

## Health Mentors Program Reflection



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Growing up, I did not know anyone in the healthcare field. Additionally, none of my friends chose careers as doctors or other healthcare providers. This lack of access

to people in the healthcare world made me idealize these people, mainly doctors. Admittedly, I looked at them as superhuman people who had this extra gift that no one else had and a type of intelligence that was inconceivable. Even when I decided to pursue a career in genetic counseling, I didn't think I would get into a program or be smart enough to do well in class. Throughout my two years at Thomas Jefferson University, I have had this "imposter complex". I never felt like I was worthy of being in the program and didn't have any business becoming a genetic counselor. By working with doctors in training and other medical professionals throughout this course, I was able to see that these people are not different than me. They do not have all the answers and they are not superhuman.

Throughout this health mentor experience, I came to realize that each person on the team was helpful to the group in different ways. I was very good about keeping the team on

track when we had the virtual and in person meetings with our Health Mentor. I also was great at redirecting our Health Mentor when she went on a tangent and focusing the team to nail down an advocacy project. Other people contributed in other ways like structuring the assignments, taking notes, brainstorming, etc. Each person was down to earth and willing to communicate with one another about schedules and assignments. We all had the same goal in mind and wanted to work together to meet the needs of this course and our Health Mentor.

As I go on to work in the healthcare industry and very closely with various providers, I will remember this health mentor experience. What I will remember the most is that doctors are human beings just like me. They get stressed, may be overloaded with work, and like to joke around. I am like them. I am worthy of being a healthcare provider. At the end of the day, we all want to do what is in the best interest of the patient.