

Throughout medical school, I have been carefully analyzing which specialty would be the best match with my personality, interests, and strengths. Emergency Medicine has stood out as being the specialty that I will both excel in and enjoy for several reasons.

One of my passions is high adventure sports, including skydiving, bungee jumping, dirt biking, rock climbing, wakeboarding, and surfing. I love any activity that is constantly changing and requires quick thinking. In rock climbing, I have to figure out my route as I go. In whitewater rafting, the exact same run can be completely different each time depending on the level of the water, the weather, and other factors.

During my ER rotation, I got a rush of adrenaline every time a new patient came through the doors. I also know that treatment must be given fast and accurately with little time to ponder various options. For this reason, my ability to react quickly to new circumstances and my enjoyment of challenging activities will surely be an asset in handling the fast pace of the ER.

I also understand the importance of communicating with patients in a clear and compassionate manner. As a former competitive gymnast, I was very familiar with hospital emergency rooms before I even entered medical school. Whether receiving treatment for sprained or broken bones, concussions, or other ailments, I came to view the emergency room as a safe place where I would receive care and understanding. Now, as a medical student, I have come to gain a new appreciation of the ER and the importance of listening carefully and communicating with compassion. Despite how busy my schedule becomes, I will take the time to give proper explanations and ease the minds of my patients and their loved ones.

Competing in gymnastics also made me realize that I work very well under pressure. Despite being scrutinized by judges and crowds, I was able to focus on the task at hand and tune out other distractions. I know that my ability to stay calm and think clearly even when my heart is pounding will serve me well in Emergency Medicine.

Finally, I offer strong clinical and surgical skills. During my ER rotation, I was independently performing all sutures, I&Ds, pelvic exams, and other procedures. During my OB/GYN and Surgery rotations, my attendings allowed me to perform surgical procedures that were typically only handled by 2nd and 3rd year residents. The attendings told me that I had “skills way above my peers,” and after only a few weeks I was allowed to do most of the actual surgery myself (under supervision).

My goal for my residency is to gain experience with a wide variety of cases. I want to leave your program feeling 100% confident that I can manage virtually any type of patient that comes to me in a proficient manner. Following my residency, my goal is to complete a fellowship in Pediatric Emergency or International Medicine. I would like to alternate between working in adult ED and children’s ED. Eventually I hope to spend time working for Doctors Without Borders. I would also like to offer my skills to help whenever there is a national or international disaster. After I retire, I plan to teach at a medical school in order to pass my knowledge onto the next generation of doctors.

Coming from a family where neither of my parents graduated from high school, I am proud of the fact that I have achieved so much academically and have a bright career ahead. I am fully confident that I have what it takes to excel in the practice of Emergency Medicine, and I am greatly looking forward to taking this next step in my career. I would be extremely grateful to continue on my path as part of a program such as yours.