

Paige Belsito

MAJOR: ALLIED HEALTH SCIENCES

EXPECTED GRAD: MAY 2027

Health Profession: OB/GYN

Job Description: Provide medical care related to pregnancy or childbirth. Diagnose, treat, and help prevent diseases of women, particularly those affecting the reproductive system. May also provide general care to women. May perform both medical and gynecological surgery functions.

Career Competencies

- 1) Critical Thinking: OB/GYNs problem-solve by diagnosing their patients and providing the best treatment. This can be in a low-stress environment one-on-one with a patient, or a high-stress delivery, so OB/GYNs must be versatile.
- 2) Communication: It is important to be able to listen and understand a patient's concerns. Women are sometimes dismissed in healthcare settings so good communication skills are important to ensure patients feel their needs are being properly addressed.
- 3) Equity and Inclusion: OB/GYNs care for many different types of people from different backgrounds which may affect their health. For example, there is a high rate of women of color dying during labor. Understanding this can help OB/GYNs provide the best care possible for individuals.

Personal Career Competencies

Most-developed: Critical Thinking

Having the ability to problem-solve in a high-stress, fast-paced environment will benefit me as an OB/GYN. It is important to be able to make quick decisions to ensure the safety of your patients, which I believe I would excel at.



Least-developed: Leadership

Being any sort of doctor requires confidence in your abilities and strong leadership skills. I definitely need to work on trusting myself and my capabilities and become more comfortable with directing/leading people before applying to medical school. I will make an effort to hold leadership positions when possible throughout my undergraduate degree.

Activities

- To develop my leadership skills, I joined a sorority and am currently serving on our Member Conduct Committee. Doing so is allowing me to meet more people and help make our sorority a safe place for all our sisters.
- I joined a club called Sing For Hope. We visit children's hospitals, schools for children with disabilities, and nursing homes to spread joy through music. I am enhancing my skills in Equity & Inclusion. We perform for many different types of people and even begin to build relationships with some of the patients or students. Through this club, I am gaining a better understanding of how life may look for those with disabilities or chronic illnesses.
- In the future, I would like to shadow my OB/GYN at UConn Health. I mentioned my career goals during my last visit and she offered to let me shadow her. I also want to become aware of more research related to the field I'm interested in and get involved.

LinkedIn Profile



Paige Belsito (She/Her)
Allied Health Sciences Major | University of Connecticut | Graduating May 2027
Coventry, Connecticut, United States · [Contact info](#)
22 connections

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About

I am a first-year Allied Health Sciences major at the University of Connecticut. I aspire to attend medical school after receiving my Bachelor's Degree. My interests currently revolve around women's health and disparities within the healthcare system.

Top skills
Detail Oriented • Dedicated • Problem Solving • Communication

Experience



Personal Assistant

SB Wealth Solutions, LLC · Part-time

Jun 2023 - Present · 7 mos

Vernon, Connecticut, United States · On-site

Assisting in setting up and organizing the client database on Redtail CRM for an independent financial planner. Contributing to marketing by handling social media posts, emails, and letters.

Skills: Critical Thinking · Problem Solving · Analytical Skills · Organization Skills · Social Media Marketing · Personal Assistance · Customer Relationship Management (CRM) · Detail Oriented



Banquet Server

A Villa Louisa · Part-time

Sep 2022 - Aug 2023 · 1 yr

Prepared tables, offered hors d'oeuvres and meals, attended to guests, and cleaned area throughout about an 8 hour shift.

Skills: Customer Service · Communication · Catering

Education



University of Connecticut

Bachelor of Science - BS, Health Services/Allied Health/Health Sciences, General

2023 - 2027

Grade: Freshman

Activities and societies: Pi Beta Phi Fraternity for Women, Sing for Hope

Skills: Critical Thinking · Dedicated · Problem Solving · Organization Skills · Detail Oriented

Grad School OR Job/Internship

To become an OB/GYN, I will need to apply to medical school.

Some of my top choices are: UConn School of Medicine, Frank H. Netter MD School of Medicine, Yale School of Medicine, Duke University of Medicine, and UMass Chan Medical School.

Collaborating Healthcare Professionals

- 1) Labor and Delivery Nurses help to support OB/GYNs during labor and delivery. OB/GYNs are notified of complications by L&D nurses, and L&D nurses can administer medicine by order of the OB/GYN.
- 2) Midwives can collaborate with OB/GYNs to help develop a plan for pregnant women. They also connect patients with an OB/GYN if any specific issues arise.

Final Reflection

The most impactful presentation was from the physician and medical student. I found the medical student's story to be very powerful. She didn't have immediate success. But she didn't give up either. She took a lot of time to prepare, learn, and work to get a better score on her MCAT and receive acceptances from more schools. Before hearing her presentation, I was feeling a lot of pressure to get in and out of medical school as soon as possible. She helped me to feel that it is okay to take my time to begin med school and that I am worth just the same no matter when I start or finish.