

SARAS 2008 Feedback

Here's what students, teachers and parents had to say about the SARAS 2008 Program

As I am labeled a "SARAS veteran" due to the fact that this is my second year returning to the program, I would like to thank you even more than before. When I attended the program for the first time last year, I was exposed to the advantages and disadvantages to each medical field. This year, I reviewed what each expert lecturer taught and got an inside scoop on their new research as well. The program was so inspiring and has confirmed my aspiration to become a doctor. I enjoyed the lab workshops every afternoon, as I am definitely a hands on student. I was given the chance to practice ivy shots, spinal taps, intubation, and many other features as such. Once again I would like to thank you for the amazing opportunities!

Pooja Mysore

I just wanted to let you know how much I enjoyed the SARAS Program. I feel that it is and will be, very beneficial in my future. All of the lectures were very unique and I learned a lot from them. I was excited to come in each day and see what kind of lectures were in store for me. I'm not going to lie, but the lunches were really delicious as well. My personal favorite workshop was definitely giving the IV, epidural, and intubating the simulator patient. I think that the Saras program has most definitely opened my eyes to all different careers that I never would have thought of pursuing. I would like to thank you again and all of the professors for their time and effort that they put into this program.

Danielle Stansky

Thank you so much for allowing me the incredible experience that was SARAS 2008. This was an unbelievable event that will not leave me. Though the medical field is an impossibly large world, I can proudly say that this event has given me at the least an acquaintance with all of its corners. I know what I would like to be.

Ruhani Nanavati

This program is, in short, amazing. I took so much more back from it than I expected to and I'm so glad that I was able to attend. Not only did I learn about the medical field, I also learned that I may want to be a doctor, an idea I never had. The lectures were amazing and I learned things that I didn't know existed. This program extended my interest in science even further. I can't imagine not coming to this program this summer. Even though it was only twelve days, I felt like I learned lessons that I would not be able to learn in years. Thank you so much for putting so much time and effort into creating this program.

Sonia

I have so much to say and I don't know where to begin.

First, as a scientist. Research, for me, had always been a boring, "nerd" thing. I always thought: who would want to spend the rest of their life in a lab looking into a microscope? The "dumb" ideas that looked so fun to come up with and invent-SARAS changed my perspective of research. I realized that research is more than just looking under a microscope all day. As a freshman in high school, I looked at Intel projects as boring and a waste of time; now it's too late and I'll be a senior. I wish I had done it. At home, I'm always complaining about stuff and offering stupid solutions that seem simple yet impossible. I didn't know that it was science all along. Thank you for changing my perspective of research and science in a way that I'm considering it for my future.

When I entered this program, my mind was set on pursuing an accelerated medicine program and becoming a surgeon. This program opened my eyes to all of the possibilities in the medical field that are equally challenging and interesting. Through the numerous lectures, I obtained valuable information that may actually change my future. The careers that I never knew about and those that seemed pointless/boring now interest me. My vision of a doctor now encompasses all of the other important supporting individuals that make a doctor who he/she is admired for.

SARAS was a once in a lifetime experience. From my career to humanity, it impacted me strongly. The priceless moments and knowledge made this summer one of my best ones.

Ekta Patel

As I sit at my desk to write this letter, I am unsure of how to begin. I write this letter not as a science-major all- "A's" kind of person, but as someone with a completely different background. I am in my third year of

architectural studies. you asked me if I wanted this job entailing helping "science-geeks," learn more about science. I wasn't too sure about this, as the only science I know helps my building not fall down the instance someone steps foot inside, but I decided to give it a shot, anyway. If I was not so sure of what I want to do when I "grow up," after going through this program, I would defiantly consider some sort of science major. You might think, "Why is this architecture-kid telling me SARAS is a good program?". I have to admit, making sure High School students didn't misbehave was kind of boring my first day of SARAS. But then, I started to listen to these lectures that experts were giving. Heck, no High School professor ever gave me such detailed information on saving someone's life when they choke, or what exactly goes on in your brains when we think. True, I understood about half of that brain-lecture, but I realized that SARAS was really making these science-geeks think, especially when the students started asking detailed questions that sounded awfully like my architecture professor grilling me on my design. Nowhere else are these kids going to be able to ask a true master of the field these questions, because as much as a High School professor studies, they generally know just as much as the text book.

-Andrew Dilger

The SARAS program was overall a great experience for me. If it were not for these two students in my science research class, I would have never signed up to be in the SARAS program. They told us about how interesting all the lectures looked, so I had to check it out myself. I fully agreed with them. Almost everyday there was a speaker or a lab that I was eager to learn about. At the time I was trying to get in a lab with a mentor, but my teacher insisted this would be a great opportunity to connect with a possible mentor, so I signed up. I have to be honest when I found out there was a PowerPoint presentation that was required I was very upset. I thought it was "a waste of my time", and I dreaded the day I would have to present it. For once my amazing procrastination skills did not fully kick in. Yes, I did end up finishing the final PowerPoint at 2 in the morning that Sunday night, but I did read over 25 journals on my disease alone before that Sunday. After my PowerPoint was done I had a sense of accomplishment because I truly did feel like an expert of my topic. In the end, I learned that if I fully apply myself I can learn about anything

I want to, since I was about to grasp the concept of a highly rare disease that has over 20 known causes from various genetic mutations in the mtDNA or DNA. When the program started, I was excited for each lecture. I loved the lectures on the research that these professionals were performing in the lab and the explanations on medical topics. I saw many interesting fields of science that I could possibly go into a lab to learn more about, but my journey to find a mentor is just beginning now. I am also grateful that I was able to make many friends during the course of the three weeks. I don't think of it as networking, but more as a chance to meet people that are like me, science nerds deep down. I am glad that I signed up and participated in this program. I think it has great implications for the future to bring more people to have a love or at least a great appreciation for science like I do. I was shocked when a few people stood up on the last day to say that before they never considered a science related career or that their parents forced them to go to the program, but I am glad they realized how important and interesting science is. Hopefully my generation will have more people with scientific careers, so that we can make this world a better place to live.

-Lindsey Salay

I am the parent of one of the SARAS participants this summer. I just want to say thank you for organizing such wonderful program for the children. As you said in one of your emails, they are the next generation and the future. It was wonderful to see that so many young people wanted to learn new things over the summer, that they wanted THEIR SUMMER be productive and enriched for their future. I am sure that this program was very beneficial to my son; introduced him to different medical fields, introduced him to new friends, and, perhaps, different points of view on some things. Thank you and all those (professors, sponsors) who made this program possible to exist.

Mrs. Swieczkowski

As a graduating senior entering a major of Bio Medical Engineering, I feel that there could have been no better program to take part in than SARAS. SARAS offered me a wholesome view of the whole biomedical technology and medical field. I was presented with a slew of career paths that I can pursue through my major as well as many that I am fully willing to delve into just through their appeal in these presentations. SARAS, however not only injected me with interesting factual information about the medical field but hands on tools that will get me ahead of the game. Even the set up of the program from the get go, forced us to establish skills of networking, where I was compelled to be a team leader though I am normally a shy person. Despite being bombarded with tremendous, useful information, I managed to thoroughly enjoy myself through the friends I made, and

I was quite surprised to find them from different ethnicities and cultures from mine, of which I learned invaluable of just through communication with them. Despite learning so much from the doctors and professors, probably the most enjoyable and fruitful talks for me were the motivational speakers, talking with them one on one after the sessions helped me to understand a world separate from my career path, one where I can pursue activities I love such as sports and music. All in all SARAS helped me mature into a better man, and greater student and a more sound individual. THANK YOU for making this the most enjoyable experience before I leave home.

