MARÍA JOSÉ GARCÍA CÁRDENAS

Curridabat, San José, Costa Rica | +506 8715 0471 | maria.garciacardenas@ucr.ac.cr | www.mariagarciacardenas.com

I'm a medical student at the Universidad de Costa Rica with a deep passion for Pathology, a love for teaching and learning, and a conviction that grit takes you further than genius ever could.

EDUCATION

Universidad de Costa Rica *2020 – Present*
MD — Bachillerato y Licenciatura en Medicina y Cirugía
San José, Costa Rica

Harvard University *Summer 2018*
Intensive Organic Chemistry (with Laboratory) · Grade: A–
8 credits
Cambridge, MA, USA

LANGUAGES

Spanish — Native

English — C1 | TOEFL: 107 (2017) | TOEIC (2018)

German — Estimated B1/B2, Goethe Institut (2018)

CLINICAL EXPERIENCE

Clinical Rotations — Hospital Nacional de Niños *July 2026 – December 2026*
Completed clerkships in: Genetics, Pediatric Pathology (grossing), Pediatric Surgical Oncology, Pediatric Neurodevelopment, Teenager's Clinic (Eating Disorders division), Pediatric Neurology, General Pediatrics Unit, Pediatric Ophthalmology, and Pediatric Psychiatry

Clinical Rotations — Organismo de Investigación Judicial*February 2026 – June 2026*
Completed clerkships in: Forensic Pathology and Forensic Medicine

Clinical Rotations — Clínica Jiménez Núñez *May 2026*
Completed a rotation in Family Medicine

Clinical Rotations — Hospital San Juan de Dios *April 2026 – May 2026*
Completed clerkships in the Palliative Care Unit and the HIV Clinic

Clinical Rotations — Hospital México *2025 – Present*
Completed clerkships in: Cardiology, Gastroenterology, Extracorporeal Medicine, Intensive Care Unit (ICU), Neurology, Pulmonology, Nephrology, Oncology, Immunology, Hematology, Allergology, Emergency Medicine, Internal Medicine, Gynecology, Obstetrics, Neonatology, and Pathology

Clinical Rotations — Hospital Nacional de Salud Mental *April 2025*
Completed a 1 month clerkship in Psychiatry

RESEARCH

Efficacy and Safety of High-Flow Nasal Cannula vs. Other Oxygenation Techniques in Acute Cardiogenic Pulmonary Edema: A Systematic Review and Meta-Analysis *April 2026 – August 2026*

- Collaborative project with medical students across multiple countries, under the mentorship of Dr. Inshal Jawed
- Personal contributions included literature screening and review, data curation, drafting of the discussion section, manuscript review and editing, participation in exploratory forest plot construction, and presentation of the research poster alongside co-author Dr. Junblat.
- Status: Abstract presented at the American Heart Association Scientific Sessions 2026 (Poster Sa077) in Chicago. I went and presented the poster alongside co-author Dr. Junblat. (The poster is available for download from my website, under this section in "Resume")

Sequencing BCMA-Directed CAR-T-Cell Therapy and Bispecific Antibodies in Relapsed/Refractory Multiple Myeloma: A Critical Narrative Review of Treatment Order, Resistance Mechanisms, and Clinical Outcomes
November 2026 – Present

- Collaborative project with medical students across multiple countries, under the mentorship of Dr. Manish Yavad.
- Conducting a narrative literature review examining the sequencing of CAR-T cell therapies and bispecific antibodies in relapsed/refractory lymphoma and multiple myeloma, with a focus on treatment efficacy, safety, and optimal therapeutic strategies.
- Status: In Progress (started November 2026)

Florid reactive lymphoid hyperplasia of the lower female genital tract: a case series *October 2026 – Present*

- Collaborative project under the mentorship of hematopathologist Dr. Alejandra Carvajal
- Personal contributions include conducting literature searches and reviews, reviewing patient medical records and clinical cases, extracting and organizing relevant clinical and pathological data, and contributing to case documentation and data curation.
- Status: In Progress (started October 2026)

LEADERSHIP & PROFESSIONAL EXPERIENCE

Student Representative — Consejo Superior Estudiantil *2026 – 2027*
Asociación de Estudiantes de Medicina, Universidad de Costa Rica · San José, Costa Rica

- Represent student body interests before the Superior Student Council at the institutional level
- Develop and implement student welfare projects across hospital training sites
- Coordinate academic and extracurricular activities to foster student community and well-being

Student Coordinator of Pathology I & II — Hospital México *2025*
Escuela de Medicina, Universidad de Costa Rica · San José, Costa Rica

- Served as primary liaison between faculty physicians and medical student cohort during our Pathology courses
- Managed scheduling logistics and resolved conflicts to ensure smooth rotation continuity
- Proposed and communicated educational improvement initiatives to faculty

Coordinator of Anatomy Teaching Assistants *2024 – Present*

Escuela de Medicina, Universidad de Costa Rica · San José, Costa Rica

- Oversee workflow coordination for the full team of Anatomy teaching assistants
- Manage scheduling, draft semester reports, and propose improvements to assistant roles and workflows
- Ensure compliance with paid-hour responsibilities and coordinate exam practice sessions

