

Summer of 2006 Class of 2009

SUNY Upstate Medical University

International Experiences

Jessica Weiss

weissj@upstate.edu

Volunteer at a medical clinic in Kenya. It was a great experience. I had a lot of patient care experience and learned a lot about health care, or lack of, in a 3rd world country.

www.volunteerkenya.org

Chad Cornish

cornishc@upstate.edu

Guatemala-medical clinic-Spanish classes. Contact me for details.

American Academy of Family Physicians Students and Residents National Conference. If interested in Family Medicine, contact: www.aafp.org

Elizabeth Dawson

dawsone@upstate.edu

Danielle Yerdon

yerdond@upstate.edu

We started out the summer with a two week adventure to



Chad Cornish, Elizabeth Dawson, Andrea Shaw ('08) and Danielle Yerdon
Quetzaltenango, Guatemala



Jessica Weiss conducting a patient interview with a Kenyan nurse/translator and patient at an AIDS Clinic

Guatemala. We spent a week at the Spanish language school called Pop Wuj (www.pop-wuj.org), and we stayed with a friendly and welcoming Guatemalan family in Quetzaltenango (called Xela by the indigenous Mayans). The school had an inspiring philosophy of social responsibility that included their informative lectures on topics related to Guatemala's culture, politics, economics, and history; to their number of community outreach projects including a daycare center for single mothers in a rural community. We spent one of our best afternoons there playing soccer and picking flowers with the kids that attended the day care center. The school also has a medical program that runs for four weeks, and allows

students to combine one-on-one teaching with experiences in the area clinics. For our remaining week we backpacked the volcano Tajmulco with Quetzal Trekkers, traveled to Lake Atitlan, and to Antigua.

Aly Sheraly

Overseas Medical Experience – Eye Camp in Tanzania. Going overseas is a great way to spend the summer and learn about medicine.



Career Planning Guide MS I, Class of 2010

This publication includes information about the summer experiences of the students in the College of Medicine, Class of 2009.

Inside this issue:

Prague Elective	2
Research	2
Community Service/Missions	3
International Travel	3
Working at Upstate	4
Rest & Relaxation	5
AMSA/ADDM Leadership Training Program	5
Employment Opportunities	6
Websites	6

Daycare Children Guatemala

Prague Elective

<http://sgusom.hyperlink.cz/>

Chris Jones joneschr@upstate.edu
Great opportunity to learn about a foreign health care system. Have the chance to see a lot of interesting clinical situations. It was a really fun time. Take the opportunity to enjoy Europe before you get too busy. Contact me with any questions.

Katie Michalak michalak@upstate.edu
Cultural experience and medicine in different country.

Ata Allaei aallaei@hotmail.com
It was a good experience, but the program was too long and dead center in the summer so it made it difficult to get involved with other projects.

Liz LiCalzi licalzie@upstate.edu
3 weeks (received 2 credits) – rotated through Czech Rep. hospitals and had lectures about the Czech health care. I would definitely recommend the Prague elective. I had a great time living in Prague and traveling. Seeing the Czech health care system was interesting and I was able to observe doctors and patients in different specialties. Traveled to Europe- 2 weeks before and after the Prague elective. I traveled to Germany, Austria, Hungary and Greece.

Patrick Reagan reaganp@upstate.edu
Recommend: Yes. Interesting/fun experience. Great if you couldn't go abroad in college. Relaxing. Contact: Dr. Martin Stransky.

Zarina Nestor nestorz@upstate.edu
Travel to Prague, Budapest, Vienna. Eastern Europe is beautiful. I traveled to these countries to learn about their communist/Jewish history. Contact person: myself, made my own arrangements.

“Great opportunity to learn about a foreign health care system.”

Chris Jones, Prague Elective

Research

Kevyn To tok@upstate.edu
Summer Research at The Hospital for Sick Children, Toronto, Ontario. Did a lot of animal work on traumatic brain injury. Also took a trip to Provincetown, MA. Really laid back place. Great people. Awesome lobster. I ate the biggest lobster ever!! Almost 6 lbs!

