

**Interview (Part 1) with Dr. Stephanie Baker on April 25, 2023**

0:00:02.950,0:00:05.980

Good evening, Stephanie. It's so nice to see you.

0:00:06.190,0:00:08.130

Hey, how are you?

0:00:08.150,0:00:22.980

I am so happy that you have some time to talk to me today. I really appreciate you taking the time to share your story with us. Let me begin with by reading your bio and a brief introduction about the project. Okay.

0:00:23.120,0:00:23.810

Right.

0:00:24.090,0:00:35.320

Dr. Stephanie Baker grew up in Silver Spring, Maryland in a Latino immigrant family and a single parent household. She now lives with her husband in Los Angeles.

0:00:35.450,0:00:47.860

Her childhood experiences exposed her to health disparities in low income communities, especially the Latino immigrant community. This led her to dream of becoming a community doctor

0:00:47.930,0:00:51.050

working with low-income, immigrant communities.

0:00:51.300,0:00:59.370

Dr. Baker is bilingual and bicultural, having spent part of her childhood in her mother's home country of Guatemala

0:00:59.780,0:01:04.170

Baker attended Montgomery College from 2008 to 2010

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earning a master's degree in biology at UMBC, University of Maryland, Baltimore County, and a Master's degree in Medical Sciences at Loma Linda University in Southern California.

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After a long journey and struggles to overcome a learning disability. Dr. Baker earned her medical degree at Loma Linda.

0:01:25.400,0:01:32.340

Dr. Baker is now a family medicine resident at Harbor, UCLA Medical Center in Los Angeles.

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where she works with low-income and immigrant communities. Dr. Baker will share her story of her educational journey at MC and explain how her experience of growing up between cultures led her to a fulfilling career in medicine.

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Thank you so much for telling me this story. I think it's very important. As you know, my name is Heather Bruce Satrom, and I teach in ELAP, English Language for Academic Purposes at Montgomery College.

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This project is called History in the Making: Documenting Stories of Immigrant and Refugee Students at Montgomery College. The goal is to help others better understand the

0:02:11.990,0:02:14.790

experiences of immigrants and immigrant families

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and telling your story will enable others to better understand the challenges that immigrants experience, and better appreciate the resilience and perseverance of people in your community. So I'm grateful for your participation.

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You had a chance to read the questions in advance. But please note that all of the questions are optional. If you want to skip a question, that's fine. If you need to take a break, that's also fine.

0:02:40.260,0:02:47.350  
and we'll take about an hour for our conversation. Today is Tuesday, April 25th, 2023.

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Could you please tell me your full name?

0:02:50.500,0:02:55.740  
Stephanie Baker. Do I have permission to record this interview?

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Where do you live now, and what kind of work do you do?

0:03:00.500,0:03:08.790  
I currently live in LA, Los Angeles, California, and I'm a second-year Family Medicine resident at Harbor UCLA

0:03:09.550,0:03:11.120  
Congratulations.

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Thank you.

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When were you a student at Montgomery College?

0:03:15.250,0:03:26.310  
I was there from Fall 2008 very long time to fall of 2010 and where I earned an associate degree.

0:03:26.460,0:03:28.390  
What was your associates degree in?

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To be honest, I don't remember, I think it was something to do about medical sciences.

0:03:32.810,0:03:36.720  
Okay and why did you choose to go to Montgomery College?

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At the time

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my parents were divorced, there was no money in the household, and so for me it was a stepping stone, my only entry way to go into a 4-year school. I didn't have the money to afford a 4 -year school, but I could afford Montgomery College. And so for me, it was

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basically

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my opportunity to go to college.

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and I believe one of your siblings also attended Montgomery College. Is that right?

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Yeah. My younger brother attended for some time about a year after started a year after I did.

0:04:14.570,0:04:32.580  
Okay, I I would love for you to share your story, because I think it's important to share the story as someone who is bicultural and bilingual, and I know you were born in the United States. But you had the opportunity to live in your mother's home country of Guatemala.

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Oh, were you born in Takoma Park, Maryland?

0:04:35.410,0:04:38.110  
Yes, I was born in the Adventist hospital here.

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and so tell me a little bit about your experience growing up in Takoma Park, Maryland and your experience then discovering or learning more about your mother's home country.

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Okay, so a little bit about

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Well, I mean, at that time it was kind of going. When I was growing up about the decade it was going, changing from a mostly predominantly Caucasian older

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neighborhood to more of a Latino neighborhood. Now it's mostly Latinos, and I think some of the people who are there now are other immigrant people from like other countries like African countries and everything. So it's. The neighborhoods changed a little bit

0:05:23.820,0:05:42.200  
most of the time where I lived was about a mile away from Langley Park, and I think it's pronounced Langley Park. But coming from when I growing up, how I did. It's Langry Park for us, and so I just always have to make that correction. It's just interesting, so I call it Langley Park. What did you call it Langry Park?

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It's an "r" instead. Fascinating. I had never heard that very interesting, and so there

0:05:51.860,0:05:59.620  
my dad was so growing up. I'm the beginning of my childhood I live with both of my parents and my 2 younger siblings.

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My dad was a maintenance worker at HHMI, Howard Hughes Medical Institute. He did the maintenance there, pick stuff and everything

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I mean on the weekends he would do odds and end jobs

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for extra income. My mom was a stay-at-home mom and then sometime around the time I turned 9, she had a childcare, daycare that she had throughout the rest of my

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childhood and adolescence

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And

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So your your father was originally from Ecuador. Is that right?

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Yeah. I spent a lot more time in Guatemala. So during the summers, not every summer, but at least every other or most of them. We would go to Guatemala for 2 months, and my mom thought she wanted us to learn how to speak Spanish.

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So not only did we have the rule there was no English allowed in the house, all of our Disney movies were in Spanish, but she would send us to Guatemala during summer, enroll us in school, so we would have to be forced to learn how to read and write.

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and how kinda like the culture like our culture

0:07:09.830,0:07:21.240  
we would be with kids from the school, see their life experiences participate in school activities. See how it was in Guatemala, and how was different from here? So that was, I think.

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something that really shaped my thought process, like who I am now. So, having spent. Not only did I go to school in Guatemala officially, by spending the summers there

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kind of help me become part of the culture and incorporate more into my culture as compared to Ecuadorian culture. My dad wasn't there the whole time, and I spent a lot less time in Ecuador, and we didn't really spend time with people our age. So a lot of the slang, the TV shows the games and stuff, the snacks

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I was able to. I grew up with all of that. So I i'm able to relate to people who would have grown up there because of that so I think that's one of the things that makes me more Guatemalan

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than Ecuadorian

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When you were growing up in your home, did you speak Spanish with your sibilings and your parents?

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Yes, and after coming back from and in high school, especially after I came back from boarding school, a lot of my friends were Latinas, Latinos from like different countries. So a lot of the time we didn't speak in English, even in high school in the United States. Some of them didn't speak English, so we would all speak in Spanish.

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So

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I did grow up speaking a lot of Spanish

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Interesting. Did you start your education with Montgomery County Public schools like in elementary school?

