

April 11, 2012

Project Interview Paper

Brittany Jackson is a 24-year-old medical researcher at the National Institutes of Health (NIH). She is currently studying for her Medical College Admission Test (MCAT) which she plans to sit for in April. I chose her for this interview mostly because of our similar career paths. I came to find that we had a lot more in common.

Brittany graduated from Washington University in St. Louis (WashU) two years ago with a Bachelors of Science (BS) in biology; the same degree I'm working towards. I met her in my church, where is an active contributor to Sunday school discussions in the young adults class. Brittany has wanted to be a doctor since early in high school when grandfather got pneumonia and later developed a bed sore infection. She recalls felt powerless and saddened that she could not help her grandfather and was sad to see him die in such a painful manner.

In high school, Brittany was a runner-up valedictorian, she consistently participated in Student Government, she earned honor roll every quarter, and had straight A's for all but one year. She proudly added that she had perfect attendance all through high school and ran track for two of her four years.

Before she became the subject of my interview, church members had shared with me that she was a great student, that she graduated from an excellent college and that she had a Biological Sciences major. With Brittany taking her MCAT in the spring, we are on very similar paths to medical school. I wanted to learn more about Brittany because I was unsure why she did not go straight to medical school out of undergrad. It was clear she was eligible for medical school after completing a Biology degree, so I was curious to see what her mindset was between her undergraduate graduation and her two years at NIH. I wanted to see if she had any advice to offer about her experience of taking time off and how it differs from my decision to head to medical school the summer after graduation.

During the interview period, I knew I wanted to highlight four main topics that were discussed in sports psychology. The topics discussed were relative to confidence, dealing with disappointments and negative emotions, strengths and their applied use, and goal-setting. I chose to ask questions relative to these four main topics for particular reasons. In my athletics, I have always been a confident individual, but it can be challenging to exhibit that same level of confidence in the classroom and when it comes to my outside work in science. I am not sure if this is because there has not been room for expression in some of my studies and laboratory research, so I wanted some insight about Brittany's confidence level in her work with NIH. Secondly, I wanted to ask Brittany about her response to negative emotion, specifically disappoints in academics and how it has shaped her future. Sometimes when I get a bad test grade, I become doubtful of my decision to practice medicine. If it were not for the sports psychology course, I probably would not understand how I was able to "get back on the horse" and carry on. Before taking the course, I would deal with my disappointment by ignoring the test or the class for a brief period to clear my mind. But I wanted to get some information about how Brittany overcame some of these challenges, because not everyone achieves perfect grades or

Formatted: Font color: Text 1

Formatted: Pattern: Clear (Text 1)

Deleted: The individual I interviewed for this project was Ms. Brittany Jackson. She...is a 24-year-old medical researcher at the National Institutes of Health (NIH). She is and...currently studying for her Medical College Admission Test (MCAT) which she...Brittany...plans to sit for the MCAT...in April. I chose her for this interview mostly because of our similar career paths. I came to find that we had a lot more in common. (... [1])

Deleted: She...rittany graduated from Washington University in St. Louis (WashU) two years ago with a Bachelors of Science (BS) in biology; the same degree I'm working towards, just as I am studying... I met her inat...my church, where is an active contributor to Sunday school discussions participator...n the young adults class. She...rittany has wanted to be a doctor since her...arly in high school when years, where she remembers her...randfather gettingting...neumonia and later developedoping...a bed sore infection. Brittany...he recalls feeling (... [2])

Comment [c1]: This would be a great place to include a full length quote. What were her exact words. "Ever since then, I knew I always wanted to help people." Or was it something else?

