

# 5 Questions with Lauren Nelson (BSPH 2024, MHA 2026)

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We caught up with several [Celia Scott Weatherhead School of Public Health and Tropical Medicine](#) alumni recently and were able to ask them about their Tulane journey. Here are Five Questions with Lauren Nelson (BSPH 2024, MHA 2026).

**Where are you now and how did your Tulane degree help you get there?**

This summer, I will be starting a two-year administrative fellowship with Emory Healthcare in Atlanta, Georgia. I'll spend the first four months at Emory University Hospital and then rotate through several other hospitals and departments. It's an incredible opportunity to increase the breadth of my exposure in clinic-based operations within an academic medical center environment and grow my depth of knowledge. My experiences at Tulane have played a major role in allowing me to reach my professional goals and secure an administrative fellowship. The MHA (Master of Health Administration) program, specifically, provided an environment that allowed me to flourish academically and cultivate my professional identity. The MHA program also supported me through the residency matching process, which is unique to Tulane. The direct 1:1 support that was shown to me by faculty in refining my applications, giving me mock interviews, and helping me to identify opportunities that best aligned with my long-term goals was unparalleled. Additionally, the residency matching process was an opportunity for me to participate in multi-round interviews with different healthcare organizations in New Orleans, which truly prepared me for the highly competitive fellowship interview process. Without a doubt, I wouldn't be on the path that I'm on without Tulane or its incredible MHA program. The mentorship, support, and preparation I have received here have equipped me with the tools I need to be successful in healthcare administration.

### **What achievement are you most proud of?**

I'm most proud of my community involvement. I've always been deeply passionate about community service, which is one of the reasons I chose Tulane for my undergraduate studies. Public health and health equity have also been major passions of mine, and New Orleans has given me so many opportunities to explore the intersection between public health and civic engagement in meaningful ways. Whether through political canvassing for candidates who prioritize public-health initiatives in Louisiana or volunteering with community-based organizations across the city, I've learned so much from the people and neighborhoods of New Orleans. These experiences have helped me build relationships and develop a better understanding of the communities I serve. My volunteerism at organizations like Grace at the Green Light and Generation Hope, for example, has further shaped my perspective on healthcare and reinforced my passion for the field. Ultimately, my community involvement has allowed me to pursue my various passions in different ways, and it has shown me that I can make a positive impact both inside and outside

of my professional role.

**What is your best memory about Tulane? And/or what do miss most about New Orleans?**

My favorite Tulane memory was definitely winning the Cotton Bowl. Coming from Oxford, Mississippi (Hotty Toddy!), I really missed the energy of SEC sports culture during my first two years at Tulane. But 2022 marked a turning point for Tulane Football. Traveling to Dallas and getting to cheer “roll wave!” at such a big game was absolutely electric. The last four minutes of the game were some of the most thrilling moments of Tulane football and my Tulane experience. Although I still live here currently, I’m already missing New Orleans in anticipation of my move. What I will miss most about New Orleans is how there’s a celebration every single day here. From second lines to Mardi Gras parades, there’s constant joy in this city. The elation here is palpable, and I’m very grateful to have been able to experience it for almost six years!

**What would you say to a young person today who is starting out on a similar path to yours?**

Know what you’re passionate about but stay open-minded about the different ways you can pursue those passions. Health policy and management are huge fields with countless career paths and opportunities.

**Is there anything else you would want to share with fellow alumni/students?**

Say “yes” to positive opportunities (especially academic ones) as often as you can. Explore Louisiana—not just New Orleans. Push yourself outside the Tulane bubble and experience as many neighborhoods and corners of the city as possible.