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No, I was very, very blessed where my mom believed in Adventist education, and so she put us through private school. I've into schools from kindergarten, at least me kindergarten to eighth grade.

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And so I feel that's one of the areas where I was very privileged. And then I went to

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Northwood High school for high School right when it was reopening back in 2008

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or 2004.

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Did you go to, what was the name of your K- 8 school? Beltsville Seventh Day Adventist

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Okay. No, it's interesting for that to come up. Takoma Park has a long history of being Adventist. It was founded by Adventists. And did your mom choose Takoma Park for that reason, this community?

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Well, I think it's just actually my mom didn't choose a community. We grew up when so my house is down the street, one mile away from the Adentist Hospital there, and it's the closest hospital to our houses, either that one or the Catholic one. I forgot the name right now.

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Yes, Holy Cross. And so that is actually the Adventist one I think is the closest one. My dad bought the house before he married my mom.

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And so my dad was not Adventist at all, was the one who chose it. We tried going to the Adventist schools there, but I think my mom like that's for more. So we ended up going, driving 15 min

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all the way up to Beltsville.

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So typically would you speak Spanish at home, and then English in school in the K-8 experience.

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And then in high school, you had a circle of Latino Latina friends, so you would speak Spanish with them, but English in the classroom?

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English with my teachers

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I would communicate when necessary. But for the most part I there was a period where I mostly spoke only Spanish.

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How was the transition from

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a religious K- 8 School to Northwood High School? What was that like?

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I don't know. I mean we grew up with a lot of kids who weren't Adventist a lot of our network.

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So even though we had two networks, we had the Adventist network and the and the Central American network. And so a lot of the people from my Central American network

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didn't go to private schools. They went to public schools, and so we were. So.

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People were very similar to them. And so it wasn't that... we have been exposed to both.

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But I mean in terms of the academics. Did you feel

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like you were well-prepared for high school at Northwood? Did you feel like the transition was pretty smooth in terms of

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success in your classes and that sort of thing?

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I feel that because I went to, my mom pushed Adventist education in us up to eighth grade. The quality of my education was a lot better, and so some of the stuff I did in middle school I didn't see until college or AP courses, so I feel like it gave me more of an advantage

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which hurt me. It helped me through high school and part of college.

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It did hurt me in the sense that I school is very easy for me. and so

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I think it helped high some of my ADHD and kind of helped delay my diagnosis in a way.

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because I was really good in school I was doing good grades.

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and so I and a lot of this stuff I had already done

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for some of my even like my microbiology course at Montgomery College. It was super easy for me because I did all of that in middle school, so I knew this stuff. I didn't have somebody as much. And so I think that's where some of my

0:12:24.080,0:12:28.820  
It hurt me with some developing certain study skills and then getting diagnosed earlier.

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We'll come back to the story about discovering being diagnosed with ADHD in a little bit. But first, could you tell me about when you went to boarding school in Guatemala. Can you tell me about that experience?

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Oh, yeah, that was like one of the best years of my life. It was amazing. It was scary because one, completely new language, didn't know anybody, and we were in the middle of a rainforest in the middle of nowhere.

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Where in Guatemala were you? It was in Poptun Peter so it was about 5 hours away from Tikal

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which is a huge

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Mayan ruin. I've been to the the pyramids there.

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Beautiful

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it's in the same area, same the but department or state but closer to the city.

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For me it was amazing, definitely school there is a little bit different than the United States, how they did things. I made a lot of friends, and some of them I still talk to today.

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Do you want to talk about some of your friendships from that time

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The main one that stuck is Analy who's still my best was my best friend in boarding school and still is.

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I still talk to her husband, I mean they met at I mean he's her husband so and then some of her husband's friend group

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were in Maryland during the time I was in college. So we did get together a couple of times. So yeah, still have some of my friends from there.

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So you spent one year at this boarding school, is that right? Well, which grade in high school

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First half of freshman second half of freshman year and first half of sophomore year.

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Was it difficult to return back to the American system after that?

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Hmm.

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No, it was just frustrating because I started in the middle of the year. The classes that were available for me weren't my favorite classes. So that's where it was a little bit difficult.

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There are many advantages to being bicultural and bilingual, and there are also some challenges associated with that. Do you want to talk a little bit about what the advantages are?

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Yeah, I can talk about some of the advantages. Well, some of the advantages are oh my goodness

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Sorry I have my notes. Okay. So some of the languages

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some of the advantages are language. I speak two languages which makes me able to communicate with a lot more people.

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I'm able to move between different worlds because I had to always be switching from the American culture and my own culture. When I am in different trying to buy a new culture, I'm able to adapt a lot better.

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I'm already used to it and for me it also allows me to escape from the professional world for me, especially when I was in medical school going dancing the

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and then it also allows me for at least now with my patients, it allows me to build a different connection, a lot of the times

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I wear a quetzal on my, with my keys, with my badge. And so if you're Guatemala, and you see the quetzal,, you know I'm Guatemalan. And so when my patients see that

0:15:55.990,0:16:17.790

I see their smile, and then there are some patients where sometimes it's hard to schedule for the same provider, and so sometimes my patients are put in with a different provider, and I've had. I've gotten messages from my co- residents: so patient didn't want to see me, they canceled their appointment because they want to talk to the Guatemalan doctor.

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And so stuff like that, and it's not just with me. With my other Guatemalan co-residents. We joke about it, and even

0:16:28.100,0:16:44.860

with other the other Latinos. My program has a lot of Latinos, and so a lot of the time they get really happy and only want to work with they're like, oh, yeah, I want somebody to speak Spanish, and i'm able to do that. And then in the way I treat my patients and the way I give my advice I do take cultural context into account.

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And I feel that has made a difference in their care and the quality of care. And so it's something that I don't know as as those are some of the benefits about it

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You have an insight into Latino culture, and into so you're able to speak in Spanish with your patients, I think in a earlier conversation we had you talked about your insight into nutrition. For example, do you want to talk a little bit about that about your understanding of

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like if you're a meeting with a patient who maybe he needs advice related to nutrition or diet, how does your knowledge of culture help you that way?

0:17:26.359,0:17:28.790

Well, for example

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So my culture is Guatemalan and so one of the things I like to do in my personal life is cook our traditional dishes.

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but I try to make healthy substitutes. For example, some of our dishes have they're enchiladas, which is nothing like the Mexican enchiladas, it's like a flat tortilla like kind of like a large tortilla chip

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with stuff piled up.

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so it requires ground beef.

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but I've already tried it with ground turkey, and you can't tell the differences. My tias don't know the difference. I can tell my patients. I'm like, yeah, you know, you're trying to eat

healthy. Some of the tweaks you can do is use ground turkey, ground chicken instead of ground beef. Trust me, nobody knows the difference.

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Stuff like that, or I already know. I'm like.

0:18:14.620,0:18:15.630  
you know.