Deleted: Some achievements that Brittany experienced in...n high school, Brittany was were...a runner-up valedictorian, she consistently participated in Student Government Association (SGA) member... she earned honor roll for... every quarter, and had straight A's for all but one year. She was also excited to inform me that...roudly added that she had perfect attendance all through high school and ran track in (... [3])

Deleted: I chose to interview Ms. Brittany Jackson for several reasons...efore she became the subject of my interview, church members had shared with me that she was a great student, that she graduated from an excellent college and that she had a I knew she was a great student from church members and I knew she graduated from an excellent undergraduate college with a...iological Sciences major. With Brittany taking her MCAT in the spring, she is...e are on very similar with my...aths to medical school. I chose...anted to learn more about Brittany because I was unsure why she did not go straight to medical school right...ut of undergrad. It was clear she was eligible for medical school after completing a Biology degree, would think she had the information and required classes completed for the medical school eligibility with a Biology major,...o I was curious to see what was her...er mindset was between her undergraduate graduation and her two years at NIH. When thinking about this, I wanted to know if there was any advice she could give to me and how her mindset differed from my approach of applying to medical school the fall after my undergraduate graduation (... [4])

Deleted: highlighted...knew I wanted to highlight four main topics that were discussed in sports psychology. The topics discussed were relative to confidence, dealing with disappointments and negative emotions, strengths and their applied use, and goal-setting. I chose to ask questions relative to these four main topics for particular reasons. In my athletics, I have always been a confident individual, through my sports,...ut it can be challenging to exhibit that same level of confidence in the classroom and when it comes to my outside work in science. I am not sure if this is because there has not been room for expression in some of my studies or my...nd laboratory research work outside of the classroom... so I wanted some insight as to what her...bout Brittany's...onfidence level is like with...n her work with NIH. Secondly, I wanted to ask Brittany about her response to negative emotion, specifically disappoints in academics and how it has shaped her future. because...ometimes when I get a bad test grade, I have sometimes been...ecome doubtful of my decision to practice medicine. when I get a bad test grade back...f it were not for the sports psychology course, I probably would not understand how I was actually...able to "get back on the horse" and carry on. Before the...aking the course, I would (... [5])

outcomes they desire as much as they would like to. ~~Third, I wanted to talk with Brittany about her strengths and how she got so good at those strengths because every student learns in a different manner and exceeds for separate reasons. Finally, I wanted to ask Brittany what types of goals she would set for herself along her undergraduate studies in and out of school and how she eventually reached those goals.~~

Deleted: I also inquired

Deleted: just about

Deleted: because of that manner

Deleted: And finally, I wanted to ask Brittany about how she reached her goals and what types of goals she would set for herself along the way through her undergraduate studies and outside of the school environment.

Deleted:

~~George, I'm not going to edit past this point. I want to give you the opportunity to ask me questions and get some direct quotes in here. Okay?~~

Formatted: Indent: First line: 0"

Confidence

In response to my question about confidence, Brittany said she had grown a lot as a person since her undergraduate experience. In undergrad, she recalls being on top of a lot of assignments and being comfortable with most of her classes. She had learned to isolate herself with her studies and surround herself with people who were studying in a similar major as herself. Therefore, a lot of her confidence came from studying in groups with her peers. She regretted seeing some of her confidence "slip away" toward the end of her undergrad career (personal interview, March 19, 2012). She could not quite put a timetable on when she noticed her confidence lacking, but she recalled feeling like she was not good enough for medical school at times. She often compared herself to other excelling students at WashU. She remembered getting slightly intimidated when she heard some of her classmates had already been accepted early to medical schools and those that they already knew what specialty they were interested in. Brittany knew she had somewhat lost a little bit of hope each time another one of her classmates came forward with a success of getting into medical school or being accepted into prominent post-bachelor degree programs. She had never thrived in a competitive environment because she felt accomplished due to her own successes.

Comment [c2]: Your professor wrote that she wanted bold indications of what you were going to talk about.

