



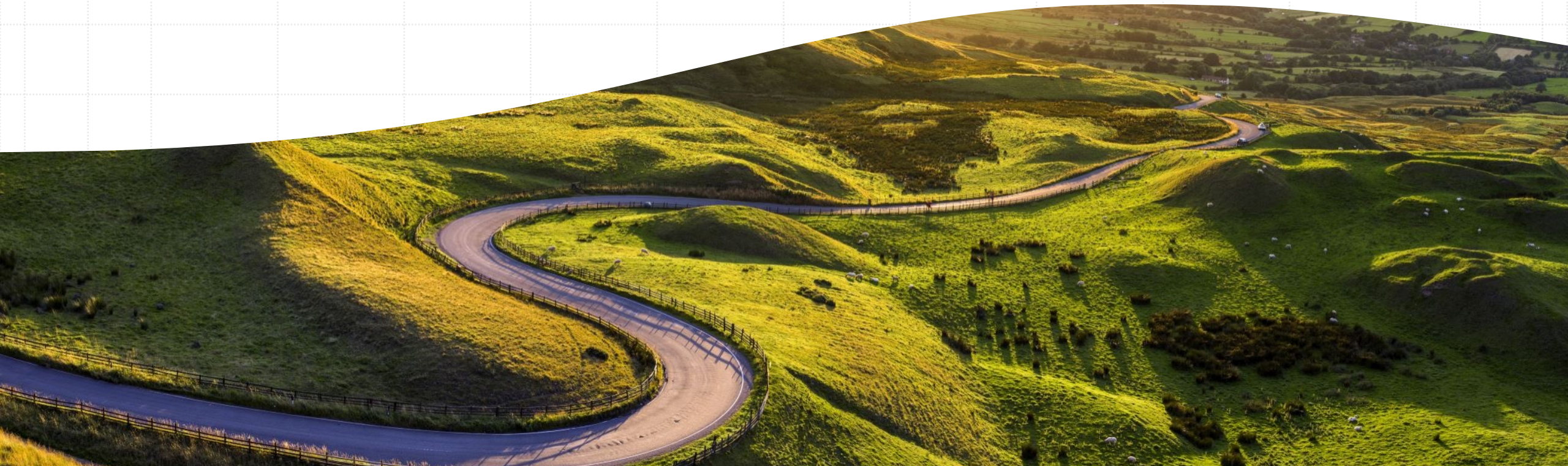
My Journey

Liza Anwar DO

Hospice and Palliative Medicine

Clinical Assistant Professor

University of Arizona-Phoenix







2006

New country

New culture

No friends

Lack of familiarity with education system

Too late to graduate high school

Enrolled in community college

Hills to climb:

- No DL
- Took the bus everywhere (school, work)
- Enrolled in ESL classes
- good counselor!!!!!!!
- volunteering positions
- Financial support programs
- Trying to figure what to major on
- Counselor telling me I would never get into med school





