

Ask the Experts

Session Key Learnings

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Summary:

iCAN's 'Ask the Experts' focused on insights into pediatric cancer as well as career exploration in the medical field. iCAN youth members asked guest speaker Dr. Sung Won Choi on her experiences as a professor of pediatrics and physician at CSMOT, Children's Hospital. She is a blood and marrow transplant (BMT) and cellular therapy physician and clinical and translational researcher.

- Opening introductions introduced Dr. Sung Won Choi, who gave the kids insight into her background and journey to hematology and bone marrow transfusion.
- Headspace in Medicine - It is important to keep a hold of what makes you, you. Emotions and creativity both propel us to be and do better and also dream up solutions for complex medical issues. Keeping strong in medicine means looking at one's career as apart of themselves and something they love to do!
- Over coming Imposter Syndrome - the best advice is to always focus on what works for you - your study habits, your needs for learning and keep mindful that you are doing what helps YOU most. You should continue to remind yourself of your accomplishments and that you have the right to be where you are.
- Work/life balance - First, seek help from family and friends to support your needs. Second, Integrate hobbies and things that you love to do with school (homework, class) and work (time in lab, at office/clinic). One of the most important things overall, is to choose a path that allows you to do what you love.

With Dr. Anthony Chang