

Script: Narefa Ramnarain

As a child, I spent much of my time thinking about my education and how it would one day lead to a career in healthcare.

I was always excited and full of enthusiasm when it came to going to school with the primary focus of being a healthcare professional.

My experiences throughout high school reinforced my desire to work hard to achieve higher education.

In 2018, I started college to pursue a bachelors degree. I was full of drive and energy to work my hardest.

As the years went by, life became challenging. The responsibilities I once had grew tenfold. Sophomore year, I was enlightened to begin working part time with an oral surgeon. I was exposed to an aspect of healthcare that opened my eyes to the endless possibilities that I could one day have.

Although I was elated for these new steps in life, I faced many obstacles attempting to balance school and work. I found myself feeling more tired and mentally exhausted. I felt like the time I once had began to slowly wither away.

Nonetheless, I found a glimmer of hope each week to move forward and try my best. I've always strived to do my best throughout my education. I began feeling like "doing my best" was no longer enough.

At the time, I was balancing rigorous science courses and working the days I wasn't in school. I came to the realization that through all of this, I made little time for myself.

The "drained" feeling was excessive and I found it extremely challenging to feel excited about my future. It was no longer something I felt would happen. It felt like the end goal would be unattainable for me.

I did what I could to snap myself out of this mindset and shift to positive thinking. I went a little easier on myself considering how discouraged and disconnected I felt.

In May of 2022, I completed my bachelors of science degree and I felt a great weight lifted off my chest. But not all of it.

...TBD

currently thinking about the ending