

Noor Lamba

I was born in Michigan and moved to Santa Rosa, California shortly afterwards, where I have been living for about 17 years with my two parents and my 9-year-old brother. I grew to love playing tennis, practicing Kathak dancing, and playing piano. Starting at 7 years old and continuing into my high school years, I participated in the Hemkunt Speech Competition, an annual competition for students, including a zonal and international competition, in which participants prepare a speech about a certain topic of Sikh history and present it with those of their age group. In high school, I was interviewed and selected for a teen leadership development program, in which I learned about a specific career path once a month and engaged with community, civic, and business leaders. I greatly improved my self-confidence through these activities. It was during high school when I started to become interested in medicine: I volunteered at a clinic, a nursing home, shadowed a doctor, and joined the Health Action Council of Sonoma County and the Teen Advisory Council for Kaiser Permanente as a youth member. I participated in various summer activities as well, including a research internship and a summer program at UC Davis in which I studied biomedical sciences. During my early teen years, I joined the 1947 Partition Archive in its efforts to interview people who were involved in the 1947 Partition of India, and to preserve these stories in the archive.

I am currently a student at Penn State University and am part of a 7-year medical program which includes three years at Penn State and 4 years in Sidney Kimmel Medical College (SKMC) in Philadelphia. Instead of going through the full application process for medical school, I will be going straight to Sidney Kimmel after three years at PSU, provided that I fulfill the grade point average and MCAT requirements. After my first year at SKMC, I will receive my BS in Pre-medicine, and after my fourth year at SKMC, I will receive my MD. I will be starting my 2nd year at Penn State in August 2018. My current major is called Premedical-Medical and I am planning on doing a minor in Psychology. At Penn State, I am continuing to do Kathak dance and am active in the Sikh Student Association. I enjoy going to Zumba fitness classes in the gym and going to Indian functions such as Diwali, Garbha, and Bhangra events. I am also a research assistant in a Psychology lab that studies the relationship between anxiety, avoidance and depression.

I was introduced to the FEA by my dad, Sukhwinder Lamba, who is also a mentor. I have a lot of faith in what FEA can accomplish, and I believe that the skills that are taught in this program are valuable for everyone. I am passionate about serving those who may not readily have as many resources or opportunities as I do. Non-cognitive skills such as critical thinking and self-reliance are important for success for everyone, and I think it is great that FEA integrates these into the curriculum.