

2009 SARAS: Student Feedback

I can truthfully say that the SARAS program completely blew away my expectations, which were high in the first place. I had gone in there hoping to learn some science and have fun, but I walked out having learned so much more. Most of the experts were not only interesting and stimulating, but also kind, patient and approachable, taking time out of their lives to answer my many questions. I went into SARAS knowing exactly what I wanted to do with my life, become a pediatric neurologist, but I left having virtually no idea. I am still fascinated by neuroscience, but I am also interested in cardiology, hematology/oncology, geriatrics, anesthesiology etc. Not only have I become intrigued by different medical specialties, I am no longer sure if I definitely want to be a physician. Now I also want to become a researcher, a nurse, a physical therapist, a social worker and a respiratory therapist! I believe that this truly demonstrates the effectiveness of SARAS. It inspired me to look beyond what I thought I wanted to do, and it opened me up to career paths that I may have never even realized existed.

SARAS has also inspired me to get involved in research while still in high school. I had always thought that research was just something that college students did in order to look good for medical school. I had never realized that research can be so captivating and riveting, I always assumed it was boring and eventless. Which is why I wanted to be a doctor rather than a researcher, I wanted to be excited and do something that I knew would have an impact on the world. However, the researchers who came to speak with us just sounded extremely enthusiastic and excited about their work. They explained how it was both fascinating and purposeful, something I had not realized before. These people, the ones who really love their job, that's what inspired me. I hope that I get to have research experience while still in high school, and I am now trying to get involved in research, all because of SARAS.

Thank you so much for helping put together this amazing program. I am very grateful to have such a wonderful and informative experience and to be able to indulge in some awesome science. I feel truly lucky that I had such an opportunity.

-Emilee Dobroff

This is aneesh shah. I really am honored that all of the students of this program get a chance to listen to amazing people. Thank You once again.

From,
Aneesh Shah

This year's summer has been a wonderful experience for me. When I signed up for SARAS, although I had already been attracted and intrigued by the Medical Profession before, I did not anticipate these surprises on a daily basis, upon the unraveling of newer and newer subjects within the field! Each day was a new learning and eye-opening experience. Thank you all so much for showing me your world, where there is immense knowledge and therefore the power to make a difference and help the world.

Now that it is come to an end, I am feeling quite empty and a sort of in a vaccum. I am going to miss the fascinating atmosphere of Stony Brook. I imagine your work lives: working in this atmosphere, finding cures, helping patients heal, interacting with esteemed professionals, learning more about *Science* everyday, all this must be so fulfilling. I would love to be included in any little way or be a part in your work life.

I want to give special thanks to the following Professors/Doctors whose subjects and talks have stirred up an excitement in me to learn more about the subject:

Thank you
Sincerely

Ms. Kiran Matlani

It was a great program because of all the information i received. I truly know the medical field is me. Paying for my future education will be a struggle but i am determined to see it through. I hope to be able to return next summer thanks for everything.

sincerely yours,
Angela Moore

My experience at SARAS was inspiring, phenomenal, and unique. I have learned so much about medicine,

types of doctors, and the tools used by the doctors. This program has exceeded my expectations of the amount of information I would have gotten out of this. I also had a lot of fun in this program and got to make a lot of friends. Among my closest friends there are from the Langmuir dorms on the campus and we created a bond that will last for a long time. I want to thank all of the experts who took their times off to present themselves to us. My experience at the SARAS Program was unforgettable.

Thank you,
Michael Lau

I have really enjoyed being a part of the SARAS program over the past three weeks. It has certainly been an enlightening experience for me, and has exposed me to the different fields of medicine; some of which I had knew nothing about before participating in this program. The diversity of the lectures in regard to both the speakers and their topics; from genetic engineering to dentistry, held my interest and helped me to consider different fields of science. I think that what makes this program special is the fact that so many of these doctors, researchers, and professionals have taken time out of their days in order to speak to us high school students. Their vast information about their own field and their interactions with us by means of answering questions or performing investigations in the lab have added much to the unique experience of this program. I have taken away so much from this program, and hope that its success continues in the future, because I think that it is a valuable resource for any student who wishes to enter the field of medicine or science in general.

Thank you so much for this experience,
Abigail Abesamis, #86

My experience at SARAS cannot be forgotten. I came in to SARAS knowing that I would not want to be a doctor when I grow up, but I still had an urge to practice a career somewhere in the biomedical sciences. Now, I am so happy I joined this program, because it exposed me to so many different career options in the medical field, which was just what I needed. I learned about genomics, proteomics, sleep disorders, urology, respiratory care, nursing, GI tract, biotechnology, depression, robotic surgery, CPR, geriatrics, the blood bank, various diseases, organ transplantation, lab culture hazards, neurology and so much more. It was a honor to listen to lectures and watch presentations from well-known phsyscians/scientists of the Stony Brook University/hospital, and I can't think them enough for taking there time off to teach the doctors/phsyscians/scientists of the future one thing or another about science and medicine. Overall, it was a pleasure to spend three weeks of my summer listening to what I can do in the future, as SARAS gave me huge incentive to work in the medical field.

Thank you,
Swathi Anand :)

I wanted to say Thank you for giving me an oppurtunity to go deeper into the medical field.