Adrienne Monaco O'Quinn monacoa@upstate.edu
Worked with Dr. Beach on clinical research trials. Got to see all aspects of clinical research-protocol approval, screening patients, subject visits and data collection. Also shadowed Tuesdays & Thursdays in Neurology Epilepsy Clinic. Fun, laid back summer job. Got to know neurologists, see what neurology is like, learn about and participate in running a clinical trial. Contact: Dr. Robert Beach, Neurology Department, Rm. 807A, Jacobsen Hall (464-5360 or email: beachr@upstate.edu)

Jeremy Sylvan sylvanj@upstate.edu
Did Volume Analysis of Nuclei in the developing mouse brain with Drs. Krol and Ol-

sen. Recommend: Yes. The research was very interesting. Contact: Dr. Andrzej Krol, krola@upstate.edu. Cross country motorcycle trip. Recommend: Yes, for reasons that should be self-...

Rene' Choi choir@upstate.edu
Research for MD-PhD program (lab rotation in Dr. Stelzner's lab)

Mark Crye cryem@upstate.edu
Summer Research Fellowship, through College of Medicine, SUNY Upstate Medical University. Excellent opportunity to obtain some research experience and get to know professors. Contact: Research Admin. Office.

Jennifer Sacks barej@upstate.edu
HIV Research at Upstate. Contact: Dr. Edward Barker (he moved to Chicago).

Sushma Krishna krishnas@upstate.edu
Work Study – Clinical Research/shadowing a pediatrician who works with foster kids. Yes, its very relaxed. Great if you like kids. Great to practice clinical skills. Contact: Dr. Steven Blatt, UHCC. Also took a

trip to Hawaii for a week!! Highly recommended.

Asalim Thabet thabeta@upstate.edu
Research Assistant-Data entry and survey collection in the Peds. Emergency Room. Yes, you get to work in the Peds ER and when you aren't working/collecting data you can shadow the attending. Contact: IHP – Susan Wojcik. Personal research project in Child Safety. It is time consuming and a lot of literature review, but very fun and fulfilling. Contact: IHP – Dr. William Grant.

Varun Chaudhry chaudhry@upstate.edu
Strong Children's Research Center Summer Program. Seminars and basic/clinical research. Contact: Debbie Schiumentch www.urmc.rochester.edu/scrc

Reza Samad samadr@upstate.edu
Research Neurosurgery spinal cord injury. If you are interested, Contact: Blair Calancie, Ph.D.

continued page 4

Community Service/Missions

Aaron Yang yanga@upstate.edu
Hurricane Katrina Missions gutting and cleaning houses in New Orleans area (St. Bernard's Parish & Lower 9th ward) through Samaritan's Purse. Organization was very well prepared and connected for every volunteer to get the most out of their experience.

Amanda Sosulski sosulska@upstate.edu
Coordinating SCHope/Migrant Farm worker clinic. Good clinical experience, lots of fun. Contact: Dr. Peter Cronkright (College Work Study Program)

Jessica Ryan ryanje@upstate.edu
Migrant Health Clinic, in cooperation with O.C. Health Dept. Team travels to area farms to treat workers. Flexible hours, able to enjoy summer while also getting experience & pay. Contact: Dr. Peter Cronkright (College Work Study Program)

Amy Biondich biondica@upstate.edu
Medical Mission Trip. It was a wonderful experience. Lots of hands-on medical exposure. Contact: Light of the World Missions, Belize

Zarina Nestor nestorz@upstate.edu
Birthright Israel. Free trip to Israel for two weeks. Sightseeing, cultural and religious education. Amazing experience, changed

my life, connection with people my age in the Israeli Army. Contact: www.Ezrausa.com

Christian Turner turnerch@upstate.edu
Saw patients at the jail downtown and worked on a quality improvement project based on a chart review. Lots of clinical interaction, opportunity to interact with a unique patient population (inmates). Contact: Dr. James Greenwald- Family Medicine.

Saw patients and set up an information session to discuss health insurance opportunities at the Rescue Mission. Again, great interaction with an interesting patient population. Contact: same as above and Steve Tennant (Rescue Mission).

Melissa Cloonan cloonanm@upstate.edu
Volunteered at the Migrant Care Clinic. Recommend: Yes. It's fun, easy, work study and you learn a lot about treating multicultural patients & farm workers. Contact: Dr. Peter Cronkright.

Sean Maroney maroneys@upstate.edu
Hospice. Miracle Continuity Elective. Summer Work Study -Trauma Surgery, ARDS.



Kenya

SCHope/Migrant Farm worker clinic. Good clinical experience, lots of fun.

