

THINK BIG: Overcoming Obstacles with Optimism

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My Story...

Spondyloepiphyseal
Dysplasia

The Odds Were Against Me...



20% of population with disabilities

- 0.2% of medical school graduates have disabilities
- 2-10% of physicians in practice have a disability

I had to try...knowing I might fail

As a woman with a disability becoming a physician seemed unlikely.

THINK BIG

T is for try
H is for hope
I is for initiate
N is for no
K is for know

B is for believe
I is for improve
G is for go

Reflect and write down...

- Your version of THINK BIG
- Your story
- Your goals





TRY

Some things in life may seem impossible, but we never will know unless we are not afraid to fail.

What will you TRY for?

Try to make a difference in the lives of others around you?

“You miss 100% of the shots you don’t take”
Wayne Gretzky





HOPE

Some hopes and dreams may seem crazy to others, but if they get us through the tough times, then they are worth having.



INITIATE

Kindergarten graduation is far away from medical school graduation, but we had to get through each step to get to where we are today.

Many
Steps
To Get To
Medical
School



How will you INITIATE your goals?

Towards career goals?

Towards personal goals?

Towards something that seems far away from now?



I Could See
That...

...How Can You Do
It?



NO

Never
Listen
to
the
No's

Despite the
paucity of
interviews,
one institution
took a chance
on me...



Medical School Graduation Class of 2000



HOW DO YOU IGNORE THE NOs?



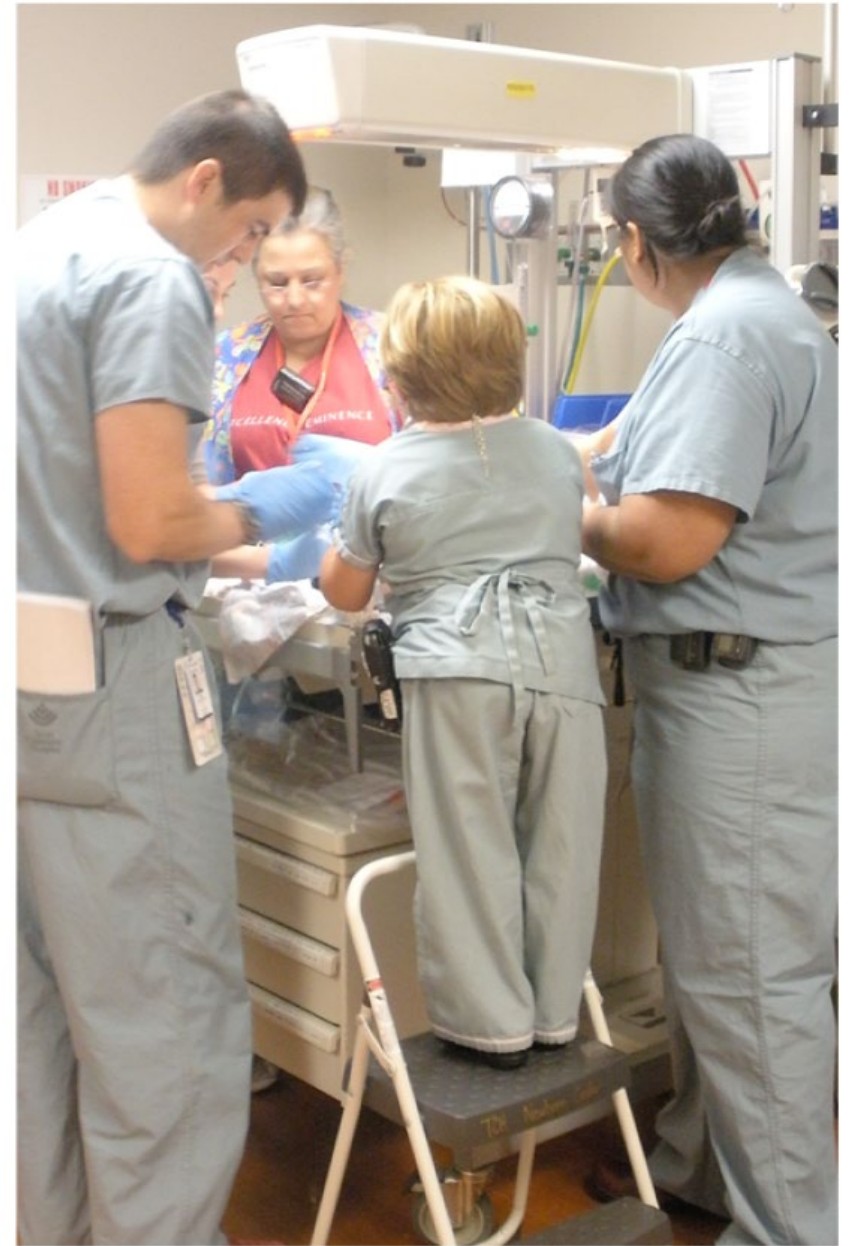
- When you know it's in the best interest of _____.
- When you know it might seem impossible, but it's the right thing to do.
- When others don't think you can, but you know you can.



KNOW

Each of us knows
our capabilities
and limitations
better than
anyone else.

My step stool is
as important a tool
as my stethoscope.



Realizing Our Limitations



No matter how well-trained,
intelligent, or well-intended
we are,
we will encounter:

Patients we cannot save.
Puzzles we cannot solve.
Problems we cannot fix.

How will you KNOW YOUR CAPABILITIES?

- When you're afraid to share your limitations and/or capabilities
- When others don't believe in you
- When you don't have all the answers





BELIEVE

No matter how hard you work, try, and hope for something you may not be able to make it happen... that's where believing comes in.

Never stop believing.



How will you continue to BELIEVE?

- When you want to give up
- When no one else believes
- When results are not immediate, but well worth waiting for





IMPROVE

Once we
achieve a goal,
our work is
never done.

How can you IMPROVE the world around you?

- When our systems are so complex.
- When there is not sufficient support.
- When we have competing priorities.
- When there is not enough time in the day.

Focusing on improvement builds resilience.



GO FOR IT!

Sometimes we
may have to
throw caution to
the wind.





What cancer
has
taught
me

Identify one thing that you are going to just GO FOR IT!



Take the risk, don't
delay,
today is the day!

Thank
You