Creative Director *2020 – Present*

Centro Educativo Prof. Saúl Cárdenas Cubillo · Costa Rica

- Design and maintain the institution's website, social media presence, and digital advertising campaigns
- Develop promotional content, including banners, online ads, and educational fair materials
- Coordinate open houses and educational promotional events; manage applicant CV database

Freelance Graphic Designer *2019 – Present*

Independent · Costa Rica

- Designed logos and custom illustrations for small businesses and clients, including PaoRuns and Rockland Road Runners
- Selected design (2019) to represent the Universidad de Costa Rica's School of Chemistry during University Week

Medical Education Content Creator — @mediconmajo *2024 – Present*

Independent / Escuela de Medicina, UCR · Costa Rica

- Produce and share medical student life content and study tips across social media platforms
- Brand collaborations with companies such as Maxxx Energy
- Currently serving as official Student Social Media Representative for the UCR School of Medicine

TEACHING & VOLUNTEER EXPERIENCE

Anatomy Teaching Assistant (Volunteer) *2024 – Present*

Escuela de Medicina, Universidad de Costa Rica · San José, Costa Rica

- Support students in the anatomy laboratory through guided instruction, Q&A, and exam preparation
- Facilitate cadaveric dissections and contribute in the making of teaching materials
- Serve as the coordinator of anatomy teaching assistants (see leadership & professional experience section)

Histology Teaching Assistant (Volunteer) *2025 – Present*

Escuela de Medicina, Universidad de Costa Rica · San José, Costa Rica

- Guide students in microscopy technique and histological slide interpretation in the histology laboratory
- Delivered a full independent laboratory lecture on 'Epithelial Tissue II: Glands' to 120 students (March 2026)

ExpoAnato Volunteer (Volunteer) *2024 – Present*

Escuela de Medicina, Universidad de Costa Rica · San José, Costa Rica

- Participate in public outreach anatomy exposition, explaining human body systems to the general public
- Served as Principal Organizer of the 2026 edition of ExpoAnato

Soy Niña Organization (Volunteer) *February 2026 – Present*
San José, Costa Rica

- Facilitate educational and developmental activities for girls and adolescents, promoting leadership, self-esteem, and personal growth
- Assist in the Academic Tutoring Program: workshops on study habits and support in primary and secondary school subjects
- Independently raised over $1,300 to support the organization's programs and initiatives.

University Tutor (Paid services) - Organic & General Chemistry *2018 – 2020*
Independent

- Tutored medical students in Organic Chemistry I & II and General Chemistry I & II

PROFESSIONAL DEVELOPMENT

American Heart Association (AHA) Scientific Sessions 2026 — *Poster Presentation* *November 2026*
Chicago, Illinois

Presented the research poster *"Efficacy and Safety of High-Flow Nasal Cannula vs. Other Oxygenation Techniques in Acute Cardiogenic Pulmonary Edema: A Systematic Review and Meta-Analysis"* (Poster Sa077), alongside a fellow co-author, at the AHA Scientific Sessions in Chicago.

Pathology in the Park — *College of American Pathologists (CAP)* *July 2026*
Orlando, Florida

Participated in educational sessions and professional networking activities focused on pathology, engaging with practicing pathologists and residents to gain insights into the specialty, subspecialty training, and career development opportunities.

XXXVII Central American and Caribbean Congress of Pathology 2026 *November 2026*
San José, Costa Rica

Attended a regional scientific congress focused on diagnostic pathology and emerging developments in the field. Established meaningful professional connections with pathologists and gained valuable insights into potential future research and collaborative opportunities.

Beyond Reflux Esophagitis: All About the Esophagus — *College of American Pathologists* *July 2026*
Online

Enduring Educational Activity. Accredited by the ACCME; awarded 1.0 AMA PRA Category 1 Credit™.

Americas Regional Meeting — *IFMSA* *January 2024*
International Federation of Medical Students Associations · Morelia, México

Served as a delegate, participating in discussions on global health topics, educational sessions, interactive workshops, and regional networking activities with medical students from across the Americas.

CONFERENCE ATTENDANCE

- XXXVII Congreso Centroamericano y del Caribe de Patología (2026) — Pathology
- LX Semana Pediátrica (2026) — Pediatrics
- Sinergias para la Salud (2026) — Primary Care/General Medicine
- College of American Pathologists: Pathology in the Park (2026) — Pathology

- XXVII Congreso Nacional de Ginecología y Obstetricia (2026) – OBGYN
- IX Congreso Internacional de Medicina Interna (2025) – Internal Medicine
- Simposio de Medicina de Emergencias (2024) – Emergency Medicine
- Sinergias para la Salud (2024) – Primary Care/General Medicine
- Congreso Centroamericano y del Caribe de Educación Médica (2020) – Medical Education

PROFESSIONAL AFFILIATIONS

College of American Pathologists (CAP) – Member (2026 – Present)
The United States and Canadian Academy of Pathology (USCAP) – Member (2026 – Present)
Asociación de Estudiantes de Medicina de la Universidad de Costa Rica – Member (2021 – Present)
Asociación de Estudiantes de Medicina de Costa Rica – Member (2021 – Present)

INTERESTS & HOBBIES

- **Pathology!** Passionate about pursuing it as a medical specialty; strong interest in AP.
- Playing music on my guitar, piano, ukulele and flute
- Hockey (NHL/PWHL) and anything Taylor Swift!

REFERENCES

Kindly available upon request.