0:18:17.210,0:18:51.590  
In our culture sometimes we'll eat like tortillas, and then queso en crema and I'm like, you know, try to eat only one tortilla, queso en crema I might try to pick one and make sure it's a small portion, so like things like this when I give the advice. and then, even with our conversation. Sometimes neither of us can find the word in English, but we can just swap. especially with my patients are bilingual. Sometimes they want to speak in Spanish. Sometimes I want to speak in English, and sometimes we speak in both languages, and it's just a matter. We switch languages depending on how we can express ourselves and explain something better. I thought an idea

0:18:52.200,0:18:54.620  
better. So that's something that

0:18:54.700,0:19:05.750  
has made a huge difference.

0:19:06.180,0:19:07.490  
I think

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something that I would love to explore with you is related to the challenges that you had related to ADHD, and I understand that you were not diagnosed until you were already in medical school. Is that right?

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Yes. So I got diagnosed with ADHD in my first time going through second year. So we, my Dean suspected it in the middle of first year, but at that time they just told me there was a wait list, and I would have to wait.

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And so it wasn't until my second and I struggled a lot during first year, so it a lot during the first part of my second year, and for me I went to teachers. I asked for help. I got help with testing. I went, I had tutors, I I asked my friends what they were doing, and I couldn't figure out why I wasn't clicking.

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So finally in the middle towards the second

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it was towards the middle, but the second half of my first time going through second year, where I got the test, and lo and behold, I have both

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the hyperactivity and the inattention, so I didn't get one type, I got both. So that was a lot of fun. So I started, but by that time I had re-suspected, it.

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and so, even though it's a little bit too late for me to pass the year

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I had spent the last few weeks kind of like I probably have ADHDso looking through different tweaks and different study techniques to kind of help me a little bit.

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And so using a combination of different study techniques.

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study, environment, a specific study environment.

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and during medical school I did need Adderall to help me study, and that kind of helped me finish medical school. But even then testing was still something that I really struggled with.

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And so. even going through

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going through, we're talking with my professors trying to use all the usual study techniques and testing techniques a lot, something wasn't clicking.

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And so with my husband and I, we did a lot of research.

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And what would make a good environment. What's... different study techniques and then testing

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and how to connect, how the ADHD brain works. And so I was able to connect my study with how my brain works, so that when I did do a standardized test, I knew how to do it.

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I was able to answer questions better, and I was able to finish medical school and do pretty well. But a lot of that went through research working with my husband, asking for help

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and going through the different, there's different list of things like tips for adults with ADHD. So going through that

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I just had to help me get through medical school. You are on a wait list. With that a wait list to get tested for learning differences. Yeah, that's that's what they told me. But when I was about to fail second year, they were like

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here. Go to take the test. I don't know if it was an actual wait list, or if they just made me wait. But you know it's just it's a

0:22:21.390,0:22:27.860

So your struggles led to a year delay in your medical school process. Approximately.

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Were you able to find, were there resources at your medical school to help students with learning differences.

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There were tutors, there were. There was one specialist that the school would send us to.

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But my experience with that specific specialist wasn't very good. She during one of our sessions, she told me

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I was not smart enough for medical school, and then I should quit. At which I just got up and left.

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I never went back to her again. A lot of people swear by her, and a lot of, most of the people have had very good experiences with her.

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For me it was not the case.

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and that was basically the only resource that they had. And then we're working with the professors

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one on one. And you know I would make appointments and work with them. So there wasn't, really that many resources.

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I imagine that since you were so successful academically for a very long time, that it was incredibly frustrating for you when you started to struggle academically like emotionally, it must have been quite challenging for you.

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Yes and no. because I mean my undergrad grades weren't the best either.

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and I thought it was because I was working a lot.

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I didn't realize it was because of a learning disability. So for me grades were something that were harder. It was hard for me to go through in college, and because i'm used I was used to high school and middle school I wouldn't really study. I would get the A's

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in certain classes, college classes. I wouldn't study. I would get the A's, and it was just yeah, of course I got an a.

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But getting into the not doing so well, and

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in science classes, which were my strength.

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was hard. And so

0:24:28.390,0:24:38.740

in undergrad and and graduate schools like oh, it's because i'm working. It's just one of those things that I have to work, so I can go to school and pay for school, so it's just one of the hits I have to take

0:24:38.980,0:24:43.800

in medical school, it was just more of a I'm not working, what's wrong?

0:24:45.260,0:24:52.420

So it was a little bit of imposter syndrome there, and I was like, Am good enough for this? Am I smart enough? So it was a little bit of everything

0:24:52.500,0:24:54.100

Being told

0:24:54.880,0:25:04.340

You said you were told that you weren't smart enough to succeed, and you knew inside that that was not true, and you you proved them wrong.

0:25:04.850,0:25:07.020

Could you talk a little bit about

0:25:07.310,0:25:19.660

when you've had obstacles in your life like that? Having to retake a year of medical school, or being told you weren't smart enough oor being perceived as not being good enough

0:25:20.340,0:25:29.870

what do you do to help yourself or what did you do when you face those obstacles? What helped give you the strength to persevere despite those obstacles?

0:25:30.290,0:25:36.350

Well, I think for me my biggest strength was God. I am a Christian, and so

0:25:36.800,0:25:43.100

I firmly believe that Got had plans for me, and

0:25:44.780,0:25:57.510

based on the way things were going with my life, I felt that his plan was for me to do medicine and finish medicine. and so I didn't think that he would have allowed me to get into medical school

0:25:57.650,0:26:01.680

just to fail out.

0:26:02.690,0:26:07.200

and so I knew that even though it was hard and it was going to require a lot of work.

0:26:07.300,0:26:10.190

I knew that I was going to be able to finish.

0:26:10.350,0:26:24.500

even though a lot of the times I felt, it took a lot to remember that, and I would have to have a lot of people remind me that you know you're going to finish. Second was especially during medical school, it was my husband. He's always been my strongest support system.

0:26:24.610,0:26:32.070

My biggest team player, would patiently help me if you look stuff up, ask people

0:26:32.090,0:26:47.110

and then even when I was being hard headed, reminded me that I was being hard headed, and I should try this. And then, before medical school, I did have my Maryland village, my lab members, who would listen to me crying, read all my applications.

0:26:47.170,0:26:50.140

brainstorm with me, and how to word things.

0:26:50.260,0:27:01.700

California. My med school family were supportive. Listened to my crying, helped me study, quiz me on their days off, because I did repeat a year.

0:27:01.720,0:27:12.700

and I did do a bio mid-year like the masters in medical sciences here. So my original class graduated 2 years before me. And so, when they were in third and fourth years, I had friends that

0:27:13.470,0:27:20.560

on their days off would go to my house and help me study, quiz me and be like No, Stephanie, you should do this.

0:27:20.630,0:27:25.400

So it was a little bit of it a strong, it took multiple villages.

0:27:25.580,0:27:31.180

and then, remembering my why and that was there was a documentary

0:27:31.550,0:27:43.230

about a clinic in Philadelphia for underserved communities. And so, when things would get hard, I would watch the documentary and be like. This is the reason why you're doing this. I you want to work with

0:27:44.120,0:27:56.360

underserved populations, immigrant populations, and so you can't do it if you don't finish. So those are like forming sources. I I love that. What was the name of the documentary that you watched?

