

Where Are They Now?

St Elizabeth Catholic High School Regional Arts Program

Instrumental Music



Dr. Mark Fraccaro

Art discipline? Instrumental Music Trumpet Player

Year of Graduation? 2011

Education University of Toronto Bachelors of Science –
Double Major: Physiology and Human Biology

Doctor of Medicine– University of Ottawa Psychiatry
Residency – University of Calgary

What is your current job and what does that entail?

Resident Physician – Psychiatry. I am currently pursuing 5 years of specialty training after obtaining my MD to become a psychiatrist. This involves seeing patients in a hospital or a clinic setting and assessing for and treating mental illness, either through the use of medications and/or therapy.

Please comment on any skills you feel you have developed in the RAP My training in music both, instrumental and vocals, as well as the creativity one learns while in an arts program has helped me throughout my life and will continue to do so.

Firstly, music continues to be a hobby of mine that helps me manage my stress. I have also put these skills to good use. In medical school I co-directed, wrote, and sung in a musical fundraiser that was put on by my class. We raised over \$12000 for our class charity. It is amazing how many people in the medical field have had formal training in the arts, whether in music, dance, drama, visual or vocal! I also sang and was eventually one of the directors of my medical school's choir.

In my everyday work as a doctor training to be a psychiatrist, the creativity, the ability to improvise, and comfort performing that I developed during my time in the RAP program helps me facilitate psychiatric interviews and therapy sessions with patients. I am able to think quickly, be comfortable under pressure and think of creative solutions to various medical and psychiatric issues. Being in a band and choir for 4 years also facilitated the development of my collaborative, leadership and problem-solving skills that allow me to work as part of a multidisciplinary team of medical professionals.

What is your most fond memory of RAP So many memories come to mind, it's impossible to think of just one. The performances, especially our spring and Christmas concerts, as well as the musicals were some of my favorite. When I was in grade 12 I was part of the pit band for our musical performance of "Anything Goes". In Grade 11 our concert band won gold at the National Music Festival in Ottawa! Those are just a few of the countless highlights of my time at St. Elizabeth. Finally, I received the award of excellence in instrumental music upon graduation which was a tremendous honor.

What piece of advice would you have for current students? Make time to keep your art in your life. It does not have to be your profession, but let it be part of you. The most stressful part of my life was during my undergrad, and during part of this time I stopped playing music and singing. In medical school, I made a promise to make music part of my regular life again and this truly helped me get through it and succeed.

Why did you choose to attend St. Elizabeth? St. Elizabeth has a great reputation, not only for its Regional Arts Program but also its other academic fields and the community as a whole. It laid a solid ground work of skills for me to pursue science or music. My teachers were some of the most supportive people I have met in my life.