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“Who Am I Now?": A Musical and Creative Case Study/Time Capsule

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Project Proposal

Alexander M. Olson
SKMC Class of 2021
December 2018

“Who Am I Now?”: A Musical and Creative Case Study/Time Capsule

Background

Medical school is an immense undertaking, emotionally, intellectually, and physically. I heard it said that “medicine is the frontline seat to human condition, without the tools to process that...it becomes traumatic”. I entered this phase of my life with interests and passion outside of my professional aspirations, and I have found it a struggle to devote to them the energy and time that they deserve. I have chosen a project in the humanities track, focused on creating a musical time capsule of creative work.

Objective

To create a chronological record of my evolving musical tastes and influences that I can one day use to reflect on my experience in medical school and the ways in which it impacted my “artistic” side.

Method

I will create an annual set of deliverables:

- A short written reflection on the year and the ways in which my creative life was woven into it, the ways in which music impacted it
- A piece of recorded music, either original or an interpreted composition with notes on its significance
- A curated playlist to capture the music that I felt most inspired by

Results

MS1 Year Deliverable: To be submitted on January 15th, 2018

Discussion

The greatest challenge thus far has been properly compartmentalizing the needed time and emotional resources for the project while being often exhausted and overwhelmed by a combination of life and school events. I took a part of my life that was previously almost entirely unstructured and committed to a project that by design forces it into an academic box. I resented this at first, but I now appreciate that it keeps me accountable to the creation of material that I someday be happy that I did.

