

Medicine – my greatest opportunity to help people

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We are inherently intrigued by phenomena that we don't understand, and human health is at the forefront of that. What leads me to go down this path is that I want to be the one who asks questions about the body and strives to find answers, and there is never a shortage of investigations in Medicine.

This curiosity has led me to seek out research. My EPQ on Autism is crucial to this – observing the range of Autism's manifestations during my 5-month Strathmore School volunteering placement made me research the complex biological factors at its root. Reading scientific journals and critiques inspired me to meet the scientists behind research, to broaden my perspective.

Securing a visit to the Sanger Institute introduced me to scientists and to ground-breaking applications of Human Genomics in personalized medicine. My goal is to be involved in a genomics project such as the Earth BioGenome Project in the future.

Essentially, my A levels are stepping stones to delve into non-clinical science; taking Psychology and Biology reinforced my fascination with the brain and nervous system, in which I have been interested since taking GCSE Psychology in year 9. I attended a competitive neuroscience masterclass, which discussed applications of neuroplasticity to neurosurgery.

Subsequently getting into contact with the Brain and Spine foundation for comprehensive neurology booklets helped me expand on this interest.

In terms of clinical healthcare, urological surgery particularly interested me during my urology internship at UCLH. Actively inquiring about the cystectomy and ileal conduit procedure whilst observing it gave me insight into the way technology has revolutionized surgery, since Frère Jacques's

nephrolithotomies. Often, I had frank conversations with the surgeons about the emotional and physical exhaustion I observed during the long working hours of my placement. I admire their honesty and integrity for giving me a realistic view, qualities which I hope to emulate myself as a doctor. It was interesting to compare this to my GP work experience, where there was more focus on the patient-doctor relationship. I took patient history and summarized this in their notes after certain consultations under supervision – which improved my attention to detail and communication. My ability to adapt these communication methods to suit a variety of ages, emotional and mental states, and cultures (as I am trilingual) has flourished whilst volunteering as a patient befriender at a Kings College Hospital ward.

Alongside engaging in the medical field, advocating for human rights really matters to me. I have a history of running campaigns to aid disadvantaged people by public speaking which I thoroughly enjoy – from organizing a school Human Rights Day as head of Amnesty International Youth Group a few years ago, to speaking passionately on a regional TV channel about asylum seeker rights. I have a Level 1 award in Safeguarding vulnerable adults and children – training which developed my emotional maturity. Moreover, to increase my cultural awareness, I have been learning a new language at Mandarin club for the past year as well as cooking different cuisines. These activities are positive, relaxing pastimes for me.

Working as a tutor at a tuition center for the past year has been a challenging responsibility, for example when being approached by a frustrated parent and solving the problem under pressure. This job has

definitely allowed me to take on a leadership role towards my students and work in a team. I genuinely believe that teaching has turned me into a more competent learner which will be crucial in my medical career.

Medicine is my greatest opportunity to help people by understanding how our bodies work, and the dynamic nature of the body makes this profession that much more exciting. I believe I have the skills and experience, as well as the ethical and legal awareness, that can be fostered to make me both a capable and compassionate clinician.