Wellness Story of the Month

NAMITA ARUNKUMAR

Reflections from Namita, M4

"Sometimes taking a step back can be hard when we're caught in a cycle of studying for exams, going to the hospital, and trying to be an overall functional human being. However,

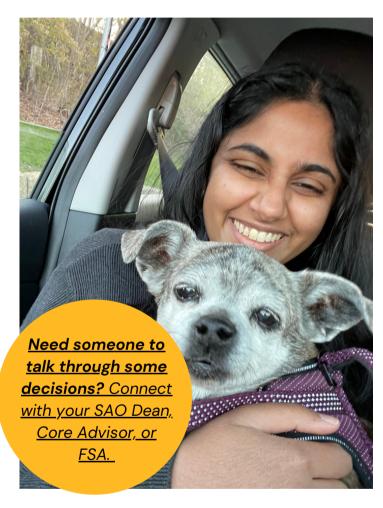
I have learned that being intentional about stepping away can do wonders in the short and long term.

As a student who came through the Seven Year Medical Program at BU, I was lucky to have a direct path to medical school. This also meant that I never stopped to think about my next step as my path was very structured.

When I reached third year, I realized I wanted more freedom for career exploration and self-growth before continuing to fourth year. After speaking to my advisors, I decided that for me, a research year would give me the chance to achieve these goals.

It helped me find my love for OB/GYN, and also allowed me to experience the non-student life and reconnect with hobbies and interests that fell to the wayside while I was in school.

October 2023



I'm happy to be back in school and feel ready to move forward with my medical career. Now, I'm mindful of making every effort to do things I enjoy each day like taking my dog out for a walk. I know I can't always take a gap year when I want to step away, but I will always remember the small things are invaluable to keep me going."