



Residents Forum Executive Committee Elections

Candidate for Alternate Delegate to the AMA Resident and Fellow Section

Sophia Bellegarde, MD, MBA, MLS(ASCP)cm

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Boston, MA



When are you taking your boards? – 2028

CAP Experience:

Activity	Position	Years of Service
Residents Forum	Delegate	10/16/2024 – Current

How did you become interested in serving on the RFEC?

I've been connected to the College of American Pathologists for many years, first as a clinical laboratory technologist, then as a medical student, and now as a pathology resident. Across each stage, I've found CAP to be a space where meaningful impact happens, especially as a RFEC member through advocacy, education, and community outreach. I've seen this firsthand through my involvement with the CAP Foundation's See, Test & Treat committee, which reinforced how powerful our field can be in addressing disparities and improving access to care. I've always been drawn to roles where I can amplify voices, build bridges, and contribute to systems that uplift others. Serving on the Residents Forum Executive Committee feels like the natural next step, not just to represent my own path, but to help shape the future of our specialty in a way that's inclusive, innovative, and forward-thinking.

What do you hope to accomplish during your time, if elected?

If I'm elected, I want to make the Forum more visible and accessible especially for residents from smaller or less represented programs, IMGs, and folks juggling unconventional paths like I have. I'd like to work on initiatives that support wellness, career mentorship, and advocacy whether that's through expanding leadership pipelines, improving how we communicate resources, or just making sure more people feel seen and heard in our field. I also want to bring new energy and transparency to how the Forum connects with residents.

Please convey your understanding of the role of an Residents Forum Executive Committee member and their responsibility to the Residents Forum and the College of American Pathologists.

To me, the Executive Committee is a bridge that connects the day-to-day experiences of residents with the broader mission and work of the College of American Pathologists. It's not just about representing your own program; it's about showing up, staying curious, and really listening to what residents across the country are saying. It means being consistent, prepared, and responsive, not just during meetings, but throughout the year. Our job is to both inform and advocate: for stronger education, for equity in training and access, and for shaping a specialty that reflects the future we want to be part of.



Please address the time commitment for the office in which you are interested and your ability to fulfill it.

I've balanced quite a bit in my past—clinical duties, teaching, conference planning, and leadership—so I'm no stranger to managing my time. However, what has made me successful in such a lifestyle is making space for what matters most to me, and this position in RFEC matters. I understand the responsibilities, and I'm confident I can show up consistently and contribute meaningfully. I also know how to delegate, collaborate, and keep projects moving forward, even when schedules get tough. I believe I have gained the skills and the diligence needed for this role.

What talents and skills do you bring to the Residents Forum Executive Committee that you believe would benefit the Residents Forum?

I bring a strong combination of lived experience, institutional insight, and a commitment to action. With years of experience in teaching and mentorship, I understand the perspective of those who have taken non-traditional paths into medicine. My background spans medical education, diversity and inclusion, and transfusion medicine, allowing me to engage across a wide range of professional settings. I am highly organized, an effective communicator, and unafraid to thoughtfully challenge systems when necessary. Above all, I approach every responsibility with intention and follow-through, I'm not just present, I contribute meaningfully.

What else should the Residents Forum know about you?

I am committed to the future of pathology and the importance of representation in shaping its direction. I understand what it means to be the only one in the room and have consistently chosen to lead with purpose and resilience. Whether I am presenting research, mentoring students, or contributing to committee work, I approach each role with integrity, empathy, and a strong work ethic. I take pride in my journey and remain deeply motivated by the opportunity to collaborate and help move our field forward.