I enjoyed this program much more than I expected. I found this program while I was looking for summer program for my resume. Up until the morning of the first day, I was skeptical.

I expected the program to be boring, lectures filled with weird technical, medical terms that I would have no idea. I actually didn't want to go, just sign in and leave, I didn't think it was worth waking up in 6 AM to catch a train. It was TOTALLY worth it. I learned so many things.

I learned that there were that many specialists among MDs. I learned that there's a profession called a respiratory therapist. I learned it actually takes more than 10 years to become an independent MD. I didn't learn only the professions in medical fields but I also learned about a lot of biomedical facts. I learned about sleep disorders, proteomes, gene chips, robotic surgery, etc...

It also helped me learning how to make new friends. When arrived at the lecture hall on the first day, I didn't know a single person in that room but myself. At the end of the program, my table was full of new friends I made during 3 weeks of the program. I simply loved this program. And I would totally recommend this program to my friends and family without a hesitation.

Eun Jung.

I just want to thank you all for allowing me to have this wonderful program/experience. Rather than calling it an

experience, I would like to call it an opportunity that opened my mind and heart to the many different aspects of science. This incredible program has allowed me to understand the techniques of research, and better understand the many different health care professions that are available. I have never been exposed to so many professors and doctors who were willing to share their wisdom and talent with us. It has been an inspiration to communicate with these brilliant people. Before I attend the SARAS program, I was not aware of the extent of how far research and technology has come. I did not know Stony Brook Medical Center had its own robotic surgeon. Due to this experience, I was granted an opportunity to shadow one of the Doctors in the OR. I was even able to work with medical school doctors who taught us how to perform a spinal tap. This program has enlightened my mind to many new aspects of science, such as Stem Cell Research and protein productions. As I pursue a medical career, I know that I will always conduct research to help change the course of history and allow an individual who suffers from a rare genetic disease, to suffer no more. Thank you again for helping in the birth and construction of this program and thank you for taking time to help mold us into future scientists, doctors, respiratory therapist, hematologists, nurses, cytotechnologists...etc. This is not only a great asset to us, the students, but to the scientific world, for this has been the inspiration of many new great minds.

Sunny Makhijani

P.s.: I want to add one more thing! One of the most important values I will take away from this program is to always believe in my "stupid, crappy, brilliant ideas". If someone tells me my idea is stupid, I will thank them because it is an honor to have a stupid idea. Thomas Edison had a stupid idea, to have light generated out of a glass bulb. These stupid ideas project us further into more advanced scientific discoveries.

I had a lot of fun during this program. In the beginning I knew I wasn't going to fit in but it wasn't so bad. It actually made me feel very smart. I thank you very much for giving me this opportunity for learning. I absolutely love to learn about medicine and medical sciences so that's why I joined. However I had no idea it was going to be so interactive and exciting when I first read about the program. Since I was little I always felt a little self conscious about my overly obsessive personality particularly in the fact that I love to research about disorders and diseases and illnesses. When I first learned how to read I would read my little children's encyclopedia about the human anatomy and ever since then my interest turned into more of an obsession. However this program made me feel like I wasn't all that weird for loving to learn. Most of all, I loved coming because I found out I wasn't

the only one with such a hobby. You organized the program extremely well and I thank you again so much for giving me this opportunity I had more fun in those three weeks then I had in any other summer before. Not to say that is because I don't have a life because I do. Another part of this program that I enjoyed is the opportunity for social interaction. While I'll never be a very social person I didn't feel completely alienated when I was there. Thank you very much.

Carynne Litcher

I want to thank you again for helping coordinate the SARAS program. This summer is an important one for me, it being the summer before my senior year of high school. I was looking for a program that was flexible, interesting, and informative in the fields of science, and I'm thrilled that I stumbled upon SARAS's website. The main reason that I think the program was such a success was that each and every professor that stepped into the lecture hall was prepared with a stimulating presentation. Every speaker was clearly very passionate about his or her topic, and that excitement was conveyed to us students. The best presentations were the ones that got us involved and asking questions; those made us feel like our questions mattered and our opinion was valued. Thank you again for such an incredible experience.

Amanda Rosen

I learned a lot of new things during the program like if I get a crappy idea, patent it and develop it I could actually become a millionaire. I liked the hands on things that we did like IV and other stuff. I feel like I should be a doctor now instead of an engineer, but I still have sometime left to decide. I hope the program may grow even larger than what it was this year.

Feifan

I had fun at SARAS. The talks the doctors gave were very interesting and gave me an idea of the jobs in the medical field. One of the main reasons I joined was because I wasn't sure whether I wanted to be a doctor or not, and if so, which job I liked. This program has given me many different jobs to choose from. Thank you for a wonderful experience and making my summer even better!

Karen Schaub

Thank you so much for the 3 weeks of fun and learning. I had a great time and learned so much. I feel with all the lectures and hands on experiences I had the chance to hear and do I will be able to put them to good use in the future. this program is amazing and I hope you will be able to expand and grow with it.

Kimberly Lombardi

The SARAS program was amazing! All the specialist and experts speaking were sometimes overwhelming, but fun and very interesting! I learned a lot from all of the experts. At first, I had a deep interest in biology and biotechnology, but as I went through the program I realized there are many more jobs in the biological field than I thought. I thought that all the people who worked in the hospital and helped in a surgery were just different doctors, but now I realize that there are many different types of professionals in the hospital. In a simple operation there is an Anesthesiologist, Respiration Therapist, and the surgeons. I really learned a lot about all these professions and found them all interesting.

Raghav

SARAS has really been a fantastic experience. The breath of the program was quite large, covering not only many areas of science, but business, research, and statistics as well. The seminars touched upon career opportunities, enlightened us to new technologies which a majority of even graduate students aren't yet aware of, and offered in depth looks into the body's systems and functions. All of the professors were knowledgeable and interesting, and at most (which seemed to be the majority) humorous and exciting. I would definitely attend this program again.

Andrew De Donato

When I first signed up for the SARAS program, I was a bit skeptical. I do not enjoy science and I did not really want to go into the medical field even though my father is a doctor and my mother is a nurse. I signed up though because one of my good friends convinced me to and I'm in the research program at my school where we are encouraged to participate in summer programs.

When I arrived on the first day, I was not sure what to expect and I was sure that all of the speakers were going to be boring. I was not sure how I was going to be able to stay awake until lunch, but, my viewpoint changed completely. Not only were their lectures interesting, but the workshops in which we participated were interesting. Prior to this program I had heard of only the "typical" medical professions: family doctor, pediatrician, dentist, orthodontist, podiatrist, optometrist, nurse, anesthesiologist and a few other professions. I had never heard of a respiratory therapist or robotic surgeon or some of the other professions. Lunch was always delicious, but I always looked forward to the after-lunch workshops in the lab which allowed us to do things that we might not be able to do in the future if we do not plan on going into the medical career like inject an IV in a plastic arm which actually had "blood." The three weeks of the program went by quicker than I would have liked. Those three weeks were eye-opening and it was during those three weeks that I decided that I actually want to become a dentist. I am thankful that I had the opportunity to participate in the SARAS program and I would definitely repeat the experience if I could!

