

Tansi, my name is Chantal Barry. I am from the Métis Nation of Saskatchewan. I am currently a second year medical student at the University of Alberta in Edmonton. I completed my undergraduate degree in Anatomy at the University of Saskatchewan and I completed my master's degree in Biochemistry at the University of British Columbia before entering medical school. My work experiences in a chiropractic clinic and as a professional fitness instructor kept me in tune with health and well being throughout university. I also used these opportunities to practice motivating people to take ownership of their own health and wellness. I have always really loved science, and medicine was a way to combine that with my passion for working with people. Some of the things I did to improve my application to medicine include volunteering at a hospital, volunteering in my community, traveling to a developing nation for a six-week volunteer mission, getting involved in team sports, and playing an instrument. It is important to demonstrate that you are a well-rounded person who can also do well in school. At the U of A, there is a lot of focus on balancing life with school. There is a really supportive atmosphere here for medical students. The most challenging thing I found with medical school so far is knowing when to stop studying. There is a lot of information presented to medical students and it is impossible to know it all so we have to determine what is most important. By keeping my future patients in mind, I have been better able to decide what is and what isn't important to know, and when to stop studying so I don't lose that balance. If you are considering medicine as a career, remember that it is do-able. Many of us have done it and many more of us will do it. Don't be afraid. It will be a challenging career but we are in great need of aboriginal physicians and there is a lot of financial and community support out there for you to help you get through school. All the best!