



***Resident Physician of  
the Month  
September 2018***

**Dr. Susan Poon  
Psychiatry  
University of Calgary**



It's a great honor to receive this award and very humbling as I would not be here today if not

for the people around me. I am thankful for the support, contributions, and simply sitting in the presence of greater people around me including but not limited to my family, fiancé, friends, and colleagues.

I am a Canadian born Chinese, born and raised in Calgary. I am reminded regularly of how my family made sacrifices to give me the opportunity to attend a better school and be immersed in a culture that values hard work, education, resilience, and diligence, to name a few. I completed my undergraduate degree in nursing at the University of Calgary. My now-fiancé encouraged me to apply for med school in my last year of nursing, and I got lucky to be chosen out of a pool of exceptional candidates to complete my med school training also at the U of C. I am now a little fish in a big pond, and what a blessing in disguise that has been! My role model in life is an amalgamation of multiple people around me, who encourage me to keep improving myself and learn new skills and hobbies. Over the past couple of years, I have picked up swimming, biking, yoga, camping, hiking, knitting, hydroponic gardening, travelling, teaching, and listening to audio books! I am very happy in my residency in Psychiatry and to be surrounded by amazing people!

**A colleague had this to say about Dr. Susan Poon:**

*"Susan embodies kindness, dedication, and curiosity in her many roles. I met Susan after a talk she delivered to our undergraduate medical school class on "How to drink from a fire hydrant?" where she shared effective learning strategies for success in medical school. Susan has since been a mentor to myself and others, guiding us through medical school, interview process, and in residency. What I have valued most about her mentorship is her openness to share personal experiences and insight with characteristic honesty and humor.*

*In addition to being an outstanding mentor, Susan has a passion for medical education. She is always keen to share her approach to a teaching topic, identify resources which have been most worthwhile, and is able to tailor her presentation of content to the various groups of learners*

*she encounters. I admire Susan's enthusiasm for learning, local and international advocacy, and work-life balance. She always has smile or a funny story to share, whether you see her on the wards, swimming laps in the pool, or climbing a rock wall. Without a doubt, Susan punches far above her weight in promoting warmth and excellence within our psychiatry residency program."*

**Congratulations Dr. Susan Poon!**