Rachelle Cadet

Wow, where do I start? The SARAS Program was truly a journey. What I mean by this is that so many opportunities have now become available to each and everyone of us. I received not only in depth information about the fields of medicine, but also the ethics involved as well as the dedication and perseverance needed. In order to pursue a career they must take into account the belief that they can achieve their dreams "the secret". The many workshops we took part in confirmed my own personal desire to become a doctor. The hands on with the simulators and the epidurals excited not only myself but my parents as well. I am lucky to have been acquainted with you. I just completed my sophomore year at Stony Brook University, taking this summer program was a great adventure. I love that this program has set the ground bricks that will give me a chance to compete for a spot in medical school. Thank you for everything,

Saghar Karim

The fact that I, a mere high school student, got to experience bits of wisdom from renown experts in such a wide range of fields was extremely inspiring for me, in more ways than one. Before entering the program, I was having doubts about going into medicine; however, after the first week of the program, I realized that there are so many great options in the medical profession to choose from. SARAS became extremely exciting for me, so much so that I found myself looking forward to each and every workshop. Yet looking back on it, I found that the most I got out of the program was not related to science at all. I learned that being accomplished in any occupation requires hard work, determination, and the ability to take “stupid, crappy ideas”, and turn them into brilliant success. This is the most important message that anyone can teach.

Victoria

I felt the Saras program was very helpful and informative. I felt that the lectures were comprehensive and I was able to take a lot of information away from them. The week before I came to Saras, I was spending a week at Brown University for a similar program. Now that it's all over, I have to say that the Saras program was much more organized and informative than the Brown program. I went into the Saras program thinking that a doctor would be the best profession for me. Now after the program, I see that there is much more to the science world than just doctors. This great program opened the doors to the science world for me and I look forward to using the knowledge I gained next year in school.

Brendan O'Donovan

The SARAS program was an amazing experience. It was very enjoyable. The lectures by all the experts were extremely informative. I made many friends at this program as well. Since I am only going into tenth grade next year, I haven't really decided about what I want to be when I am older. But, SARAS really opened windows of opportunities. I learned about the many different topics in biomedical sciences.

Arjun Kumar

Now that SARAS has concluded I thought it would be appropriate to pen my thoughts about this program from a parent's perspective.

This was the first time for my son to attend SARAS and quite frankly, before the program commenced, he didn't seem too receptive to the idea of commuting that far from home just to listen to some "usual boring" (in his opinion) lectures. I, on the other hand, had reviewed the SARAS page on the web site and seen what exciting things it could offer to these students. Sure enough such reflections could be seen on my son's face the very first day he came back from SARAS. It was a totally different experience for him and he was all eager and looking forward to the coming days. Each day brought new enthusiasm in him more so because he understood what was being presented there. Certainly the company of fun-loving intelligent peers and very receptive and informative professors/presenters was another factor that kept him motivated.

I must congratulate you and, as a parent, I am grateful to you for offering such a quality program to this class of young generation. Of course, such work requires total commitment and uncompromised dedication which you and your team have shown through this program. I thank you and your entire team for such a fantastic effort and look forward to seeing the same next year.

Syed Asif

SARAS was one of the best programs I ever attended...it wasn't just fun but it was interesting at the same time....at first I wasn't really sure about my interest in the medical field but after listening to the lectures from the Brilliant Doctors/Professors I was able to make up my mind about becoming either a respiratory therapist or a cardiologist....I still have one more year in high school to decide what my major is going to be....from my point of view the best part of **SARAS** was the workshops...they taught me things that I would never have imagined....I'll be honest everyday in **SARAS** was full of joy....when I think about the program now it brings back a lot of wonderful memories of everyday we were there....for me the most memorable day was when we learned how to give CPR because I never knew the right way to do it....everyday in the program was pretty good and the lunch just made them **AWESOME**....I would like to thank you and your crew for organizing such a great program for us students....**SARAS** just made my summer entertaining and full of achievements at the same time..... I will always remember **SARAS** as the **KEY** that opened the door to medical field for me.... I hope that this program keeps running like it is right now and always be a learning experience for future medical students....once again I'd like to thank the **SARAS** crew for everything they have given me.

Sameer Malik (Sam)

The program that you have set up is a wonderful program for students like me that need more information on the fields of jobs out there. SARAS has taught me a lot about many different fields and the different jobs that have to do, not only was SARAS educational but it was also fun the many reasons on being meeting new people.

-Aleksey Semenets

I would like to thank you for the wonderful program you and your associates set up. I enjoyed everyday at SARAS for the three weeks I was there. It was truly a great way to spend three weeks. I thought most of the professors were interesting, fun and very informative. I really enjoyed SARAS because I learned several new things about the medical route as well as being able to make new friends and meeting world famous professors. I hope you and your associates continue offering this program to children who seek a path in the science or medical career. I truly will recommend this program to anyone who asks me about. Thank you once again

-Max Tenenbaum

Thank you so much for organizing such an outstanding program. I am truly enlightened by all of the knowledge I have attained throughout the past three weeks about careers in healthcare and the workings of the human body. From the brain to the heart, I have learned so much about how the body works, in addition to learning about interesting research and clinical studies. Not only has SARAS broadened my knowledge in the sciences, but it has also taught me valuable life lessons. Also, the workshops were interesting. It was amazing that we got the chance to practice on fake patients and start an IV. Now I am also aware of allied health careers and I have a better understanding of what the practice and education is like to become a doctor. Without a doubt, the lectures were stimulating and uplifting. Thanks again for such a valuable experience!

Ha I should get brownie points for this ;)! Science in general is an amazing topic, one which answers many questions about the world around us and why it works in a certain manner. So for me, entering this program I already had a love of science but I definitely didn't know about the many fields which you introduced to us. When I began this program I kind of really didn't want to attend it at all, I was like OH MY GOD I could spend my summer in the pool or the park all day long. At the end, I can say I truly miss the people and it was a wonderful experience.

Obviously we learned tons from the many lecturers you put together. Moreover, we even got a better feel of Stony Brook and know how of college life a little. It was great to get hands on opportunities to practice things such as lumbar punctures and placing IV's.

Best of all it was an inspirational program. And never forget the three "F's" *nooo get your head out of the gutter* Food + Friends= Fun! It was awesome to meet many new people, each person with a funky personality to present. All the coordinators put together an amazing program which brought together many people to teach them life skills, values, and the joy of just having fun.

~ Nuvid D

I would like to thank for hosting the SARAS program. It was a very enjoyable program where I learned several new things and made new friends. I also enjoyed meeting world famous professors/scientists. SARAS is a great program for anyone looking to go into a medical or research career. I hope SARAS continues to be offered to new upcoming students who enjoy science as much as I do.

I learned a lot from SARAS. I never cared much for the medical field, but all these lectures gave me a new perspective on all the wonderful things doctors and scientists do to make our lives easier, better, and more enjoyable. I also got to expand my knowledge base. I found the program very enriching. I probably still won't become a medical professional, but that doesn't mean that I got nothing out of it. I can now show off to all my friends how much smarter I am than them! Thank you and have a great summer.

Vivek Nelanutala

I enjoyed the SARAS program; I got to learn a lot from the very detailed lectures and I met many new friends along the way. The SARAS program is an exciting way to get educated on medical information; you even get to experience how people work in labs. I recommend this program to anyone interested in a science related field - sincerely

Zain Huda

SARAS 2008 was a wonderful and helpful program for me. I had a great time at the program. I was able to learn a lot from the lectures and professors. After the program, I was much more educated in science and medical fields. I learned about a lot of different things like DNA chips, diabetes, stem cells, cancer research, the brain, and a lot more. Learning this information helped me in some way and hopefully helps me in my future. People who attend this program can contact professors and work with them in their labs. One of the best things about this program was that it helped me make some new friends. I met a lot of cool and interesting people. I had a lot of fun commuting with my friends to and from SARAS.

