



### **Loyola University Chicago Stritch School of Medicine student matches in Neurosurgery**

Danielle Terrell, a graduating medical student at Loyola Stritch matched in neurosurgery, one of the most sought after residencies in the US. She credits Loyola for:

- Jesuit educational leadership
- An unusually caring community
- Mentors who made it possible throughout her four years
- And for providing access to non-traditional programs, especially the Transcendental Meditation technique, that “enhance who you are as a person”

Dani was one of many Loyola Stritch Medical students who, during their first year of classes, have enrolled in the elective *Physician Wellness through the Transcendental Meditation Technique*. This one-of-a-kind class was designed to not only educate medical students and faculty regarding the scientifically validated benefits of the TM technique, but to also directly experience the benefits themselves, by learning and practicing the technique as part of their class. She meditated regularly with a group of students who had also taken the elective, and considered it an invaluable tool not only for her medical education, but also for her personal and professional life. She felt the TM technique allowed her to develop calm when facing exams and for dealing with fatigue in her clinical rotations. She found regular TM practice provided comfort in those highly stressful environments.

“I think that at Loyola Stritch, we have a tradition of inclusion, a tradition of scouring the nation for the most diverse students we can find.” Some might ask if Transcendental Meditation goes along with the Jesuit, Catholic tradition. “It absolutely fits,” replied Danielle. “Whoever decided to bring Transcendental Meditation to Loyola was spot on. One can’t overstate how it helps to abate the fatigue and the pace of life. It is one of the ways that Loyola can build physicians that have different armamentaria than the typical fourth year medical student graduating every year.”