

Medical School Admission Essay

Having to run to the bathroom constantly can be very frustrating and worrisome, as I discovered when I was continuously having to scope out bathrooms everywhere I went from class and exam rooms to the movies and the mall in the midst of sophomore year of undergraduate college. After a several days of researching about abdominal pain and bloody diarrhea and multiple visits to my GI, a colonoscopy confirmed I had ulcerative colitis spanning my entire colon. I was prescribed Prednisone to decrease the inflammation, but was refractory and later was put on Humira which proved to put me into remission after several gruesome months. The semester I was diagnosed, I was very close to failing organic chemistry after being unable to utilize all the resources offered by my professor both online and after class. However, once my symptoms were under control with the help of Humira, I repeated organic chemistry over the summer. With strong determination to improve my grade, I was able to jump from a D- to an A+. Even though my health complications interfered with my academic life the first time around, my strong willpower helped me succeed.

Having to deal with a chronic GI disease at 19 years old was deeply stressful, but it sparked my curiosity about the pathophysiology and treatment options not only for ulcerative colitis, but for many other illnesses as well. That fascination with incurable illnesses and the impact they have on patients and their families has remained strong over the past three years in medical school. I have come to appreciate my experience of ulcerative colitis because it has taught me how to empathize with patients fighting the many illnesses both physical and mental that do not have a definite cure.

My interest in psychiatry sparked during my third year on clinical rotations. During my psychiatry clerkship, I took care of a disheveled, middle aged woman. Her paranoia was so extreme that she could not speak or look at anyone, spent most of the day sleeping, and often needed to be put into isolation. Fast forwarding several weeks to the last day of my psychiatry clerkship, I bumped into a well dressed, confident, and personable woman. Before I had a chance to say anything, she greeted me with a "Hello, doctor, how are you doing today? Do you remember me?" I was truly taken aback and speechless to see the transformation of a woman that once did not recognize reality become a self-assured individual ready to take on the world. In that moment, I knew that no matter what role I played in this lady's transformation, I wanted to be a part of the process that made this possible. It is a unique opportunity to look into one's personal narrative and private feelings. It is an even a greater privilege to utilize those to harness the power of one of the most complicated entities in the universe, the human brain, and help it heal.

Throughout my third year clerkships, it was apparent that psychiatry differed greatly from other fields because you are unable to ever forget that the patient is not just a patient, he/she is a person. Through the fine tuning of medication, psychotherapy, and most importantly, the patient's emotional state and hard work are doctors able to prevent and ultimately treat mental, emotional, and behavioral disorders. No other major organ system is altered through the power of words.

The most rewarding aspect of my clerkship was being able to work one on one with the children in an inpatient setting. I was able to form meaningful connections with my young patients. Through sessions and group therapy I was able to witness the progression of kids that were initially unable to make eye contact into social, enthusiastic individuals ready to smile and share about their day. This was eye-opening because in psychiatry the puzzle remains not only in the diagnosis, but also in the treatment. It is important to use those deeper level connections and personal narratives since it is not a one size fits all approach. It was very difficult for me to leave them without knowing what happened to them. Though this is probably true for all doctors that it is sad to not know what happens to their patients, psychiatry really is more about helping patients through a journey to treatment and really getting to see them from beginning to end. This is something that I really appreciated. The psychiatrists I worked with were making dramatic differences in a population that is often overlooked, undeserved, and stigmatized. This is exactly what I yearn to do.

The empathy I have with my patients is also evident toward my classmates and medical colleagues, for I recognize residency is one of the most difficult and demanding times during anyone's medical career. Everyone faces hardships along the way. Therefore, it is important to work together well as a team. Whether it takes the form of studying in groups or working collaboratively on any case, effective communication, respect and genuine support for one another are essential qualities. I will bring these traits, along with my curiosity, compassion, dedication, and readiness to advocate on behalf of my patients, to the journey that awaits me in a psychiatry residency and in practice.

Need to impress the admission committee?

Our editors can assist you get enrolled.

[Order Now](#)