

Name: Trystan Nault

Undergraduate Program: Integrated Sciences

Current Program: Schulich School of Medicine

Undergrad

During my time at Mac, I was in the iSci program, and I really enjoyed it. It wasn't like any other science program where you only focused in on one area of study. Instead, I got exposed to a variety of fields within Science such as Physics, Bio, Chem, Earth Science, and really any combination. It offered myself and other students many different possible career pathways.

Thesis Work

I had the opportunity to conduct my thesis project in a PNB lab, and I highly recommend anyone in Science to get some research experience. I noticed that there were many undergrads who were eager to work on projects alongside profs and conduct professional research, but many of them thought, "I'm not good enough for it", so they didn't end up taking initiative. Just try emailing the profs who catch your interest and think of the **worst-case scenario**. The worst case scenario will only be either them never replying back to you, or them just simply saying no. You have to understand that not everything in life throws itself at you on the first try, but if you really want it, you'll keep going after it. **'The squeaky wheel gets the grease'**, and besides, you never know the outcome of a situation until it actually happens.

Medical School

A great deal of Science students narrow their pathways down to medical school if they aren't exactly sure of what to do next, but personally I have wanted to go into this field for quite some time, and I was exposed to this field early on through shadowing experiences back in high school. I came into my undergrad with the intention of going to medical school, and I worked hard to get there.

I've worked hard so far, and I know I'm going to have to work even harder from now on. For the individuals who are wanting to do this just for the pay, I would say that there are countless other easier ways to make money. **This hard work won't pay off without the passion**. I really love helping people and making new interactions with patients; it makes me feel connected to the work I do, but that's just one reason, and there are countless others.

After medical school, I see myself working within health policy; it's something I've definitely felt a strong interest towards. I love the fact that through health policy, I would be able to impact thousands of individuals rather than tens. On the other hand, I can also see myself specializing towards neuroscience, because it's always been something I enjoyed ever since undergrad.

Throughout my undergrad, my number one support group was my iSci family. We were so supportive of one another, and I can't picture myself here today without them. Since we were in the same program, we went through the same struggles together, helped each other out with any academics or life problems, listened to countless hours of venting, and celebrated the worthy moments! They're the people in my life that I could never go without, and we all shaped each other to be where we stand currently.

Word of Encouragement

Your future is not a race against time, or anyone else in your life. I know it's hard to take statements such as 'don't be stressed, don't be pressured' seriously, but really, I mean look at you! You've been studying Science at Mac this whole time, and so obviously, you're a very bright individual. Don't worry because you'll figure it out sooner or later.

In the meantime, I would say that you need to go after as many opportunities that appeal to you, and become exposed to many different areas of Science, or even out of Science. This is the first step you need to take in becoming triggered by an area that you may enjoy, like, or **love**.