

Carecyia Lynn Armstrong

Biology Major at Howard University

Creative | Listener | Ambitious

Autobiography

My name is Carecyia Lynn Armstrong (pronounced: CUH-REE-SEE-YUH). Growing up in the outskirts of Dallas, Texas, particularly Arlington, I became no stranger to diversity and the hustle of a fast-paced environment. During the first nine years of my life, I grew up being an only child and raised by a single mother. The second half of my life provided me with the opportunity to be a big sister. These crucial 18 years helped me gain insight into the essence and demands of leadership.

My relationship with medicine and the healthcare field initiated with my mom. My mom, being a nurse, would always have these “gadgets” and interesting looking instruments lying around, for instance, a stethoscope or surgical tape. When my younger cousins would come visit, we would always play doctor and pretend that one of us is ill or expecting to have a baby. I eventually found myself playing the role a bit too convincingly when I was tasked to take care of my genuinely sick cousin. I had to document when I gave him medicine, the amount, how much food he ate, if he was able to keep his food down, etc. This really sparked my interest in healthcare until I was promoted to the operating room.

This might come as a shock but surprisingly, I don’t have the desire to pursue a career as a nurse. I can’t even handle someone else throwing up because of my phobia, so how could I possibly be a nurse? Luckily, this deceased rat that was spreading on the fallen leaves gave me an idea. I want to be a surgeon.

As I ventured through my teenage journey, I became obsessed with the idea of transforming someone’s confidence and helping them love the image that is produced when looking at a mirror. Even for myself, it took some time to truly love the reflected piece. The moment in life

that I could fully see my body in a bathroom mirror marked the beginning of my self-image anxieties.

18 years later is when my dreams start to unfold. I graduated high school in the top 8% of my cohort, plus I got accepted into the illustrious Howard University where I would go and study biology to continue my aspirations of becoming a plastic surgeon.