After listening to all the lectures from different experts i am starting to become interested in the medical field. SARAS was a wonderful summer experience for me. I dont know how much to thank you for giving me this oppurtunity. Science has always been an interesting topic for me. I enjoyed listening to the lectures about the different medical fields at stony brook.

Thanks for everything i really hope i can make it into stony brook

I hope to see you again next year

Thanks for everything

Yogeshwar Singh

First of all, I am so thankful for all of the experts who took time out of their busy schedules to speak to us. I came into the first day hoping to get a better idea of what careers were available in the science/medical field. After 3 weeks, I now see the profuse amount of job opportunities I have for my future. We learned about orthopedics, cardiology, nursing, robotic surgery, and so much more. All of us were curious to learn more from every single speaker. The program allowed us to work as a team and network more efficiently. Many of us learned life lessons that we will never forget and many of us made friendships that will last a long time. Even the lunches were amazing. I will never again consider any idea to be "stupid" and I will always be thankful for how lucky I have been after hearing from veterans, a car accident victim, and a man with cerebral palsy. When all is said and done, I still have no idea what I want to do when I grow up, but I can definitely say that the SARAS program has certainly given me valuable insight about what is available. I had fun learning with my peers and I thank you SO much for everything!

Jessah Villamor
SARAS ID#54

SARAS reflection.

Wow, where do I start? SARAS is an experience I shall never forget. This program truly molded the way I view the work

that researchers put in to every medical discovery. This program is packed with large words, confusion, passionate experts, amazing friends. Caution to all who enter, right when SARAS ends, you'll wish you were still in lecture hall 5. My favorite part of SARAS was definitely the visit to the Veteran's home. It is an inspiration to meet these people who sacrificed their lives for their country. I hope that many more students will get to experience SARAS because you take away so much.

-Tanya Jain

Rahim Lakhani (#7)

My purpose for coming to SARAS '09 was to get a better understanding of the different fields of medical science and what opportunities I had in research in the future. I thought this program was very educational because I not only learned more but also added to what I knew in the different fields of science. I also enjoyed some of the hands on activities we did because it allowed me to engage in some possible activities that I could be doing in the future. For example the IV's, feeling the pulse and heartbeat and the different equipment in the respiratory field gave us some insight on these particular fields. Also when the teams engaged in different games and activities together it gave me a chance to make more friends and allowed to network. SARAS opened up a new door for me and gave me more opportunities in the research field because I took advantage of getting to network with professors in field of my interest.

When I had decided to do the SARAS program this year, I wasn't expecting much, a bunch of boring science lectures and free food. What I got was completely different, I mean there was free food but there were also engaging lectures and fun workshops. The program exposed me to careers in the healthcare field that I never knew existed by doctors and professors who were truly passionate about them. I learned about jobs in respiratory care, physical therapy, biostatistics and biotechnology. I don't think I would've ever been able to learn about these topics anywhere else, well not in my high school anyway. So I want to thank all the coordinators for giving me the opportunity to listen and experience new topics in the biomedical field. And I'd wholeheartedly recommend this program to all the other kids out there that aren't really sure what to do in life or the coming summer and don't mind being exposed to science and all that it has to offer.

-Sincerely, Priya Bhimani

When I first heard about the SARAS program from my mother I was reluctant to go. But eventually she convinced me, and off I was to Stony Brook University. The lectures that were presented to us were rather interesting, but some were on the boring side. Overall the lectures were informative, and the speakers presented the material very well. However science was not the only thing that was part of this program. I was one of the few kids that dormed at SBU, and the people that I met there were great. I have built relationships that I honestly believe will last a very long time. The main reason I came to SARAS was to find out if I really wanted to pursue a career in medicine. And just after the opening week I had made up my mind, that being an MD would be great for me.

SARAS 2009 was very well organized and very informative, and I will recommend this program to my younger friends interested in science. The three weeks I spent at SBU were great, and the relationships and knowledge I gained will hopefully last a lifetime.

Thank you,
Jon Aharon

SARAS was a wonderful and worthwhile experience. I acquired so much knowledge throughout these three weeks. Before attending this program I did not have much of an idea in what interested me. This program introduced me to the various careers in the medical field that are available out there and the steps that I should take. Now I have an idea in what I want to be when I grow up. I find neuroscience and molecular biology very interesting. I would like to now work with researchers working with cells and proteins. SARAS is an opportunity for networking with the many researchers, physicians and scientists out there. I am glad I participated in this program. I found it to be very beneficial to me. I would recommend this program to anyone. SARAS was a memorable experience that I will keep with me as I continue to work hard in pursuing my dreams and goals.

Lekha Grandhi

I would first like to thank everyone for making this program possible. I am very glad my parents told me to come here. My overall experience in SARAS was amazing. It was great to learn about the different fields of medicine because we need to know them for our future. Honestly, when I walked into the doors of the hospital on the first day, I didn't know what to expect. I thought that every lecture would be quite boring and we had to sit through a bunch of medical stuff that made no sense. But, this program was completely different. On the first day, I absolutely loved listening to everyone speak. We explored every field of science known to man in this short period of three weeks. I thought it was such a great experience because not only did we learn, but we also made so many more friends/relationships that we can keep. Two of the many things that I loved doing was visiting the veterans home and learning how to put IV's in people's arms. I never imagined myself talking to the veterans and learning so much about their past. I thought that was a great experience. Also, when we got to put IV's in people's arms, it was so much fun. I felt like I was being a "professional doctor". One of the main things that I got out of this program is that there are many fields of study one can do. And they have the choice of doing any of them because there is definitely a field of study for each individual person based on what they like to do. This program was one of the most beneficial things I have ever done. Once again, thank you for this amazing opportunity.

