



# BEYOND THE BOOKS: How a Podcast Can Help You Become a Better Physician

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The drive back to Chicago from Jonesboro takes about nine hours. If you drive like me and need to stop every hour to stretch and use the restroom, it can take upwards to ten or even eleven. Eventually, music becomes boring, you're caught up on phone calls to friends and family, and the drive becomes a chore. How about a podcast? Which is exactly what I thought to my first-year self as I headed home for thanksgiving. I recalled some emails about a podcast that our school had made and thought, "why not give it a shot?"

As a new first-generation medical student, I had minimal mentor-ship going into this chapter of my life. Aware of the fact that I needed guidance, especially after those first couple of comprehensive exams, I played the first episode that caught my eye, *Episode 3 – Sound Advice for First Year Medical Students*. I found myself binging the episodes until I finally

made it back home. From that day on, I made sure to listen to the new episodes on my drives, captivated by the helpful and engaging content. I was hooked.

**The Scope** is a podcast made by NYIT College of Osteopathic Medicine geared towards current and prospective medical students. It showcases practical advice for students, the current state of health, and the medical school experience, all to shape the physicians of tomorrow. Within the podcast episodes, listeners get a chance to learn about new initiatives in health and wellness, cutting edge medical research and technology, and how to effectively navigate medical school.

The first episode aired in October of 2019. Past alumni and the dean of NYITCOM came together to have a conversation about culinary medicine and its contributions to patient care and wellness. Since then, the podcast has featured

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a ton of fascinating topics including: *Dating and Relationships During Medical School*, *Parenting During Medical School*, *The Medical School Experience During the Pandemic*, and much more.

In the spring of my first year, I received a message from our class president who was sharing an opportunity to get involved in The Scope. I latched on to the chance of playing a role in something I had become so invested in during all those trips back home. I was interviewed and invited to join the production. I remember my first ever committee meeting to brainstorm ideas and discussion topics.

What I truly enjoy about working on the podcast is having an opportunity to express creativity and opinions freely. The committee meetings are just as fun as the actual recording sessions as all the members get together to speak about life experiences. Gratifying is the best word to describe the creative process as new ways are discussed to connect the audience with fundamental information and enrich their own experiences in school and life. The podcast has even gone the extra step to include important figures in some episodes such as Mr. Irfan Buddha a Senior Director of Sales for Henry Schein a fortune 500 health care products company as well as Dean Wadsworth and Dean Balentine who are the esteemed deans of NYITCOM, and lastly the numerous students who served on panels through all 26 episodes of The Scope.

The podcast has completely revitalized my medical school experience. From listening to the different conversations and gaining insight from other students to contributing and hosting a couple of episodes myself, my path through medical school has been greatly influenced by The Scope. Getting involved is also very easy as students and faculty are always being interviewed to join their campus committees. So, if you ever catch yourself on a drive with nothing to listen to, desperate to kill the boredom because your favorite rapper or musician hasn't dropped any music in forever. You can always tune into The Scope, there to offer you a helping hand in your medical school success.

More information about the podcast can be found using the following link: [The Scope Podcast](#) or by scanning the QR code below.

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