

Bio:

Sean Lam, B.Sc., B.Ed.

I look forward to applying my life experience and skills to student leadership – to better represent **your** needs, strengths, and future aspirations. Numerous experiences support my work, including several years of elementary and high school teaching; two terms of study abroad; as well as trials navigating various social, administrative, and educational systems.

I've faced many hurdles in life aside from having to apply to medical school six times – adversity growing up in a low-SES community; facing long-standing personal challenges at home; and leaving my life in Calgary to start anew in Vancouver are only a few.

We all struggle with something. The little bit that I've experienced has taught me that while we might not all understand each other perfectly, we can relate. I hope to relate to the worries and hopes that you have. Not only that, I will also go further by addressing them with the same foresight, consideration and proactivity that helped me improve my life.

Like many medical students, I immersed myself in extracurriculars. I learned to love what I do rather than make a show of it. Along the way, my favorite volunteer activities became teaching or mentorship-related and taught me about my cultural roots, forging meaningful relationships and community. I moved from volunteering in senior homes and hospitals to teaching and caring for children; mentoring youth; leading exam review sessions; and most recently, laying the groundwork for a language exchange community home to more than 1500 people.

Platform:

I am committed to engagement.

To connect with and learn about people, as well as inspire the leader in them. This means getting to know you, your representatives, and the specific contexts that you find and foresee yourself in.

My first commitment is to visit each site in-person at some point during the term (this includes distributed sites!) to connect with you and your representatives face-to-face.

I am committed to planning for our future.

I want to keep us informed. This includes identifying everchanging systems, milestones, and processes such as the transition from pre-clerkship to clerkship; elective selection; CaRMS; FMProC and MCCQE1/2; and bodies such as the CMA and Royal College that shape decisions affecting present and future medical students, residents, and physicians.

My second commitment is to work together with your representatives to distill and deliver what you need to know – in an accessible, simple form (audio and bilingual text incl.). This might look like an in-person info session delivered by me or your CFMS representatives.

Planning for our future is to ensure our leadership remains strong. In addition to informing students of leadership opportunities and encouraging participation...

My third commitment is to delineate the roles and responsibilities of student leadership bodies so that students know how they can lead.

I am committed to awareness and access.

We all have different needs. Whether it is navigating MBA/PhD/MPH programs; insurance; LOCs; car purchases; childcare; food scarcity; family planning; mental health; housing; or moving away from home, I hope to learn about them – because aside from helping me help you, this knowledge can help others important to me too.

My fourth commitment is to consistently respond to student needs, through surveying.

Finally, my last commitment consists of 150 mins of moderate-intensity exercise a week.

Thanks for reading,

Sean