Formatted: Font:Bold

Formatted: Font:Bold

Dealing with Disappointment

I opened up my next question about dealing with negative emotions following negative events by admitting that I had recently had some negative emotions about certain classes I was experiencing. By including some of this information, I felt her comfort level increase with talking about personal issues such as academic disappointments. I wanted to be careful with asking this question because I did not want to feel as if I was attacking her or judging some of the academic disappointments she has had. She reminded me that disappointments can happen on many different levels. At first, any disappointment can seem like "the worst thing that has ever happened to you" (personal interview, March 19, 2012). But once you can overcome those feelings of "disaster and lose of hope", you can rationally and logically evaluate how can make that grade up or how much time is left within a semester to bring the grade back up (personal interview, March 19, 2012). Brittany brought up an example of needing to take organic chemistry II for the second time. She was disappointed in herself and thought she would never be able to understand all the foreign structures and "chaos" going on around her notebook paper. But once she took a genuine interest in trying to learn the subject, it gradually became less painful when she would sit down to review and study some of the information.

Formatted: Font:Bold

Formatted: Indent: First line: 0"

Deleted: Dissappointment

Formatted: Font:Bold

Strengths

Formatted: Font:Bold

Formatted: Indent: First line: 0"

When asked about her strengths, Brittany summarized her answer as reading, writing, and working with her peers. She thinks of herself as an efficient reader when engaging in textbook analysis. She knew how to look her key terms and understand the messages from a specific chapter within a textbook. Brittany also noted one of her strengths as writing because she felt like she could get her point across easily in a written format, as opposed to if she were to conduct an oral presentation of information. She thanks her peers from college often who she studied with and overcame hard nights alongside. Brittany recalls a small group of her friends would gather and they would alternate between playing “teacher,” in which the presenter would teach the whole lesson to the others looking onward so that the presenter could fully understand what they were presenting and the “students” could ask questions or correct the “teacher” if something was incorrect. Most of these friends “pushed onward straight to medical school though” (personal interview, March 19, 2012). I noticed a shift in her tone when she made the statement about where most of her old colleagues were studying because it was like a putting herself down. Even though she may have been just as smart and capable as the other students, she did not apply to medical school her senior year of college. She regrets not having the confidence to push forward through negative emotions that developed from what students around her were doing with their academic careers.

Setting and Reaching Goals

Since she was not sure that she wanted to go to medical school late in her undergraduate years, she did not set it as a future goal. She knew she wanted to remain within the scientific field, but was not sure what subjects stuck out to her most. Brittany recalls being “very good” at making and surpassing her short-term goals. For example, if she planned on not going out with friends I a specific weekend, she almost always overcame the temptation of going out and enjoying the nightlife. Her short-term goals never really added up to support a more long-term goal of what she would do right after her senior year. But she enjoys the work she has done at NIH and the scientists that have become her mentors. Hearing her story about wanting to go to medical school has inspired them to provide assistance to Brittany in and outside of her laboratory research position.

In assessing Brittany’s mental strengths, I admire her perseverance. Even though things got tough and she thought she may never have a chance at medical school again after applying too late in her senior year of undergraduate studies, she has been sticking with her goal of medical school and will make it in. She has developed the mindset that she is getting into medical school and getting her medical degree. Even though she has lowered her expectations as to which schools she will be applying to, she is looking forward to the new challenges.

Her main advice for my pursuit of a medical degree was fairly simple. She wanted to stress to me that I should have my “blinders activated” when running my race (personal interview, March 19, 2012). Brittany stressed to me the importance of overcoming negative thoughts and think of them as “is this emotional state making me better?” As I attempt to go straight to medical school after my undergraduate studies, she recommended that I apply even if I think I have no chance in getting accepted because if the prerequisites are met and the grades are passing, there is always a chance of getting an interview with a potential school. She attributes some of her late medical school application behavior as a “lack of focus” (personal interview, March 19, 2012). She wants to make sure that I do not cancel myself out of the

