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## Medicine is Humbling

Victoria E. Coutin

*Nova Southeastern University*, [vc630@mynsu.nova.edu](mailto:vc630@mynsu.nova.edu)

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As I near the last couple of months of third-year clinical rotations in medical school, this essay represents my own reflection on the experiences this year that have shaped me.

During your third year of medical school, every month you may find yourself in a completely new environment. These were some of my thoughts that kept me grounded and helped me better integrate myself into each of these new environments.

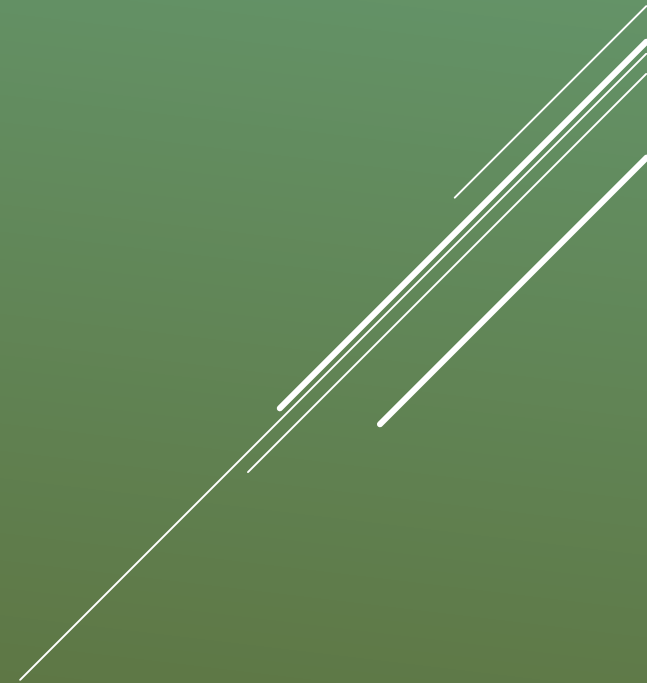
# AUTHOR'S STATEMENT

VICTORIA COUTIN

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Clinical rotations and medicine in general, are so humbling. Every single person you meet, care for, or work with, no matter how different or similar to you they are, has something valuable to teach you. Not everyone will think like you; not everyone will act like you; very rarely will people mirror your personality, but at the end of the very long day, we are all just human and trying our best. Everyone you encounter, every team you become a part of is made up of people who have had unique and specific experiences that have shaped them into the person you are interacting with today. However “good” or “bad” the interactions may seem, they are a reflection of that person and their experiences.

Don't take things personally because we are all fighting our own battles. Always remember people are taking time out of their day or experiences from their personal lives to make you better and that is worth more than we will ever really know. Likewise, every room you walk into, every patient you are assigned, every case you encounter on morning rounds, whether immediately apparent or not, has something to teach you.



- ▶ Stay humble. Listen to learn. As we learned in the last couple of years, life has no guarantees, and you could very quickly find yourself on their side of the room or on their side of the drapes.
- ▶ Listen to their concerns, their worries, their “complaints” as if you are listening to one of your loved ones. Understand why people are worried about the things they are worried about. Be human first, and medical professional second. Know your limitations. Stay humble.
- ▶ Recognize your weaknesses, work at them continuously. Stay humble. Be a team player. Stay humble.
- ▶ Go into every next phase of your life with an open mind and stay that way. Don’t let your own biases, ego, or others’ opinions interfere with your open mind and your ability to adapt and improve.
- ▶ Do all things with your heart. And most important of all, never forget where you came from and those that helped you get to where you are going.

Victoria E. Coutin is a third-year medical student at KPCOM.

She believes that writing in all of its forms is very therapeutic and continues to be a creative outlet in her world of science and medicine.

## ABOUT THE AUTHOR