Ali Jilani

Just like anybody else who signed up for SARAS this year, I'm sure that not many people were looking forward to entering this program. I mean, who wants to spend three weeks of their summer learning about science? But, just like anybody else, after the first day of SARAS, I was looking forward to the next day as I knew that my time here at Stony Brook would be a memorable one. It seemed that everyday while I was at SARAS, the first lecture of the day would be the best one of the day. The food at SARAS was simply amazing. I liked some of the workshops that we had during the second part of the day; however, I wish they were more hands-on where we actually got to touch things in the workshop. That's why I liked the microbiology workshop because we got to touch the agar plates and look through the microscope to examine the samples they had set up for us. The library workshops were also fun because we got to use the computers and the biostatistics game ended up getting very competitive. The Veterans trip was in my opinion the best part of the program because the bus ride was very fun, the lunch was in my opinion the best we had during the program, plus the information

about nursing home was interesting and we got to meet a real veteran which was also pretty cool. The longer I stayed at SARAS, the more I wanted it to last, and I was loathing the last week because I could not look forward to another Monday and a new week. I knew I would surely miss everyone and my experiences here at Stony Brook. I enjoyed SARAS very much, and hopefully I'll return next year to look forward to another 3 weeks of fun.

Umar Asif

I really enjoyed attending the SARAS program at Stony Brook this summer. When I first heard about SARAS program I assumed that it would be like all the other science programs I have been to in the past, but that certainly was not the case. SARAS program offers more than any other summer program in many ways. The learning and experience that I gained at Stony Brook this year cannot be compared. From learning how to put in IVs to hearing about the life of a doctor I learned more than I ever thought possible in three weeks. Not only were the lectures informational and interesting, I also was exposed to many new fields of medicine that I did not even know existed. So many new opportunities were opened up to me that I am now unsure what field I will go into. Aside from the amazing learning experience, I also had the benefit of interacting with many students and doctors which I found to be very interesting and rewarding. I am happy that I attended this program and would recommend that other children thinking about entering the medical field attend it as well.

Thank you for a great three weeks.

SARAS has opened up my eyes to the many, varied careers in medicine and science. Thanks to the program I was able to learn about respiratory therapy, nursing and robotic surgery all while making friends with other like-minded students. The knowledge that I acquired while sitting in the lecture hall goes beyond learning about new types of careers, however. I found that networking is as important as patenting your ideas and trying out "crappy" theories. I hope students next year will continue to have the opportunity to grow as I did this summer through the SARAS program.

Kristen Schultz

There is little that I could put into words that would accurately describe how much I enjoyed and appreciated each and every member of the speaker set. Their time and dedication to all of us was evident in the way they enthusiastically spoke and patiently answered our questions. I basically lost much of my interest in the bio field, however, but the end of the first week, I had regained my spark, and by the end of the third, I can't wait to get back into classes. I would like to thank you and everyone for their time, energy, expertise, and trade secrets, and I wish that the program could have gone on for the rest of the summer, I feel like I am almost wasting my time not being at the Student Health Center.

Joe

SARAS was truly a wonderful experience. It was not only an educational experience but an experience where I made friends. This program is great for all science lovers because it teaches you so much about possible medical routes and research routes. It really opened my eyes to several new medical routes which I never thought or heard about. Thanks to SARAS I am have more knowledge about the medical route which will really help me in the future. I hope this program continues so that all science lovers can experience it for themselves.

This summer has been one of the best summers I had in a long time. I got to meet several new friends and people as well as learn about medical professions. SARAS was a great program and a great three weeks. SARAS was a great way to spend part of my (so far) uneventful summer. I really enjoyed it and so did all the new friends I met. I hope that you and everyone involved in SARAS continue this wonderful program for future generations that are considering taking the medical route. It truly helped me open my eyes to different medical professions and I am sure it will help future ambitious students. Thank you for one the best programs I have ever been to.

-Max Tenenbaum

The Saras program was one of the best programs that I have been to this summer. It has allowed me to focus more on what I want to do

later on in life. Before attending Saras I really didn't know if medicine was the right field for me. I've always been pushed in my household to become a doctor but in my mind I felt why go into medicine when you can make so much more money in business. I realized through this program that It isn't about money and it isn't about living in a huge house driving the best cars, its really about making a difference in the world and that's what I push myself to try and make a difference and a name for my self in any of my future endeavors. I also realized that in medicine there is a different type of compensation, which allows you to feel good at the end of the day for what you have you have accomplished. Even if you're able to save one life it might affect hundreds of people. Thank you for taking time out of your busy schedule to organize this amazing program and I believe that it will allow more and more students to face the facts of life. Through the saras program we learned about the many different field as different speakers came to discuss how they play a role in changing peoples lives and what steps the took to get there. At first I thought wow this program is going to be so boring but by the 3rd or 4th day I began to extremely enjoy it and realized that this field was right for me. If there was one thing I were to change about this program it would be to have more hands on training because in my mind the best part of this program was learning how to put IV in patients arms and learning what to do when a patient is in need of immediate assistance.

Ravjot Bhasin

All my life I had wanted to go into medicine but in truth the main reason was to make money. This program has taught me so much about such an amazing field and I congratulate you for pulling this off with such great success. As this program commenced I felt a change of heart and a new meaning behind such a great field. I began to think of something beyond money and material power and felt that I should do this because I really enjoy it and its something that can make a difference. This program didn't only tell you what a doctor does but it also told you the rigorous steps you need to take to get there. I always knew it wasn't going to be easy but this was the first program that was straight forward and gave more discussion type atmosphere with all different members of the medical field may it be nurses or anesthesiologists we were able to ask questions and find out answers that would help us in the future. At such a young age this program has given us a broader view of what goes on in real time situations and how to deal with them. This program overall was a great experience that I would recommend to anybody as it gives you a real outlook on medicine and not just textbook lines read by a professor.

Thank you for the wonderful experience of SARAS. The summer program was great it opened up my eyes to the field of medicine and research, and how much a

person needs to invest in their business to stay afloat. This program opened my eyes in what I should prepare to embrace for the future though I still don't plan on going into medicine.

Eric

I would like to first and foremost thank you for doing the great deed of exposing this year's SARAS students to a program of this stature. For children of our age to come in contact with the higher standards of science that we have seen is certainly a large asset to our expanding repertoire of medical knowledge. Expecting a collage of ongoing lectures and un-applicable facts, I found myself pleasantly surprised with not only the hands on experience, but the universal devotion to medicine that each and every one of our lecturers shared. Two events in particular stand alone in my mind as the most memorable throughout the 3 wonderful weeks. The first one is the afternoon we spent working hands on with dummies performing spinal taps, placing IVs, and incubating. Throughout my years of watching TV sitcoms about the workings and intricacies of being a doctor, a dream of mine was always to perform the simple operations that they do everyday. To be able to try out these procedures just gave fuel to my ever expanding wish to go to med school. Aside from the irrefutable knowledge that I absorbed from this program, it wasn't the individual facts I learned that stood out the most. It was the contagious infatuation for the work that each doctor performed that coerced me to pay attention the most. I discovered that to truly enter a field such as this that I should do so simply for my desire to heal and to help others. Satisfaction of this goal may give me the opportunity to return the favor that you and your colleagues have given unto me by sharing my avidity for the sciences to future generations. Thanks for the opportunity,

Ben Biederman

Thank you for organizing such an amazing program. It really opened my eyes to a whole new area in medical careers. At first, I thought that this program would just be about what the experts do on a daily basis. But instead, they really had a lot to tell us and were very informative. They gave me an inside scoop on things which I really didn't know too much about. Thanks to this program, I have a general idea about certain medical fields. I still don't know whether or not I want to be a doctor, but thanks to this program, I have a few careers in mind if I plan on becoming one. Besides learning about new medical fields, I really had fun attending this program for 3 weeks. I got to meet new people and made new friends whom I would remember for a very long time. Thank you once again for coordinating this program. I will

definitely remember this summer.

