

## Medical School Personal Statement

From a young age, I was fascinated by medicine. The idea of helping others and making a difference in people's lives was something that always spoke to me. As a child, I would eagerly anticipate my visits to the pediatrician and the opportunity to interact with my doctor. I loved that I could enter the safe space of the doctor's office and have my concerns heard and evaluated. It was during a hospitalization in my teenage years that I truly began to understand the depth of the responsibilities and heartbreaks that come with the title of doctor.

Sharing a four-bed room with other sick children, I couldn't help but listen in during rounds and learn about the medical details of our distinct cases. I had more mobility than some of the patients and would often run simple errands for my roommates or attend to their needs when the medical team and family members were unavailable. This experience filled me with an intense joy and sense of purpose, and I applied for a volunteer position at the hospital even before my release.

Since then, I have continued to volunteer in various medical settings, including emergency departments, out-patient clinics, and long-term care facilities. It was in the latter that I had some of the most meaningful experiences. My responsibilities involved filling in the spaces left by patients' cognitive lapses and communicating with their families about their activities and visits. One patient in particular, Charles, who had early onset Parkinson's disease with dementia, had a profound impact on me. Watching his daughters incrementally lose their father made me angry but also more determined to make a difference.

During the summer of my third year in Health Sciences, I was selected for an undergraduate research fellowship in biomedical research. Working alongside graduate students,

postdoctoral fellows, medical students, physicians, and faculty in Alzheimer's research into biomarkers that might predict future disease, I realized that practicing medicine is not an individual pursuit but a collaborative commitment to excellence in scholarship and leadership.

Building on this experience with teamwork in the lab, I participated in a global health initiative in Nepal for four months. Working alongside nurses, doctors, and translators in mobile rural health camps, we tended to patients' needs, monitored the health and development of babies and children under five, and offered tuberculosis care. Each day was both exhausting and satisfying, but it was also a humbling experience that highlighted issues in health equity.

Through these experiences, my understanding of medicine has broadened. While my desire to become a physician has remained steadfast, I have come to understand that to be a physician is to help people live healthy, dignified lives by practicing both medicine and social justice. I have learned the role of empathy and compassion, the importance of collaboration and teamwork, and the necessity of addressing issues of health equity.

In pursuing a career in medicine, I hope to make a meaningful impact in people's lives, as my pediatrician once did for me. I am excited by the prospect of contributing to the field of medicine through research, education, and clinical practice, and I am eager to embrace the challenges and opportunities that lie ahead.