

# OC OF THE MONTH

December 2017



## ALLY JAFFEE (SG 2014)

**A LEVEL:** BIOLOGY, CHEMISTRY AND ENGLISH LITERATURE

**UNIVERSITY:** UNIVERSITY OF BRISTOL, BACHELOR OF MEDICINE AND  
SURGERY (MBBS)

[LINKEDIN PROFILE](#)

**HIGHGATE**

### 1. Tell us about yourself – where do you currently work, and how did you get into that?

I am currently a 3rd year medical student at Bristol. I am on my clinical placement in Bath.

### 2. What are some of your proudest achievements since graduating?

I co-founded a Nutrition in Medicine society (now NutritankSoc) in Bristol, which was the first of its kind nationally. We aim to engage other medical students around the importance of lifestyle and preventative medicine.

We successfully “pitched” to the medical faculty the need for greater nutrition education within the curriculum. It is well known that it doesn’t play a significant enough role within medical education.

Off the back of founding the Society, I was appointed as the Student Nutrition Lead for College of Medicine (<https://collegeofmedicine.org.uk/welcome-new-student-nutrition-lead/>). College of Medicine is an organisation for healthcare professionals and those interested in a preventative approach to healthcare. This role has led me to meet an array of remarkable healthcare professionals and individuals that work in the food and agricultural industry. I even received an invitation to Highgrove and was lucky enough to meet Prince Charles, as part of a healthcare professionals’ event.

I am also grateful at having been given the opportunity to speak on the panel of this year’s College of Medicine’s Food and Medicine conference as the medical student representative. The importance of appropriate food choice was discussed. Especially with the current surge of lifestyle-related diseases and with the obesity epidemic.

Together with a student colleague, we have created a platform called Nutritank, whereby like-minded individuals can discuss lifestyle medicine and nutrition. Our aim is to motivate medical students nationally to increase their knowledge around nutrition.

### 3. What advice would you give someone who is looking to follow a similar career path?

Perseverance, passion and patience is key. I didn’t get into medicine during upper 6th and so I took a gap year and I reapplied. It was a great decision, as I gained invaluable life experiences. My additional medical experience that you have me a greater insight into the medical field and reinforced my determination to get into medicine. I matured and became a far more proactive and driven person, which has held me in good standing whilst at university.

### 4. Which A Level subjects did you choose at Highgate, and do you have any advice for pupils currently choosing A Levels?

I did Biology, Chemistry (prerequisites for medical school) and English literature, as I have a passion for the written word. I dropped Maths after AS. My advice would be to choose subjects that complement your chosen career path (if you know it). I would also choose subjects that you’re certain you’re passionate about. It is much easier to motivate yourself and do well if you’re enthused by what you’re studying, rather taking a subject that you think is impressive but you don’t necessarily engage with.

5. Where did you go to University? What did you study? Do you have any advice for pupils currently thinking about University options?

I go to Bristol and study Medicine. If you are applying to medicine do as much as you can to gain knowledge and experience in the field. It will give you a broader understanding and hold you in good stead, especially at interview stage.

6. Did your time at Highgate help you? If so, how?

Highgate helped mould my work ethic. It instilled respectability and professionalism in me.

7. In three words, how would you describe Highgate?

Stimulating  
Resourceful  
Dynamic

8. What is your strongest memory of Highgate?

I went on the Operation Wallacea biology trip in the summer of lower 6th to Honduras. This was an all-encompassing allowing me to experience conservation work, practice my Spanish, live amongst locals and learn about the culture. The scuba diving was also great. We were accompanied by fantastic and inspiring teachers.

9. What drives you?

Putting my time and energy into something in order to create an impact and contribute towards positive change for the greater good.

10. What's next?

I have 3 more years left in medical school. Hopefully I will get to see lifestyle medicine begin to play a greater role within the Healthcare System in the UK. I hope to see more positive publicity around our exceptional UK Healthcare System.