Sincerely

Pranav Karambelkar

July 7 through July 24, I along with many others participated in the Science and Research Activity Series; I personally enjoyed being a part of this program. It opened my eyes to science and medical fields that I had even heard of before. Two of the lectures that I enjoyed the most were the ones on depression and sleep. The one on sleep I thought was interesting. In addition, I did not know that certain scientist dedicated their time to studying the sleeping patterns of people with sleeping disorders. The lecture about depression interested me because I had previously learned about depression in a psychology class I took in school, but this lecture explained depression in much more detail than my teacher did. One of the best things from this program was being able to meet new people and making new friends. The second best thing, I have to admit, was the lunch we got everyday. It was delicious. Altogether, I am glad to have had the opportunity to participate in such a wonderful program. It was a wonderful experience.

Johana Callejas

When I had first heard of this program, it was through my brother - who was, at the time, attending his freshman year of high school. Having already gone through a year of my undergraduate studies in the SUNY Albany Honors College as a biology major, I obviously had my doubts about the overall effect this program would have on not only my chances of getting into medical school, but my knowledge and skill-set as a potential med student as well. In both cases, it turned out that my reservations were completely unwarranted.

This program is unique in every sense of the word; I could sit here type about the variety of topics that were discussed (to my surprise, both thoroughly and pragmatically,) to try justify that individuality, but that would be besides the point I am trying to make. The type of teaching and learning processes demonstrated to me at the SARAS program cannot occur in a high school classroom or college lecture hall. The teaching process was different because the lecturers were experts in their individual topics; they not only had the training required, but the experience and

enthusiasm needed to compile presentations that fully described their individual topics to a degree other teachers cannot. On top of that, I admired the mandatory Q&A session each lecturer provided after his or her presentation to provide clarification as well as each their enthusiasm to network with [us] after the presentation. This personal touch is usually lacking in many college campuses, especially with those people as specialized and successful as our presenters were.

In the end, I would whole-heartedly recommend this program to any high school student who looking at the biological field seriously – and make it mandatory for any pre-med major currently in college. This program has in it a general overview of the medical field that we undergrads desperately need, rather than the generic rebuttal of our counselors that comes straight from the books. Also, and I believe this is biggest reason to attend your program - the long-term networking possibilities are virtually limitless. Not only will [your] connections help us undergraduates that attended your program, but the lecturers there also had opened the doors to their labs all those who seemed interested enough, no matter the age. This is a huge deal - if it wasn't for this program, I never would have secured an internship for my sophomore summer with one of the top imaging specialists in the country! I am sure that any other attendee of this program that is enthusiastic enough will receive a similar chance. I would like to thank you once again for this once in a lifetime opportunity, and sincerely hope you not only continue this program in the future.

Varun Malik

Thank you so much for allowing me the incredible experience that was SARAS 2008. This was an unbelievable event that will not leave me. Though the medical field is an impossibly large world, I can proudly say that this event has given me at the least an acquaintance with all of its corners. Thank you so much for putting together this extraordinary learning experience and for your wise words.

Ruhani Nanavati

Thank you so much for organizing and putting in so much effort into the summer 2008 SARAS lecture series. Thank you for making it possible for students like me to have the opportunity for learning about medicine from such multiple and varied perspectives provided by each lecturer this summer. I had such a wonderful time and could not have spent it in any more fulfilling way. It is such a unique chance to hear physicians, researchers and hospital staffs talk about their work and personally inspire and educate high school and college students to go on into the medical field. I would never have

been able to meet such talented and inspiring individuals without SARAS.

Nadya Peresleni

This program really helps me a lot by knowing different fields of studies in medical field.

this program also helps me to be more interactive with great professors. so I like to say thank you for this valuable opportunity. because of this program, I knew what I'm going to be and be friendly with a lot of professors from stony brook. I think that this program is priceless by learning various things that help me in the college(very soon).

Sang Min Park

I am honored to have been a part of such a prestigious program. This was a great experience for anybody considering entering the medical field in the future, as it showed many career options that I had never heard of. One of the best parts of the program was having the different experts come and talk to us about their specialties in their different fields. I also greatly enjoyed the time that we spent doing the workshops because at times it allowed hands on experience.

Isha Rana

The program really is great for a number of reasons. SARAS has shown me a side of science that's practical, interesting, and modern, and the knowledge I've walked away with is very useful in a world governed by science. I've met people in many fields who are doing great work and paving the road for the future - it is humbling to be among minds that make science happen.

Apart from all that, I've learned a lot about college and medical school, which is great for someone like me who soon will be college-bound. Oh yeah, lunch was always excellent as well.

I will admit, at first I didn't want to participate in the program. However, by the second week, I was wrapped up in many of the lectures and the next ten days went by very fast. Although I am not planning in majoring in medical, I found several fields, including genetics, sleep therapy, and observation of the brain, to be very interesting. Furthermore, I also got a taste of the Stony Brook Science and Health Center, and have now decided I would like to apply there for college when the time comes. I got to meet many friendly staff and students, and so I will not be completely alone and isolated if I come there in two years.

Angelo Piazza

I would like to extend my gratitude to both you as well as the numerous experts who gave talks during the course of the S.A.R.A.S program. Not only did I gain a lot of information from the program but I also managed to make many new friends. The things that I most enjoyed about the program were the interactive afternoon sessions, in which we were able to get involved. One of my favorite activities would be the day where we took blood and practiced a lumbar spine procedure, another interesting day was when we were learned about simulations and how to perform chest compressions. I did this program for several reasons, none of them being that my parents made me, however I am happy at my choice for I gained a lot over the past three weeks. I realize how busy all of these experts are on a daily basis, and so I am very grateful to them for coming out and teaching us about their professions in the hopes that we can learn from them to create a better future. I am also thankful for the chance to experience Stony Brook University, because as a Long Islander I admit to taking this University for granted however my outlook has changed completely both on the University and its educational standards.

Christina Das

I wanted to inform you that I am very appreciative of all your hard work throughout the course. There are so many things that you probably had sacrificed in order to keep the program running, especially the beloved sleeping privileges. I hope that you continue this program so that other people will be allowed to experience this, and have a head start

over other people. I feel the kids learn a lot, and it definitely helped me steer in the right direction.

Gratefully,

Shawn Singh

I really enjoyed the SARAS program. All the blood and guts is just so cool to me. My favorite day in the program was when we got to put the IVs in the fake patients and got to do a fake lumbar puncture, I really enjoyed the hands on activities like that. Overall I had a very good time in the program and learned allot. I met allot of really nice people that I would have never have met otherwise. Thank you for giving me this opportunity to come and learn.

Meg Munisteri

I really want to share my thoughts on SARAS. At first when I signed up for SARAS, I did not think that each lecture or lab activity would be so in depth and so knowledgeable. I thought, "well here's another little science camp in which I probably already learned everything," but I was obviously wrong. Each faculty member that presented gave me so much information on things I really had never heard about. The first day I remember we learned about Renal Dialysis. I took notes, but I really did not understand any of it. After class that day, I went home and looked up what Chronic Renal disease is and I looked up some of the terms. I'm so grateful to you and to all of the faculty members that presented. You made this program possible and you gave us a head start for the future. Thank you for all of your hard work and little advice talks on how to really be good at anything we want to pursue in life. All of the presenters really showed us what they do everyday and how they managed to get to the positions they are at now. Even though some lectures were a little difficult to comprehend, I am glad I learned about new topics in the science field. Thanks again for all of your effort (and also for your funny stories and comments!). This program was a great experience because I met new friends and I was opened up to areas of the medical field I would never have considered studying.

