

# THE PBS GAZETTE

*Authored by the Penn Pre-Health Post-Bacc Society*



## WELCOME TO THE 2021-2022 NEWSLETTER

Written by [Nathaniel Sands](#) and [Felix Fernández-Penny](#)

Welcome to the Pre-Health Programs! Whether you consider yourself pre-medical (allopathic or osteopathic), pre-veterinary, pre-dental, pre-nursing, pre-PA, or you are still deciding your career path, the Post-Bacc Society (PBS) board is excited to join you on your journey. We are also thrilled to welcome returning students! The past year has been a journey itself; we strive to bring our community back together again in pursuit of our collective success.

This newsletter is designed to introduce you to the resources, opportunities, and events the Pre-Health Programs have to offer throughout the upcoming semester. In this first newsletter, we feature the PBS board's favorite Philadelphia locations for studying and socializing near campus.

Additionally, we provide some intriguing volunteer opportunities, helpful perspectives from a recent alumnus entering medical school, and introductions from the student organizations housed within our programs!

We hope you find this newsletter helpful as you begin the semester. Please contact the PBS board with your questions, concerns, and/or general thoughts. We look forward to meeting each and every one of you!

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## COMMUNITY OUTREACH

Written by Pearl Joslyn

Welcome to the Penn community!

Whether you're new to Philadelphia or have lived here your whole life, we want to connect you to opportunities that will help you become an active community member and leave a positive impact beyond Penn's campus. For our first community outreach event of the year, we will be partnering with Affecting Social Justice in Medicine (ASJM) volunteering at Prevention Point Philadelphia's monthly community cleanup on **Saturday, September 11th from 9am to 12-noon.**

Prevention Point is a harm reduction and public health organization located in Kensington. They provide syringe services, overdose prevention, HIV and Hepatitis testing, and a variety of other health and social services to members of the Philadelphia community. For those traveling from campus, **we will be meeting outside of Wawa at N 34th St and Market St at 8:15 AM.** If you're traveling on your own, the community cleanup meets outside the Kensington Avenue door at 2913-15 Kensington Ave. Please wear comfortable closed-toed shoes, a face mask, and dress for the weather.

Please email [pjoslyn@sas.upenn.edu](mailto:pjoslyn@sas.upenn.edu) and RSVP [here](#) if you plan on joining. Feel free to reach out if you have any questions!

## DIVERSITY, EQUITY, AND INCLUSION

Written by Supriya Muppala



In this section, we'll explore DE&I resources and initiatives from online, around Philadelphia and within the Penn community. We'll strive to cultivate a culturally responsive student body that collaborates to advance knowledge and enhance community. Together, we'll further explore DE&I's role within academics, healthcare and beyond.

Everyone should have the opportunity to achieve good health. Access to this starts with addressing the social determinants of health and equity. Check out [this video](#) for a visual illustration of what [Dr. Camara Jones](#) has coined the "Cliff of Good Health."

This month, we're highlighting an on-campus initiative: **The Pre-Health Peer Mentors.** This program aims to foster a supportive and fluid experience for incoming students by connecting them with a knowledgeable, caring, pre-health post-bacc student who will help facilitate the transition of new students into the program and to Philadelphia.

Interested in being assigned a peer mentor or becoming one? Email Jackie McLaughlin at [jmclaugh@sas.upenn.edu](mailto:jmclaugh@sas.upenn.edu) for more information. Stay tuned for more resources and initiatives highlighted here throughout the year, and as always, feel free to reach out. We're so glad you're here!



