

Ian Muir, ID – 2017

This program was a once-in-a-lifetime opportunity that I will never forget. It has easily altered and changed my view on life for the better. My fellow delegates were among the best and most highly motivated individuals of my own age that I have ever met. Each and every one of them held overly impressive resumes and had accomplished incredible things in their respective states. We were extremely fortunate to hear from leaders within our nation and government. Each speaker had a unique perspective with different ideas they wanted to emphasize to us. The wisdom of these people is invaluable to each of us as we venture into our futures.

The man known as “America’s Doctor” was no doubt one of the best speakers I heard from during my trip to D.C. I had the distinct opportunity to have personal conversations with him because of my interest in the medical field. Dr. Murthy was no doubt more wise and intelligent than his days by far. He talked of personal struggles referencing his very impressive bio stating that it didn’t show the difficult moments throughout his life. He talked of three key life lessons in his own life: remembering to take risks, the importance of thinking short-term, and the importance of having anchors in your life. The point that left a long-lasting impact on me was the importance of thinking short-term. He was speaking to a room of overachieving students who for so long had planned out their college and career journey. This mindset had obviously worked out quite well for most of us, otherwise we wouldn’t have been sitting there that day. However, he made me realize that we concentrate entirely on this future mindset and miss what is happening in our currently exciting lives. I often catch myself as well as my peers thinking that life will suddenly improve once we graduate, or get to college, or get a job. We fail to realize that life is amazing right now! You only go to high school once (hopefully), so we must make the most of it while we still can. The other thing that resonated with me so greatly was Dr. Murthy’s stance on modern health care. Although he could have talked about all of the amazing advances in medicine from complex surgeries to experimental treatments he chose not to. Instead, he talked about simple fixes each and every one of us can do in our everyday lives to prevent illness. He talked of walking for 22 minutes a day as one of the most powerful measures there is. I aspire to be like this man in more ways than one. We could all learn a thing or two from him.

Each of the speakers was the best of the best in their field. I appreciated the variety of speakers, showing us the numerous areas of the government. I will cherish my notes from each of these people as a source of advice and knowledge. The most powerful part of this trip was not meeting all the big shots of Washington, even though it was extremely cool. The most empowering thing was building relationships with my fellow delegates that will last a lifetime. I can’t even describe the closeness and bond that was felt in our mentor. It is something that does not happen very often and is very special to me.