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Teaching In Medicine

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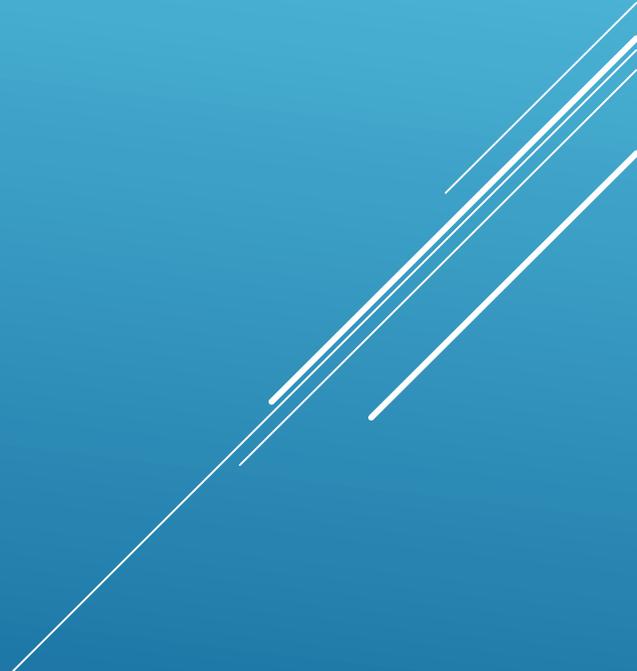
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*WRITING THIS PIECE HELPED ME TAP INTO MY FEELINGS AND REFLECT
ON HOW FAR I'VE COME PROFESSIONALLY AND MENTALLY.*

AUTHOR: SALEENA NASARY

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Teaching In Medicine

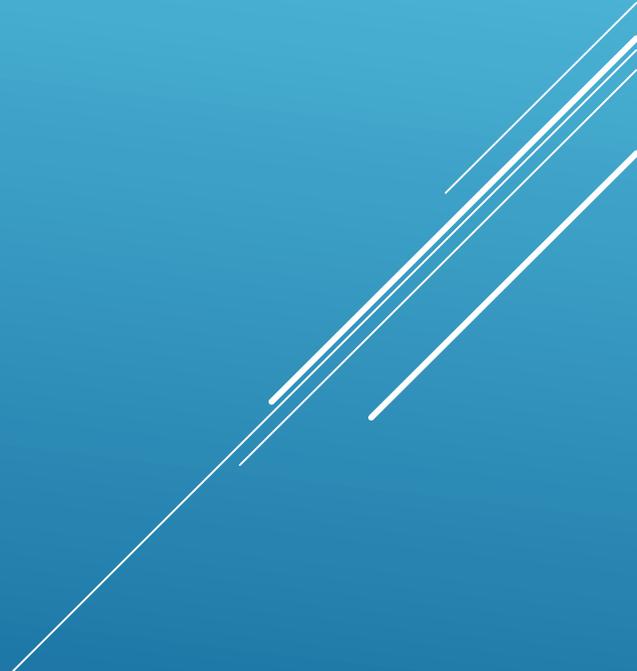
In life we are surrounded by teachers and students everywhere. One day you are the student and the next you are the teacher, or vice versa. Ever since starting medical school I've noticed myself being a student more than ever before- but that makes sense because I'm a student in school, learning and evolving. However my confidence in educating others has been fleeting. Once I got accepted into medical school I felt qualified to give advice to underclassmen pursuing medicine. I was proud of how far I'd come. I enjoyed being able to give insight into the things I did to get to where I was. Along the way I instructed a course on leadership for Afghan girls. I was helping students work on their communication skills and showed them what it meant to be a female leader. I was proud to be a teacher. But now I am a student again. Far removed from feeling empowered enough to educate others. I've had a tremendous amount of ups and downs during my years in medical school. I don't feel like a teacher anymore.

I think about my future and how I will one day become an intern and then a junior resident and then a senior resident. I don't know if I can do it. I don't know if I will ever get to that point- of being so sure of my skills and accomplishments to be a teacher again. The feeling of self doubt is not uncommon in the field of medicine; I try to remind myself of this. I think back to when I received my acceptance letter, when I opened my MCAT score report, when I walked across the stage at graduation. The feeling of not being good enough was present prior to those accomplishments, and still, I was able to get there. This is why I practice gratitude. I am my past, my present and my future. I will succeed and overcome my battles. I will feel good enough. A teacher is able to provide knowledge in any aspect that the recipient will take. The ups and downs that I went through during medical school are topics of teaching-someone can learn from my mistakes, not just my accomplishments. In medicine we must believe in being lifelong students and teachers.

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- ▶ Saleena Nasary is a third year medical student at KPCOM who is interested in pediatrics.

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