0:27:56.660,0:28:00.370

Clinical de Puebla, I think that's what it was.

0:28:00.420,0:28:03.850

Yeah, it's. It's been a while. and I

0:28:04.250,0:28:09.740

is that one I watched mostly during my second year of medical school.

0:28:09.820,0:28:11.700

I think

0:28:13.800,0:28:27.890

I'd like to know more about how you became interested in medicine. Were there any sicknesses in your family, or any experiences with illness that made you particularly drawn to working

0:28:27.960,0:28:29.140

in medicine?

0:28:29.970,0:28:41.900

No, actually it was my curiosity. So when I was very little, I was 5 years old. I was like I. You want to be a doctor on it's like around 5 years old.

0:28:42.010,0:28:47.790

I was very curious in how I looked inside. and so because my dad worked at Howard Hughes

0:28:47.960,0:29:07.220

Medical Institute as a janitor a lot of the times it would throw away old text, anatomy textbooks, and there was this one mannequin with all the organs and everything that they threw out, and he asked if you could bring it to me. So I was fascinated by flipping through the books playing with it. It was one of like the little mannequin thingies where

0:29:07.220,0:29:18.930

put the organs on and out. And then my Mom would always buy me books. You know the children's books. I show you how you're in. What? How, what's the inside of things? And so she would give me stuff about the human body.

0:29:19.240,0:29:22.460

And so that's what sparked my curiosity.

0:29:22.950,0:29:27.470

I love that story. It's nice to think about.

0:29:28.080,0:29:42.190

You know books that influence you like when you're a child, and how they can later affect your goals. I think that's that's a beautiful story. I know you need to pause for a minute, so i'm going to stop recording, and then we'll. We'll come back in just a minute.

0:29:42.260,0:29:43.660

Okay, Sounds good.

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### Interview (Part 2) with Dr. Stephanie Baker on April 25, 2023

0:00:02.700,0:00:08.160

We're recording again now after a short break let's see so you were talking about

0:00:08.160,0:00:16.020

how discovering anatomy textbooks that your father brought home he was a janitor and he

0:00:16.020,0:00:20.820

would bring home these anatomy textbooks from, where did he work again? Can you remind me?

0:00:21.360,0:00:23.640

HHMI, it was Howard Hughes Medical Institute

0:00:25.920,0:00:31.860

And so that sparked your interest in how the human body works and your mom also bought you

0:00:31.860,0:00:39.180

books that sparked your interest in medicine and science. Could you talk a little bit about

0:00:40.500,0:00:48.360

how you were drawn in particular to community health? What sort of challenges related

0:00:49.080,0:00:54.660

to health do you see in low-income and immigrant communities in particular?

0:00:55.560,0:01:01.140

Well growing up I would hear about people in our network who didn't have doctors who

0:01:01.140,0:01:05.280  
couldn't afford to go to the doctor or  
who were terrified to go to the doctor

0:01:06.120,0:01:09.660  
because they were they felt like oh my God I'm  
going to end up being broke and in the streets

0:01:10.620,0:01:17.400  
and so they didn't always get the health care that  
they needed. When my parents got divorced, my mom

0:01:17.400,0:01:22.080  
was one of those individuals so she has high  
blood pressure and so she was always terrified

0:01:22.920,0:01:28.320  
about her blood pressure wasn't managed the  
best so she would go to the doctor and enough

0:01:28.320,0:01:34.860  
to get her prescription medication and so my  
pediatrician when we would go he would check

0:01:34.860,0:01:39.060  
her blood pressure because he knew she couldn't go  
once every three months like you're supposed to go

0:01:40.440,0:01:46.260  
and then a lot of family members would go to their  
home country, those that had papers to get dental

0:01:46.260,0:01:52.200  
procedures, surgeries, and just go see a doctor.  
It was cheaper to fly home, buy a plane ticket,

0:01:52.200,0:01:57.720  
fly home then see a doctor and so the things  
like that I was like oh wow this is not okay

0:01:58.980,0:02:04.500  
and then in medical school just experiencing being

0:02:04.500,0:02:11.040  
translating and listening to both sides of  
the conversation I saw how much was missed

0:02:15.180,0:02:19.440  
The words are there but the  
message and a lot of the like

0:02:20.040,0:02:26.460  
I can tell you translating that you have  
diabetes is one thing but like what that means

0:02:27.000,0:02:32.880  
it wasn't always translated and I don't know  
I just felt like I saw that not speaking

0:02:33.960,0:02:39.600  
in the language I see how much is missed and  
now as a provider I see how much is missed when

0:02:39.600,0:02:43.860  
I am speaking with somebody who doesn't  
speak English or Spanish I see how hard

0:02:44.820,0:02:50.280  
it is for me to communicate with them and how hard  
it is for them to communicate with me and a lot of

0:02:50.280,0:02:54.840  
the times I feel like they don't fully understand  
what's going on which is very frustrating

0:02:56.700,0:03:01.860  
and so I see that with immigrants from other  
cultures how much of the message is missed when

0:03:01.860,0:03:07.920  
I'm translating for other people I see how much  
of the message is missed and so on those those are

0:03:07.920,0:03:11.940  
some of the things that are like okay this is why  
I would like to work with immigrant communities.

0:03:11.940,0:03:19.440  
Those are some great examples about how language  
and knowledge of culture can really help get an

0:03:19.440,0:03:24.360  
insight into helping your patients. Tell me a  
little bit about the patients that you treat in

0:03:24.360,0:03:30.180  
Los Angeles, are they mostly from Central America  
originally or from all over Latin America where

0:03:30.180,0:03:38.940  
are they from originally? Well I work for County  
so everyone is it's County so it's everybody comes

0:03:38.940,0:03:49.140  
from lower income areas I work with people from  
everywhere Americans White, African-American,

0:03:49.140,0:03:54.300  
and then I do also have a lot of Latinos in my  
panel I tend to have a lot of Spanish speaking

0:03:55.320,0:03:58.800  
personally I see a lot of Guatemalans I  
don't know if it's because I'm Guatemalan

0:03:58.800,0:04:04.920  
so they tend to flock to me I have a couple of  
Nicaraguan patients a couple of other Central

0:04:04.920,0:04:12.600  
Americans definitely a lot of Mexican but I'm  
also in LA and some a lot of Peruvian so it's a

0:04:12.600,0:04:17.400  
little bit of all different countries at least  
the Latino panels a little bit of everywhere

0:04:18.600,0:04:24.840  
I tend to if I see a Guatemalan and I tend  
they tend to stay in my panel actually

0:04:26.820,0:04:29.880  
I usually like to keep all my patients just  
because I like to get to know the people

0:04:29.880,0:04:33.600  
better but in my Latino population  
it's a little bit of everything

0:04:37.560,0:04:46.080  
yeah but I have everything I also have I also have  
a lot of Pashto-speaking refugees from Afghanistan

0:04:46.080,0:04:53.460  
interesting and those are very hard and I've  
had to look into really like read about the

0:04:53.460,0:04:57.180  
culture ask some of my Afghani friends a little  
bit about the culture why they're coming here

0:04:57.180,0:05:05.880  
what things are facing and how I talk to them  
with time I'm learning how to word and phrase

0:05:06.600,0:05:13.140  
certain questions to be a little bit different  
so I have that that's interesting because I've

0:05:13.140,0:05:20.400  
interviewed a few Afghan students for this project  
and some of them mentioned that many Afghans are

0:05:20.400,0:05:27.480  
settling in California so maybe I can get the MC  
students to talk with you, you could talk with

0:05:27.480,0:05:31.380  
them and there could be more communication  
between ... I think that's interesting

0:05:32.220,0:05:36.900  
and then different nations go ahead I didn't  
mean to interrupt you go ahead oh and also have

0:05:36.900,0:05:41.700  
patients from different Asian countries a lot of  
Filipinos and other Asian countries Interesting.

