SOURCE Champion of the Month
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MD-Candidate Class of 2015
(Fourth-Year Medical Student)

“I love connecting my classmates with opportunities in our community and have seen the impact that these connections have had on their lives as well as on the lives of people with whom they have worked.”

What do you do as your community engagement activity?
SOURCE Governing Board Member, Health Leads

How much time do you spend on service per week/month?
8 hours per week.

How did you begin to work with your community-based organization (CBO)?
I applied to be a SOURCE Governing Board Member during my first year of medical school and became involved with Health Leads soon thereafter as I heard great things about the organization from SOURCE.

What do you enjoy about or gain through community service?
When I was new to Baltimore, community service helped me to get to know my community. Now, I love bringing together people with similar interests and goals so that they can synergistically work on challenges in our community.

How do you find time for service in your busy schedule?
Sometimes I fit service in on the edges of my schedule (Saturday mornings, evenings, etc.) and sometimes my schedule allows for service to be more at the center of life – it just depends on my school schedule.

Besides finding the time, what barriers related to your service have you had to overcome?
Bringing together people from different backgrounds is what makes service great, but it can also be a challenge!
How has your training in Hopkins influenced the way you approach service?
As a medical student, I often think about how problems in our community affect people’s health.

How does your service shape your development as a health care professional?
Service has fundamentally changed my approach to medicine. For example, when I give a patient a prescription, I ask the person if they have a pharmacy, money for the copay, and transportation to the pharmacy. Also, I have a much better understanding of the connections between clinical medicine and public health – after residency I hope to work in a position that allows me to explore these connections.

What advice do you have for prospective students who are interested in community service?
Just do it!! Call or email SOURCE and ask for their help. Check out the many volunteering opportunities on the SOURCE website and read the SOURCE Scoop. Figure out who your SOURCE Governing Board Representatives are and get them to help you. You will be a better health professional and understand your community better through service.

What would you say to someone who is unsure of the impact his/her service would have on a community?
You won’t know until you try. If you find a service project through SOURCE, you can be sure that your service is appropriate to the needs of the community and facilitated by an organization that can be trusted.

What is the community service accomplishment that has affected you and/or your community the most?
As a SOURCE Governing Board Member I love connecting my classmates with opportunities in our community and have seen the impact that these connections have had on their lives as well as on the lives of people with whom they have worked. I think everyone benefits from these connections.

Final comments:
http://www.jhsph.edu/offices-and-services/source/get-involved/

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