

Dare to Fail



Zoë Cook

Who am I?



Westlake High School '16



UT Austin '20
Psychology B.S.



Texas A&M '26
School of Medicine
School of Law

The path to medical school



ACADEMICS

- Bachelor's degree to matriculate, 90hrs to apply
- GPA
- Course pre-requisites
- Academic & Nonacademic Recognition
- ACT/SAT scores
- MCAT score(s)
- Letters of recommendation
- ESSAYS!

EXTRACURRICULARS

- Research hours
- Hobbies
- Clinical experience
- Leadership experience
- Volunteer hours

CHARACTERISTICS

- Resilience
- Passion
- Responsible
- Ethical
- Disciplined

My first failure

“The primary outcome did not differ between groups.”

Teplizumab for treatment of type 1 diabetes (Protégé study): 1-year results from a randomised, placebo-controlled trial

Nicole Sherry, William Hagopian, Johnny Ludvigsson, Sunil M Jain, Jack Wahlen, Robert J Ferry Jr, Bruce Bode, Stephen Aronoff, Christopher Holland, David Carlin, Karen L King, Ronald L Wilder, Stanley Pillemer, Ezio Bonvini, Syd Johnson, Kathryn E Stein, Scott Koenig, Kevan C Herold, Anastasia G Daifotis, for the Protégé Trial Investigators*

Summary

Background Findings of small studies have suggested that short treatments with anti-CD3 monoclonal antibodies that are mutated to reduce Fc receptor binding preserve β -cell function and decrease insulin needs in patients with recent-onset type 1 diabetes. In this phase 3 trial, we assessed the safety and efficacy of one such antibody, teplizumab.

Findings 763 patients were screened, of whom 516 were randomised to receive 14-day full-dose teplizumab (n=209), 14-day low-dose teplizumab (n=102), 6-day full-dose teplizumab (n=106), or placebo (n=99). Two patients in the 14-day full-dose group and one patient in the placebo group did not start treatment, so 513 patients were eligible for efficacy analyses. The primary outcome did not differ between groups at 1 year: 19.8% (41/207) in the 14-day full-dose group; 13.7% (14/102) in the 14-day low-dose group; 20.8% (22/106) in the 6-day full-dose group; and 20.4% (20/98) in the placebo group. 5% (19/415) of patients in the teplizumab groups were not taking insulin at 1 year, compared with no patients in the placebo group at 1 year (p=0.03). Across the four study groups, similar proportions of patients had adverse events (414/417 [99%] in the teplizumab groups vs 98/99 [99%] in the placebo group) and serious adverse events (42/417 [10%] vs 9/99 [9%]). The most common clinical adverse event in the teplizumab groups was rash (220/417 [53%] vs 20/99 [20%] in the placebo group).



Failure #2: Middle School Tennis

“You’ll never be an athlete with diabetes.”



Failure #3: Freshman & Sophomore Year

“If you can’t complete your final exams you will need to withdraw.”

SPRING SEMESTER 2017		LIBERAL ARTS		
PSY	306	INTRO TO HUMAN SEXUALITY	3.0	W
BIO	311C	INTRODUCTORY BIOLOGY I	3.0	W
CH	302	PRINCIPLES OF CHEMISTRY II	3.0	W
CH	204	INTRO TO CHEMICAL PRACTICE	2.0	W
NTR	306	FUNDAMENTALS OF NUTRITION	3.0	W
WITHDREW 04/28/17				

SPRING SEMESTER 2018		LIBERAL ARTS						
PSY	306	INTRO TO HUMAN SEXUALITY	3.0	B				
SOC	302	INTRO TO THE STUDY OF SOCIETY	3.0	CR				
BIO	311D	INTRODUCTORY BIOLOGY II	3.0	B-				
CH	302	PRINCIPLES OF CHEMISTRY II	3.0	B				
HDF	304	FAMILY RELATIONSHIPS	3.0	CR				
HRS UNDERTAKEN	15	HRS PASSED	15	GPA	HRS 9	GR	PTS	26.01
				GPA	2.8900			
SUMMER SEMESTER 2018		LIBERAL ARTS						
CH	F320M	ORGANIC CHEMISTRY I	3.0	C+				
CH	S320N	ORGANIC CHEMISTRY II	3.0	C				
HRS UNDERTAKEN	6	HRS PASSED	6	GPA	HRS 6	GR	PTS	12.99
				GPA	2.1650			

My Biggest Failure: rejected from medical school

“You did not match.”