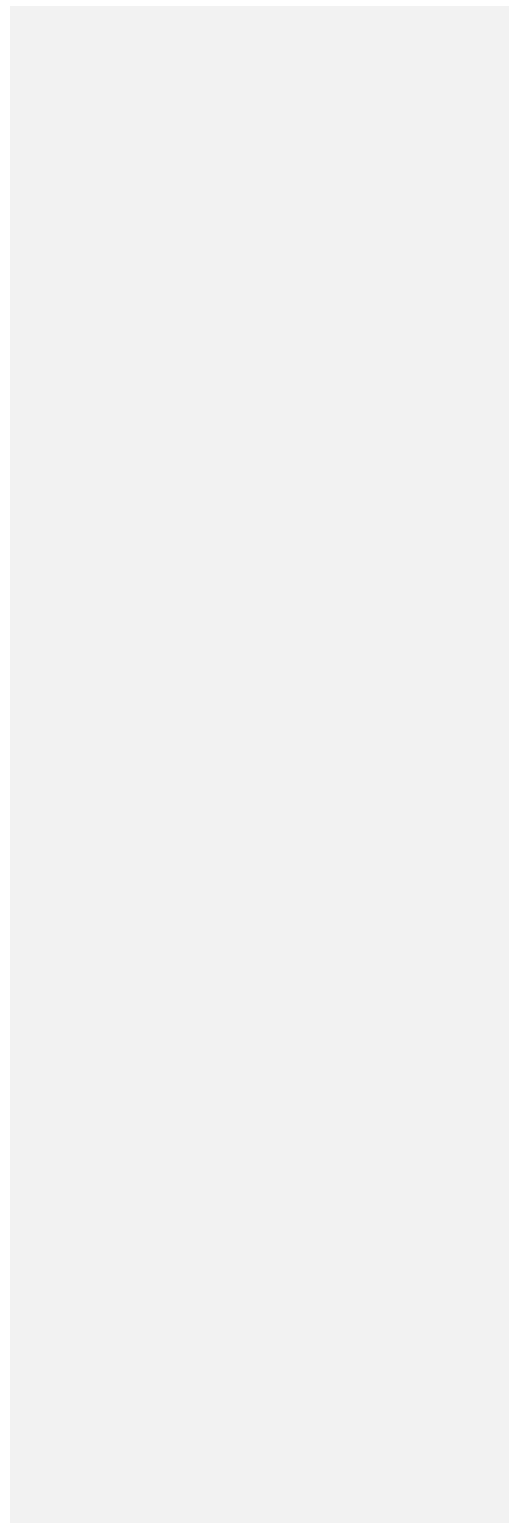
Formatted: Font:Bold

Formatted: Indent: First line: 0"

possibility of medical school because your thoughts are usually never as bad as the actual situation.

Sources:

Ms. Brittany Jackson (personal interview, March 19, 2012)



Page 1: [1] Deleted	cornelia	4/6/12 12:23:00 AM
----------------------------	-----------------	---------------------------

The individual I interviewed for this project was Ms.

Page 1: [1] Deleted	cornelia	4/6/12 12:23:00 AM
----------------------------	-----------------	---------------------------

The individual I interviewed for this project was Ms.

Page 1: [1] Deleted	cornelia	4/6/12 12:23:00 AM
----------------------------	-----------------	---------------------------

The individual I interviewed for this project was Ms.

Page 1: [1] Deleted	cornelia	4/6/12 12:23:00 AM
----------------------------	-----------------	---------------------------

The individual I interviewed for this project was Ms.

Page 1: [1] Deleted	cornelia	4/6/12 12:23:00 AM
----------------------------	-----------------	---------------------------

The individual I interviewed for this project was Ms.

Page 1: [1] Deleted	cornelia	4/6/12 12:23:00 AM
----------------------------	-----------------	---------------------------

The individual I interviewed for this project was Ms.

Page 1: [1] Deleted	cornelia	4/6/12 12:23:00 AM
----------------------------	-----------------	---------------------------

The individual I interviewed for this project was Ms.