0:05:42.780,0:05:50.760  
What were the circumstances in Guatemala  
that led your mother to make a new life

0:05:50.760,0:05:55.920  
in the United States? What was happening in  
Guatemala at the time? She decided to immigrate

0:05:56.760,0:06:01.440  
well with my mom is a little bit  
different, my mom comes from upper

0:06:01.440,0:06:08.400  
middle class family in Guatemala and so her  
dad died from complications of diabetes when

0:06:09.180,0:06:14.160  
my mom's like 16 so it's right before  
starting college and so prior to that

0:06:15.960,0:06:19.740  
she would have, had her dad still been alive she  
would have had the opportunity to go to college,

0:06:20.760,0:06:24.000  
she would have been able to study medicine, it  
would have been no problem, she would have been

0:06:24.000,0:06:34.020  
fully funded but after her dad died, she my mom  
came from the second wife of her dad and so it

0:06:34.020,0:06:39.840  
was the kids from the third wife that kept had

everything, kept all his money, kept all the

0:06:39.840,0:06:44.280  
properties and everything so my mom and her sister  
ended up with nothing and so for her going to

0:06:44.280,0:06:48.720  
college she did start college there but she wasn't  
able to finish because she couldn't afford it

0:06:49.740,0:06:52.920  
so for her she wanted to make sure her  
sister had the opportunity to finish

0:06:54.720,0:06:59.880  
and she want to have better job opportunities so  
she came here so she was able to get a visa and

0:06:59.880,0:07:07.980  
come on a plane so her story is a little bit  
different. My dad's story is more the

0:07:07.980,0:07:14.280  
traditional story so my understanding is my dad  
was born in the slums of Ecuador or Quito, the capital

0:07:14.280,0:07:22.860  
city. My understanding, I don't know much about  
my dad's family, this is from what I remember of

0:07:22.860,0:07:30.300  
the stories he used to tell me when I when we were  
growing up. His father was an unemployed musician

0:07:31.680,0:07:39.960  
and so he was the second youngest of six kids  
and his mom would be the one who supported

0:07:39.960,0:07:45.060  
all six of the kids and her husband and so my  
dad would wake up at three o'clock in the morning

0:07:45.780,0:07:51.060  
to buy everything and make sweets to  
sell at his school and that's how his mom

0:07:51.060,0:07:58.740  
provided for everybody and so my dad came,  
went to Mexico at the age of 18. and was able to

0:08:00.360,0:08:06.900  
He sweet-talked talked some American ladies to sneak  
him in across the border so here in California he

0:08:06.900,0:08:15.300  
did his life, he got papers, he joined, then went to  
the east coast, joined the Air Force and so he was

0:08:15.300,0:08:20.040  
responsible for bringing giving the opportunity  
to all his siblings and his parents to come here

0:08:21.240,0:08:25.320  
and make a life in the United States.  
Some of them chose to stay in Ecuador but

0:08:26.340,0:08:30.240  
even though he was one of the youngest  
he still paid for the college of one of

0:08:30.240,0:08:33.960

his older siblings and basically gave them the opportunity so for them it was poverty

0:08:35.040,0:08:41.940  
and no opportunities. My dad didn't finish, I think he went up to sixth grade at the most in education.

0:08:43.740,0:08:50.700  
Did you say that your mom was interested in having a medical career at one point? Yeah it

0:08:50.700,0:08:56.400  
was her dream and so I definitely her dream was lived on through me. She must be very proud of you.

0:08:57.360,0:09:00.240  
Yeah she's very happy that at least one of us was able to do it.

0:09:02.040,0:09:08.460  
Are you the oldest of the three in your family? Yeah I'm the eldest of the same kids

0:09:08.460,0:09:14.580  
with my mom and dad. And if I remember correctly, did your sister become a nurse, is that right?

0:09:14.580,0:09:21.900  
she's my little sister is a nurse. And is your brother also interested in medicine? No

0:09:21.900,0:09:30.960  
he was a lot smarter than us and he did he's in cyber security. Interesting, think

0:09:32.160,0:09:40.080  
the story that you tell is very interesting about people who didn't have opportunities but you were

0:09:40.080,0:09:46.860  
able to have an educational opportunity and make a better life. Do you ever feel like

0:09:47.460,0:09:56.040  
you are stereotyped as a Latina? Do people make assumptions or generalizations about you?

0:09:57.480,0:10:00.780  
At this point in time yes throughout my journey yes

0:10:16.160,0:10:22.340  
in my program my program director is a Latina woman and a lot of my attendees are Latinos so I

0:10:22.340,0:10:29.240  
haven't had that much of it now in residency because cultural understanding, how we express

0:10:29.240,0:10:37.580  
myself how we dress, we can at least relate to each other but in the past it was something that did

0:10:37.580,0:10:44.180  
cause a lot of conflict and a lot of stress. I was a lot of the times I was misunderstood. I got

0:10:44.180,0:10:50.360  
in trouble for jewelry I would have wanted to wear and wasn't always deemed professional now as

0:10:50.360,0:10:54.260  
a doctor a lot of the times people see me walking  
into the room and they just assume I'm a nurse,

0:10:55.160,0:10:59.000  
that a lot of women regardless of color  
do get that. I feel that because I'm brown

0:10:59.660,0:11:04.580  
I tend to get that a little  
bit more so for that I politely just correct

0:11:04.580,0:11:09.800  
people and I'm like no I'm the doctor or I'm  
Dr Baker and I just introduce myself politely

0:11:10.940,0:11:13.520  
so I haven't had to deal with that as much

0:11:15.380,0:11:20.780  
some more examples about I think it was  
really interesting when you mentioned jewelry

0:11:21.440,0:11:28.220  
or clothing can you can you give specific  
examples of how sometimes you were not able to

0:11:28.220,0:11:35.480  
express yourself naturally or maybe you were told  
to change your appearance in some way to fit in

0:11:35.480,0:11:45.500  
with what was expected of you? Well a lot of it is  
for example so I've always been interested in

0:11:45.500,0:11:53.120  
Primary Care. There was a time period where I was  
between family medicine or OB Gyn and with OB

0:11:53.120,0:11:59.660  
Gyn the first time I did it, I did really well, I  
had really good reviews and then I did an elective

0:11:59.660,0:12:07.400  
and then towards the end of the elective, I was  
told that I needed it, basically my course instructor

0:12:07.400,0:12:13.160  
told me that I needed to take so one of the  
things that they didn't like is I wasn't very

0:12:13.160,0:12:18.680  
assertive and I would always ask permission  
and instead of doing things and then for them

0:12:18.680,0:12:23.420  
was as a sign as I don't know what I'm supposed  
to be doing but for me it was a sign of respect.

