

On a bitter January night at 9 years old, I assisted in my first delivery in the barn behind my northern Connecticut home. Having alternated hourly barn visits with my mother through the evening and into the night, we decided my sheep Gloria had been too long in labor and we needed to act quickly. My role that night was to hold the light and bucket of soapy water while my mother removed her warm layers of clothing until she was down to a t-shirt and began washing her arms in preparation. Carefully we proceeded to successfully untangle the set of twins distressed within my ewe.

In the years following Gloria's twins, my mother and I became more confident and knowledgeable in the art of delivering lambs. With continued experience I became comfortable performing deliveries without my mother's assistance. From these long, cold nights grew a deep love for obstetrics and a fascination with the wonders of reproduction.

Concomitant with my decision to study medicine was the unspoken assumption that I would pursue a career in Obstetrics and Gynecology. In my undergraduate studies, I enrolled in several reproductive science courses, finding them both infinitely fascinating and easily understood. I appreciated how the interconnectivity of biological processes in reproduction involved more information synthesis compared to other subjects that required more memorization. Consequently, I was ecstatic to discover how greatly I enjoyed the material in medical school, where I took great pride in helping my fellow students understand the intricacies of reproductive physiology through study sessions and impromptu tutoring.

As clinical rotations approached, however, I feared that my academic skills might not translate to clinical practice. Thankfully, this concern was for naught, as my passion for Ob/Gyn led me to work tirelessly towards honing my practical skills. By volunteering for extra calls and staying later than was required, I gained opportunities to perform deliveries and other procedures. Consequently, Ob/Gyn was unquestionably my favorite clinical rotation. The same childlike enthusiasm I showed on my parents farm was evident through pre-dawn rousings during call, while assisting in emergency c-sections or running to a precipitous delivery.

The same qualities that attracted me to Ob/Gyn also guided my research experiences throughout my undergraduate and medical education. Through my research in ovarian cancer and infertility I have obtained a deeper understanding of Ob/Gyn and, for this reason, I desire to continue this work through my residency. I enjoyed the opportunities to extend my understanding of reproductive medicine and to contribute knowledge to and meaningfully affect the field. By undertaking research projects during my residency, I hope to improve my skills in planning and project execution to prepare for continued research throughout my career.

In addition to research opportunities, I desire a residency program with a collaborative work environment similar to my third year rotation in Ob/Gyn. During this rotation, my fellow students, residents, and I grew close and became invested in helping each other learn and succeed. This collaborative atmosphere not only made Ob/gyn my most enjoyable rotations, it also led to our group developing a more thorough understanding of the field. A further wish is to work within a strong educational program. As evidenced by my past tutoring and teaching, I relish the chance, as a resident, to teach medical students. I have also found that I understand material more thoroughly after teaching others. Similarly, I desire a program where attending physicians spend time teaching residents, as doctors must constantly strive to improve themselves. Moreover, I think sufficient didactic sessions for resident learning is vital to my success, including early planning for and exposure to fellowship programs and disciplines. These combined residency characteristics form an ideal environment that would allow me to excel in a mutually cooperative program, while simultaneously allowing me to pass my knowledge on to future doctors.

Though I realize that the next four years will be the most challenging and exhausting of my life, I am excited for the opportunity to both learn and function as part of a team. I am eager to begin my residency with the knowledge that each prospective team member shares my interest and passion for Ob/Gyn. My early experiences on my family farm, coupled with the knowledge and technical skill that I have amassed during medical school, will help me to excel within the field of Ob/Gyn both in the immediate future and over my entire career.