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25 Women You Need to Know: Littles has passion for medicine, teaching

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Dr. Alma Littles has a passion for medicine that goes far beyond the treatment room. Her motivation lies within her heart, where it is protected and unhindered.

Littles has been the senior associate dean for medical education and academic affairs at Florida State University since 2003. She has run her own practice in her hometown of Quincy, been the director of the Family Practice Residency Program at Tallahassee Memorial Hospital, and been president of the Florida Academy of Family Physicians, just to name a few achievements. She is one of the *Tallahassee Democrat's* 25 Women You Need to Know, an annual celebration of the contributions women make in the community.

She said the feeling of truly reaching and helping patients is the driving force behind her work.

"I left Quincy for school with the intentions of coming back to practice medicine in my hometown," Littles said. "That's a big part of my motivation to wanting to be a physician."

Littles gets joy from seeing patients understand their illnesses and receive high-quality care. She said she's able to achieve that same satisfaction as an administrator at FSU.

"When I see students do well, I know they will go out and provide good care," she said. "I feel like I am indirectly reaching more patients than being a single physician."

She said the values her mother taught her play an important role in her ability to touch people's lives. She passes those same morals down to her teenage son.

Her mother, now 91, taught Littles about reliability and staying true to her word. She taught Littles about putting forth maximum effort in whatever she did.

Colleague Dr. Myra Hurt said Littles is an exceptional role model who, despite her busy schedule, balances her family and career perfectly.

Whenever Littles has free time, she enjoys being with her husband of 24 years and attending their son's athletic events. She also enjoys activities at her church in Quincy.
