

# Grateful

at

## Geisinger Commonwealth School of Medicine

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 very 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!

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### *I am grateful for...*

**All of the support that is available** – Be it peers helping each other out, M2-4s helping us with material, and staff making things organized and structured! It's really been a great experience so far!

- Shahid Manzar, M1

**Jessica Valenti** – For her diligence, kindness and ability to always make me laugh. You rock!

- M2

**Nancy Pease, Melissa Ide, Megan Coleman, Stephanie Rothrock and Kelly Herbst** – This team continually steps up and provides support whenever a challenge arises. Your efforts help ensure a positive educational experience for all students and faculty in the clinical years. Your commitment to the students, each other and the GCSOM community as a whole is beyond commendable. I am so grateful to work with you as a team and am proud of all that you accomplish! Thank you for ALL you do!

- Devon

**Devon Bremer** – For helping me with my schedule and for being so patient about all of the last-minute changes.

- M4

**Professor Triano** – For helping me to come up with a good study plan for Step 2 CS and for being so organized!

- M4

**Danielle LaPointe, Laina Gagliardi, Maria Marcos, Kathryn Volarich** – Thank you for being there for me during the transition into MD1! I could not have done it without your constant support, kind encouragements and smiling faces!

- Amalie Kropp Lopez, M1

**Roshan Patel** – Distributing memes that I send him into the right hands.

- M4

**Dr. Shoemaker** – She's been a great resource to those of us interested in IM during the current application cycle!

- M4

**Alayna Craig-Lucas** – For being my angel <3

- M2

**Dr. Shetty** – She is a great mentor and help to students in the North campus and those us interested in internal medicine.

- M4

**Sara Ellis** – She is so patient and kind!!!

- M4

**Melissa Ide** – For helping me figure out my schedule!

- M4

**Linda Learn** – For always checking in on me. I really appreciate that!

- M4

**Anita Shah, Erik Gamarra, Alyssa Black, Jessie DeAngelis & John Wroblewski** – Ain't no party like a GAL party!

- Angelica De Freitas, M2

**Devon Bremer** – She has been a champion of the people, worked incredibly hard to make our third year education work and is always a straight shooter.

- Danville student, M3

**Linda Learn** – For being the best!!!

- M4

**Yoseph Aldras** – For the witty political banter.

- M4

**Sharmeen Mian** – Always willing to help out her peers!

- M3

**Morgan Caselli** – Your beautiful smile makes me want to move to LA and go to UCLA.

- M2

**Anton Androsov** – Always being a calming presence during exams. Sorry I tried to take your seat!

- Cece, M2

**Dr. Cho and Dr. Cerra** – For leading immunology and pathology review sessions during DMSK. They were very helpful leading up to the exam. Thank you both!

- M2

**Roshan Patel** – Even though I didn't make the cut for SAS this year, he still sent me a heartfelt consolation email.

- M4

**Dr. Shamansky** – You are smart and funny and awesome! Thank you for being a great role model!

- M4



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**Are you interested in working on Grateful at Geisinger Commonwealth?**  
Please email Amelia Mackarey at [amackarey@som.geisinger.edu](mailto:amackarey@som.geisinger.edu)

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