0:12:24.500,0:12:29.780  
They were my elders, they were my superiors  
and so I'm not going to touch a patient

0:12:30.740,0:12:35.600  
unless you give me the permission to because  
it's your patient and so culturally that wasn't

0:12:35.600,0:12:42.440  
appropriate and so I explained that to  
my course director and she was like well

0:12:43.160,0:12:47.360  
if you're going to pursue OB GYN you're gonna  
have to change some things about your culture

0:12:47.360,0:12:52.040  
and this is one of them and so for me I was like  
well I've already given up a lot of my culture

0:12:53.240,0:13:00.740  
Sometimes the way I wasn't willing to  
change that, change more, and so some

0:13:00.740,0:13:07.760  
of the ways sometimes how I express myself,  
in medical school I got in trouble because

0:13:09.980,0:13:16.340  
I had just come, I went to class I had just  
come from an argument with my siblings because

0:13:16.340,0:13:19.820  
we lost our house when I was in medical  
school and they didn't understand that I

0:13:19.820,0:13:24.140  
couldn't just fly out and go help them pack,  
that I had to finish the year first and then

0:13:24.140,0:13:28.880  
I could go help them and figure that out  
and so when I went to class I was upset

0:13:29.540,0:13:34.580  
and the teacher interpreted it me being hostile  
and aggressive towards her. When I asked all my

0:13:34.580,0:13:37.820  
classmates about it who were in the room they  
were like what are you talking about you were

0:13:37.820,0:13:43.520  
upset but you weren't upset towards us or her  
or anything associated, you just looked upset

0:13:44.840,0:13:49.220  
and that was it and so in medical  
school I had to go apologize to her

0:13:50.420,0:13:54.680  
like the she went to the Dean's office I had to  
go apologize and it was just one of those things

0:13:54.680,0:14:01.040  
where I didn't do anything inappropriate  
I was just upset and my facial expressions

0:14:01.040,0:14:08.540  
and my body language for her was deemed as  
threatening and stuff like. That's a

0:14:08.540,0:14:15.440  
really great concrete example of how people can  
make assumptions and draw incorrect conclusions.

0:14:16.640,0:14:20.840  
Thanks for sharing that story. That sounds like  
a very challenging time in your life for sure.

0:14:21.980,0:14:28.880  
When you, if you could give advice to a  
Montgomery College student, a new Montgomery

0:14:28.880,0:14:34.820  
College student just starting, who comes from a Latino background or from an immigrant family

0:14:34.820,0:14:41.960  
background, what advice would you give him or her? So basically definitely don't give up,

0:14:43.100,0:14:51.620  
dream big, and dreams only fail when you give up. Now or giving up is

0:14:52.160,0:14:59.180  
100 failing, it doesn't necessarily, so when you want something, definitely make a plan

0:15:00.740,0:15:07.040  
have a plan with baby steps. I'm like okay so for me it was, I want to be a doctor so

0:15:07.040,0:15:10.580  
in order to become a doctor, I was like I have to do undergrad. I have to do certain classes

0:15:10.580,0:15:15.200  
in undergrad and have to get certain grades. Oh right, I have to do this test called the MCAT,

0:15:15.200,0:15:19.280  
and I think I'm supposed to get a certain score, so those are like, those were my steps. I'm like

0:15:19.280,0:15:23.660  
okay so once I have that, I have to fill the application and then it's like baby steps. I

0:15:23.660,0:15:29.540  
was like okay so first step is get a four-year degree, work on my grades and and so make sure

0:15:29.540,0:15:33.620  
basically make a timeline with baby steps of all the steps that you have to do to get there.

0:15:35.240,0:15:40.700  
Plan ahead so in order when you're making baby steps you're also planning. So for me by the time

0:15:40.700,0:15:46.640  
first semester of Montgomery College, I had already outlined every single class I wanted to take

0:15:46.640,0:15:52.160  
throughout each semester during my time there and so that when we were looking for classes

0:15:52.760,0:15:57.440  
I knew what classes I would pick and I also had my backups because sometimes they weren't available,

0:15:57.440,0:16:02.900  
so what is my backup going to be if I can't get this class on this semester? So I always had a plan.

0:16:02.900,0:16:09.380  
I did the same thing with undergrad, plan ahead and then ask for a lot of help. If you don't know the

0:16:09.380,0:16:14.540  
process of something, ask for help. Granted there

will be somebody who's gone ahead of you and

0:16:14.540,0:16:21.440  
knows the process and will sit down and teach you  
how to build FAFSA how to apply to medical school

0:16:21.440,0:16:28.700  
what or is just in my situation, That's what it is  
but you have a really ambitious goal, to break it

0:16:28.700,0:16:35.780  
into more manageable pieces step by step. Yeah and  
then any goal is you know it's all ambitious you

0:16:35.780,0:16:39.740  
know going through college and getting a four-year  
degree that's hard regardless of the degree it is

0:16:40.520,0:16:45.980  
be proactive so foresee any difficulties  
and obstacles you may have. Plan around them,

0:16:46.760,0:16:50.600  
be very self-aware, know your strengths  
know your weaknesses and know how to sell

0:16:50.600,0:16:53.360  
yourself and regardless of what field you  
do, you have to be able to sell yourself

0:16:54.440,0:16:58.220  
Interview, you always have to  
interview for a job, know how to

0:16:58.220,0:17:01.640  
present yourself, know how to highlight your  
weaknesses and how to make your strengths

0:17:02.360,0:17:07.100  
sorry know how to highlight your strengths and  
how to make your weaknesses look like strengths.

0:17:08.240,0:17:12.500  
I like that idea, how to make your weaknesses  
look like strengths. Because I think sometimes

0:17:14.000,0:17:21.440  
people perceive speaking English as a second  
or third language as a weakness when in fact being

0:17:21.440,0:17:30.380  
bilingual is a strength and I I see this often  
with perception of immigrants or perception of

0:17:30.380,0:17:36.500  
people who come from different cultures, that what is  
perceived as a weakness is actually something that

0:17:36.500,0:17:44.660  
opens a lot of doors. For example yeah if your  
weakness is not speaking English as your first

0:17:44.660,0:17:50.360  
language, how are you going to make that look like  
a strength? Well you said you can say I am fluent

0:17:50.360,0:17:56.180  
in so and so languages, I understand you know my  
English you know something that I'm working on

0:17:56.180,0:18:01.100

but in order to improve my English these are all the things that I am doing to improve my English

0:18:01.100,0:18:07.580  
so yes it's not my first language, but I speak all these other languages, so I can communicate with

0:18:07.580,0:18:13.820  
other people but despite English being my second language is being my weakness I'm working on it,

0:18:13.820,0:18:22.640  
taking English classes, I talk with my friends in English and every few months I take the time to

0:18:22.640,0:18:27.080  
see how I'm doing with my English. What are some of the words I need to learn how to pronounce better?

