

I believe in resilience. I have experienced how your mindset can influence your behavior and beliefs about who you are and what you can achieve.

Entering Boston University I pictured four perfect years, classes perfectly planned, extracurriculars that were going to propel me into a successful career.

I quickly learned there is no perfect plan, all we can strive for: is the resiliency to adapt and the endurance to continue a relentless pursuit for our goals.

Freshman year, a “mentor” told me: I was the like the person who always came second to Usain Bolt... tried hard but never good enough. He did not believe I was smart enough or the “right fit” for medical school, yet he was my “mentor who cared.”

Not the perfect start I wanted, not the extracurricular experience I expected, and certainly not the long term mentor I envisioned.

Was it all over?

Could my perfectly tailored path to medical school be dissolved after just 4 weeks at BU?

It certainly felt like it.

For a brief period of time, I let this person’s belief about who I was influence my actions and I began to question if I even believed in my abilities to have a career in medicine.

However, what this mentor did not know was my resilience and determination were supreme.

Self-doubt is a natural part of life, however having the self-knowledge and strength to push forward despite odds, critics, or circumstances is what I call resilience.

Resilience to adapt, think outside of conventional course loads, make your future **YOURS**.

Learning is **EXCITING!**

we as students at Boston University have the opportunity to learn and grow in a top-tier environment, surrounded by leading researchers in their respective fields and opportunities at every corner. Understanding that each journey is unique to the person on it, even if the end destination is the same.

The anecdote I briefly described is only one of the many hurdles that have come with completing my undergraduate career. I would not change any of them, as with obstacles come triumphs and the established skills to adapt and persevere.

As we have all experienced, over the past year, life's trials and tribulations are not mapped out in advance, or with warning. The best we can ask of ourselves is to continue pursuing our goals, no matter what life throws at us.

Trust yourself and your abilities.

As I close out my undergraduate career and look forward to a bright future: I am thankful for the challenges along the way, as they have fortified my strength and determination to never let up on my dreams, to never let anyone minimize my goals, to never stop believing in myself, and to ALWAYS be authentically resilient.