TEXAS A&M UNIVERSITY

College of Medicine

Re-Application to Texas A&M College of Medicine

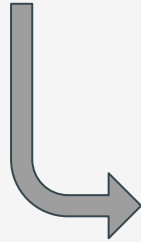
Some Essential Factors and Issues

Reframing Failure

“Lack of success.”

“The omission of expected or required action.”

“The action or state of not functioning.”



Lack of **immediate** success

Expect/require failure = no longer a failure

Everything we do functions in **growth**

FDA Approves First Drug That Can Delay Onset of Type 1 Diabetes



For Immediate Release: November 17, 2022

[Español](#)

Today, the U.S. Food and Drug Administration approved Tzield (teplizumab-mzwv) injection to delay the onset of stage 3 type 1 diabetes in adults and pediatric patients 8 years and older who currently have stage 2 type 1 diabetes.

“Today’s approval of a first-in-class therapy adds an important new treatment option for certain at-risk patients,” said John Sharretts, M.D., director of the Division of Diabetes, Lipid Disorders, and Obesity in the FDA’s Center for Drug Evaluation and Research. “The drug’s potential to delay clinical diagnosis of type 1 diabetes may provide patients with months to years without the burdens of disease.”



It is my great pleasure to notify you that as a result of your scholastic performance during the Spring 2020 semester, you have earned the designation Magna cum laude on the Dean's Honor List.

It is my great pleasure to notify you that as a result of your scholastic performance during the Fall 2019 semester, you have earned the designation Cum laude on the Dean's Honor List.

Congratulations!

The name of the endowment that is funding your competitive scholarship is the *Gladys Watford Endowed Scholarship*. Please mention it in your letter.

Congratulations!

The name of the endowment that is funding your CoLA Competitive Scholarship is the *Louise Lewis Lee Endowed Scholarship in Liberal Arts*. Please mention it in your letter.

COLLEGE OF MEDICINE
TEXAS A&M HEALTH

Office of the Dean



October 15, 2021

Dear Zoe Cook:

On behalf of our Admissions Committee, I am pleased to offer you a position in the first-year class of 2026 in The Texas A&M University College of Medicine matriculating in July 2022.

Your academic achievements, and your personal attributes and accomplishments indicate your strong potential for success in the field of medicine and for a lifelong commitment to high standards of professional and humanitarian performance. We are committed to helping you attain these goals.



Dear Zoe,

Congratulations! I am pleased to extend to you a scholarship for four years to The Texas A&M University College of Medicine! Your excellent academic achievements, record of service activities, and health related experience merit this distinguished Scholarship. We really want you to join our College of Medicine.

Failure #6: Anatomy Exam 2

MGA Exam 2 Practical
Exam 2 - Abdomen

Sep 8, 2022 by 5pm

35 / 54



Exam 1
Exam 1

May 1 by 5pm

95.12%



We don't fear failure, we fear shame & guilt.

**“I have never met someone with so much
courage to fail.”**

“Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.' ”

Mary Anne Radmacher

Advice from Dr. Hairrell

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1. **Sleep and physical health are vital!** You cannot study and learn well if you are unwell!

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2. **Don't be afraid to ask for help. Try to reach out before you need it!**

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3. **Use your resources.**

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2. Don't be afraid to ask for help. Try to reach out before you need it!
3. **Use your resources.**
4. **Find what works for you and do it! Don't be distracted by the next best shiny thing or what someone else is doing. Everyone learns differently! You do you!**

Advice from Dr. Hairrell

1. Sleep and physical health are vital! You cannot study and learn well if you are unwell!
2. Don't be afraid to ask for help. Try to reach out before you need it!
3. **Use your resources.**
4. Find what works for you and do it! Don't be distracted by the next best shiny thing or what someone else is doing. Everyone learns differently! You do you!
5. **Believe in yourself! Life is hard. Things happen. Be your own greatest cheerleader.**

“Failure can become our most powerful path to learning if we’re willing to choose comfort over courage.”

“The credit belongs to those of us who are actually in the arena, whose face is marred by dust and sweat and blood. We strive valiantly and sometimes there's the triumph of achievement but **at the worst, we fail**, but at least we fail while daring greatly.”

Brené Brown

Dare to Fail.