Nopoor Akruwala

I wanted to let you know how much I enjoyed the SARAS program as well as say thank you for

everything you have done to make sure this program is fun, interesting and a great experience for everyone involved. (I know that must be hard when "everyone" includes one hundred teenagers, but you succeeded!) You brought us a very diverse group of speakers and I enjoyed the lectures, which often left my head spinning with (almost) too many questions. I learned so much and the people I wrote to were very helpful in answering even my most confusing inquiries.

SARAS was great!

Olivia Kotz

Thank you for organizing and overseeing the SARAS program of 2008! Before I came to the program, I wasn't really interested in a medical profession. But during my time there, after learning about different professions, I decided that the field of medicine could be a possible occupation for me. I hope that you will continue managing SARAS since it was a very enjoyable experience. The speakers were great and informative and the food was pretty good. Thanks a lot!

Jason Hsueh

To describe my personal experience at SARAS 2008, I lack adequate words. The past few weeks enthralled me and fascinated me. The appropriate mixture of lectures, presentations, and lab activities served as a key to the door of biology, opening a world of scientific opportunities to all who participated. The bottom line is that SARAS was not merely able to fill an intellectual void in my summer, but was also able expose me to a world of knowledge and biological, while providing irreplaceable experience. Due to this program, I propose to undertake research in a lab during the following school years and/or summers. I gratefully appreciate all that was done in order for us to be able to partake in the program, and hope that there will be many more years of SARAS to come!

Ishwarya

SARAS was so much fun and I'm missing it greatly still. In fact, so many people who participated at SARAS are trying to organize a Stony Brook reunion soon, myself included. Thanks again for organizing a great program here at Stony Brook. I am missing SARAS so much right now. Mostly everyone who

participated at SARAS this year is dying for a reunion and we probably will all be coming back next to Stony brook

~Umar

To set up such a program that allows students to get even a peek into the medical is such an intuitive idea. I gained a great deal of perspective into the biological and medical field due to this program. With such a diverse group of presentations I was able to learn a little about various fields. I love learning and this program allowed me to go beyond experiences that I have already had the privilege of having. I gained so much from this program. For me in particular this program was a way for me to figure out my future in the biological field. I am going to be graduating from college this spring semester and have been having a difficult time choosing just one field of interest for me study in my future. This program was something I found very helpful and enjoyed it unequivocally. This program showed me so many fields of interest to me and before this program I had I would have to choose, but from this program I learned that with in a discipline of the biological field always lies some more. Each field incorporates something from another. I would also like to thank everyone involved in the program for there time they put into. I would also like to thank you for allowing this program to take place. Thank you very much and enjoy the remainder of you summer.

Melissa

In my personal opinion, the SARAS program was amazing. Thank you so much for showing me the dedication and work that goes into becoming the best. I learned so much over the 3 weeks that have opened up so many different questions. I will never forget this experience; I don't believe that my summer could have been complete without it. Thank you again for opening a multitude of doors in the medical field.

Donna Cheung

I first have to say thank-you to you and all the people that gave amazing presentations for SARAS 2008. I have to say, being a college student, I was skeptical at first when I saw mostly high school students, but all of that was erased already starting from the first day at SARAS. I thought the facility was nice and the lectures were very interesting. I felt like I learned more from the lectures than I have ever learned in all of school relating to biology and the health field.

I'd have to say the most intriguing and interesting part of SARAS to me was the workshops. The patient simulator was amazing and the procedural skills

for patient care were both entertaining and different. Being able to not only learn concepts but to physically apply what you have learned allowed us to take what we learned one step further. Although we didn't get to see DeVinci Machine, I'm sure it would have been amazing; the videos we saw during the presentation were breathtaking. I also felt our motivational workshop was inspiring; the story about his team beating out the odds and how hard they worked every single day really got me pumped. The most emotional part of SARAS for me was the movie we saw "King Gimp,". I was awed at how that boy was able to overcome such a disorder and follow his dreams to become an artist and graduate college. I also enjoyed the lunches we had; the food was excellent. In summation, I feel that this program was definitely worth it and hope it continues for many years to come.

Dhaval

When I started the SARAS program I did not know what to expect. I had no idea that we would hear lectures from such accomplished staff members. We had the opportunity to meet with physicians doing cutting edge research in their fields. As an undergraduate studying in the medical field this program was a great experience. It gave me further insight and allowed me to make valuable connections.

Shantel Jiggetts

I have to admit that joining this program was not my idea. When my mom first approached me about a science program at stony brook, I tried to argue my way out of going. However, my mom was too clever for me. She registered my name and told me I had no choice. We organized a carpool and the next day, she dropped us off. I am happy to say that my initial thoughts about the Saras program were totally and completely wrong. I ended up having a great time. I made so many new friends, people I never would have met if not for this program. In addition, I had the opportunity to learn about such a variety of professions, many of which I had never even heard of before. All in all, it was a wonderful experience!

-Natasha

I would like to say that the SARAS program is amazing. I leaned a great deal of

information that will help me plan and direct my future. Traveling everyday to Stony Brooke was a hassle but once I was there and focused into the professors lecture it was all worth it. This program is a great opportunity for kids to expand on to the horizons. SARAS introduces several factors and medical positions in life that could be a potential career that is very beneficial. SARAS should continue to teach and give kids the opportunity every year to experience such a fantastic and educational program, and every upcoming year to come it will be better and better. This program was a great experience and one that I will never forget. Thank you for everything!

Lisa Serrano

My granddaughter, attended the SARAS program in July. She was very nervous about attending the program due to so many unknowns. I just wanted to let you know that she truly enjoyed the experience and wished it had been longer.

Emily Magnani

If there is anything I've learned in my stay in this world it is that life comes at you fast. It is a raging bull with lowered horns and it stops for no one. However, in this scenario, if the bull is equivalent to life, then the red cape is my tool for success. At the SARAS Program 2008, each and every one of us added to the foundation of our capes. During the program, we dove into a variety of aspects that all make up the term "doctor." I was surprised – doctors study subjects as complex as robotic surgery, as abstract as "the mind," and as strange as areas that should not be named in this narrative. But SARAS was not all about sitting in a chair listening to lectures day after day. Each lab activity we attended was an interesting and unique learning experience, which let us know hands-on what types of things a certain type of doctor would actually do in their respective work areas. These ranged from inserting a peripheral IV to conversing with senior citizens at a veteran's home. Even lunchtime was also a wonderful experience, as we ate foods from different restaurants and cultures and socialized with friends, new and old. However, I do have to admit, becoming a doctor has never been and will never be my dream. The main reason for my attending SARAS was to find an interesting topic for my school's research program and, of course, parents. But to me, school will never be the center of my life. I soon learned after the first couple of days that the program is not only a learning experience and a bonding experience, but a networking experience. The fact that I was sitting in a room, listening to intelligent people who had gone through years of

medical school because I had heard of the program from a friend is in itself a small form of networking. However the concept remains; networking can get you to places you never thought you would be. It can create new gateways, new paths, and new information. And one should always be open to new information, for knowledge erases the seclusion of the human mind - knowledge is power.

