

At 8 years old, my dreams of becoming a professional figure skater evaporated with one diagnosis: scoliosis. When my coach pointed out my left shoulder was lower than my right shoulder, making my jumps inconsistent, my mother promptly brought me to our family physician, Dr. Schwartz. My immigrant parents hardly spoke English and believed home remedies were the cure to my scoliosis. Dr. Schwartz never questioned their traditions. He taught me to expect cultural competency from my physicians, not hope for it. I believe every patient deserves a primary care physician who is willing to learn their story, provide continuity of care, and exceed expectations. These are the qualities I strive to embody and know I can achieve as a family medicine physician.

Throughout my third year rotations, I have prioritized understanding my patients' stories and connecting with them, regardless of age. When learning patients' histories in my family medicine clerkship, I was drawn to the aspect of continuity of care. Fortunately, inpatient medicine taught me to think critically and quickly adapt, but I was left wanting more. I could not shake the feeling of wanting to follow up with my patients after they were discharged from my care. Whenever my patients returned, I was the first to volunteer to assume their care. I wanted to be a familiar face and become an integral component of my patient's clinical journey. Family medicine allows me to discover my role in their narrative while highlighting the importance of an active partnership between patient and provider.

Throughout college and my medical school breaks, I dedicated my free time to helping children pursue their dreams by coaching competitive figure skating. Although at the time I believed my roles as a coach and future physician were unrelated, I now realize they are uniquely linked. While my primary purpose was to help my students set and reach personalized, attainable goals, I also wanted to serve as a confidante, role model, and mentor for any aspect of their lives. Similar to my students, my patients and I worked together to formulate an individualized plan to fit their health goals and overall lifestyle. Whether I am coaching or providing medical care, it is rewarding to watch my students and patients reach their goals, despite their doubts.

During third and fourth year clerkships, I was elected to be the student ambassador for my core clerkship hospital, acting as a direct link between my peers, hospital, and school administration. As the representative, I was responsible for addressing concerns of my fellow colleagues, training incoming students, and recruiting potential students. Throughout medical school, I have continued to seek ways to form meaningful relationships with pre-medical and medical students, leading to my involvement in mentorship programs. Together, my mentees and I have completed medical school applications, developed study strategies for classes and board examinations, and forged a bond where they knew they could always count on me. I hope to take these skills I've acquired as a mentor and apply them to a residency program that will provide me with the same sense of support and community.

As a result, my clerkships and coaching solidified my desire to help both my patients and students grow happy and healthy with thoughtful communication and support from their families. Throughout my roles, I have learned the value of my skaters and patients serving as active partners in their futures. In becoming an exemplary and comprehensive physician, I want to transition from a mentor and coach to a resident willing to learn from others, collaborate with colleagues, and seek advice from role models. I desire to know more, do more, and be more for others. By drawing on my experiences and personal narrative, I will strive to act as a reliable patient advocate who promotes preventative care for multiple generations of

families. Ultimately, I hope to find a residency program that nurtures my passion and dedication for family medicine, while allowing me to contribute to an existing community of compassionate physicians.