

## Reflective Piece

This contest was the perfect opportunity for me to explore an issue that was important to me. With a deep interest in environmental sustainability, I hoped to find a means of exploring this topic through the lens of medicine. The McLennan and Schulich libraries provided my starting points. Hesitating between an ethical or pragmatic exploration, and overwhelmed by the possible directions I could take, it was thanks to these resources that I settled on my starting point. I began sweeping the Schulich library in particular for guidance on concrete suggestions and mechanisms for sustainable practices in medicine.

Over time, however, I was finding the ethical aspect more interesting and slowly became more drawn to it over the course of the contest. The next challenge came in filtering the many versions of ethical arguments concerning environmental sustainability. With practice I became reasonably adept at sifting through various ethics journals via the McGill library portal in order to find articles that discussed the principles I wanted to explore. If I learned one lesson through this experience, it was that exploring the literature without a plan is like stepping into a black hole. I often found myself tracing sources and going in circles without any clear idea how the paper I was reading was relevant for my essay. Over time I learned to apply myself more purposefully whenever researching online.

What I found most invaluable was the mentorship in developing the essay. Several times I found myself stuck and unsure which direction to pursue, and it was with the guidance of my mentor that I was able to get back on track. Perhaps a victim of my aimless researching, I tended to try to include too many thoughts that were beyond the scope of the paper instead of concisely sticking to my main point. What I've learned from this experience is the importance of being clear on your question when starting your research and being comfortable leaving issues aside that are beyond one's scope.

The opportunity to dig deep into an issue that resonates with me was extremely rewarding. In particular, the mentorship from Dr. King was always enlightening. I am grateful for his insight and support throughout the process.