0:18:27.080,0:18:32.720  
And then I practice how to pronounce them in front of the mirror or I ask my friends to correct me

0:18:33.740,0:18:37.820  
and so I can learn how these are all the things that I'm doing to get better so that way I'm like,

0:18:37.820,0:18:42.920  
yeah it's a weakness but I'm telling you how to strength and I'm also telling you what I'm doing

0:18:42.920,0:18:47.660  
to get better at it and how to fix it and how I'm self-aware of it so that's kind of like oh when

0:18:47.660,0:18:54.380  
employees hear that they're like oh okay I can work with this. I think it's great advice. The other

0:18:54.380,0:19:02.240  
question I had for you is related to having ADHD, a learning difference. There's a lot of stigma

0:19:02.240,0:19:09.320  
associated with having different ways of learning. What would you tell a student who suspects that

0:19:09.320,0:19:13.940  
he or she might have a learning disability or a learning difference? What would you tell him or her?

0:19:14.840,0:19:19.340  
Talk to your school, I think is a school counselor or Dean whoever and have them

0:19:19.340,0:19:24.020  
connect you to somebody where you can get tested. Get tested. If you can't get tested

0:19:24.020,0:19:27.920  
through your school, primary care providers you can talk to your doctor about it and

0:19:27.920,0:19:31.760  
they can connect you to testing, so basically my advice is get tested as fast as possible,

0:19:32.900,0:19:41.600  
Don't wait, don't wait just get tested. And once someone receives a diagnosis, how

0:19:41.600,0:19:48.080  
does that help them in terms like practically? Did  
you, were you able to then have access to learning

0:19:48.080,0:19:55.760  
about how to cope with your learning disability  
or did that help you in terms of different testing,

0:19:57.500,0:20:01.940  
I don't know extra time on tests or things like  
that where they're practical accommodations that

0:20:01.940,0:20:06.800  
were made for you? That's the reason why I'm saying  
to get tested. I mean the extended time and a

0:20:06.800,0:20:11.180  
private quiet room does make a huge difference.  
You wouldn't think of it and it's mostly so you

0:20:11.180,0:20:18.500  
can get those benefits, it's mostly a quiet  
testing room and extended time but either way

0:20:19.220,0:20:25.880  
the only reason why you need a testing  
is for that aspect. I do think that choosing or

0:20:25.880,0:20:31.520  
not choosing to take medications, there's no right  
answer. Now as a resident I don't use medications

0:20:35.300,0:20:39.020  
and I went through all of undergrad and  
grad school, I got two graduate degrees

0:20:39.020,0:20:45.740  
without medications so if you do have a learning  
disability like ADHD, be very well organized, very

0:20:45.740,0:20:52.760  
self-aware, make lists. I used to have a bag with  
all of my study supplies in it and I knew which

0:20:52.760,0:21:00.020  
places to go to to go study that I wouldn't be  
distracted, I had the earplugs I studied with

0:21:00.020,0:21:04.940  
friends, but I had cards that would say do not  
disturb, which means I was not allowed to talk

0:21:04.940,0:21:09.920  
to them when they had that up. I could only talk to  
them when they had the break sign, and then when we

0:21:09.920,0:21:17.960  
did talk, I would put like a five or ten minute  
timer so that I wouldn't just get distracted. I

0:21:17.960,0:21:22.040  
read about different study habits, different study  
techniques and figured out which worked the best

0:21:22.040,0:21:27.620  
with me, and then the testing is mostly so you can  
get the extended time and then see what resources

0:21:27.620,0:21:34.640  
you can get connected and learning specialists,  
some of them are good, some of them are not but a

0:21:34.640,0:21:39.020  
lot of the times if you can't afford them yourself,  
having the diagnosis does push your school into,

0:21:39.020,0:21:44.600  
will give you access to those things, so that's  
the reason why I think testing is good. That's

0:21:44.600,0:21:49.580  
really practical advice, thank you. I'm sorry, did  
you want to add more to that? Well basically it

0:21:51.740,0:21:56.120  
what was my other question for you, it just  
went right out of my head speaking of focusing,

0:21:57.080,0:22:04.520  
oh I wanted to ask you if you have any memories  
of Montgomery College related to a particular

0:22:04.520,0:22:11.300  
faculty member or a mentor or an advisor or  
a particular class, something that you found

0:22:11.300,0:22:16.700  
particularly meaningful or helpful to you when  
you were at Montgomery College? I mean I guess

0:22:16.700,0:22:22.340  
I would say my organic chemistry lab professor. I  
had a different professor for lab and different

0:22:22.340,0:22:28.580  
professor for the course I didn't like the one  
for the course and so my lab one would spend

0:22:28.580,0:22:33.140  
hours and hours and hours explaining everything to  
me and his main reason why I was able to pass the

0:22:33.140,0:22:40.280  
class I didn't understand how my other one taught,  
explained stuff so yeah. Do you want to mention the

0:22:40.280,0:22:45.860  
one that helped you by name? I don't remember, I  
knew he was Egyptian but I don't remember his

0:22:45.860,0:22:52.880  
name no Did you make use of any of the resources  
at the college like The Writing Center or some

0:22:52.880,0:22:57.380  
of the student support services? of course you  
weren't diagnosed with a learning difference

0:22:57.380,0:23:02.660  
yeah but do you remember anything in particular  
about Montgomery College that was helpful to you?

0:23:04.520,0:23:10.580  
To be honest at that time I'm I was working and so  
I mostly went to school for class, I did study at

0:23:10.580,0:23:16.460  
the library a couple times but for the most part I  
went to class and then went home. it wasn't until

0:23:18.740,0:23:25.400  
well undergrad that I started spending more

time in school and I didn't really know how to

0:23:25.400,0:23:30.500  
utilize resources until I learned in medical  
school how to utilize the resources that were

0:23:30.500,0:23:37.040  
available to me so this is where definitely  
I think it's really important to know what

0:23:37.040,0:23:41.720  
resources are available in school and make use  
of them. I could have used them better I just

0:23:41.720,0:23:47.180  
didn't know how to. A few years ago you came and  
spoke to my class and it was a very interesting

0:23:47.180,0:23:51.800  
conversation. One of the things you said that  
I found particularly interesting was about

0:23:51.800,0:24:00.380  
community colleges and about how the affordability  
of community colleges really enabled you to then

0:24:00.380,0:24:07.580  
continue your education. Do you want to talk a  
little bit about that? I think sometimes there

0:24:07.580,0:24:12.680  
may be perceptions about the quality of community  
colleges but do you want to talk about your

0:24:12.680,0:24:18.500  
experience with the education and how it enabled  
you to then go on to a four-year university? Yeah

0:24:18.500,0:24:24.260  
I can, I do I think that there's nothing wrong  
with going to community college, I was embarrassed

0:24:24.260,0:24:30.080  
about it when I was going through a community at  
Montgomery College but for me it was my only way

