

# Grateful

at

## Geisinger Commonwealth School of Medicine

Issue: November 2017

### I am grateful for...

**The MD2s** – I don't think a single day has gone by at school thus far for me without a second year somehow making me feel supported, sharing advice or resources, being willing to answer any questions, tutoring or simply checking in--no matter how much stress they are under themselves. Special shout outs to **Yoseph, Sahil, Kwame, Assad, Nishant, Yasmeen, Tommy** and **Meghan** for going out of their respective ways to help me regularly, and to so many others who are always friendly and/or share their knowledge and resources with our whole class. It has made the stressful environment of medical school so much more manageable and calm. It has helped me tremendously to believe in my ability to push through and achieve what I want. Our second years have been the greatest resource we have as a class. I am certainly very grateful for that!

- Shradha Chhabria, M1

**The Metz Staff** – they're mad chill!!

- Jordan Alter, M1

**Dr. Kristine McNulty** – she's a fantastic facilitator for CBL. She encourages us to think critically and always gives great clinical insight. On top of that, she brings our group snacks, which makes our CBL sessions even more enjoyable! It's clear that she loves her job and loves being an OB/GYN and she is a true inspiration.

- M3

**Joe B.** – for his help in the anatomy lab. I would not have remembered the pudendal nerve without him.

- M1

**Amelia** – she's amazing and made this!!

- Ashlyn, M2

**Dr. Cerra** – for giving so much of his time to help us understand pathology. Because of him, Step 1 seems slightly less daunting.

- M2

**Sunday Tutoring Crew** – for legitimately working hard every week to help the Congolese kids and being exceptional role models for them.

- Tori, M2

**Our standardized patients** – for giving us the opportunity to make (lots of) mistakes and practice our clinical skills in an open and judgment-free environment.

- 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!

With the publication of this first edition, I'm especially grateful for Dr. Vicki T. Sapp, Julia Kolcharno, Jerry Lee, Heather Davis and Liz Zygmunt – for their support and help in turning this idea into a reality. And for Tori Allen and Ryan Hessenius – for their vision, dedication and enthusiasm in creating this newsletter!

- Amelia Mackarey, M2

**M4 classmates** – running into them on the interview trail, because it's always a pleasant surprise to see a familiar face!

- M4

**Iris Johnston** – She always makes the day better by simply talking to us and empathizing with us. She's always helpful with everything! Overall, can make anyone's day better!

- Shital Patel, M2

**Dr. Cerra** – for going above and beyond to replace old lectures, record new ones and always offer assistance when any students have questions. You can tell he truly loves to teach and wants us all to succeed!

- M2

**Andy** – for his intelligence and guidance.

- M1

**Jackie Ghormoz** – Jackie gives her students 110 percent. She is kind, understanding, helpful and truly has a beautiful heart dedicated to loving those around her. I would not be where I am today without her support. Thank you for all you do, Jackie!

- M3

**The first floor bathroom** – its temperature is cool and clean.

- M2

**Dr. Gillott** – even though he's the course director for CBL II, he makes sure to be around for every other course and session he possibly can. It is the ultimate form of support and devotion to our education as young clinicians.

- M2

**Sunny** – for dealing with 10,000 budget request and reimbursement forms every day.

- M2

**Ryan Hessenius** – his smile lights up the room. His laugh is contagious. His muscles are to die for.

- M2

**Marise Garofalo** – for always having an open door and being so generous with her candy stash!!!

- M2

**The Ice Packs Ski and Snowboard Club** – for providing me with the amazing opportunity to ski for the first time in my life!!! <3

- M1

**Dr. Cerra** – he is so genuinely concerned about our understanding of class material and our well-being. He is always willing to help and he makes students feel supported. Thank you, Dr. Cerra, for putting the extra time and energy into making sure we'll be ready for Step and eventually make great doctors!

- Erin Connolly, M2

**Jackie Ghormoz** – for having to field all the learning environment surveys.

- M1

**Dr. Yadav** – for taking extra time out of his day to help out each and every student equally who needs his help.

- M4

**REACH HEI Volunteers** – I am grateful for the overwhelming support from my classmates for the REACH HEI program. We would not be able to run the program without you. Your generosity and enthusiasm are an integral part of what makes the program so special for the kids!

- Ryan Hessenius, M2

**Tori Allen** – for putting in so much time and effort to keep multiple clubs afloat and running smoothly. Her dedication doesn't go unnoticed.

- M2

**Dr. Planey** – she graciously leads yoga every week.

- M2

**Dr. Farrell** – radiologist and member of our clinical faculty, for his participation in our education. Each Friday afternoon, we have a radiology session and I look forward to Dr. Farrell's lectures. Even though the sessions are only an hour long, I learn so much during this time. Not only is he an excellent teacher, but it's obvious he makes an effort to make the lectures fun, interactive and educational. I know this is a sentiment that a lot of my classmates share. Thank you Dr. Farrell!

- 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