

Few people can imagine the amount of stress a medical school student is under on any given day. By the third year of medical school, students are completing rotations and getting to work with “real-life” patients, as opposed to simply just studying a text-book case. Medical school students are often quizzed on the spot during their rotations, and as if this isn’t enough of an adrenaline rush for third year medical student Jaclyn Laurent, she deals with the stress of all of this by participating in a variety of other adrenaline-rush activities, such as going for a swim or doing Pilates. “The physical stress of working out helps distract me from all the emotions stemming from my stress...”

Jaclyn feels that all the stress of her career in the medical field will be worth it because it is important to her to leave a legacy in the world. “I want to make sure I have a positive impact on my community and all of the communities that have helped raise me and shaped my perspectives...”

This healthy, optimistic outlook on life is due in part to the fact that Jaclyn believes positivity is infectious and we can all pass the infection of positivity around. Even though sometimes it can be hard to see or even instill the positivity in ourselves, those difficult times are times that we should recognize how important it is to spread positive thoughts to others.

Aside from trying to stay positive, Jaclyn works on improving herself by adjusting her daily routines and making daily checklists to stay organized. Jaclyn has made minor changes in her schedule, tweaking the routine until it works into her medical school schedule. “The changes may seem astronomical all at once, but breaking them up into little pieces and taking baby steps make it all the more achievable and rewarding.”

This positive outlook and achievement-oriented attitude has already helped Jaclyn reach some of her goals, but she is not stopping there. “When I was in middle school, I wanted to be a writer and published my first poem. Soon after, I found myself studying engineering in college with a huge interest in robotics. Years later, I am now an M3 in medical school. Even so, I can’t tell if I’m completely done exploring all the professional options available!”

Part of this positive outlook and search for new possibilities stems from the fact that Jaclyn wishes she had taken more risks and explored the world more when she was younger. Jaclyn will no doubt use this learning experience as a chance to take advantage of new opportunities in the future. “Right now, I’m just a grain of pepper in the world. But one day I think I’ll be able to find all the other grains and add on a new flavor that will make the world a little better, happier, and tastier.”