

Grateful at Geisinger Commonwealth School of Medicine

Issue: March 2018

I am grateful for...

The M4s who did teaching elective – They provided really meaningful, clinically relevant and insightful advice during physical exam skill sessions and CBL. They were always super willing to help in any way they could!
- M2

Kyle Gleaves – He has been like an older brother to me since interviewing at Geisinger. He always is there to help no matter what and really cares about others. He's going to make a phenomenal doctor.
- M1

Max Vogel – He taught us how to do a bunch of different stitches and surgical knots during our clinical skills day of ELICS week. He also made a really informative PowerPoint presentation and gave us tips about rotations. One of the most helpful instructors!
- M2

Jeanie – For being a great mentor to us, offering all your advice over Thai food and because you're going to be such an amazing OB/GYN!
- M3

Mark Dunleavy – For being the best thing that happened to me at Geisinger Commonwealth!!!!!!!!!!!!!! You are so patient and so helpful and so compassionate. I'm so lucky to know you but your future patients are even luckier. You're going to be an incredible doctor!!
- M2

Hadley, Paige and Sinem – For all of their great pediatric residency advice!! They are going to be amazing pediatricians!!!
- M3

Maggie Casey – Maggie was my small group tutor on Wednesdays first year and she seriously got me through CMBL and HSF. You're the best!!
- M2

Peter Cognetti – For all of the times that he incorporated Caravia into school events!
- M2

Paige Jharmuz – She took the time out of her busy schedule to meet with several M3s to discuss pediatric away rotations, residencies, etc. Her willingness to help and kindness is greatly appreciated!
- M3

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 Geisinger Commonwealth 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!

This edition is all about the M4s! Congratulations on Match Day to the Class of 2018!



All of the M4 Students – I'm grateful for all the times they say "I'm sorry I'm bothering you!" OR "I'm sorry I have to change my schedule AGAIN!" (Because it makes me chuckle and I love helping you all! Never apologize for asking for help!) I'm grateful for all the stories they bring back from their away rotations. I'm grateful for all the times they visit and share stories about their lives with me and when they tell me their hopes for the future. Especially when the baby and dog pictures come out! You are all excellent individuals who are going to do great things! Thank you for all that YOU do! Good luck in the MATCH!!
- Gina Osif, staff

Chris Rymer – For introducing me to the phrase "awesome possum" and for always being a great time.
- M2

The rest of the M4 class – It's been really nice to spend four years with this class. I feel like everyone truly wanted to help each other out, which makes med school so much easier.
- M4

John Trickett – For showing our class the wonders of Anki during orientation last year. Don't know what I'd be doing without it.
- M2

Rachel Polinski – Rachel has been a fantastic mentor from the moment I met her. She has offered great advice and never hesitated to reach out when I asked for help.
- M3

Tara Magge – Tara is such a fantastic peer mentor! I seriously couldn't have asked for a better one. She's always been approachable, friendly and relatable. She gives the best advice and frequently checks in to make sure all my questions are answered. Wishing her the best of luck on Match Day!
- M3

Broc Wenrich – His optimism and cheerfulness are always refreshing
- M4

Brent Medoff – Thanks for being an all-around awesome beedoff!
- M2

Kugz – For making our conference trip so much fun!
- M2

Having met so many wonderful future doctors – Congrats to all of the M4s! Match Day 2018!!
- Staff

Gabby Rodriguez – For always being sweet and helpful!
- M3

Alex Bruscke – For assisting me with my application to residency and giving me insight on different programs and away rotation choices!
- M3

Brett Giblin – Brett goes above and beyond in everything he does. He is so thoughtful and genuine. Brett is such a reliable individual and is going to make a wonderful urologist. I am grateful to have a friend like him.
- M3

Bryan Weed – Thank you for being so nice to me when I came down to shadow for community week at Robert Packer hospital. You made sure that I didn't get lost and took the time to explain the different cases to me while I was there with the rest of the team. Thank you for being so kind!
- M2

Charlie Proctor – Without even knowing me, he stopped his day and helped tow my car out of the snow.
- M2

Sarah Friedland – She was my student interviewer and was such a polite and welcoming individual that gave me a great impression of the school. I'm very grateful she was the first Geisinger Commonwealth student I met and I wish her the best of luck in the future.
- M2

Brent Medoff – Brent has helped me with every aspect of Step, shelf, clerkship and away rotation preparation. Even when he was busy with his own away rotations and interviews, he took the time to patiently answer every single one of my countless questions and never made me feel like I was being a burden. My experience as a second and third year student has been significantly better because of him, and words cannot describe how grateful I am for his support, kindness, and friendship.
- M3

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