

## Wellness Story of the Month

# NAMITA ARUNKUMAR



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### 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.**



*Need someone to talk through some decisions? Connect with your SAO Dean, Core Advisor, or FSA.*

“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.”