Amanda Sosulski

International Travel

Megan Cummings cumminmt@upstate.edu
Traveled to Europe for two weeks. Recommend: Yes. One of the last times we'll get a chance to travel – great experience.

Branko Skovrlj skovrljb@upstate.edu
Spent the summer in Croatia (Islands). Best place to do everything else but think of med school.

Michael Coyle coylem@upstate.edu
Travel independently through Europe with classmates (5 wks.). I would recommend this because it is a chance to see other cultures and discover part of what the world has to offer in terms of art and nature. I had not really had much exposure to the outside world before.

Matt Ruggieri ruggierm@upstate.edu
Travel to Great Britain. Research and study alone do not a doctor make.

Melissa Cloonan cloonanm@upstate.edu
Volunteer vacation to Ireland – Yes, it's a great way for med students to get out and help others without doing medicine! Source: www.globalvolunteers.org
Also volunteered at the Migrant Care Clinic (see comments above).

Working at Upstate

Danielle Federico

federicd@upstate.edu

Anatomy Prosector: Dissections for future anatomy students & other schools. We got experience in a surgical procedure and got to talk to residents performing procedures as practice in the lab. This was a great and fun job. I also got to review anatomy and got to make good relationships with classmates and the anatomy faculty. Contact: Dr. N. Barry Berg in the Anatomy Lab.

Jeremy Berger

bergerj@upstate.edu

Prosecting for anatomy lab. Low pressure, little time, good review. Contact: Dr. N. Barry Berg, Weiskotten Hall.

Chris Curtiss

curtissc@upstate.edu
Phlebotomist at University Pathologist Laboratories. I would recommend this if students have previous phlebotomy experience and want to earn some money. Contact: Timothy McElroy, 550 Harrison Center, University Pathologist Laboratories.

Joe Resti

restij@upstate.edu

Peds ICU at Univ. Hospital. Attended rounds and wrote a paper concerning pulmonary edema. Great clinical experience. Contact: Dr. Robert Kanter, Pediatrics, University Hospital.

Rob Kallinicos

kallinir@upstate.edu

Consult-Liaison Psychiatry Fellowship – Great experience, exposure to the “acute psychiatric patient interview” as well as hospital medicine. Contact: Marvin Koss, M.D.

Robin Nagowski

nagowskr@upstate.edu

TA for Summer Anatomy for the PT students. I loved the hours and going over the anatomy material again. The PT students cover some details we were not responsible for and it was very interesting and probably important for us to know. Besides being a good review of interesting material, working with Dr. Berg and Dr. Zajdel is a lot of fun and meeting students outside our specialty is very worthwhile. I learned a lot about PT students and respect their field more and look forward to working with them and I made lots of friends.

Jennifer San Jose

sanjosej@upstate.edu

Reviewed charts of deceased pediatric patients. Recommended if you can handle the stress of abused children, especially sexually abused children. Contact: Dr. Ann Botash
Also traveled for vacation to Trinidad & Tobago, San Diego. Recommend: Yes, especially Tobago \$60/US/night on the beach.

“Besides being a good review of interesting material, working with Dr. Berg and Dr. Zajdel is a lot of fun “

Robin Nagowski

Research continued:

Arthy Yoga

arthy_83@yahoo.com

(College Work Study Program). Very organized and interesting work on childhood obesity. Participation in writing an abstract for a paper. It was fun to be in Syracuse over the summer and hang out with my classmates without the obligations of classes. Contact: Dr. Denise Woodall-Ruff, UHCC. Also, Massage Therapy Elective. Very relaxing and one of the best things I've done in Syracuse. Contact: Don Pilch, MSII

Daniel Seigerman

seigermnd@upstate.edu

Research –Orthopedic Surgery. Yes, the research projects, and mentors at this institution are excellent. There are also many opportunities to observe clinical work with

the many orthopedists here. Many doctors at the hospital welcome summer medical students for shadowing /and research. Contact: Hospital for Special Surgery, New York, NY

Ichiro Ikuta

ikutai@upstate.edu

This summer I worked in the Department of Psychiatry for Dr. Kates. Dr. Kates is the head of the Center for Psychiatric Neuroimaging. We used MRI's to analyze the neuroanatomy of autism in identical twin children. We will be publishing two journal articles soon.

