

# Carolyn Horwood

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## EDUCATION

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### University of Calgary

**2024 Jul. - Present**

Doctor of Medicine (MD)

**Community Engaged Learning Placement:** The Immigrant Education Society

- Conducted research project informing cultural competency of crisis line workers for immigrant and refugee clients.
- Certified by the Centre for Addiction and Mental Health for Immigrant and Refugee Mental Health Course.

### University of Calgary

**2019 Sep. – 2024 Apr.**

Bachelor of Health Sciences Honours, Health and Society (concentration: Sociology)

Bachelor of Arts, International Indigenous Studies

**Group Study Abroad: 2023 Jun. 4-17, Community Building Through Meaningful Collaboration of Ainu and Japanese in Hokkaido: Japan.** Awarded Government of Canada Global Indigenous Skills Scholarship.

### Honours Thesis Student, Bachelor of Health Sciences Honours Program

**2022 Sep. – 2023 Apr.**

**Title:** "I-Identify: Understanding Indigenous perspectives on implementing an Indigenous health identifier in Alberta Health Services." (2023).

**Supervisors:** Dr. Rita Henderson; Dr. Mandi Gray

- Work advised not harmfully introducing an Indigenous identifier in Alberta's electronic health record system.

### Indigenous Research Practicum Student, International Indigenous Studies

**2023 Jan. – 2023 Apr.**

**Title:** Utilizing knowledge exchange to explore the primary care needs of older Indigenous adults with experiences of homelessness. (2023).

**Instructor:** Dr. Adela Kincaid; **Supervisor:** Dr. Lara Nixon

## EXPERIENCE

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### Western Regional Director, Canadian Federation of Medical Students

**2025 Jul. - Present**

- Leading inaugural implementation of novel organization, the Medical Students' Association of the West.
- Implemented National First-in-Medicine Mentorship Program, connecting with over 700 students coast-to-coast who are the first in their families to pursue medicine.
- Elected by the Board of Directors to serve on the CFMS Governance Committee, leading projects for 5 governance policy documents for the organization.
- Regularly connecting with VP externals at Western Canadian medical schools through 6-week roundtable schedule.
- Led student planning for 2025 Western Deans meeting, advocating for regional student site needs, creating hand-written letters for students at Grande Prairie and Lethbridge campuses, and meeting with Western Deans regarding elective equity and access.
- Sat as voting member at the CaRMS 2025 Annual General Meeting.

### President and Past-President, Calgary Medical Students' Association

**2024 Aug. - Present**

- Led executive team of 11 student representatives, leading bi-weekly meetings and regular check-ins
- Advocacy wins include implementing maximal provision of PowerPoint lecture slides pre-lecture, and ongoing project with provincial MLAs to explore parking passes.
- Currently supporting the Class of 2028 President in Past-President capacity.

### Street Outreach Volunteer, Be The Change YYC

**2025 Apr. – Present**

- Monthly volunteering to provide harm reduction, hygiene, and basic needs resources to vulnerable community members living on the streets of Calgary.

### Medical Student Liaison, Hope's Cradle, Gems for Gems

**2025 Jan. - Present**

- Focusing on expanding Hope's Cradle, a harm reduction infant surrender project, to medical offices in Alberta.

### Volunteer, End Female Genital Mutilation Canada National Network

**2024 Jun. - Present**

- Advocating for national-level medical school inclusion of content related to female genital mutilation and cutting.

**Vice President of Events, Public Health and Preventative Medicine Interest Group** 2024 Dec. - 2025 Dec.

- Connected with over 50 undergraduate medical students through events expanding knowledge of public health and preventative medicine and teaching about current measles outbreaks in Alberta.

**Director of Research and Development, Apple a Day, Cumming School of Medicine** 2024 Nov. - 2025 Dec.

- Connected with over 50 elementary school aged students providing preventative education on nutrition, physical wellness, and mental health skillsets.

**Delegate and Researcher, Provincial Day of Action, Cumming School of Medicine** 2024 Dec. - 2025 Mar.

- Researched barriers to acute care access for the field of obstetrics and gynecology in the province of Alberta.
- Intention to discuss findings with provincial MLAs in April of 2025.

**Volunteer, Calgary Drop-in and Rehab Centre**

2024 Jan. – 2025 Jun.

- Monthly volunteering to serve dinner and lunch to vulnerable community members.

**Delegate, Municipal Day of Action, Cumming School of Medicine**

2024 Oct. - 2024 Dec.

- Discussed advocacy related to rising costs of living and the local housing crisis in Calgary with provincial MLA Dr. L. Metz; initiated provincial-level discussion of the impacts of student parking costs on medical student wellness.

**Co-Chair, Sustainable Development Goals Alliance, University of Calgary**

2021 Jan. – 2024 Jul.

- Co-led secretariat team of 11 executives to engage with sustainable community initiatives.
- Organized 2 annual International Development Week storytelling events engaging >50 guests.
- Engaged with over 300 students on topics of sustainability through workshops, events, and training.

**Co-founder, Canadian Adolescent Sexual Violence Prevention Society**

2021 Jan. – 2024 Apr.

- Created sexual violence prevention workshops engaging with >100 undergraduate students.
- Survey data supports improved student understanding of adolescent sexual violence and resources on campus.
- Student feedback: "I feel like [the workshop] should be mandatory for all students."

**Student-Faculty Liaison Committee Member, University of Calgary**

2021 Nov. – 2023 Apr.

- Elected by students to advocate for >50 Health and Society major students.
- Selected as sole Bachelor of Health Sciences representative to advise University of Calgary calendar changes.

**Co-Lead, Sustainable Development Goals Summit, University of Calgary**

2021 Apr. – 2021 Oct.

- Organized week-long summit event hosting 88 attendees over 7 interactive event sessions.
- Directly resulted in 11 University-funded, student-led sustainability project implementations.
- Led to recognition in Canada's 2021 Annual Report on the 2030 Agenda and the SDGs.
- Influenced the University of Calgary's Times Higher Education global ranking increase.

## POETRY AND ART

- Presented poems 'Blue Baby', 'Long Day', '23:08 Alberta Children's Hospital Emergency Department', and 'Patience' alongside four-piece watercolour series. Arts in Medicine Speaker Series, University of Alberta. (2026)
- Presented poem 'Mother Hands.' International Development Week Event, University of Calgary. (2023)
- Presented poem 'The Pull to Lead.' Calgary Community Development Learning Initiative Summit. (2022)
  - o Published by the Calgary Community Development Learning Initiative (2022).

## OTHER SKILLS AND HOBBIES

**Languages:** Spanish (Advanced), Danish (basic reading and listening), Hindi (introductory), Cree (introductory), Stoney Nakoda (introductory)

**Hobbies:** Reading, Running, Speed Jigsaw Puzzle Competitions, Rock Climbing (7+ years), Fitness