

Wellness Story of the Month

JASPER VERPLANCKE



August 2023

Reflections from Jasper, M2

"I became particularly interested in mental wellness after moving across the Atlantic Ocean away from Brussels to Boston University. Moving to BU to play soccer and study neuroscience seemed like an American dream, but adapting to the US and college life tested my physical and mental fortitude.

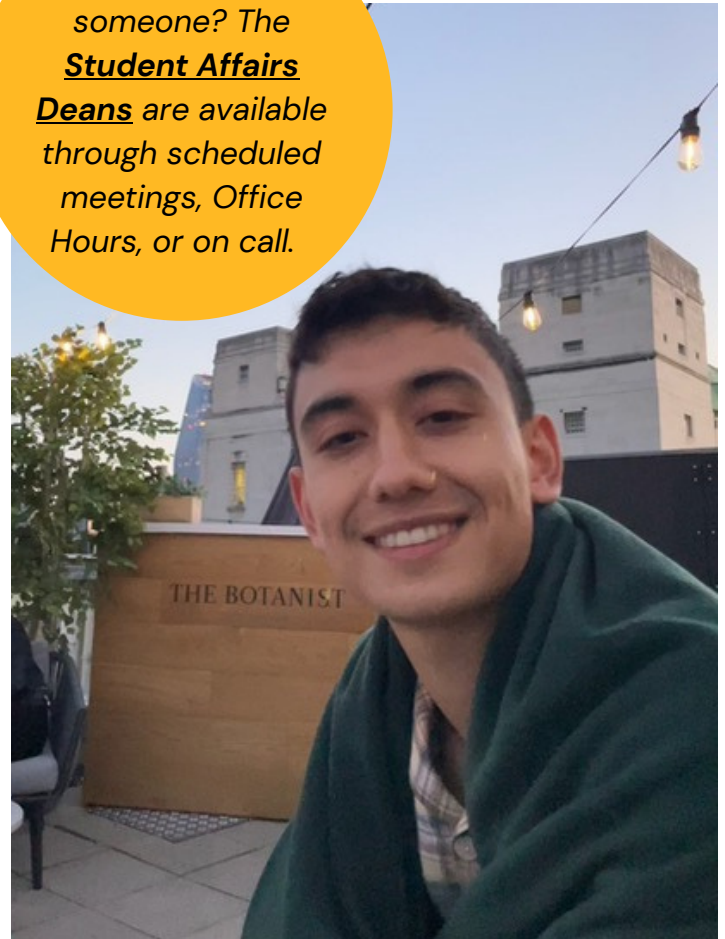
I went through a period of self-doubt through the overwhelming pressure to perform, the lack of meaningful connections as I struggled to translate my thoughts from Dutch to English, and the adjustment to a new educational system.

Despite the setbacks, these struggles allowed me to view medicine from a unique perspective. As I witnessed the interplay between my physical and mental well-being, I began to appreciate the profound impact of environmental and lifestyle factors on health.

Drawing support from my family and the resources provided by the school, I slowly found the strength to pursue my dream of becoming a physician.

Adopting a plant-based diet and practicing meditation granted me the stamina to excel academically and at extracurricular activities. As my self-assurance returned, I embraced my foreign upbringing instead of feeling ashamed, finding strength in my unique background.

Looking to talk to someone? The Student Affairs Deans are available through scheduled meetings, Office Hours, or on call.



The journey of adapting to the US and college was marked by trials that tested my resilience. **Through perseverance, self-reflection, and a commitment to mindful living, I overcame my insecurities and witnessed a remarkable transformation.**

My experiences have instilled in me a deep understanding of the intersection between environment, lifestyle, and health, fueling my determination to make a meaningful impact as a future physician."