-Karishma Kapur

Aneesh Shah #44 SARAS Reflection

I cannot believe that summer camp went by so fast. I guess the saying is true "time flies when you are having fun". I hope that in years that follow my sister can join this program, because I know anybody would enjoy a program such as this. I really hope that the program SARAS continue to go on for many years to come. I said this when I made my speech but it is very true, in what other program is there an opportunity for kids our age to learn from big shot doctors and researchers. There isn't any other program like this and for us kids this is the program to go to and learn from. I will suggest this program to all of my peers, anyone who is interested to being a doctor. It is an eye opening experience. We learn from all topics anywhere from cancer to how not to sleep during a boring lecture. It took a long time to realize what the profession for me is, which happens to be biotechnology. That field is where I want to go to when I grow up. I knew that I was interested in business but I didn't understand out of all the programs why would my mom put me into this program. I found out that there is a business option in the medical field. I was captivated by the two speakers who talked about biotechnology. I felt as if they were talking to me directly, everything they said contained something that I would love doing. I understood the business jargon they were talking in and I really am fascinated in biotechnology. I hope that this camp goes on for a while, so other kids can benefit from it. Thank You so much for letting me participate in this program and I really did learn a great deal of knowledge.

Impression of SARAS

This summer, I spent a great time in SARAS, meeting intellectual professors and making new friends. I believe that this program is extremely inspiring and helpful for high school students like myself in considering a future career in the realm of science and gaining a deeper knowledge of various aspects of science such as biochemistry, medical science and etc. Before I attended SARAS, I was narrow-minded of the careers I could pursue in the world of medical science. As my parents and many other people had informed me, I have always thought that the best medical doctors were dentists and plastic surgeons, since they earned not only a great deal of capital, but also respect. However, now that belief is completely gone from my mind as I realized that there are so many valuable and essential areas of medical science that are worth pursuing and being recognized. For instance, a cardiovascular surgeon is a great job because saving a person's life would be praiseworthy and also a geriatrician is important since the need of taking care of the aging population is rapidly increasing. As I listened to the great lectures of many professors, my mind became gleeful with all the possibilities that lie ahead in my future. I was especially thankful to my parents for giving me this great opportunity to open my mind wider through participating in a great summer program at Stony brook. Oh! I almost forgot to say this. I loved lunch very much. It was very tasty. And I thank all the faculty members for their true endeavor for the program and for all of us.

Richard Dukee Hong

SARAS program was the first step toward my career. I have always been interested in science and medical field. This was a great experience. SARAS program encouraged my ambition for the medical career. Lunch was really good everyday. And the most of lectures were enjoyable.

Thank you for the valuable experiences.

SARAS - #64 Ga Hye Kim

I would like to thank you for the amazing opportunities that you have provided me with. I would like to thank you the professors for their time and effort and all the amazing people that helped with making this program successful. Thank you so much for putting so much time and effort into creating this wonderful program. The three weeks have been both fun and educational. I had a great time and learned so much. This program is amazing and I hope it will be bigger and better in the future. I appreciate all the hard work that you put in throughout this program. Everyone has dedicated a lot of their time into making this program fun. I am thankful that I had the opportunity to participate in the SARAS program and I definitely learned and at the same time I also had a lot of fun.

The three weeks of the program went by quicker than I had expected. This program was an amazing opportunity and it gave me the chance to learn more about the medical field. It opened up my mind for new ideas and it was a great experience; something that I will remember for the rest of my life. This program provided me with a different perspective of each medical profession. SARAS has been very inspiring and I enjoyed doing hands on activities with experts. Practicing IV shots and giving epidurals was a great experience. This program was very beneficial and all the lectures were different and unique. Each lecture taught me so much and it opened my eyes to different careers. This program has changed my perspective of research and because of SARAS I am considering doing research in the future. It gave me a better understanding of the many different health care professions that were available in the world. SARAS was very entertaining and informative. Not only has SARAS broadened my knowledge in the medical field, but it has also taught me valuable life lessons. I know this experience will travel with me through the rest of my life. I am going to miss this program and all the wonderful people that I meet during my adventure at SARAS.

I wanted to say thank you to all the professors that spent their time educating the students about their life and their jobs. They came in well prepared with power points and lectures that were very engaging. They were very passionate about their career and transpired when they were talking to the students. The professors and doctors were full of wisdom and intelligence. They are people that I aspire to be in the future. All the lectures were fun and interesting and I enjoyed every professor and scientist that came to speak with us. SARAS has really been a fantastic experience and all of the professors were knowledgeable, interesting, and exciting.

Thank you again for such an incredible experience.

