

MARIA JOSE GARCIA CARDENAS

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

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
<i>MD — Bachillerato y Licenciatura en Medicina y Cirugía · San José, Costa Rica</i>	
Harvard University	Summer 2018
<i>Intensive Organic Chemistry (with Laboratory) · Grade: A– · 8 credits · Cambridge, MA, USA</i>	

LANGUAGES

Spanish — Native

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

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

CLINICAL EXPERIENCE

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

RESEARCH

High-Flow Nasal Cannula vs. Non-Invasive Ventilation in Acute Cardiogenic Pulmonary Edema: A Systematic Review and Meta-Analysis	2026 – Present
• Collaborative project with medical students across multiple countries, under the mentorship of Dr. Inshal Jawed • Conducting systematic literature review and meta-analysis comparing HFNC and NIV in acute cardiogenic pulmonary edema management • Status: In progress	

LEADERSHIP & PROFESSIONAL EXPERIENCE

Student Representative — Consejo Superior Estudiantil	2026 – 2027
<i>Asociación de Estudiantes de Medicina, Universidad de Costa Rica · San José, Costa Rica</i>	
• 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
<i>Escuela de Medicina, Universidad de Costa Rica · San José, Costa Rica</i>	
• Served as primary liaison between faculty physicians and medical student cohort during 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
<i>Escuela de Medicina, Universidad de Costa Rica · San José, Costa Rica</i>	
• 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 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

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 **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

University Tutor — Organic & General Chemistry **2018 – 2020**

Independent

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

PROFESSIONAL DEVELOPMENT

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

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

CONFERENCE ATTENDANCE

- Congreso Centroamericano y del Caribe de Educación Médica (2020)
- Sinergias para la Salud (2024)
- Simposio de Medicina de Emergencias (2024)
- IX Congreso Internacional de Medicina Interna (2025)

- XXVII Congreso Nacional de Ginecología y Obstetricia (2026)
- College of American Pathologists: Pathology in the Park (July 2026)
- XXXVII Congreso Centroamericano y del Caribe de Patología (November 2026)

PROFESSIONAL AFFILIATIONS

- College of American Pathologists (CAP) — 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
- Watercolor painting of pathology and histology slides
- Guitar, piano, and anything Taylor Swift!

REFERENCES

Kindly available upon request.