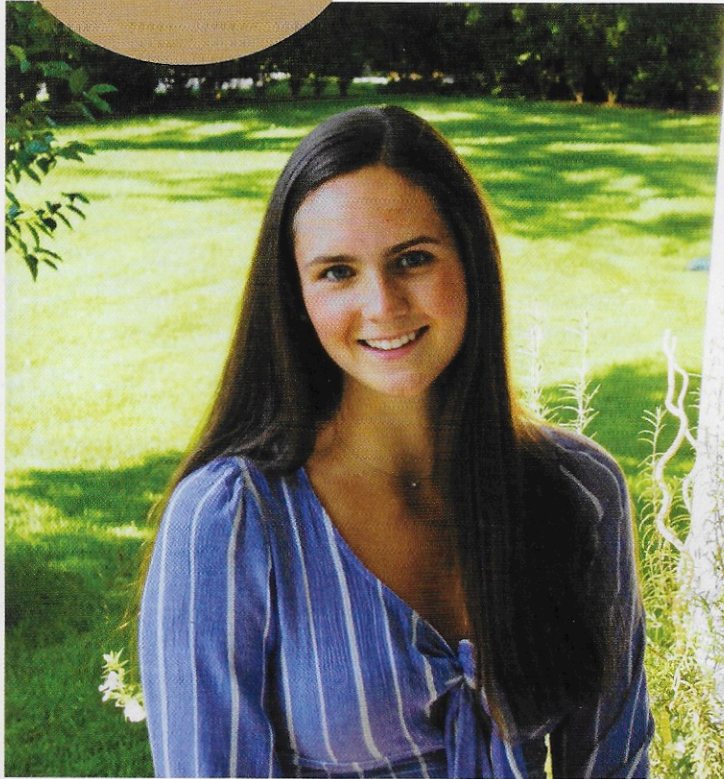


# 10

## Olivia Sheridan

King School, class of 2020



**The best thing about my school is...** the community. Everyone is so supportive, and the teachers are always willing to provide any help you might need.

**Next fall I'll be...** rowing at The University of Virginia.

**I'm majoring in...**biology. I'm also interested in going to med school to get my MD and would like to incorporate research with that as well.

**My best study hacks...**Study well ahead of time. Hand write flash cards and make study guides.

**I stayed sane during quarantine by...** staying on top of online school and work and crew practice. Every day at 4 p.m. I had team Zoom calls and workouts, so this gave me something to center my day around.

**The most valuable lesson I've learned is...** the importance of perseverance. Even things that don't seem achievable really are if you persist during setbacks.

**My greatest challenge was...** Last spring I injured my back while rowing. The doctors didn't know what was wrong until they realized I had herniated discs. In addition, I injured my hip and needed surgery. It was a tough time, but because I was so determined to get back to crew, I had a positive goal to work toward that got me through it.

**My pre-race ritual...** My rowing team warms up together, I have a favorite playlist that I listen to and I have special snacks that I save just for race day.

**I give back by...** being a member of National Charity League, a mother-daughter organization

that offers opportunities to volunteer with many different philanthropies.

**I'm dedicated to...** volunteering at the New Canaan Food Pantry with my mom. I like to interact with the people there, and it makes me happy to see that we are helping them.

**The best book I've read is...** *Where the Crawdads Sing* by Delia Owens. I reread it a few times. I relate to the main character Kya, her curiosity and wanting to learn more about the world around her.

**My favorite teacher is...** My advisor and teacher Dr. Shulman, is a pillar of support. She used to be a researcher in genetics, a field I'm really interested in, and she runs the research department at King School.

**My most special life experience was when...** I worked my internship at Yale University School of Medicine, which I got through the ASPIRE program. I worked in a cell biology lab using CRISPR, a type of gene editing technology that's been gaining popularity because of its potential to be used in humans. My goal was to use CRISPR to edit a certain gene in fission yeast, a eukaryote with a genome similar to humans. Once I got the CRISPR to work, I was trying to determine whether or not normal DNA repair is hindered by CRISPR, something that has major implications in deciding whether or not CRISPR-editing is safe for humans. It's a lengthy process, and I was able to design the new system and get the gene editing to work, something that had not been done by others in my lab.

**The biggest dilemma facing today's teen is...** the fact that there's so much to fix in the world and not knowing where to start.

### WHY OLIVIA IS A TEEN TO WATCH

King Scholar four years in a row.

Competitive rower for Greenwich Crew.

Selected for King School's prestigious ASPIRE course, a research-based course and in-person lab experience that culminates in student's published research.

Interned at Yale School of Medicine

Organized a winter clothing drive with other students for a local women's shelter

Took five AP courses senior year



**My dream job is to be...** an ER doctor.

**My creative outlet is to...** cook a big meal or bake for my family.

**I aspire to learn...** sign language.

**If I could change the world, I would...** provide equal healthcare for all. A lot of deaths that occur would be preventable if people had quality healthcare.