

From: Ziyu Xiao ziyux@hotmail.com
Subject: Jeunes explorateurs 2013
Date: January 29, 2015 at 10h13
To: henry.olders@mcgill.ca



Hello Dr. Olders,

I'm not sure if you remember me, but you gave me the opportunity to shadow you for a day for Jeunes explorateurs, in April 2013.

I am writing you to express my gratitude, first of all, for giving me that opportunity and for granting us your time that day. I am currently a 2nd year student in Health Sciences at Marianopolis College, and I will be applying to medicine next year. I do, in fact, want to be a psychiatrist now.

Shadowing you that day planted a seed in my mind which has now grown into something splendid. I took a course on mental disorders in my first year of CEGEP, and now I am collaborating with the teacher (a clinical psychologist) on a study on seasonal affective disorder. Taking that course has gotten me into hearing a talk on epigenetics given by Dr. Michael Meaney, in the fall of 2013, and it was during *that* conference that I decided that I wanted to do work in the future, with something that had to do with the broad category of "brains".

Later, in 2014, I attended a talk on preventative medicine given by Dr. Michael Greger, and that became the day I decided that I wanted to be a medical doctor.

We may have spent only a few hours together, but these few hours have had a great influence on me.

I am writing this just to tell you how much I am genuinely grateful, and if you have some time, I would like to maybe have a quick chat with you, to get some pointers on my medical application. If you are not available to do this, I totally understand and do not mind at all.

All the best,
Ziyu Xiao