

What does it mean to be a medical student during the COVID crisis? I don't feel that I can speak to what it has been like to be in the hospital. I spent a few weeks volunteering as a screener, but otherwise was away from the hospital. So, if I could sum up my COVID experience in one word: recharge. I spend the first few weeks of quarantine frustrated being away from the hospital. I wanted to learn how a crisis like this is managed. But I understand why removing medical students was a necessary step. After my initial frustration subsided, I began to utilize the copious amounts of free time I had— the first time I've had "free time" since early college— and invested myself in hobbies that I would normally have no time for. First, I was able to work on my paintings for my Humanities Distinction Track project. The photos below are the histology image (courtesy of Dr. Nathan Swailes, my partner in the project) and my abstract interpretation using oil paint of the image. I was able to get two full paintings 90% done, and I really enjoyed being able to take my time and not rush. I was also able to plant a giant vegetable garden, reorganize the house, and perfect a few recipes (homemade chicken pot pie was a house favorite). I was also able to rededicate myself to physical fitness in a way I haven't since I was a college athlete. My brother and I decided to train for a 50 mile run which we will do this coming Saturday! We used the event to raise money for Feeding America, and have fundraised over \$2,500 for the organization.

I wish I could have spent this reflection speaking to what it has been like as a doctor during this crisis, and I wanted so badly to help. But I realized that the best way I could help was to say home and recharge. Ultimately, I am so grateful for the time. But next time, I'll be ready to be on the front lines so that people like me can stay safely at home.