## Upcoming Pre-health Events

# 1

### PREVENTION POINT MONTHLY COMMUNITY CLEANUP

When: September 11th, 2021  
Time: 9am - 12 pm (EST)  
To sign up: Email Pearl at [pjoslyn@sas.upenn.edu](mailto:pjoslyn@sas.upenn.edu) + RSVP to Facebook event

# 2

### BOOK TALK: WHICH COUNTRY HAS THE BEST HEALTHCARE? WITH DR. EZEKIAL EMANUEL

When: November 4th, 2021  
Time: 12PM (EST)  
RSVP via Penn Pre-Health Connect to reserve free autographed book

# 3

### SIGN UP TO BE INVOLVED IN STUDENT ORGANIZATIONS

## INTRODUCTION ON PRE-HEALTH GROUPS

**UPenn AMWA** is the official division of the American Medical Women's Association at the University of Pennsylvania as a Region 3 Branch. UPenn AMWA support Penn students' personal and professional development as they become healthcare professionals. With an exciting calendar of events, the organization offer panels and roundtable discussions, networking, mentorship, hospital shadowing, and social events. AMWA also provides insight into the myriad resources offered at our University and Hospitals. All fall speaker events will be held via zoom due to the ongoing pandemic. Stay tuned for updates on in-person events as we hear from the administration. <3

**ASJM** (Affecting Social Justice in Medicine) aims to empower their members to advocate for culturally competent care by creating a platform for education on the social determinants of health. Through professional lecture series, lists of resources, and open-dialogue discussions, ASJM will add meaningful experiences to your pre-professional training.

**Spanish in Medicine** is a group of like-minded students who meet once weekly for casual conversation and learning activities (¡en Español!) aimed at building vocabulary for use in healthcare settings. ALL fluency levels are encouraged and welcome.

**Journal Club:** On Wednesdays at noon, our very own Dr. Zimmerman leads the weekly Journal Club, where students present on research papers of their interests. Contrary to the student-run organizations listed above, the Journal Club is facilitated by Pre-Health faculty.

## ALUMNI CORNER

Conducted by My\_Nguyen

This is your connection to program alumni! Here, we will pass along news, updates and words of wisdom from former students of the program. We will be highlighting one alumnus in each edition, and for the first, we would like to share our interview with **Eliana Jolkvosky**, where she talks about her journey, current activities, and advice for current students. To view the whole interview, please visit @upennpostbacsociety on Instagram.

Eliana was born and raised in Davis, CA. She studied chemistry at UC Santa Barbara and has just started her first year of medical school at the David Geffen School of Medicine at UCLA. She loves clinical research, backpacking, her two cats, decorating sugar cookies, and all things outdoors.



### Journal Club

Mark these dates on your calendar for weekly Journal Club from 12PM- 1PM! Please email myng96@sas.upenn.edu if you are interested in presenting.

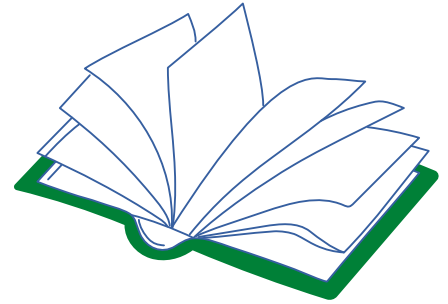
09/08/2021	10/27/2021
09/15/2021	11/03/2021
09/22/2021	11/10/2021
09/29/2021	11/17/2021
10/06/2021	12/01/2021
10/13/2021	12/08/2021
10/20/2021	12/16/2021





I self-studied for the MCAT. My main tools included creating Anki flashcards, doing a ton of practice problems on UWorld, and using and creating mnemonics. You can find mnemonics and other tips and tricks on the MCAT subreddit. I did hundreds of Anki flashcards each day. You also should buy all of the material that AAMC has; it is invaluable. My biggest piece of advice is to know yourself and how you study best. You can get all the tips on how to study from other people, but it's about what works for you. Study for the MCAT like how you study for other tests i.e., if you learn best with videos, watch videos. If you learn best with flashcards and active recall, do that.

## Learn more about how Eliana studied for the MCAT



Growing up, Eliana was always interested in science and medicine. At UCSB, she was a staff member of the Excursion Club, for which she led backpacking trips in numerous destinations across California. She was also part of UCSB's MEDLIFE chapter, and traveled to Ecuador and Peru with a goal to assist with mobile clinics and improve living conditions in impoverished communities. These trips were among her most humbling experiences. She also worked as a wilderness EMT in the Rocky Mountains for a summer, which was exhilarating. She then decided to do a post-bacc at Penn. When we spoke about her experience pursuing the Penn Pre-Health post-bacc program, Eliana smiled brightly, "Going to Penn was the best decision ever, and I feel so ready to take on my med school courses."

