

Interview Assessment #4:

Name of Professional: Dr. Brian Hitt, M.D., Ph.D,

Profession: Assistant Professor of Behavioral Neurology specializing in neurodegenerative diseases

Company Name: UT Southwestern Medical Center in Dallas

Date of Interview: September 28, 2020

It was a pleasure speaking to Dr. Brian Hitt, a Behavioral Neurology professor at UT Southwestern. I gained some valuable insight into his work studying Alzheimer's disease and related neurodegenerative diseases, such as dementia and supranuclear palsy. It was fascinating to gain a new insight into another field of neuroscience, as I had already spoken to professionals specializing in other fields like studying post-traumatic stress disorders and traumatic brain injuries in relation to sports. Although it was incredibly fascinating to grasp a fundamental understanding of current research into Alzheimer's disease, it has also further solidified my interest in researching anxiety disorders. Rightfully so, I've found that I am much more passionate and incentivized towards researching topics of relevance to my personal life and that I am not only able to comprehend existing research, but qualify patient experiences and accounts of treatment with my own prior relationship to anxiety and depressive disorders.

Furthermore, Dr. Hitt and I discussed the commitment and understanding behind becoming a physician. He informed me that a common misconception among the medical students he teaches is that all that is necessary to becoming a physician is a satisfaction of helping people and an interest in the sciences. However, it is much more beyond that. A future physician must be completely devoted and willing to sacrifice hundreds of hours of time to not

just to pursue a love of healing others, but a genuine interest within the research and academia of the field. He explained that physicians cannot simply just help people, but they must understand the complex influx of evolving research and actively contribute to that research, as well as present findings and insight at conferences. This seemed a little daunting for me as I am still exploring the field of medicine; regardless, I feel as though I will be prepared to navigate the struggles ahead as I am passionate about researching anxiety disorders within neuroscience and seek answers to my ceaseless scientific inquiries which is equally coupled with my devotion to assisting individuals emotionally.

One of the most important points that I will never forget from the interview is when Dr. Hitt remarked that it didn't take a doctor to help people. Although this statement initially seems obvious, I truly believe that this additional insight changed my perspective on my future. In my exploration of medicine, I have always felt constrained to the idea that the only way I could help other individuals is through medicine. I craved a genuine patient-physician interaction and possessing the knowledge and professional capabilities to transform individuals' lives from the most fundamental aspect of living: the human body. However, I have come to realize that being a public servant is not a role that is constrained to just medicine, but that there are limitless opportunities to secure interaction with individuals and assist them towards their physical and emotional journeys, from human resources departments in businesses to hotel administration to education. Surprisingly, when I took my Myers-Briggs Personality Test, I found that my personality best fit with that of a life coach or counselor, two fields that are intertwined with the field of psychiatry. As I continue to explore the field of neuroscience, and the field of medicine as a whole, I will contemplate the aspects of the industry that truly captivate me and whether it is genuinely worth the time and dedication to pursue such a laborious career.