

# A Day in the Life of ...

## Melissa Wasilewski

Timeline: GS2 (4<sup>th</sup> year MD/PhD student)

Research Area: Cardiac contractility and remodeling following acute ischemic injury



### Academic and Clinical Background:

As an undergraduate student at the University of Scranton, I majored in both Biomathematics and Biochemistry, Cell, and Molecular Biology, with the intention of pursuing a career in abstract basic research. Although I had long been interested in a career in research, participation in biomedical research at the University of Scranton, The Commonwealth Medical College, and several summer research programs prompted a change in my interests from basic research to studying molecular mechanisms underlying disease development. To gain a better appreciation for the application of scientific research to medicine and to determine whether I enjoyed clinical medicine, I shadowed physicians and discovered a new passion--caring for patients. Combining these two interests led me to apply to pursue a career in translational medicine. I am currently an MD/PhD student working in the Center for Translational Medicine at Temple University School of Medicine in the lab of Dr. Douglas Tilley.

### Personal and Professional Development:

My training in the MD/PhD program has been invaluable. The first two years of the medical school course work has provided me with a solid background in a broad range of fields. Through my PhD coursework and research, I have learned to work on complex tasks both independently and cooperatively with a team of highly dedicated scientists. While the MD and PhD training is difficult, I remain motivated by recalling that I am working towards my goal of translating scientific discoveries to new therapeutics for my patients. Additionally, I have strong support system of passionate and encouraging clinicians and scientists, as well as physicians and scientists-in-training that help make different aspects of career development and personal life more enjoyable.

### Typical work day

7am-8am	personal time
8am-12pm	lab work
12pm-1pm	personal time
1pm-3pm	clinical work
3pm-7pm	lab work
7pm-9pm	personal time
9pm-11pm	work or personal time
11pm-7am	sleep