

DENVER CORREIA

Curling Your Way Through Medical School

Medicine has long been fashioned as a degree with poor work-life balance; with long hours and a breadth of content to cover across the scientific knowledge spectrum. Finding time to relax and unwind can be challenging, especially at Medical School.

In this article, medical student Denver sits down with Kevin Feng (intercalating medical student) who is the Chair of Scottish Student Sport Curling and the President of Glasgow University Curling.

Denver: Can you introduce yourself & tell us a bit about your journey into Medicine?

Kevin: Indeed. While I've always wanted to be a criminal psychologist, my passion for STEM sparked my interest to pursue Medicine. I'm the current Scottish Student Sport President for Curling, representing students who curl all across Scotland.

Denver: That's interesting Kevin, so what inspired you to take this sport up?

Kevin: It all started at Fresher's Fayre in 2nd year (the first one after COVID-19 lockdown) and I really enjoyed the floor curling set they had. Shoving a few curling stones down the cloisters was really the moment I knew this was my sport. That's all history now because I've been in curling for the past three years which still makes me quite new to the sport (since most curlers have done it since school).

Denver: That's an interesting history. Balancing medical school alongside being the Chair of Scottish Student Curling &

the President of Glasgow University Curling must be challenging! What do you do in these roles?

Kevin: I now largely oversee the daily running of the curling club, communicate with GUSA and support my committee with their responsibilities. I've previously served as Treasurer and VP across my time in the society offering me immense experience. At Scottish Student Curling, I lead and work with a team of Vice-Chairs working through organising tournaments, bonspiels and introductory sessions.

Denver: Seems like a plateful of work, how do you manage your time between medical school and your commitments to the sport?



(L-R): Medics in Curling: Denver Correia, Kevin Feng and Katie Grant.

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Kevin: Medicine can be quite intense at the start, however I've felt that as soon as you get a routine and diligently follow it, it can make such a big difference. Curling was a new sport to me when I joined, but I fostered strong connections all across, making it so much easier! It even perfectly follows University of Glasgow's examination calendar since Scottish rinks are largely only open from September to April, each year.

Denver: Have there been moments where it was particularly challenging to maintain this balance? How did you handle them?

Kevin: Certainly! Medicine and the curling club have quite a overlapping mismatched schedule and this makes it a bit challenging – especially at the start of the year when you've got freshers week and lots of planning to do for the year ahead, while trying to handle the 15 weeks in the deep end! Nevertheless, I could actively rely on the people I work with, especially when times got difficult. I've found maintaining a perfect work-life balance can be challenging but certainly not impossible!

Denver: You've made it seem easier than it looks! Now for the final bits, how does someone join Glasgow University's Curling Society?

Kevin: Being a really open and inclusive society, our new beginners always train alongside Scottish trophy & tournament winners offering a 1-1 mentorship and excellent support. We would love to invite anyone & everyone to come along to

our training sessions on Wednesday afternoons during term time.

Denver: Lastly, what's been your most memorable Curling moment?

Kevin: Meeting Grant Hardie & Bruce Mouat – current Team GB Curling players!

Conflicts of Interest: Kevin Feng is the current Chair of Scottish Student Sport Curling and Denver Correia is the current Vice-Chair of Scottish Student Sport Curling (League)