Alison Ip #93

Thank you for your time and commitment to such a great and informative program. I have learned a lot and would definitely recommend this program to my friends who are interested in the field of medicine. SARAS has helped me see all the different roads I can possibly take as I hope to be part of the field. Thank you!

-Min M. Kim #41

Last Day at SARAS – Nicole Duggan #62

The last day at SARAS was a great day. It was sad that it would be the last time that everyone would be together as a group, but it was an enjoyable experience nonetheless. It was also nice that all of the experts that came over the three weeks came back to spend time with us on our last day. It was great to be able to thank them for a job well done and show them we learned something from their presentations.

The program was an amazing experience. It opened up my eyes on how many different fields there are in science and medicine. I learned so much about each new topic and my options for a career have expanded also. I will never forget some of the lectures that were presented so well to us or the ones that made us laugh. I liked that the experts answered all of our questions well because I learned from them too.

It was also nice to meet new people. I never thought I would make new friends there, but I did and I am grateful for that. Everyone there was so amazing and we all have similar goals and that gives us a connection to each other. The hot lunch on the last day was also very good along with all the other times food was brought in for us. We were fed well and never had a problem with what we were eating.

My most memorable experience though was the Veterans Home visit. It was such a touching day and it was nice to go spend some time with the veterans. We were able to learn their stories and give them our attention to show that we cared for them and appreciated all that they did. It was also nice to know that we brought them joy and happiness just by visiting because some of the veterans do not have any family that can visit them. So thank you all for such a great time. I appreciate it so much.

Thank you to SARAS presenters and faculty for this opportunity. I found this program intriguing and was one of the best medical/biomedical programs that I have participated in. It truly gave me a different perspective on the medical and biomedical fields. All the participants and presenters were phenomenal. Again, all presenters and participants were inspiring and exceptional and in their field of knowledge. They all had an impact in shaping the direction that I will pursue in the medical field.

Thank you again, for this rewarding experience.
Matthew Mayers 59

Stony Brook University had provided many young scientists a great advantage by creating the SARAS program. We, as young learners were exposed to many different environments and things, not a normal student would go through. We learned from real doctors, scientists and researchers about their projects and how they contribute to the medical world. We did many workshops that put us out of the classroom and books. We learned how to do an IV and lumbar puncture. We learned what an ER is like and what to do in different situations as a physician. We saw many different types of bacteria and how they help and hurt us. Coming in to SARAS, I wanted to be a doctor, but coming out of SARAS, I realized that the term 'doctor' is a very practical term. There is a very wide range of things I could do in the medical field. We had a neuroscientist, robotic surgeon, stem cell researcher, nurse and many others come in and explain their role in the medical field. These were some of the careers I have never thought about, but may think about in the future. These careers are behind the scenes, and contribute greatly to us. Now, I do not know what I want to be because there are so many jobs that I find fascinating. Each physician or researcher presented their projects and I have only heard of stem cell, genetic engineering and cancer research, but one lady came in and was researching the effects of crack and cocaine on the human endocrine system. I was interested in this as well. Now, I also want to be a researcher as well as a physician. For science research next year, I will consider it an honor to be working in the lab with some of these scientists and would love to go deeper into their topics. The SARAS program opened up a door to many new ideas for my future and the future of my peers. I learned so much in the past three weeks and this knowledge will help me ---make my decisions for the future.

Mussarah Khan

I thought that the SARAS program really opened many doors for me. Not only did I learn about science, I also got a firsthand view about the different fields in medicine. I learned about nursing, physician assistants, physical therapists and so much more. Also, research seems like a very broad and open ended area, and this program has also sparked an interest in scientific research in me. I have realized that there are many different job opportunities in medicine, and one does not have to be a doctor to be successful or make a lot of money. The difficult part is convincing my parents of this. But that is a whole other topic of discussion. Nonetheless, I found this program to be extremely worthwhile and productive, and I will definitely encourage my brother and sister to take part in this program in a couple of years when they are old enough, because I learned more this summer than I have any other summer of my life, and I also had a lot of fun while learning. Thank you for taking time out of your busy life to organize this program for us. I greatly appreciate it. :)

Nabha

This is Abir Ahmed, from SARAS. I just wanted to let you know that SARAS is a great learning experience. SARAS has definitely showed me that there is more to the health care profession than becoming a physician. Before SARAS, I didn't really know what research was all about, but now I think I might want to pursue a career in research. All of the lecturers were exiting and seemed so passionate about their profession. I was pleasantly surprised when I realized that SARAS would be much more than one long science class. SARAS also gave me something to talk about with my dad. One of the most interesting things that I learned about was neurology. And my favorite part of SARAS was the hands-on activities. Learning to putting in IVs and visiting the blood bank was really cool. It was one of the best summers I've had. I also made some great friends at SARAS and the food was pretty good too!

Thank you for this great experience,
Abir Ahmed

I would like to take this opportunity to thank you for this years SARAS program.

Needless to say, attending this summer program has been very fulfilling and. satisfactory to me. I have learned a lot. The subjects discussed during the program were very interesting and have captured my imagination. I now know so much more than previously about my choices for the future.

I had the chance to make some new friends. Also meeting all the wonderful people of the faculty and hearing them was a pleasure.

Thank you once again for this memorable opportunity.

