



**A light in the dark**  
**Une lumière dans l'obscurité**

Victor N Oboli 

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## A light in the dark Une lumière dans l'obscurité

Victor N Oboli<sup>1</sup>

<sup>1</sup>Department of Pediatrics, Section of Pediatric Emergency Medicine, Yale School of Medicine, Connecticut, USA

Correspondence to: Victor N. Oboli, MD, Yale School of Medicine, New Haven, Connecticut, USA; email: victor.oboli@yale.edu

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### Artist statement

Facing adversity during medical training is an integral part of our personal growth in the journey.<sup>1</sup> Embracing these challenges not only strengthens our character but also prepares us to navigate the complexities of patient care with empathy and compassion. Reflecting on my journey, I reminisce about the long journey that molded who I am today. It began with late-night study sessions fueled by my determination and adaptability. I recall the dimly lit room, the lone lamp casting a warm glow on my notes. Though struggling to make ends meet, my parents encouraged my love for learning. Their unwavering belief in my abilities instilled a sense of purpose and enabled me to take on the challenge of attending medical school, which no one in my town had achieved. Despite facing significant struggles in medical school, these nocturnal activities gradually

became a sanctuary and refuge, which helped me navigate the several academic challenges before me. Years passed, and my dedication paid off. Today, as a clinical fellow and medical educator, I share my story and see the same fire in my students' eyes. The same hunger to learn, grow, and make a difference. "A Light in the Dark" depicts a story of perseverance and resilience. I created this digital art to encourage young learners to confront their struggles and embrace challenges as an opportunity to grow. To all educators, it is important to nurture this resilience in your students. Just as the lamp illuminated the boy's path, your support can shine a light on the journeys of aspiring medical professionals. Together, let's create an environment where perseverance thrives, where we uplift one another, and where the light of hope shines brightly for future generations of medical professionals. Every challenge you face is a chance to build character and strength, illuminating your path for the journey ahead.

### Media

"A light in the dark" is a piece of digital art that was created by the generative artificial intelligence software Midjourney. The subject demonstrated in the image is fictional and does not depict a real individual.

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### Reference

1. Yuan JH, Reimer R, Minkley M. Beyond resiliency: shifting the narrative of medical student wellness. *Can Med Educ J*. 2023 Sep 8;14(4):148-151. <https://doi.org/10.36834/cmej.76398>