

Non-Traditional Medical Student Experience

- Sonya
 - Graduated in 2021 and took two gap years
 - Was an HIV counselor and performed phlebotomy testing
 - Took MCAT in undergrad
 - Was interested in real-life experiences, such as having a job
 - Was not accepted during her first cycle of applying to medical school
 - Believes that her exposure during her gap years made her application to medical school stronger
 - Advantages of gap years
 - Helped with perspective regarding life outside of medical school
 - Helped with burnout
 - Disadvantages of gap years
 - Was a bit nervous regarding not having been in school
 - Current career goals
 - Interested in family medicine
 - Advice
 - Keep the end goal in mind!
 - Do what you're passionate about!
 - Free time is limited in medical school, so enjoy your gap years as well
- Natasha
 - Graduated in 2018 and took a few gap years
 - Was a medical assistant, tutor and teacher for students with disabilities, and clinical research
 - Knew she wanted to go into medicine but wanted to confirm that
 - Took MCAT after graduating but only applied to three schools in total
 - Was not successful and wanted to ensure that this was the career for her
 - Took part in internships and other experiences
 - Confirmed that she wanted to be a physician
 - Advantages of gap years
 - Helped confirm this was the career she wanted to pursue
 - Has a clear path about her specific field interests in medicine
 - Assisted with burnout
 - Disadvantages of gap years
 - Self-doubt and feeling behind
 - Current career goals
 - Interested in pediatrics and OB/GYN
 - Advice
 - Can be a difficult path, but there is so much value in taking gap years!