## Learn more about how Eliana took care of herself while taking classes and working



Taking care of one's mental health is so important for premed success. For me, exercise helped a lot. You don't have to run a mile or spend an hour at the gym; it can literally just be a walk around the block. During this time, I didn't think about my homework or my upcoming exams. I listened to music of my choice or called my parents or friends. When you are studying at the library for several hours, you can get very tired, which will affect your ability to focus. Go for a 15-minute walk through campus to re-energize yourself, then go back to the library. Breaks are important. Get that blood pumping and inhale fresh air.

Eliana describes the Penn Post-Bacc as an enriching experience and hopes that other students pursuing the program will too.

Well, first of all, congratulations. I am so excited for you to embark on this post bacc experience. I grew so much during my time in Penn's post-bacc, as a leader and overall as a person. My advice is to study smart AND hard. Utilize all of the resources that you can, meaning go to office hours, get to know your professors, and attend review sessions for exams. I also urge you to get involved in an extracurricular activity, whether it be participating in clinical research or holding a position on the executive board of a club, or both. Penn has so many opportunities, and you should use them while you can.

## Some words of wisdom from Eliana



To read Eliana's complete interview,  
please visit UPenn PBS Instagram:  
[@upennpostbacsociety](https://www.instagram.com/upennpostbacsociety)

# Mental Health Section

“Gentle reminders, tools & resources to maintain self-care  
When I was little and I was sad, my dads would bring me a glass of water.  
It got to a point where I didn't know if I was sad or thirsty.”

## Thoughtful Therapies

Therapy is more than just talking!

The world of therapy is vast and tailored to help a range of challenges.

Sufferers of PTSD or symptoms including chronic pain and digestive or sexual dysfunction may benefit from **Somatic Therapy** techniques to release physically stored stress, tension, and trauma.

Breath work, meditation, massage, and even dance aid in this release.

## Nostalgia to Nurture

Take the time you deserve to recharge by connecting with whatever you find most comforting. Our favorite ways include reading and watching inspiring movies or shows with Disney's Gotta Kick It Up at the top of our list!

Recuérdate,  
¡Si se Puede!

## The 5-4-3-2-1 Method

Focus on your breathing & list out loud...

- 5 things you can see**
- 4 things you can touch**
- 3 things you can hear**
- 2 Things you can smell**
- 1 Thing you can taste**



## Grounding Grooviness

Try these techniques to help yourself remain present when you start to feel overwhelmed and disconnected. It can help build muscle memory to practice these before stressful moments or friends you trust if they are comfortable acting as support resources to remind you and guide you through this process.



## Resources

Help us help you!  
Connect confidentially with us via [elaineiw@sas.upenn.edu](mailto:elaineiw@sas.upenn.edu)  
See link below for more sources of support  
[Mental Health Resources for LPS Students](#)



## **PENN POST-BACC SOCIETY**

# **Welcome to Philadelphia**

Here are some of the PBS board's favorite places around Penn and in University City! Check out the map on the next page to see where we are located in the city.

### **NIFTY CAFÉS & STUDY SPOTS**

- Metropolitan Bakery
- Saxby's
- United by Blue
- Fisher Fine Art's Library
- Biomedical library
- Law School Library

### **PERFECT PARKS & OUTDOOR SPACES**

- Clark Park
- Drexel Park
- Schuylkill River Walk & Boathouse Row
- Franklin Field Amenities
- Fairmont Park\*
- Wissahickon\*

### **HOPPIN' HAPPY HOURS & RESTAURANTS**

- Cira Green
- Distrito
- Franklin's Table
- Loco Pez and Don Barriga
- Sabrina's Café
- White Dog Café
- Saad's
- Clarkville

### **MUSEUMS & OTHER PLACES OF INTEREST**

- Philadelphia Museum of Art\*
- The Penn Museum
- Penn BioPond
- Philadelphia Zoo\*
- The Mann Center for Performing Arts
- World Cafe Live (WXPN)
- Mütter Museum\*

\*PLACES OUTSIDE OF UNIVERSITY CITY\*



