Med Plus Alumni Highlight:
Mišo Gostimir

Why have you chosen to become a physician?
My undergraduate degree in the biomedical sciences program at Brock University has really given me a true appreciation for science and scientific research, but through my volunteer experiences I have also realized that my future career will need to involve frequent personal interactions. Becoming a physician is perfect for me because it will allow me to find an ideal balance between my interest in science and my desire to work with people. As a physician, I will be able to practice, research, and teach medicine—I don’t think I will ever get bored!

What skills and experiences did you gain from Med Plus?
Med Plus has been the perfect supplement to my university education because through it I have learned and improved on several skills which will be invaluable in medical school as well as in my professional career. My time management skills, realistic goal setting and planning skills, and ability to hold professional but comfortable conversations with the people I work with are only a few of the skills which I have developed and improved on immensely thanks to Med Plus.

What are your plans for the future?
It’s too early to tell where the future will bring me. For now, I plan to dip my feet into as many specialties as I can in order to make the right decision when it comes to residency matching. Regardless of the specialty I decide to pursue, I am certain that I wish to contribute to medical research and to teach medicine as a lecturer or preceptor once I am more experienced.

I would also like to see my future career include an international component which will allow me to contribute to health care initiatives around the world while also gathering unique and enriching medical experience.

Christopher Clarkstone

Why have you chosen to become a physician?
In High school I learned 2 things about myself that helped me make my choice to become a physician: I love science (specifically the human body and disease) and I love helping others. In high school and at Brock, I was a part of many service orientated clubs or groups, which eventually led to a 2 year break after first year to be a missionary in eastern Ukraine. I want my future career to be one where I can help people and, given my skill set and experiences, I feel that medicine would be the vehicle through which I can accomplish this.

What skills and experiences did you gain from Med Plus?
Interviewing/Listening Skills and Youth Net/ASIST Training helped me with my Med school interviews and I feel like I will use them in the future as a physician. Another benefit of Med Plus was seeing the various parts and people of health care, and how all the different health care professionals work together. It helped me see the big picture and what services are available to best improve health.

From Left: Mišo Gostimir
Brock, BSc ’13 Med Plus ’13 Medicine, University of Ottawa, 2017

Chris Clarkstone
Brock, BSc ’13 Med Plus ’13 Medicine, University of Ottawa, 2017

Tyler Plyley
Brock, BSc ’13 Med Plus ’13 Medicine, McMaster University, 2016

What are your plans for the future?
I’m going to be at the University of Ottawa for the next 4 years working on my MD - After that, I’m not sure what I will specialize in. Currently, I am leaning towards dermatology or radiology. One day, I would love to work for the World Health Organization (WHO) in some capacity.

Tyler Plyley

Why have you chosen to become a physician?
Choosing to become a physician was not a cut and dry decision. There was not one particular moment where I decided that medicine was for me, although it has always been in the back of my mind. The decision was more of a refinement from a broad focus of working in the
health care profession, to where I am today. The opportunities, speakers, and job shadow experiences provided through Med Plus have all helped me in directing my career goals.

What skills and experiences did you gain from Med Plus?
Med Plus provided me with a number of experiences and opportunities which I found essential both to my undergraduate education, as well as my medical school application. In addition to the ‘core’ Med Plus experience involving speakers, workshops, and job shadows, Med Plus has also been immensely beneficial in securing me prominent volunteer opportunities and helping me develop strong interview skills. You begin to realize during the interview process how important it is to have a large pool of experiences to draw from. Although it’s possible to be a stellar applicant on paper, if you lack depth it will be difficult to compete during the interview process. Med Plus has helped diversify my experiences in order to help me become a well-balanced applicant not only on paper, but also on a personal level.

What are your plans for the future?
I’m trying not to confine myself by setting a specific career goal. I think it’s almost impossible at this time to decide exactly what I want to do before I’ve had the opportunity to be involved with a variety of medical fields.

Med Plus Takes Ecuador
Yasmeen Mann

This past May, I had the opportunity to engage in the Med Plus trip to Ecuador. The two weeks spent in this beautiful South-American country changed my life in ways words cannot justify. I still remember the mix of emotions I felt at the airport, the nerves of travelling so far from home but more importantly, the excitement for what would await.

Immediately upon arrival, I felt I had arrived in a place that I was familiar with. Our trip organizers soon greeted us and we were introduced to our beautiful home in Guayaquil. The first two days of our trip were spent settling in, bonding over soccer and visiting a Foundation that provided children with an education that they may not otherwise receive. It was incredible to witness the financial support this Foundation received from local businesses, instilling a sense of unity amongst Ecuadorians. We also experienced more privileged areas of Guayaquil, opening our eyes to how glamour can mask the reality of several struggling in Ecuador economically. From then on, our health campaigns took place daily.

Our days began early, heading out to rural communities, to do what we loved best. Alongside an incredible group of doctors, we performed lice checks, dental campaigns, distributed medications, ran a triage and interacted with families in communities. We were affectionately greeted with open arms into the homes of these beautiful villages. And just when I thought I already had the experience of a lifetime, each new community would create its own story.

Upon completion of health campaigns, our day involved an hour of Spanish class, followed by a visit to the streets of Guayaquil. We had the opportunity to visit a boardwalk, malls, and watch movies, but an incident that stood out was a visit to a soup kitchen downtown. Organized by several, young volunteers, downtown was filled with music, dancing, conversation and generosity all around. It was not until meeting a lovely family at the soup kitchen, that I truly comprehended solidarity. Despite our differences, there was no division between us. I felt as though I spent the evening laughing away with my own family and there was a feeling of community between us based on our common goal of equality. Luckily, our days ended with group meetings to debrief our day. These evaluation meetings were incredible; with the opinions of our passionate group, there were some incredible reflections, as well as times to question what we witnessed.

The meetings placed our motives into perspective again. Soon we completed our last campaign in Salinas and were off to Quito where we visited the Mitad del Mundo as well as the stunning Andes Mountains. Oh yes, and we enjoyed an exquisite Spanish meal incorporating guinea pig to complete our trip!

On a more personal level, perhaps like others on the trip, I found myself wondering if what we were doing really did help. Possibly, our volunteering may have meant the world to one individual and wasted the time for another. But for myself, this trip has been a reminder of the greatness in human beings. Whether it was performing the best demonstration of how to floss, whole-heartedly thanking an individual that welcomed us, or empathizing with the struggles some of our friends in Ecuador faced daily, you begin to realize it isn’t just about you, but about something much larger. It’s about seeing the potential of what could be, what the several communities we met had seen in us, what we saw in them, and what we could inspire ourselves to become. This experience captivated us and by embracing it back, we let our love for helping others, consume us. Witnessing the unity in Ecuador, not just amongst its people, but also through relationships made in our short time there...it really was an experience of solidarity. I left with a desire to learn more on a global level, still questioning different aspects of healthcare. Most importantly, I witnessed the universal language of love, as cliché as that sounds, which I now understand has no limit.