCMAA), I was able to spend this past year in good health and with minimal financial burden. The first step I took upon receiving this scholarship was purchase the required textbooks for my classes. In addition to required textbooks, this scholarship allowed me to purchase outside study resources, which has been especially helpful for my success in my classes. For example, I purchased “Practice Problems For C++ Beginners: Moving Beyond The Basics”, a practice coding workbook written by a former CS professor at UCLA, as well as a C reference manual, which enabled me to better comprehend the similarities between various coding languages!



Moreover, I became an active participant in my school’s Association for Computing Machinery (ACM) by attending online events and workshops that provide students with lessons and introductions to a variety of fields in STEM. Recently, I have been attending workshops to learn React Native, a cross-platform coding language that enables mobile apps to be built on both IOS and Android platforms. I also attended my first ever hackathon called Hack of the Hill (HOTH), where I coded my first game. In the upcoming days, I am looking forward to enhancing my knowledge on the ethics of artificial intelligence.

However, SNUCMAA’s scholarship has done more than just provide me the means to enhance my academic endeavors. Their support for my fight against negative body-image and fatshaming inspired me to take my own steps to study proper nutrition and fitness. This past year, I focused immensely on my personal health recovery, understanding the ingredients laid upon every nutrition label of every food item I bought in grocery stores, experimenting with various

exercises that aid with strengthening essential parts of my body, and studying what foods react well and poorly with my body. To my surprise, I discovered that I do not react well to certain meat and dairy products, and I now limit my intake on the very foods that caused me discomfort. In the past year alone, I lost over 30 pounds, or 13kg, from my prioritizing my health. In addition, I noticed drastic improvements in my skin complexion and overall mood.

As an aspiring software engineer and nutritionist, I believe I am taking the right steps to turn my aspirations into reality. Given the current health crisis in America, I feel incredibly grateful to be placed in a position in which I can take care of my health. My own health journey elucidated the misleading nature of many weight and body-related information that are exposed to me and many others in the media. It further emphasized to me the importance of my receiving an education. I aim to utilize technology to bust misleading information of all kinds, reform our societal perception of health and fitness, and provide mentorship to others who are also on the path to recovery. Thank you once again to the SNUCMAA community for welcoming me and my ambitions with open arms! I genuinely feel that this reward was a blessing, one that gave me both an academic push and a recovery to a fulfilling life.