Naveen Rajan

Thank you so very much for organizing and carrying out the SARAS 2008 Summer Science and Research Awareness Series. It has been a superb experience that I feel has impacted my future immensely.....of course for the better. I would strongly recommend this program to any high school or college student interested not only in science, but also in making a difference within society as a whole. Prior to my attendance in this program, I was somewhat unsure of a career in which would fulfill my strong desire to improve the poor conditions found so frequently in less fortunate areas of our country, and undoubtedly our world. Although science has been a subject in which has always been of great interest and intrigue to me, I often wondered if a profession in health care would meet my desire to travel abroad in order to improve living conditions of people in third world countries and/or protect animal species that are dying of as a direct result of global warming, areas of my specific interest. This series has shown me that science, in fact, is not in small related to the betterment of mankind and all living species for that matter. This subject is the betterment of mankind and all living species. Science is and will always be in fact both the intellectual and practical study of the physical makeup and behavior of the natural world through not only observation, but experimentation. Thus, science is the foundation of a healthy population and an aware and proactive society. I often used to wonder if the subject of science would leave me unsatisfied, as I believed it incorporated only structured study often restraining creative expression of any kind. After innovative artistry at its best, simply with its mind set on furthering human intellect. The experimentation and research side of medicine became fascinating to me as I learned that help made to those suffering from illness and poverty may be achieved not only in a hands-on hospital environment, but also in a laboratory.

Science and research, in general, is a truly stimulating field in which is constantly growing. I loved learning about how each aspect of the field was working to create a better world. Before this program, I did not know very much regarding Genetic Engineering's attempts at environmental bioremediation or Dentistry's current research regarding the diagnosis of diabetes. I was not aware of all of the immense experimentation and progress occurring at Stony Brook University and Medical Center at this point in time. This program definitely motivated me to explore the endless possibilities in new and upcoming fields of science that have yet to be ventured. I am not sure if anyone realizes the insane amount of work put into SARAS in order to create an enjoyable experience for all of the participants. Thank you so much for dreaming up this not so "crappy idea" as you might call it. Kudos, as well, to all of your hardworking team, because they were all so helpful and nice during the three weeks. There was not a moment in which I did not feel taken care

of or safe. In addition, I am happy to report that there was no need to eat the snacks I had packed each day during the program.... the food was very good. Thanks again to all of the lecturers whom took the time to put together a presentation and come speak to us regarding their field of interest. I felt as if I were meeting the celebrities of medicine and leadership each day. I can assure you I learned something new within every presentation. Stony Brook University has always been a potential choice for both my undergraduate education as well as a place to potentially receive a graduate degree or go to Medical School. Still, I was unaware of the amount of great resources and research opportunities at one's fingertips on the campus alone. It is an excellent place to begin my higher education, and I can honestly say it will be one of my top choices in my application to college in the future. The fact alone that this place would allow and encourage such a program as this to exist is enough to make any student want to apply. As far as my upcoming years of high school are concerned, there is no doubt that this experience has encouraged and motivated me to start making a difference right now. As you can obviously see, I have only good things to say regarding this program. It has been one of the most rewarding experiences, and I am so grateful for you, your team, and all of the experts for all of your hard work and dedication in making this series a reality. I have made so many great friends at camp and am so glad that you encouraged us to get to know the other students.

Sincerely,

Nicole Sganga

I went into the SARAS program thinking that when I was done with it, I would have figured out what I wanted to with my career, and that decision would be done. If anything, the SARAS program opened my eyes to so many more ideas and opportunities that I could have imagined. It was such a privilege to get to listen to so many professionals when I am just a high school student. These experts were so passionate about what they did, it made me think twice about choosing a career, and what would really make me happy. Some of the workshops were really fun and interesting and we were lucky to get some of the opportunities we did. The SARAS program was great and so many more people could benefit from it if it continues in years to come. Thank you again.

-LeighAnne Garstka

I enjoyed SARS very much and I have learned so much from this experience. I came to SARAS thinking it would be boring and a waste of my

time, but I was totally wrong! Now I am actually convinced into getting in the medical field. Thanks to your program I have learned more about each and every section/department of the medical field, maybe not all but most of the departments. I would definitely recommend this program to everyone in high school, especially for the people that really don't know what to do in

Thank You So Much

I really enjoyed the SARAS program at Stony Brook University. I thought that the program opened up my health-related career options. As various professionals came in to lecture us, I learned about many various health-related fields. I was able to make many new friends and got to interact with other peers who share similar interests as me. Overall, I really enjoyed the program and I thank you very much for organizing such a wonderful program.

Prashant Kota

I thought SARAS was a very informative program. I found that I enjoyed the lectures that were more related to medicine/biology rather than other subjects such as biotechnology or the various facilities at Stony Brook. I thought that showing the documentary "King Gimp" was an excellent idea and I enjoyed it very much. Lastly, I would like to thank you for giving me the opportunity to do SARAS. It was a good experience for me and I learned about such a wide range of subjects.

Allison Shen

To be honest, I did not feel like the SARAS program would contribute to my future decisions too greatly. In the end, however, I was only half correct. My ambition has been to be a Cardiologist ever since my childhood. Not once has this ambition changed. Although SARAS did not change my adamant ambition to become a cardiologist, it helped me understand what will be soon to come. I felt that the SARAS program was both beneficial in terms of knowledge and entertainment. Every day, I noticed, had one lecture that everyone could enjoy. In particular, the first week of this program was an excellent opening. SARAS also showed me a taste of what was coming up in terms of college applications, which I desperately wanted to learn about. I feel that with the knowledge I gained from this program, I am far better equipped for future challenges.

Naveed Ahmed

I really enjoyed the SARAS. It was very educational and I learned a lot.

Tim Chan

I must honestly say that the program was very interesting and exciting. The opportunity to talk to professionals in so many different biomedical fields was unique and much more helpful than anything else that is readily available to the common high school student.

Many of my friends who joined me in attending SARAS were fascinated during the course of the three weeks. I must say that participating in the workshops was the best part of the program, because they were truly in-depth. After attending SARAS, I was able to strongly identify that I want to pursue physics, which I am currently doing in my high school research. It is without doubt, as important to know what you like as it is to know what you don't like, and for greatly helping me choose my eventual college major and career goal, I thank you and the SARAS program.

Jason Chaves

I have to admit, I really liked being in SARAS and learning new stuff. I really didn't think there were so many possible careers in health sciences and allied health fields. It was really amazing to hear all the things that were going on in the hospitals, laboratories, and even in our bodies! it was all worth it because I learned many new things that I wouldn't have normally learned at school. After going to SARAS, I have learned new things, made new friends, and even discovered new food! I am glad that SARAS was there for me and I wish that it would continue to provide its benefits to people everywhere who are aiming to be the best that they can be. After going to this program, I am now convinced to study harder and become important figures that gave their time to help us learn.

Korrey Shin

We appreciate your summer program of exposing the kids to various professions in medicine. At first, my son was very reluctant to go, esp. after his friend who introduced him to this program decided not to go. This program also conflicted

with his boy scout camp. He was very upset that we wanted him to try the program just it started. He felt he was academically not good enough to go or thinking it was too advanced for him. After the first day, he was changed 180 degrees! He really loved it. He even skipped 1/2 of the boy scout camp in order to attend the program! He learned so much and felt very positively about the program, esp. the lecture and also the GOOD FOOD you served the kids! You had made the program very youth friendly. He felt more confident of himself after many motivational speeches by the lecturers. Thank you for making this programs such a positive experience for my son.

The SARAS program was wonderful! This summer has been so beneficial and informative for me. I truly had a good time meeting new people and learning new things. Thank you for providing this opportunity for me.