AMSA

Weekly meetings

Met inspirational friends and people

Was involved in the regional Conference

Learned about different routes to medical schools

Picked a major



UCDavis

Balancing academics and a job

Involved with Shifa clinic

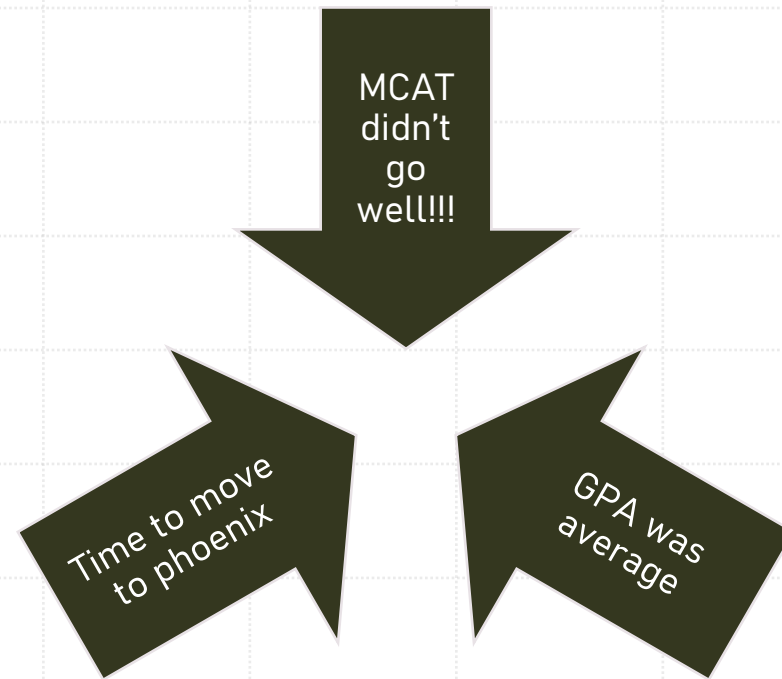
still working a part time job

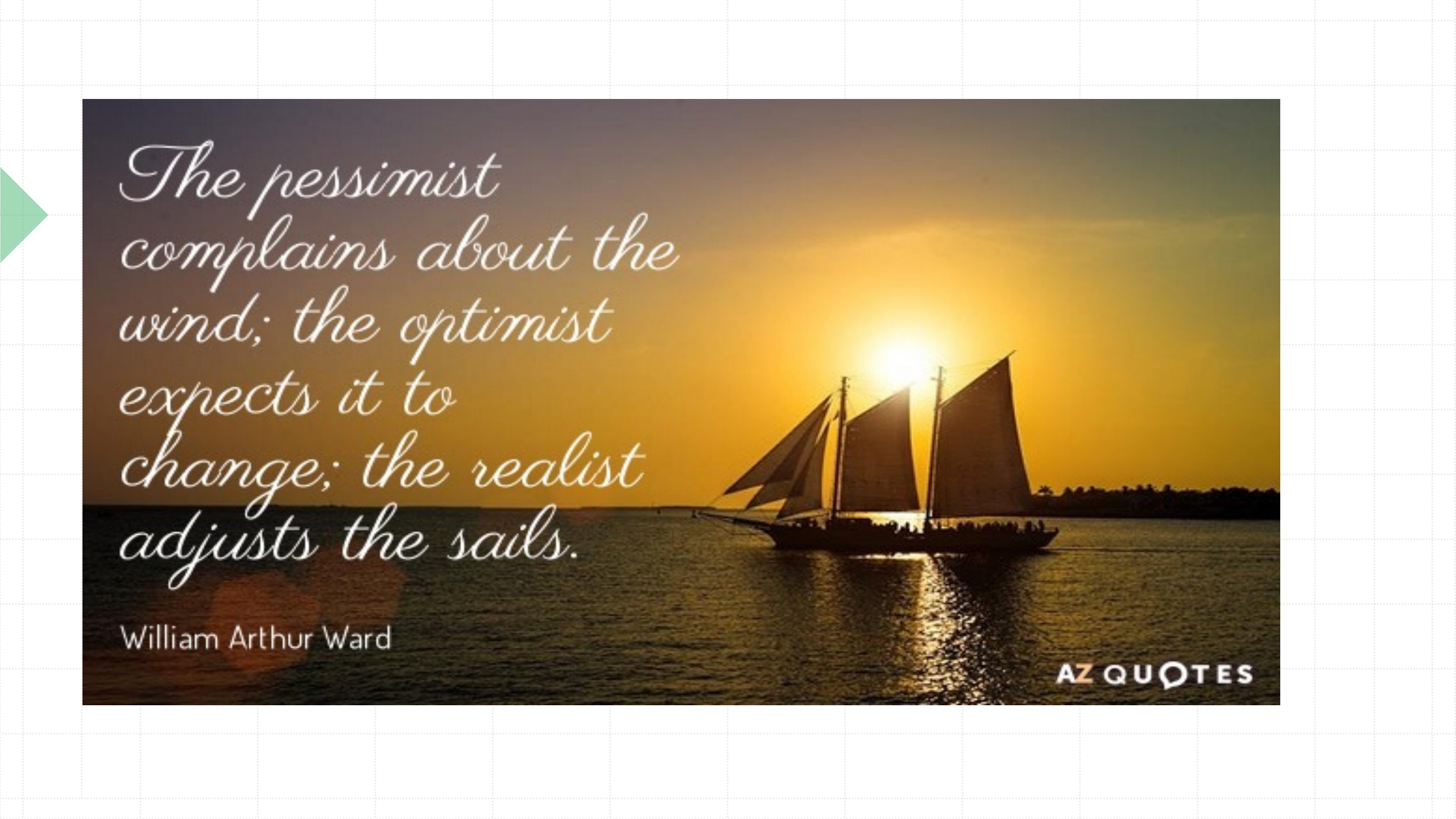
Research??

Leadership in clinic

MCAT time!!!!

Time for a back up



A photograph of a three-masted sailboat on the water at sunset. The sun is low on the horizon, creating a golden glow and reflecting on the water. The sailboat's sails are dark against the bright sky. The background shows a dark silhouette of a shoreline with trees.

*The pessimist
complains about the
wind; the optimist
expects it to
change; the realist
adjusts the sails.*

William Arthur Ward

AZ QUOTES



Post-Bacc programs

Biomedical program at Northwestern University

Robust curriculum

Stimulates medical school setting

Prepares you for medical school load

Helps with connections and LOR

But.....\$\$\$\$\$\$



Now it is 2012-2013

- Applied to local medical schools
- Maintained an acceptable GPA
- Priorities changed (shifted focus on academics)
- Retook MCAT--June 2013



The MCAT

9 years ago

Questions, questions, questions

Prep courses

Find what works

More resources doesn't necessarily mean better

7/24/2013



I got the call!!!!



Medical School starts next
week!!!!



Advice

- Stay persistent
- Have the courage to walk your fear
- Take a leap of faith
- Do your best.

Medical School



Long hours



Intense amount of material



Exams after exams



social life??



complex 1---→PASSED



USMLE 1-----> PASSED

Third year of Med School

- Baby on the way





Being a mom in Medical School

It is difficult but not impossible

Lack of sleep

Child care

Pumping?

Traveling for interviews

Complex 2 :(



However,

- It didn't matter
- My purpose is bigger
- We make it work
- Again, stay persistent and keep your eye on the prize

Match Day:
#1 Internal
medicine
residency choice
MD program



► Graduation day





Residency

- Long long hours
- Steep learning curve
- Receiving constructive criticism
- Leadership
- (patient safety, graduate medical education, wellness)
- Chief resident

Applying for fellowship

- Pulmonary and Critical care
- Hospice and palliative medicine





Leadership

- Wellness
- Leadership training
- Ethics

Now being an
Attending and junior
faculty at an
academic center





Advice

- Find your values
- Stay centered
- Find a mentor
- Make connections
- Stay involved
- “consolers are not always right”
- Be comfortable asking “ do you think you can write me a good letter”
- Stay authentic



My Inspiration

THE MAN IN THE ARENA

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

Theodore Roosevelt

Excerpt from the speech "Citizenship In A Republic"
delivered at The Sorbonne
Paris, France
April 23, 1910

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