

MASKS: NOT JUST FOR HALLOWEEN

PENN PBS NEWSLETTER

MCAT Question of the Month:

CHECK THE BOTTOM OF PAGE 2 FOR THE ANSWER!

A compound consists of approximately 72g of carbon and 6g hydrogen. What is the empirical formula?

- A. C₆H₆
- B. CHO
- C. CH
- D. C₆H₁₂



Service in a Socially-Distant Era: MANNA

VOLUNTEER OPPORTUNITIES

This month we volunteered at MANNA, a nonprofit organization that prepares and delivers medically-tailored meals and offers nutrition education to those suffering from life-threatening conditions in the Philadelphia area. From cooking omelets and potatoes for breakfast preparation to packing and separating fruits for delivery, we got busy in the kitchen! Some students also helped to prepare Thanksgiving pies available to the public for MANNA's largest fundraiser, **Pie in the Sky**. Money raised goes towards prep and delivery of Thanksgiving dinners and providing year-round services for clients.

MANNA's services have been especially crucial since the start of the pandemic. A significant number of MANNA's clients are immunocompromised, so having healthy meals delivered everyday has been a lifeline for those who cannot risk leaving their homes.

Our continued support as volunteers truly makes a difference, and we're planning for another group volunteer day in November! Stay tuned for more information on signing up!

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GET IN TOUCH!

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The Science of Strengths and Mental Health

IS POSITIVE PSYCHOLOGY THE KEY TO WELLNESS?

Our overall well being is affected by our mindset. According to Dr. Carol Dweck, a growth mindset is when people believe that their most basic abilities can be developed through dedication and hard work. This view creates a love of learning and a resilience that are essential for future accomplishments. Growth mindsets can be valuable when assessing your personal strengths. Focusing on our strengths rather than our weaknesses has proven to be a difficult task, as researchers have found that about 70% of people focus on their weaknesses. In knowing that understanding your strengths could lead to greater success and better health, we highly recommend learning more through the VIA Institute. To get a better understanding of your personal strengths, take this [VIA Institute on Character Strengths Quiz](#).



Additional Resources:

- Developing a Growth Mindset, Carol Dweck - <https://www.youtube.com/watch?v=hiiEeMN7vbQ>.
- Understanding Your Strengths - https://www.youtube.com/watch?v=5w_j8J8kH64, <https://www.youtube.com/watch?v=tIFPVhfPzNA>

Student Spotlight: Eliana Jolkovsky

Congratulations to Eliana Jolkovsky for receiving the UPCEA Outstanding Continuing Education Student Award! Eliana is a Research Coordinator at Penn Medicine's Emergency Department and AMWA's Region 3 Director.

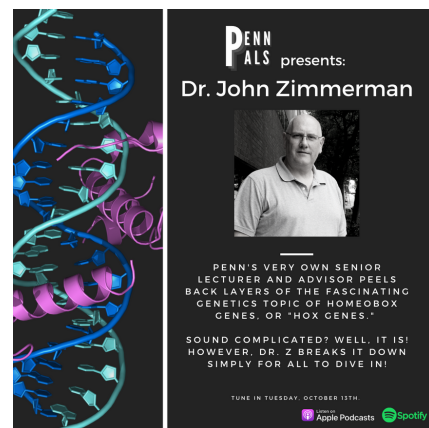
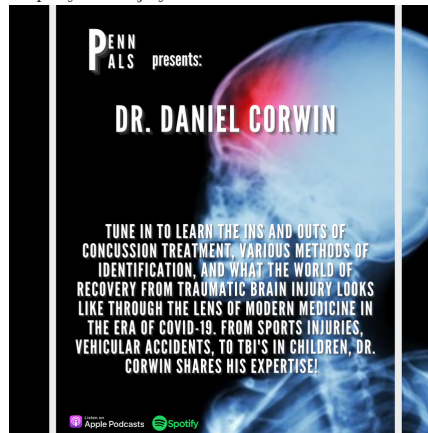


MCAT Question of the Month Answer

ANSWER: "C"

PennPals Podcast

From the incredible Homeobox Genes with our very own Dr. Zimmerman to the intricacies of traumatic brain injury treatment in the world of modern medicine with Dr. Corwin, PennPals features a variety of medically-focused and fascinating conversation from experts in their fields. From our home set to you, we hope you enjoy!



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https://open.spotify.com/show/1BE5e_wel3FG1sUz2hyJxI2?si=T7dYwqnTRYiCVUBEo8Hw6A



<https://podcasts.apple.com/us/podcast/penn-pals/id1526846191>

Unmasked: Myths and Facts

FACTS AND MYTHS ABOUT THIS LIFE-SAVING PRACTICE IN THE ERA OF COVID-19

Myth: Cloth face masks don't protect you

FACT: The barrier created between your mouth and nose and those around you makes it difficult for coronavirus-spreading droplets to reach other people. Studies have shown that they may also serve as a reminder to avoid touching your face - especially helpful during this concurrent flu season!

Myth: Masks can cause carbon dioxide build-up.

FACT: Masks that fit properly offer adequate airflow while still covering your mouth and nose, making the accumulation of carbon dioxide impossible. However, kids under the age of 2, those with breathing problems, or those unable to remove the mask themselves shouldn't wear one.

Although it is certainly not a permission slip to return to normal, wearing a mask when out, social distancing, and staying home when you can help reduce the spread.

Source: <https://www.umms.org/coronavirus/what-to-know/masks/wearing-mask>

MENTAL HEALTH RESOURCES:

- SAMHSA'S NATIONAL HELPLINE - 1-800-662-HELP (4357) - A FREE, CONFIDENTIAL, 24/7 TREATMENT REFERRAL & INFORMATION SERVICE FOR INDIVIDUALS AND FAMILIES FACING MENTAL HEALTH HARSHIPS AND/OR SUBSTANCE USE DISORDERS.
- NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) - MENTAL HEALTH EDUCATION, SUPPORT GROUPS, NAMI HELPLINE, VIDEO RESOURCE LIBRARY, ONLINE DISCUSSION GROUPS, ETC. - [HTTPS://WWW.NAMI.ORG/SUPPORT-EDUCATION](https://www.nami.org/SUPPORT-EDUCATION)
- CRISIS TEXT LINE - TEXT HOME TO 741741 TO CONNECT WITH A CRISIS COUNSELOR

