

SOURCE Champion of the Month
October 2014



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“Community service gives me the time and space to connect with people outside of school, learn more about the community and city with which I live, and actively build service into my life.”

What do you do as your community engagement activity?

- Community Conferencing Center – Conference Facilitator
- MERIT – Mentor
- Refugee Health Program
- Charm City Clinic – Health Screener

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

5 – 10 hours per week, depending on the week.

How did you begin to work with your community-based organization (CBO)?

I began to work with most of the organizations above shortly after the start of my first year of school. I took some time to think about the types of issues and needs that are most compelling to me and began to look for opportunities to serve. I attended the SOURCE fair, talked with other students who volunteer, and tried to learn as much as possible about different community organizations. Finally, I found a good fit with the community conferencing center and other SOURCE partners.

What do you enjoy about or gain through community service?

Community service gives me the time and space to connect with people outside of school, learn more about the community and city with which I live, and actively build service into my life – something I hope to continue to do as a physician.

How do you find time for service in your busy schedule?

When school started, I made the commitment to spend at least one afternoon a week focusing on service. Medical school will take up as much of my time and life as I allow it; I simply choose to set aside time for other things that matter to me. It all ends up working out okay.

Besides finding the time, what barriers related to your service have you had to overcome?

At times, service requires me to step outside of my comfort zone and engage people, ideas, and situations that are new to me. While this is part of what makes service invaluable, it can also be challenging and difficult to find ways to work through situations that are new and complex.

How has your training in Hopkins influenced the way you approach service?

At Hopkins, I am learning to be curious, open and thoughtful both in and out of the classroom. Training to be a doctor has required patience and persistence, as well as a willingness to laugh at myself. My training at Hopkins has helped me step into new situations more aware and equipped to learn from the perspective of others.

How does your service shape your development as a health care professional?

Service has helped me better understand the types of patients I hope to work with one day. It has helped me understand the challenges that patients and their families face outside of the clinic or hospital. And, most importantly, it has helped me grow a deep respect for the resilience, courage, and hope that many members of the Baltimore Community live out on a daily basis.

What advice do you have for prospective students who are interested in community service?

Make time to do things you love and are passionate about. Your careers will only get more demanding and the amount of responsibility you have will only increase. School provides us with the unique opportunity to build service into our lives now and start to develop that habits we hope to live out in the future.

What would you say to someone who is unsure of the impact his/her service would have on a community?

You can never know or predict what moments will have an impact on your life or the life of someone else. But if you don't take a risk, step outside of your comfort zone, and give it a shot you will miss many opportunities to serve, and, just as importantly, to learn.

What is the community service accomplishment that has affected you and/or your community the most?

I am most touched by the time and energy that my classmates put into the Baltimore community. They give of themselves with creativity and joy; it never ceases to encourage and inspire me.



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