



Personal Statement – Secretary

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Secretary

Serving on the PHiT council, and in particular on the medical education committee, has been the highlight of my academic career. Stepping into this role, I had never served on a national committee. While it was truthfully a bit intimidating at first working alongside such esteemed individuals, this role has helped me to grow tremendously as an individual and physiatrist that I will forever be appreciative of the PHiT council and AAPM&R. I am genuinely excited for each and every meeting and love having the opportunity to work alongside such motivated and inspiring individuals that I will fondly consider friends and colleagues throughout my career. Through this experience, I have found my home in AAPM&R.

I would be absolutely thrilled if presented the opportunity to continue serving on the PHiT council this upcoming year. While I would like to be considered for the roles of vice president and secretary, I would be honored to continue serving the PHiT council on any of the subcommittee that best supports the team.

I have chosen to run for the roles of vice president and secretary as I know both would challenge me to grow further. As an introverted individual growing up, it took me time to recognize and appreciate my own strengths as a leader. Specifically, I learned to appreciate that the most effective leaders are those that have the ability to bring out the best in others. This would be my mission if elected to an officer position on the PHiT council. I believe my strength in this role would be creating an environment where fellow PHiT members are excited to contribute, feel empowered to perform their best, and are recognized for the commitment they make to the organization. From my experience at the AAPM&R PGY-2 retreat, I recognize how eager fellow residents are to connect with residents beyond their programs. One vision I would bring with me is finding unique ways to create more collegiate interactions between programs as I strongly believe this would support fellow residents in recognizing AAPM&R as their homes as well.

Growing up, I was fortunate to become close friends with an individual with Down syndrome named Steve. Through this relationship, I learned how much I valued my role as an advocate for individuals with disabilities. In a large way, Steve has been an ongoing source of motivation for me. It is because of my experiences with him that I created a 'Medical Student Advocates for Disability Rights' organization in

medical school, that I ended up pursuing a career in physiatry, and that I am so passionate about being an advocate for the field. This, paired with my passion for medical education and creating enjoyable environments where we can learn and grow together, are part of why I believe I would have a positive impact on the PHiT council if presented the opportunity to continue serving.