0:24:30.080,0:24:36.320  
to go to college and so I don't think we, I don't  
think it's important I think it's important not to

0:24:36.320,0:24:41.060  
focus on where you're going, it's the fact that you  
are going and you have the opportunity to, I could

0:24:41.060,0:24:48.680  
have gotten loans for undergrad if I understood  
but that would have been a waste of money. I would

0:24:48.680,0:24:53.660  
have oh I would owe a lot more money had I gone  
the loan route. For me community college enabled me

0:24:54.740,0:24:59.060  
to work. It enabled me to pay for my school  
while I was in school and it also enabled me

0:24:59.060,0:25:05.780  
to save up for my four-year school, so I graduated  
with from undergrad without any loans. It also

0:25:06.440,0:25:10.940

at the time that I went, if you did an associate's degree you got a guaranteed acceptance at

0:25:10.940,0:25:16.100  
UMBC and I think College Park, so if you don't have good grades coming out of high school as

0:25:16.100,0:25:21.380  
a good way to get into our state schools which are amazing, if you don't have the money to pay

0:25:21.380,0:25:25.880  
for school, Montgomery College at least when I went, was one of the top community colleges

0:25:25.880,0:25:30.860  
in the country and so being one of the top community colleges, you get a great education

0:25:33.140,0:25:39.860  
I don't know you know it's still it's an amazing opportunity so and I was able to reach my goals

0:25:39.860,0:25:44.600  
regardless of where I started. It doesn't matter that I went to Community College, it doesn't. I'm

0:25:44.600,0:25:50.480  
still a doctor. Where you start it shouldn't matter and I've met other people who've gone to community

0:25:50.480,0:25:56.600  
colleges here in California now they're I'm going to graduate from medical school this year so don't

0:25:56.600,0:26:03.080  
focus on it's a community college, no focus on it's an opportunity and this is my entryway to make my

0:26:03.080,0:26:10.160  
dreams come true. That's very helpful and thank you for for saying that and sharing that experience.

0:26:13.640,0:26:18.440  
Where do you see yourself in the future?  
Do you imagine, do you picture yourself

0:26:18.440,0:26:22.460  
staying in California? Do you want to eventually return to Maryland?

0:26:23.600,0:26:27.080  
What are your goals for your career and personally?

0:26:29.300,0:26:34.040  
I want to work as a family practitioner. I have my husband and I haven't decided if

0:26:34.040,0:26:40.040  
we're staying here in California or in Maryland. I do see myself working,

0:26:41.600,0:26:48.380  
if I stay in California, I'm planning on working for County in the you know County clinics,

0:26:50.180,0:26:54.080  
which is where I'll be working with a lot more like immigrant populations and stuff. If I do

0:26:54.080,0:26:59.960  
go to Maryland, I do see myself practicing  
in Langri Park in a community clinic there

0:27:01.160,0:27:09.740  
so that's where I was, that's where I see  
myself career-wise is family doctor. Some of

0:27:09.740,0:27:15.380  
my things that I'm really passionate about  
is within the whole scope of primary care and

0:27:15.380,0:27:20.480  
working with the Immigrant communities, women's  
health, a lot of the times women aren't empowered

0:27:21.560,0:27:29.660  
and so empowering women to dream big, reach their  
goals and have power over their reproductive

0:27:29.660,0:27:35.540  
health is some of the things I'm really passionate  
about. I do want to work with women who've been in

0:27:35.540,0:27:43.460  
very bad situations and kind of be their primary  
care provider in that sense and then I love

0:27:43.460,0:27:49.280  
teaching people about diabetes, hypertension and  
how to eat healthy, so definitely love my field so

0:27:49.280,0:27:53.960  
I see myself doing that for the rest of my life.  
I love that, thank you so much for sharing that.

0:27:55.340,0:28:00.380  
How do you feel about sharing your story today?  
What emotions are you experiencing right now?

0:28:01.760,0:28:11.420  
It's exciting, I'm really hoping this will  
encourage people and help them reach you know,

0:28:11.420,0:28:17.780  
encourage them to dream big and inspire them to  
dream big, they know that other people have done it

0:28:18.320,0:28:24.500  
which means they can too. I think your story  
is very inspiring. I have another question that

0:28:24.500,0:28:30.140  
that I'd like to bring up related to the  
concept of home. Many students who have

0:28:30.140,0:28:35.000  
lived in different places and you've certainly  
lived in different places, I've talked about how

0:28:36.140,0:28:42.860  
they're not sure always where home is. When you  
think about the word "home," what do you think of?

0:28:47.780,0:28:50.660  
I think home is people

0:28:52.520,0:28:58.520  
where you're well, actually it's really hard  
to describe and let me think a minute about it

0:29:00.020,0:29:06.200  
Yeah I think a lot of students have said that home for them is related to family yeah not so much to

0:29:06.200,0:29:13.640  
a particular place. I've heard some students say that multiple homes too. Because for me, home is

0:29:13.640,0:29:21.140  
Guatemala, home is Maryland but if I'm in Guatemala but Reggie's not there, it doesn't matter. If I'm

0:29:21.140,0:29:24.440  
in Maryland and Reggie's not there, it doesn't matter so for me I guess home is my husband.

0:29:27.380,0:29:33.680  
Is your husband also from a Latino background?  
Yeah he's Panamanian. Interesting, have

0:29:33.680,0:29:38.720  
you had a chance to go to Panama to meet his extended family or are they all in the States? Now

0:29:39.320,0:29:45.080  
I was supposed to go in two weeks but I don't have my passport yet so remember having that trip

0:29:45.080,0:29:52.400  
I hope you'll have the chance to go, when you go back home to Guatemala is that in Guatemala City?

0:29:53.300,0:29:59.840  
actually no my family is from Guatemala City but I spent most of my time in Lake Atitlan

0:30:00.860,0:30:06.440  
and so that's home for me. When I was in boarding school they'd be like so you're

0:30:06.440,0:30:13.940  
from the capitol I was like I'm from San Pedro that's my home, and so yeah That's a beautiful part

0:30:13.940,0:30:19.820  
of the world yeah Is there anything you else you'd like to share today or anything you'd like to add

0:30:19.820,0:30:25.520  
to the conversation anything, we've missed that you feel is important to share? No mostly just

0:30:27.620,0:30:35.360  
letting all your students know that you know dream big, make your goals and it might be harder

0:30:35.360,0:30:40.640  
but I think that what's really important is not to focus on how much harder it is for

0:30:40.640,0:30:45.860  
you, focus on your journey, focus on reaching your goals, and you'll be surprised how many

0:30:45.860,0:30:50.240  
people you will meet at the end of that journey realizing that they had also similar stories

0:30:50.240,0:30:57.980  
to you or even harder struggles than you so it's more of a anything is possible

0:30:59.240,0:31:06.140

I know how busy you are, so  
I am so thankful that you you took some time

0:31:06.140,0:31:12.320

today to share your story with us and I'm truly  
grateful. Thank you of course thank you so much

0:31:12.320,0:31:18.620

I really appreciate you thinking about me  
for this project. Thank you Stephanie, Dr Baker.