

Personal Statement for Medical School

Among the first memories of healthcare is sitting in a large waiting room and seeing my parent practicing what to say to a doctor since English was not our native language. I recall the silent panic of that moment, not of becoming sick, but of being misread. I felt that in the world of healthcare, I could be out of reach, even during childhood, when knowledge of language and culture created barriers. The experience was what informed my future experience volunteering in clinics to immigrant and underserved communities. When helping both culturally and financially varied patients, I saw the familiar feeling of hesitation in them, who felt incapable of expressing their issues or negotiating the complicated system. One patient, in a certain interaction at the beginning, did not look straight at the doctor and responded minimally. I managed to build trust bit by bit by slowing the conversation, listening, and seeking clarification of understanding. That experience confirmed to me that effective care is not made up of assumptions, but cultural humility.

The experience of working in different communities enhanced my emotional intelligence, flexibility, and active listening. I got to know that family values, cultural norms, and previous experiences with healthcare have a significant impact on health beliefs. The awareness of these factors enabled me to convey myself better and facilitate patient-oriented decision-making. This makes me a good candidate since I take diversity as an opportunity to learn more and treat patients better. They can change clinical experiences because I, as a person with a minority background, know that representation and empathy can change them. My role in this institution is to promote diversity through inclusive conversations, serving underserved populations, and respectfully working with peers of diverse backgrounds. It is through these experiences that my

eagerness towards fair medicine has been shaped. My aspiration is to contribute to the creation of a medical situation where patients can feel understood, respected or empowered- no matter what language, culture or situation.