Rajitha Devadoss

devadosr@upstate.edu

I participated in the 2007 Medical Student Training in Aging Research (MSTAR) Pro-

gram at the University of California, San Francisco in clinical research on aging and prostate cancer. I had an amazing experience working with incredible faculty, shadowing/learning more about geriatrics and living in California for a summer. There are many other sites through the MSTAR program including Johns Hopkins, Harvard, UCLA, etc.. If you have any interest in aging/geriatrics and research or want a unique experience, check out <http://www.afar.org/medstu.html> for more details! The deadline to submit your application is Feb 7 (start early on the online application). Please feel free to contact me or Dr. Sharon Brangman-
brangmas@upstate.edu for further questions.

Rest and Relaxation

Erin Lineman horne@upstate.edu
Vacation. Recommend: Yes. Great time of R & R.

Anonymous Students:
Took time off, shadowed Dad when I felt like it. Recommend: Yes. If you can afford it.

Backpacked Europe. Recommend: Absolutely. Especially while young enough to carry the pack and chase after the train.

Worked (Paramedic) – Eh....It's overrated, but if you need money....

Filled up free time with nothing of importance.

Trip to Europe. Backpacked with two other students throughout Europe. Trip was planned by ourselves. Recommend: Yes, because it's the last summer break we get—might as well make it fun!

Reza Samad samadr@upstate.edu
White water rafting, West Virginia and camping in the Adirondacks.
Recommendation: Relax!!

S. Frey Travel—Individual plan. Quilting class – Individual project. I highly recom-



Adirondacks, NY

mend this. It's a great way to liberate yourself from the everyday tedious work study piled up for MSII. A wonderful way to broaden horizons, meet new people and immerse yourself in colors and fabrics. Just Have Fun.

AMSA/ADDM Leadership Training Program in Primary Care

Danielle Yerdon
Elizabeth Dawson

When we returned from Guatemala, we continued working on a project we started during the winter coordinating the AMSA/ADDM Leadership Training Program in Primary Care, titled "Learning from One

Another: Cultural Competency in Dentistry and Medicine." SUNY Upstate hosted 40 medical and dental students from around the country for a week in August for the program. We spent the rest of the summer developing the week's activities, which included lectures on cultural competency, the IOM report on Health Care Disparities,

and the refugee community in Syracuse; an epidemiology project comparing Syracuse to their home cities; case studies developed by the LeMoyne PA Program; preceptorships with area physicians; a bus tour; and visits to community agencies doing work that impacts on many social determinants of health. For more information on the conference, and about the theme for next year go to:

www.amsa.org/addm/#ltp.

AMSA is an excellent resource for both summer opportunities, and other experiences including conferences, electives and workshops throughout the year.



AMSA/ADDM Leadership Training Program in Primary Care Participants

SUNY Upstate
August 2006

SUNY Upstate Medical University

Primary Business Address
Office of Student Affairs
766 Irving Avenue #1223
Syracuse, NY 13210

Phone: 315-464-4816
Fax: 315-464-8823
Editor: Joni Hinds
E-mail: hindsj@upstate.edu



Research

Clinical Experience

Summer Employment

International Travel

Contacts at SUNY Upstate:

Financial Aid Office
College Work Study Program
Nancy Teodecki
464-4329

Office of Research and Development
Barbara Humphrey
464-4322

International Student Advisor
Jennifer Abbott
Assistant Registrar
464-4604

*Thank you to all of the
students in the Class of 2009
who contributed information
about their summer experience
for this publication.*

Student Affairs Dean's Office

Employment Opportunities

Valerie Rott rott@upstate.edu
I worked as a PT aide in a physical therapy clinic. Yes – it was helpful to see how the muscles we learned about in anatomy work and influence each other. Contact: Ken-Ton PT, Kenmore, NY

Adam Darnobid darno@aol.com
NYS Parks Water Safety Supervisor. Too much work too few staff. But spent lots of time with urban youth and working in a business atmosphere. Contact any regional parks office.

Lindsay Warren warrenl@upstate.edu
Brief Internship. Great chance to learn what cardio. practice is all about. Contact: Sean Levchuck, St. Francis Hospital, Dir. Pediatric Cardiology.

Websites

SUNY Upstate Student Affairs
<http://www.upstate.edu/currentstudents/career>

SUNY Upstate Research & Development
<http://www.upstate.edu/research/fund.shtml>

American Medical Student Association
<http://www.amsa.org>

International Federation of Medical Students' Association
<http://www.ifmsa-usa.org>

Global Health Education Consortium
<http://www.globalhealth-ec.org>