- Julia Coutros

The SARAS program was a great experience for me. I learned a lot from the lectures and especially from the hands-on labs. I liked that I could learn about the many opportunities in the field of biology and medicine. I really felt that every person who talked to us was passionate about what they did and their research or daily job was more than work that is necessary to make a living, but a life experience that the love. Some lectures, I will admit, were challenging to listen to in that the information was a bit over my head, even though I have taken Regents and AP level Biology. Nonetheless, it made me curious to learn and kept my mind open. I really appreciate all of your hard work in coordinating this program. It is obvious that it was very time consuming, and all of us understand that time is very valuable!

Brittney

This summer I truly got a sense of what possibilities are in the medical field. I learned about a lot of interesting facts and information from all of the guests who came in to see us. Those that influenced me the most was the nurse who came in to talk to us about the different types of nursing jobs available, the respiratory therapists, and a little each of the presenters. I had a great time and I hope to one day become as great as them. I felt as if three weeks was not enough. This program was a wonderful idea. It was truly an experience that I may be able to do again hopefully if I go to medical school. Most people my age this summer are just laying around and are not doing anything

and are letting their brain rot while I was being talked to by the best. I just would like to thank everyone who volunteered in the staff .

Laura Valladares

All I would like to say is that I really enjoyed the SARAS program not only because I had the chance to meet new and exciting people, but I also became familiar with the world of science and the numerous options available to me in that particular field for my future. The professors that would visit us to give their lectures would not only engage us throughout their talks but also encouraged us to ask questions towards the end which made me feel more comfortable and free. I had a wonderful experience and I learned a lot. I will definitely encourage my friends to enroll in this program next summer as well. Thank you for everything.

Roshni Chandihok

Your summer program this summer was not only educational and informative, but also interesting and fun. Each day there was something new to look forward to and it really helped me to find a focus in the huge world of science. The workshops, tours, and lunches were the best. Also the interactive lectures where the professors would not only speak to us, but rather speak with us were very memorable. Overall, I had a very positive experience this summer.

Niva Taylor

I would like to once again say that SARAS 2008 was an incredible

experience and I am extremely grateful to have been allowed to

participate in it.

Ruhani Nanavati

First of all, I would like to thank you all for organizing and supporting SARAS. It has given me a wonderful opportunity to get to know

about careers in the medical field. The aspect of the program that I benefited most from was being able to learn about many different professions from the viewpoints of professionals. Prior to this experience, I had very little knowledge about the variety of careers in medicine. Now I have many more options to choose from when considering my career path. I would also like to mention that the catered lunches were wonderful and I greatly appreciate the sponsors who that that possible. I also enjoyed touring the laboratories and getting to know other areas in the Health Sciences Center and Hospital during our workshops. I am truly grateful that I took part in this program and would encourage other students to participate next year.

Savitha Racha

After completing this program, I realized how beneficial and helpful it really was. I learned about so many new things that I have never heard before. I especially enjoyed hearing about Respiratory Therapists because I wasn't aware that this health care career existed. In addition, our visit to the Long Island Veteran's Home was a very treasured experience. Talking to the Veterans and listening to their real life stories had a great impact on me. The fact that I was in the presence of such knowledgeable professionals throughout the program gave me the passion to explore different fields. Thank you for all of your hard work and making this opportunity available for students like me.

Olivia Zalewski

As a member of the SARAS 2008 Organizing Committee, I had the pleasure of coordinating and participating in this admirable program. Being able to meet and interact with students that share the same interests I do and learning from a variety of great mentors has been one of the most rewarding experiences we've encountered here at Stony Brook. From discovering personal interests, to realizing the options available, and ultimately deciding which career path is best for you, the Science and Research Awareness Series has the ability to open the eyes, and the minds, of younger generations that may be interested in medical science. The informative lectures were consistently followed by intriguing questions and the scheduled workshops allowed for hands on approach to learning. These aspects of SARAS allow the students to fully interact and be immersed in learning about the many different positions available in the medical sciences. SARAS has allowed me to explore the options available for furthering my education and given me clear direction as to where I'd like to be in the future. The networking that this program has made available is valuable in my strive to becoming a Physician Assistant and I am genuinely thankful.

Gina M. Cook

I found out about this program through C-Step. Although they sent me the program info, I still wasn't sure what I was getting myself into. I thought it was going to be like lecture where the professor just comes and bores you out of your mind. Boy was I wrong! The lectures were interesting and the workshops were fun. Of course a couple of lectures were over my head but I still learned so much about the medical field. I'm so glad I got this opportunity. I could only hope that this program becomes available to students nationally. It exposes them to so much. I think it would be good for incoming freshmen and even U1 and U2 students to see what they are getting themselves into. And it always opens your eyes to the many different specialties medicine has to offer. I knew I always wanted to be a doctor but this program definitely added a passion and a drive to my dream. And to think I could have been home that month wondering if I made the right career path. Thanks so much.

Anjolie Jacques

My son had a great time attending SARAS program.

Thanks for organizing such a great program in Stony Brook.

Regards,

Ravi Govada

I had a great time during camp and have learned a lot. My favorite lectures were the ones about the heart, robotic surgery, genetic modification, and thought. I took down the most notes for those lectures and shared what I learned with peers and my parents. It was also very nice for me to have a background on genetic modification because my CTY camp was about Biotechnology. Therefore, I was already familiar with certain terms such as knockout gene. In addition, the lecture on the heart, thought, robotic surgery, and even depression helped me realize that I want to go into the

field of medicine. In addition, this camp made me realize what is expected of me if I want to go into this field. I know there is a large amount of completion and hard work involved but I am not discouraged by this. You're camp gave me a chance to be in a hospital environment and work with IVs, this was an amazing opportunity. I also enjoyed going to the veteran's home and learning about the lives of the patients. Thank you for the wonderful experience,

Roxane Javadi

July of 2008 was a whole new experience for me. I attended the SARAS program at Stony brook University for three weeks and by the time it was over, I had come out knowing about so many medical fields that were out there, some of which I didn't know too much about. The professionals who talked to us taught me so much about what can be done in life for a living. I left Stony brook knowing what kinds of "doctors" are out there, what people do for a living, and how much they love and enjoy their fields of work. I was inspired by all of the speakers and hope to be just as enthusiastic, hard working and intelligent as they are about their jobs. I honestly never thought of having so much fun and learning from these lectures.

Besides all the learning, I found new friends with whom I will keep in touch down the road. I thought that the program was a little too short and that maybe one more week would have been great. I have to thank all the professionals who took some time off their busy schedules for us and came during the day to talk to us.

Sincerely,

Pranav Karambelkar

I wanted to let you know that I had a great time in the SARAS program. I enjoyed most of the lectures even though some of them were too complicated. I got a chance to think about different careers in science and medicine and look deep into some of them which in future I might choose as my profession. The most interesting thing that I saw in the SARAS program was the robotic surgery, I loved the way the technology had played a huge role in the advancement of surgeries, and how the robotic surgery prevents the infections; where as in a surgery where you use your hand there is more likely the chance of contamination and spread of infections I also liked the hands on experience. The best was the simulation patient where you get to use the defibrillator. I also got a chance to make new friends. So when its time for me to go to college I will be sure to apply to Stony Brook University. Thank you very much for arranging this program. It gave me an idea about

medicine and science in general. I would want to attend again next year.

Rakhesh Goavada

The SARAS program was definitely one of the reasons I will never forget my summer of 2008. All the professors and mentors were very helpful in giving the basics about every topic. Going into the program, I did not know what kind of research I wanted to do. Coming out of it, I felt like all that exposure to new topics helped me a lot. Students, such as me, obviously appreciated all the time and effort the Department of Anesthesiology put into the program. Students debating whether or not to enroll into the program should certainly go for it!

-Divya Oberoi
