

Nasim Eshragh-Nia

IDEA Center's Spotlight on UCSD's JUMP Coordinators

Quick Facts

Grade: PhD Candidate

Major: Bioengineering

Outside interests: Digital illustration, landscape photography, exploring the outdoors, and cooking




Questions about your experiences:

Why did you join JUMP? How has the JUMP program benefitted you and how have you helped others by being a JUMP coordinator?

The expertise and support I received from several mentorship programs and mentor figures throughout my academic journey were instrumental in my successful navigation of academia as a first-generation college, and then PhD, student in STEM. JUMP's unique mentorship structure and focus on providing support and community were a few of the reasons I joined the organization as a mentor and coordinator, and since joining, I have continuously been inspired by the IDEA center and





the JUMP program's leadership and mission. As a JUMP coordinator, I organize events aimed at fostering a supportive engineering community and providing professional development opportunities for our students. I hope to inspire especially those with non-traditional backgrounds to consider research in interdisciplinary fields as rewarding careers.

What notable extracurricular activities/organizations are you involved in and why did you get involved with them?

I have served as a research mentor in the Cartilage Tissue Engineering lab for several summer programs providing research opportunities for high-school students. Through these programs, I focus on instilling a sense of curiosity in my mentees, developing their critical thinking skills and executing the scientific process to answer a research question.

What are your plans for the future?

I consider myself a multipotentialite and am constantly exploring intriguing career paths that combine education, science and engineering, and art.

From your experiences, what advice would you offer current students?

The multitude of available opportunities, programs, organizations and activities might seem overwhelming, but you have time. Explore your interests in your first year or two, and set on a few paths that stand out to you the most and get deep. Seek out mentors who are inspiring, but also genuinely interested in your future. When evaluating opportunities and mentors, always consider compatibility with your personality, life-style and schedule as the first criteria.



