

MARIA JOSE GARCIA CARDENAS

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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 Salud Mental • April 2025

Completed a 1 month Clerkship in Psychiatry.

Clinical Rotations — Hospital México • February 2025 – June 2026

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 Niños • July 2026 – December 2026

Completed Clerkships in: Genetics, Pediatric Pathology (grossing), Pediatric Surgical Oncology, and Psychiatry.

RESEARCH

High-Flow Nasal Cannula vs. Non-Invasive Ventilation in Acute Cardiogenic Pulmonary Edema: A Systematic Review and Meta-Analysis • April 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/Not yet published

LEADERSHIP & PROFESSIONAL EXPERIENCE

Student Representative — Consejo Superior Estudiantil

July 2026 – June 2027 Term

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 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
- Prepared and delivered a 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

• Americas Regional Meeting – International Federation of Medical Students Associations (IFMSA)

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. January 2024.

• Beyond Reflux Esophagitis: All About the Esophagus — College of American Pathologists

Enduring Educational Activity. Accredited by the ACCME; “awarded” 1.0 AMA PRA Category 1 Credit™. July 2026.

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)
- Sinergias para la Salud (2026)
- XXXVII Congreso Centroamericano y del Caribe de Patología (November 2026)

PROFESSIONAL AFFILIATIONS

- College of American Pathologists (CAP) — Student Member (2026 – Present)
- United States and Canadian Academy of Pathology (USCAP) — Student 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, hockey, and anything Taylor Swift!

REFERENCES

Kindly available upon request.