



Dr. Anthi Stefatos R1

Educational background: I'm from Quebec so my educational journey is a little different than most. I went to CEGEP after grade 11, which consisted of two years of health science classes at Marianopolis College. I then tested my luck and applied to med school without having an undergrad, and luckily got accepted! I got my MD from Université de Montréal, which is five year program (in French!).

Hometown: Montreal, Quebec

Research/Academic interests: My previous research was mostly in mood disorders and geriatric psychiatry. However

my future research will be more centered towards Child and Adolescent Psychiatry and perhaps Education. I'm still exploring my interests. I come from a family of teachers and that has opened my eyes to the importance of research in education. However, I also found myself pleasantly surprised at how much I enjoyed my experiences in Child and Adolescent Psychiatry so far. I really like the clinical workings of Child and Adolescent Psychiatry. There is so much plasticity in the child, you feel like the changes you make will impact them for a long time.

Hobbies/Personal interests: I love to travel and I've already travelled twice in my first two months of residency! I also love tennis. And to up the ante, I especially like to travel and play tennis. It's interesting, you can actually make great observations about a country's culture by the way their tennis court is set up. I also really enjoy boating and fishing, and am hoping to learn how to spearfish very soon.

My favourite restaurants in Kingston are: Pan Chancho for breakfast, and Tango Nuevo for supper. The green curry seafood paella at Tango Nuevo is to die for.

What would you like to tell prospective applicants to our program?

If you are applying to psychiatry, it's because you love people and you want to make them be the best that they can be. You have to really love it - when the going gets tough, it's important to remember what made you choose this profession and how extremely rewarding it can be. If you are applying to Queens, you will find a second family in the residents here. The support I have felt is unlike any other group I have ever been a part of. Kingstonians

themselves are also very hospitable, they smile on the street, the drivers are much more courteous than in Montreal, and they will gladly give you a helping hand! Also no traffic, ever - a major plus if you're from a metropolitan city.

What is your favorite sound?

I've gone cliff diving a few times, and the sound of the water the second your whole body gets submerged is divine. You just hear the waves, the rocks, and your pulse racing, it's invigorating.

What is your greatest accomplishment?

The greatest accomplishments are the ones that are yet to come. For now, I'd have to say graduating med school and living on my own.

What is your most treasured possession?

(Cue violins, choirs, flying doves and heart-shaped fireworks, this is about to get cheesy)

My boyfriend welded together a metal heart with a circuit in the middle. Circuits are important to me because my dad was a physicist and I wrote some application letters and short stories about how circuits influence many aspects of my life. In the middle of the circuit, he managed to engrave the words "I love you", and he gave it to me the first time he said those words to me. It's on display on my mantle at home.

Describe the color yellow to somebody who has never seen the colour.

I guess it's the colour of a giant smile on a warm day.

Which superpower would you most like to have?

Teleporting. Or perhaps telepathy.

What does your ideal day look like?

I'll start by sleeping in. I really do like seeing patients, so preferably I'd see one patient for about an hour. If I felt like I changed something, even better.

Afterwards, I would come home and go for a swim. Then I would watch the sun set over the ocean from the top of a cliff while eating a delicious meal with the people I love most. I'll end the day by going to sleep in a giant comfy bed with a lot of pillows - and a late start the next day so I feel well rested. No alarm clocks, just let nature run its course.