Sincerely,

Kiran Matlani

Hello my name is Harris Weber and I would like to thank you for giving me the opportunity to participate in the SARAS program. This program truly gave me insight into the biomedical field, and at the same time allowed me to have an enjoyable experience. Many students at the high school level are very confused about their future careers, and are unable to dismiss this confusion. The SARAS programs work to fight this confusion. It gives high school and some college students a first-hand experience with biomedicine and presents them with the knowledge they need to develop career goals. Thank you very much for providing this knowledge to me and my peers as it is greatly appreciated. SARAS program allowed me to have a great time and opportunity to widen my vision. I thank all professors and students who participated or helped the program to go well.

GaHye Kim

SARAS program was very different from what I expected but nevertheless, it was great. This program truly inspired many people to the path toward the science. This program, I think, showed us every kind of science such as the treating cancer, nursing, responsibilities of taking care of people etc. I thought that this program was very intense. I was very surprised to see that many students asked very detailed questions as if they wanted to go to college with certain profession. And of course, the giving dolls and other items inspired others to ask. Some subjects were way too hard for me to understand, especially when professor started talking about p450 and all the other proteins that can prevent cancer, and I saw other people confused and daydreamed.

All professors taught us with passion that made me want to pay attention. Every time these professors started teaching, I kept thinking to myself whether or not I can do the same when I graduate college and start teaching.

I want to thank all professors who taught us about their profession in the SARAS program. I was born in Korea and as some of you all know, Korea's level of teaching is above all other countries (well, maybe India is at same level) but unlike India, Korea is very small and has population of 600,000. In Korea, everyone is smart, capable, athletic, and all have same goal. And since Korea's company and college accept very small percentage of population, so there is a lot of competitions. I grew up in that condition until I was in 4th grade and moved to America. My 4th grade math still comes up in Math B subjects and my general knowledge of science helped me. Because of this, I got lazy and before I knew it, I became arrogant and I started to lose my desire to study. I want to thank you all because I realized that I'm not that great. There were countless times when I had no idea what professors were talking about. Now, I got back my desire and I want to enroll in Stony Brook medical.

Thank you

Sincerely,

Sang Yoon Park

The SARAS program, was an eye opening experience that I will never forget. By attending this program I was able to decide if I should get into the medical field in the future. I will. I was able to get a feel for different professions in the health care industry. SARAS also allowed me to find a mentor for next summer, where I will most likely be attending another program in stony brook. Not only has this summer opened my eyes to new professions in the health care world and allowed me to make connections with professors in stony brook, but it has also allowed me to form life long friendships with the other kids in the program. I loved this program, and would definitely recommend it to others.

Leeat Osadon

I found that the Science And Research Awareness Series, or SARAS 2009, was one of the most interesting and life changing occurrences I have ever experienced. From learning multiple new things to making new friends, the whole program was one of the most fun events I have taken part in during my lifetime. I learned more about the Medical Field and began to grasp onto an idea of what career path I would like to follow in the near future. There were also many other presentations that seemed to ignite my interest for certain career paths. All of the presentations were wonderful, insightful, and were well presented by the amazing successes who contributed to the education of the participants of the SARAS program this year. I felt that throughout the three thrilling weeks of the program I learned some things that would never be offered elsewhere and that I am now significantly more sophisticated through taking part in the series. I learned about cancer and its causes and effects, in more detail than I would anywhere else, and became informed about the various other issues that are dwelling in the world. Throughout the program, all of the presenters seemed to make one of many points that seemed to stand out to me. It appeared that all of the presenters were telling the audience, the SARAS 2009 partakers, that any single person can make a difference one way or another. From doing research to serving society as a physician, any position in the Medical Field can help make a difference in the world. I feel that by taking part of this series, I have conjoined my love for science with a future pathway to success that will keep me contented throughout my college experience and throughout my life. The multiple germane topics discussed during the series were very interesting to me and all brought up my interest. It will be very difficult to choose which profession I would love to pursue in the near future. I walked into SARAS 2009

thinking I knew exactly what I wanted to do. Now, I have no idea what I want to be. All of the vocations in the Medical Field interest me and the SARAS program has helped me recognize all of the different courses which I could pursue in the future. Thank you all who made SARAS possible.

Omid Esmaili

Thank you for your time and effort, SARAS is something I will never forget. I learned so much about the various careers in health care, i am sincerely thankful for the experience.

Thank you,
Vanessa Rojano

Thank you so much for organizing the SARAS program. I really learned a lot and made several new friends. It was a very unique experience as I was introduced to so many more new fields in medicine and also new types of research technology. Coming to the program, I felt that I would narrow down my choices of profession to a few but now, I am so overwhelmed with all of the paths out there. I think that this program was a great way to meet new people and expand your horizons. Thank you so much for this wonderful opportunity.

SARAS was a truly wonderful program that allowed me to expand my horizons and meet new people. I really did not know that so many new types of research were being conducted. Every lecture held new and interesting information and the workshops were educational as well as fun. The overall experience for me was quite fun, educational, but overwhelming too. I wanted to narrow down my choices of profession, yet now I am not even close to choosing what I want to do. In a way, that is good because I learned some really new and advanced things that will give me confidence and also add to my resume for college.

