

Student Spotlight: Eric Lang

School/Degree: Xavier University, Master of Health Services Administration (expected graduation May 2023)

What student program were you involved in at HealthSource of Ohio? Administrative Residency

What are your career goals/interests? I have interests in many parts of healthcare: data analytics, strategy, compliance, policy, medical tourism, global health, community health, mental health services, health technology, the list goes on, but my main career goal is for my work to have meaning and impact. I want my work to be of benefit to communities and patients.

What do you like to do in your free time? I love reading fantasy and science fiction novels. I listen to podcasts about history and popular culture. I love to work out and be active. I've lifted weights since I was in high school, I did gymnastics for four years in college, and I did kickboxing and karate for about 7 years. I play a lot of video games and get together with friends to play board games. I really love hanging out with my hedgehog Oreo, she's an absolute joy.

What's something you've done recently that was out of your comfort zone? I love challenging myself by leaping out of my comfort zone. It's one of my favorite ways of learning. By doing so I danced ballet, participated in a 6-month intense economics program in Germany, spent 5 years learning Mandarin, jumped into gymnastics, but the biggest most recent thing was getting into healthcare. I studied languages, economics, and global politics before starting my master's program. I had no real exposure to healthcare in a professional setting, but I have always been fascinated by healthcare, and with COVID presenting a need in workers, I decided to take that leap. Xavier's MHA program is nationally ranked and is known for being academically challenging, but my drive to do meaningful work and jump into healthcare was strong, and here I am.

What made you interested in HealthSource of Ohio? When Lisa and Logan (previous Administrative Residents themselves) came to talk to my graduate class about HealthSource of Ohio and the work they and the organization does, it immediately called to what motivated me to get into healthcare, which is to make a difference in communities and serve underrepresented and low-income people. When I talked to them and later others who work at HSO, the passion and pride everyone had in their work was contagious and inspirational. Everyone also had pretty different backgrounds, but unlike many other organizations, HSO saw that as a strength rather than a weakness.

Please share your favorite experience while at HealthSource of Ohio: There are too many to count, it's like picking a favorite song or movie, I can give a list but that still won't do my favorite experiences justice: the welcome set up on my desk on my first day, getting to know everyone, the projects I've been in, the trips to different centers, the events, volunteering to pack meal kits and attend Cooking for the Family, the list goes on. I've had many experiences that I'll always treasure.

What advice would you share with other students? Always volunteer for optional tasks and projects, you'll never know what you'll learn and what skill you'll pick up when given the opportunity. While you're able to, do everything. Try things you never thought you'd be interested in. Worst case scenario, you learn about something you don't like, which is just as important as figuring out what you do like. Best case scenario, you find a new passion and calling. As a student, it's also extremely important to take care of yourself and your mental well-being. Practicums, classes, and other academic activities are expected to be intense, but that doesn't mean you should let it get to the point of it being harmful to you. It's ok to say "no" and it's ok to take breaks. Just communicate that to others.