

Grateful at

Geisinger Commonwealth School of Medicine

Issue: December 2017

I am grateful for...

Dr. Yadav – Dr. Yadav goes so far out of his way to have as many lab review sessions as possible for those who want to attend. He also he teaches in a way full of love for the subject and such that we can easily understand. He regrounds and motivates me in what I am doing here, and in the factor of awe inherent to studying something as complex yet logical as the human body. I am so grateful to have the opportunity to learn from someone who is so genuinely dedicated to teaching!

- Shradha Chhabria, M1

Dr. Szarek – because his pharmacology study guides are purified gold.

- Ryan Hassenius, M2

Julia Kolcharno – she is so invested in seeing us succeed and grow professionally. Her dedication to students doesn't go unnoticed!

- M2

Josh Dearing – Josh went well out of his way to make the Halloween event the best one yet, and his hard work and dedication will allow the school to carry on the tradition successfully in the years to come. He's committed to everything he does as student engagement chair, and his help with the a cappella groups is also greatly appreciated. Thanks for being such an awesome friend and for everything you do!

- M2

Kristina Borham – you're an absolute gem and I don't think I'd make it through med school without you. You're so dedicated to doing your best, and your future patients will be lucky to have such a caring and compassionate doctor. Also, GCSOM clubs wouldn't be what they are without you-- thanks for everything you do for AMWA, ACOG, MSFC and MMIG!

- M2

Andrea Vijay – for being an awesome roommate and for always knowing what to say to make any situation feel 100x better. Med school would be way harder without you in my life!!!

- Cindy, M2

Our Facilities Staff – each day they do their job with a sense of pride and ownership and contribute to a positive work environment. Thanks to each of you.

- Mary Lawhon Triano, faculty

Dr. Carbe – his lymphadenopathy study guide was really thorough. I also like the way he incorporated historical details into the discussion because that made the lecture more interesting!

- M2

According to various studies on medical education, nearly all medical students will experience some form of distress, burnout or depression throughout their training. Although some days can be really difficult, there are so many wonderful people at our school who are doing really exciting, positive things for our GCSOM community. *Grateful at Geisinger Commonwealth* was founded in order to highlight these rays of sunshine in our medical school lives and to brighten each of our days by focusing on the good things happening here at Geisinger Commonwealth School of Medicine!



Dr. Szarek – he took extra time to go over test-taking strategies with me and to help me focus on the important parts of the question stems. Also, his study guides are amazing. He genuinely wants to see his students succeed and do their best. I really appreciate his patience with each of us, his commitment to improving our experience each block, and his attention to detail in every aspect of the course.

- M2

Jackie Ghormoz – for surprising us with donuts in APM! You're the best, Jackie!

- M2

Carine Gregory – she brings Zen to the high stress levels in the library :)

- MBS

The Front Desk Staff – they're so polite and always have a bowl full of mints to enjoy.

- M2

Cindy, Connor and Calum – for being amazing leaders and spending so much time and energy advocating for their classmates!

- M2

Janara – for organizing the Stress Less Wellness Fair!

- M2

Everyone who took a Giving Tree Ornament – for their generosity and for making Christmas merry and bright for 60 foster children in the Scranton/Dunmore area!

- M2

Amy Kline – for always encouraging us and for brightening exam days with hilarious memes.

- M2

Kasi Hartman – for making the best study guides ever!

- M3

Yoseph Aldras – for always letting me sit next to him in class even though I'm annoying; for sharing his amazing anki decks with me even though I don't have anything helpful to offer in exchange; for answering all of my questions even when they're things I probably should've known on my own, and for being originally my only friend and now my best friend forever!!!!!!! I'm submitting this anonymously but if you don't know it's from me I'LL BE TRULY DEVASTATED... seriously though- very, very grateful for you.

- M2

Assad Hayat – he's so positive and helpful and always a comforting presence in the library.

- M2

Clinical Experience – you are able to see a patient's progress, play an integral part in their care and see the impact you have made in the patient's life, but most importantly, the impact that the patient has made on your life.

- M3

Dr. Yadav – review sessions! Excellent explanations of anatomy in the context of embryology. He stimulates enthusiasm and encourages curiosity.

- Dan Sylvestre, M1

Everything – I'm in good health, and I get to do what I love every day.

- M1

All the M1s! – I am so grateful to be a part of an awesome class that's full of people who genuinely want to help each other out! As we approach each exam, everyone has consistently stepped forward and contributed in their own ways, whether by creating practice tests; sharing resources; putting together anki decks, histology review slides and hilarious embryology summaries; or posting encouraging/funny/ridiculous messages and memes. It has truly been (and continues to be) a privilege to be a part of the class of 2021!

- M1

Jim Morgan – for being the real MVP.

- M2

Dr. John Szarek – throughout the school year, Dr. Szarek has been so kind to the students. He always encourages us to keep trying hard and to keep learning. He reminds us that he's proud of our achievements and it means a lot to hear that from our professors. Also, he is very organized, so our classes flow smoothly! Just wanted to say thank you for all that you do for the second years.

- M2

The Anatomy Lab TAs – for setting up practice practicals and helping us out so much in the GAL.

- M1

Gina Osif – for being so responsive and helpful with scheduling. It is so stressful trying to coordinate all of our courses but she goes above and beyond to make things work out!

- M4

Are you grateful? We would love to hear from you!
Your submissions will be featured in our monthly newsletter.
Please send to: grateful.gcsom@gmail.com

Are you interested in working on Grateful at Geisinger Commonwealth?
Please email Amelia Mackarey at amackarey@som.geisinger.edu