Garima Yadav (52)

When my parents first told me about SARAS, I refused to join it because I thought it would be a waste of my summer. But my parents insisted that I at least try it for a few days and see how it was. Unfortunately I missed the first week because I had an accident and lost a few teeth. Then I came the second week and the first few lectures weren't of my particular interest. Lunch was very good and there was plenty of vegetarian food I could eat there. Then I finally heard many presentations that were very interesting. The hands on experiments in the labs were also a lot of fun. I made a lot of new friends and got somewhat of an idea of what I want to pursue in the future. The third week was also a lot of fun. It was also very sad the last day of SARAS, but overall this was definitely worth a few weeks of my summer.

I just wanted to reiterate how much I enjoyed the program. Going into it I was not sure what to expect, but I found the lectures and the program to be, for the most part, enlightening. It was an honor to be able to attend the lectures of such highly esteemed speakers. My desire to go to medical school has been reaffirmed. I will also be much more inclined to look into Stony Brook University as a possibility for undergraduate studies. Thank you all for putting the SARAS program together.

Jonathan Fischer

#31

I went into SARAS without knowing what I was getting myself into. I thought I was going to be horribly bored, sleeping through lectures, being assigned assignments, and that I would be surrounded by people who knew so much more about science than I do. Instead, I was pleasantly surprised in finding that SARAS was more than just lectures. I made a bunch of friends, and actually got into trouble a couple times because of it. The lectures weren't boring either, some dragged on a little too long, but they were all very interesting and educated me. Topics that I looked forward to listening about were exceptional, and even the ones that sounded boring on the itinerary were really interesting. The food was delicious, and I tried curry for the first time and loved it. Learning how to put in an IV and execute a lumbar puncture was my favorite part, it was tons of fun learning hands on stuff. I would love to do it again and will definitely tell people about it. To this day I still talk to all the friends I made at the program daily, and have even met up with a few of them. I'm so happy there's no application to get into this program because it allows for anyone to sign up and become educated on medicine and the occupations of research in it. I knew I wanted to do something in the medical field and now I understand different places I could assign myself to. The contacts that I made and have will help me further in my study of research and I know now that I am definitely applying to Stony Brook if it means having the chance to work with such esteemed professionals. Overall, the program is a huge success in my opinion and would fight anyone who said otherwise.

Katie Fong, number 69

Originally, I had signed up for the SARAS program to help myself pick an area for research over the next few years. However, as the program drew nearer, and I read the itinerary and the various emails, I felt myself become more and more excited.

Upon signing up, the emails I began to receive weeks prior to my departure for Stonybrook intrigued me further to think of this not just as a venue to engage my mind, but perhaps as a place to further my skills and knowledge, meet great people, and maybe even have a lot of fun.

I think the first email that really made me laugh was the one about the ID cards. The subject line itself (We "R" ready for you, "R" you ready for us?) made me chuckle, intriguing my mom who stepped over to the computer to see why I was laughing. When we both read the line about the possible 500 dollar fee for losing your ID card, we shared a look and laughed some more. This made me very excited.

Finally, it came time to leave. I was dorming at Stonybrook, so I would be staying there for four days a week. Grabbing my ID card (and chuckling a bit as I remembered the possible consequence for losing it), I walked into the lecture hall and sat next to my friends from school. I found myself hoping that whatever field I went into, I enjoyed it thoroughly, and I was able to inspire people just by talking about it. From the very first lecture about renal transplantation, to the movie King Gimp, I constantly enjoyed the program, especially the lectures in fields I was very interested in, such as Neuroscience, Orthopaedics, and Psychiatry. I met many people, from the people I dormed with, to the many members of my team, to the experts who presented. I would come home on the weekends, and began using ideas I had learned at SARAS, such as blaming the fact that I was waking up at 10 on my "sleep debt." I hope to be doing research at Stonybrook next year, so hopefully, I will be able to meet up with you all in the near future-Anjali Agarwalla

Why did I attend the SARAS program? I attended SARAS because I wanted to do some research in the summer. However, I was not able to decide which area of science would be most appropriate or most interesting to me.

When I found out about SARAS from my mom's colleague and friend, I decided to research SARAS. On the internet I found all the information I needed and got fascinated by the program. I decided to go ahead and enroll in it and am very glad for making that decision. My cousin who was visiting us for two weeks from California also followed suit, and the two of us would take the train to and fro to StonyBrook.

SARAS proved to be a very interesting program. Professors and MD's gave lectures on several different areas of health sciences. I got a lot of exposure in what doctors of different specialties do. The medical field is constantly making progress. It was amazing to find out how much research and hard work is actually put in before any significant improvements are made to the existing health care. I was impressed by all the research that the presenters had done. Of course, a lot of the information was beyond my comprehension. Nevertheless, I could not help wishing and imagining myself being able to master a health science area and talking confidently about it.

At SARAS we also had a lot of workshops on what a nurse or a respiratory therapist, or a physical therapist or a CPR specialist and many others do. Many of these workshops involved volunteer students to do hands on activities. These workshops also helped increase my appreciation for the work of these health care workers.

I have always had great admiration for health care workers. SARAS has definitely rekindled the desire in me to do research and I want to become a doctor. I am very eager to do research with someone at Stonybrook University either this summer or next once I have taken the SATs, which I am due to take this fall. If I become a physician, I aim to become an "able, available and affable" doctor.

