

PATIENCE & PERSISTENCE

Highlighting Three Journeys to Medical School



WHEATON
COLLEGE
For Christ & His Kingdom

ERIN STRONG '08 MD, MBA, MPH

- B.A. in Spanish
- Participated in HNGR, active in Office of Multicultural Development, student athlete, Gospel Choir
- MPH at California State San Bernadino before applying
- Attended University of Michigan Medical School
- Currently a 4th year surgical resident at the Medical College of Wisconsin in Milwaukee



STEPHEN ADDINGTON '09 MD, MPH/MHSA Candidate

- B.S. in Applied Health Science
- Summer internship at Brigham & Women's Hospital after junior year, led to research position for two years while applying
- Attended University of Illinois-Chicago College of Medicine, Urban Track
- Gap year during medical school in Haiti to conduct surgical outcome research
- Currently 4th year surgery resident



DWAYNE GIBBS '11 MBS, 3RD year Medical Student

- B.S. in Biology
- Six year gap between undergrad and medical school
- Prior to applying to medical school, worked as a patient transporter and phlebotomist to gain healthcare experience
- Emphasized the need for persistence and dedication during application process
- Attending University of Minnesota Medical School



PRACTICAL WORDS FROM WHEATON ALUMNI

Applying to Medical School

- Understand your motivation and passion for medicine before applying. Speak to this in your personal statement.
- There is no perfect path to medical school; pursue with flexible adaptation and resolve.
- Seek first hand healthcare exposure.
- Summer research experiences are great opportunities.
- Taking time after graduation can be beneficial in strengthening your application. More students are taking at least one gap year.

Self-Care

- Establishing a supportive community is critical, especially a church one.
- Maintaining mental health is essential. Be preemptive - counseling is beneficial and encouraged.
- Medical training is hard and environments are not always healthy. Actively guard against burnout.
- Seek life balance and prioritize.
- Show yourself grace and forgiveness. Understand that failure will happen.
- Work to maintain a Sabbath, even if not on Sunday.

During Medical School

- Periodically reflect on your personal statement to reconnect with your original desire to pursue medicine.
- Stay flexible and curious - chosen specialties are rarely the same as originally planned.
- Peer support is crucial. Be an effective and enthusiastic team player.
- Seek out mentors who speak truth.