Page 1: [1] Deleted	cornelia	4/6/12 12:23:00 AM
----------------------------	-----------------	---------------------------

The individual I interviewed for this project was Ms.

Page 1: [2] Deleted	cornelia	4/6/12 12:30:00 AM
----------------------------	-----------------	---------------------------

She

Page 1: [2] Deleted	cornelia	4/6/12 12:30:00 AM
----------------------------	-----------------	---------------------------

She

Page 1: [2] Deleted	cornelia	4/6/12 12:30:00 AM
----------------------------	-----------------	---------------------------

She

Page 1: [2] Deleted	cornelia	4/6/12 12:30:00 AM
----------------------------	-----------------	---------------------------

She

Page 1: [2] Deleted	cornelia	4/6/12 12:30:00 AM
----------------------------	-----------------	---------------------------

She

Page 1: [2] Deleted	cornelia	4/6/12 12:30:00 AM
----------------------------	-----------------	---------------------------

She

Page 1: [2] Deleted	cornelia	4/6/12 12:30:00 AM
----------------------------	-----------------	---------------------------

She

Page 1: [2] Deleted	cornelia	4/6/12 12:30:00 AM
She		
Page 1: [2] Deleted	cornelia	4/6/12 12:30:00 AM
She		
Page 1: [2] Deleted	cornelia	4/6/12 12:30:00 AM
She		
Page 1: [2] Deleted	cornelia	4/6/12 12:30:00 AM
She		
Page 1: [3] Deleted	cornelia	4/6/12 12:35:00 AM
Some achievements that Brittany experienced in		
Page 1: [3] Deleted	cornelia	4/6/12 12:35:00 AM
Some achievements that Brittany experienced in		
Page 1: [3] Deleted	cornelia	4/6/12 12:35:00 AM
Some achievements that Brittany experienced in		
Page 1: [3] Deleted	cornelia	4/6/12 12:35:00 AM
Some achievements that Brittany experienced in		
Page 1: [3] Deleted	cornelia	4/6/12 12:35:00 AM
Some achievements that Brittany experienced in		
Page 1: [3] Deleted	cornelia	4/6/12 12:35:00 AM
Some achievements that Brittany experienced in		
Page 1: [4] Deleted	cornelia	4/6/12 12:37:00 AM
I chose to interview Ms. Brittany Jackson for several reasons.		
Page 1: [4] Deleted	cornelia	4/6/12 12:37:00 AM
I chose to interview Ms. Brittany Jackson for several reasons.		
Page 1: [4] Deleted	cornelia	4/6/12 12:37:00 AM
I chose to interview Ms. Brittany Jackson for several reasons.		
Page 1: [4] Deleted	cornelia	4/6/12 12:37:00 AM
I chose to interview Ms. Brittany Jackson for several reasons.		
Page 1: [4] Deleted	cornelia	4/6/12 12:37:00 AM
I chose to interview Ms. Brittany Jackson for several reasons.		

I chose to interview Ms. Brittany Jackson for several reasons.

Page 1: [4] Deleted	cornelia	4/6/12 12:37:00 AM
----------------------------	-----------------	---------------------------

I chose to interview Ms. Brittany Jackson for several reasons.

Page 1: [4] Deleted	cornelia	4/6/12 12:37:00 AM
----------------------------	-----------------	---------------------------

I chose to interview Ms. Brittany Jackson for several reasons.

Page 1: [4] Deleted	cornelia	4/6/12 12:37:00 AM
----------------------------	-----------------	---------------------------

I chose to interview Ms. Brittany Jackson for several reasons.

Page 1: [4] Deleted	cornelia	4/6/12 12:37:00 AM
----------------------------	-----------------	---------------------------

I chose to interview Ms. Brittany Jackson for several reasons.

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted

Page 1: [5] Deleted	cornelia	4/6/12 12:45:00 AM
----------------------------	-----------------	---------------------------

highlighted