Tanuj Sharma (Id #23)

8/2/2009

I really enjoyed my last day at SARAS. I thought the ceremony was nice and well put-together. It was also interesting to hear about all of the opportunities that are available to us at Stonybrook University.

Thank You,

Natalie Cricenti, # 71

I really had a wonderful time at SARAS this summer. I think this program is very effective in educating students about the medical field. I definitely learned a lot about science and I feel that I am more aware about all the different possibilities in this field. Now, I am positive that medicine is the career path I want to take. During my time at SARAS, I found a lot of the speeches to be interesting and informational. Most of all, I really enjoyed the hands-on workshops. Thank you for giving me this opportunity to get an insight on what it is like to work in the sciences.

-Natalie Cricenti, #71

My saras experience has enabled me to become a better person through out this medical experience. I have really learned from the best and hope to have a clearer understanding of what i want do in life especially in the medical field. i thank all the doctors and professors to come in and help us better understand the different type of field in medical. This program was an eye opener for me and i have realized that I'm interested in research and other medical related fields. I hope to become a successful physician or researcher like many of the people who came and taught us the true meaning of becoming a doctor.

Thank You , Nitin Aradhya ID # 83

I really enjoyed the whole SARAs experience. I learned a lot of new things, made lots of new friends, and gained a lot of confidence. During the first few days of the program I came home feeling a little iffy, but as the days went on, I began to look forward to come to the next class. I strongly enjoyed all of the information I was receiving through the lectures, and all of the hands-on experiences I was gaining through the work-shops. One of my absolute favorite workshops was when we learned to do the IVs in the hands, the IVs in the back, and i lab stimulator. I'm still curious on how that mannequin was talking. Before the SARAs program, I thought I knew exactly what to be in the future, however after the program, many more doors have opened up for me.

During the program I also met a lot of new people, one of which I'll be friends with for a very, very, very long time. During the lectures I realized I had a lot more questions then I anticipated to have. I really enjoyed it when the professors and Doctors got really into the questions and went on to answer it with a lengthy and detailed explanation. I also had a a lot of fun at the Nursing home. It was a completely new experience that I will keep with me for a life time.

I realized that at the end of the program I conquered one of my own phobias, and gained a lot of confidence. I conquered my fear of public speaking. During the last day's ceremony when all of the kids were giving speeches about their experiences at SARAs, I was thinking in my head that if I were to give a speech what would I say? then out of no where, I raised my hand, grabbed the mike and did something I never thought I could do before, I gave a speech from the heart.

Finally, I just want to say thank you to everyone who helped put together SARAs, as well as everyone who took their time out to come and talk to us. Thank you to everyone for making my summer a memorable one.

Sincerely, Amber Shaikh (#34)

This past summer at the SARAS Program was incredible. I got a chance to meet so many new people, and learn so many interesting facts and information about jobs and schools in the health care profession. Through this experience, I got to meet many new friends from across New York who are also interested in science and the medical field. I also got a chance to meet some of the best experts and doctors in their field of work. I have learned so much about different fields in the medical world, and professions that are not in mainstream medicine. One of the things that I enjoyed the most was learning about how medical students train, and some of the simulators that they use. This truly was an amazing three weeks to remember, and I had an incredible time every minute of it. Also, throughout the three weeks, I got to experience campus life, and get a feel for what being in college is like. By the end of this program, my eyes were opened even more to all the great people at Stony Brook and all that is has to offer.

Sincerely,
Kevin Ng

I would have to say that SARAS is the highlight of my summer. I was not aware what my mom had signed me up for until I had walked into lecture hall on July 6th (and everyday after.) Sitting through the first lecture, I started to understand that this is not only a Science and Research Awareness program but that this program is a major information career fair. I thought it was very interesting how each speaker brought a passionate new feeling of excitement in their voices. I started to realize that each expert who spoke to us enjoyed what they were doing with their own life as well as bettering the lives of their patients and others who benefited from their research and hardwork. My favorite interactive workshop was our visit to the LI Veterans Home and I am now inspired to start volunteering at nursing homes to finalize my decision of becoming a geriatrician. I walked away from this program with a handful of new friends and a new positive outlook towards academics (science and math in particular) research, as well as my athletics.

My overall impression of the SARAS program was good. The lectures were done very professionally but with a fun twist to keep everyone interested and they gave off the feel that you were in a college lecture and not just because we were in a lecture hall. The speakers were very interesting and while some were better than others at public speaking they all provided

good information that was helpful in some way or another. If there was one thing I would suggest to change it would be to do more hands on activities like the IV's and Epidural workshop because getting to have a hands on approach would be completely unique and definitely have everyone interested. Hope this was helpful and am glad I was allowed to participate thank you.

-- Warren Buchholtz

I just wanted to thank everyone who participated in organizing the SARAS 2009 program. I had heard about the program from a friend at school, and decided to sign up for it thinking that it would definitely spice up my resume. I did not really know what to expect on the first day, but attending the program with a friend really made things easier. I'm sure most people walked in on the first day unsure of how the next three weeks would pass.

However, in the first lecture, I sat back in my seat and listened, thinking: "This isn't too bad." And with each passing lecture, I was opened to more and more medical professions and got a general idea of what different kinds of doctors did during the day. It was interesting to see pictures and videos of all sorts of medical practices and even be able to try some of them in the labs. Some presentations really caught my attention, but for different reasons. So I would definitely recommend this SARAS program to other high school students, especially if they think they are sure they want to become doctors. I walked into the program thinking I wanted to become a pediatrician, and now I still do, but I have so many other interests if that field does not work out. I would also definitely recommend all students of the SARAS Program to DORM ON CAMPUS. It was a whole other experience in itself and I became really good friends with the other SARAS participants who also chose to dorm.

And as a final note, I just want to say that I really regret not winning one of those stuffed animals that were tossed out in the lectures.
-Jason J. Lee #39

The S.A.R.A.S experience is something you can't read about in books and is very difficult to write about. It was an experience like no other and i am so glad that i was able to be a part of it. I learned so much about the field in which i would like to be in. I came in with a few thoughts on what i might do and left without a clue. That's okay, however because i learned so much about different fields that i never even thought i would like. This experience opened up a window of opportunity to not only me but to the other participants. All of the speakers had something interesting to say and all presentations were different. This ensured that mostly everyone there would find something of interest to them and if not, gave them knowledge of a subject that they may never have thought about before. Thank you so much for making time for this program to try and teach the participants what you know.

Very truly yours,
Ariella Reichman

As a SARAS participant this year, I wanted to thank you all for taking your time to set up such an insightful experience. Not only was SARAS a useful educational experience, but it was a unique reciprocal arrangement that has made me cognizant that becoming a doctor is a realistic, gratifying career. If I have gained nothing else from SARAS, I will have learned that the ideal vocation is one of passion, and of application to the welfare of society. Thank you so much for this opportunity. It was highly worthwhile and I would recommend it to anyone.
Michael Giambrone

Overall, SARAS has drastically changed my outlook of the medical field and even science in general. It's amazing how many different careers path there are in medicine. Leaving SARAS, I feel like I have a much better understanding of where I am currently at and where I want to go within the medical field. I'm so grateful to every speaker who further expanded our outlook on medicine. As to the speaker's presentations, I feel like I took a lot from every person who came to spoke. Doing this program was probably the most constructive way to spend my time this summer and I'm glad I had the privilege of going. To any future student who want to pursue a career in medicine and science, I strongly advise SARAS. I thank everyone for organizing this program and for taking time out of their schedule to put up with a 100 high school students for three weeks. Once again, thank you.

Kunal Parikh

Hello, this is Mary Rossillo, a participant in the SARAS program. I would like to thank you very sincerely for supporting the SARAS program. Its three weeks of lectures from eminent doctors and researchers truly stand out in my mind as a few of

the most enriching weeks of my life. Before I attended this amazing program, science research appeared as an ominous career prospect. I feared that my keen interest in medicine and my concurrent professional aspirations would render me incapable of taking part in the cutting-edge discoveries of science research. However, after hearing of the momentous scientific achievements of both researchers and medical doctors, I have been inspired with the hope that I may also enjoy the benefits of both medicine and science research. Moreover, I was astounded and honored to find that such august figures in science choose to foster their groundbreaking discoveries locally; I was never before aware of the immense intellectual capital held here on Long Island. Lastly, and foremost, I appreciate the message this program sends to future generations. The geniuses of today must invest in the future, and we are this future. However, the physicians and researchers of tomorrow would probably lack a plethora of useful knowledge if the SARAS program were not in existence to facilitate this momentous exchange of ideas. Thank you for supporting this beneficial program.

Sincerely,
Mary Rossillo

My reflections:

From the first day I walked into the SARAS program, I knew that this experience would be something that I would never forget. I learned about so many different fields of medicine and new technology that was in science fiction movies a few years ago. I heard motivational talks, ate delicious food and saw a life-changing movie. But on top of all of this, I made friends that I still talk to today. Before this program, I was set on becoming a pediatrician. Although this career path has stayed the same for me, I now know about many other fields which I might one day decide to pursue a career in. Also, I was given a greater exposure to research, something that I have grown to love. I am extremely thankful for the amazing experience that I had through the SARAS program. I hope that this program is continued for many years so that other students can have an experience like I did.

~Ruchi Shah

SARAS turned out being different then what I thought it would be. It thought it would be boring lectures on a body organ system that everyone already knew about. What it turned out to be surprised me. Some the topics are some things that I had never heard before. It intrigued my brain. Instead of wasting my brain in the summer. It put it in motion. The lectures were fun to. It opened my mind up to research and different kind of research, in different subject areas, and it showed me how it works and how long it takes. I learned a lot and it me start to work on my research project more and look at it with a different perspective, makes me keep thinking. Overall the SARAS program was very fun and interesting. I will one hundred percent tell anyone and everyone to attend this seminar. You will learn a lot, and if you want to go to a medical field, it will open your eyes.

Waasae Hussain

First I would like to thank you for the opportunity to participate in the SARAS program. It was truly a moving experience. I signed up for the program to learn more about research but I ended up learning so much more. True to the name, the program made me more aware of the research on campus and also the multitude of opportunities in the medical field, some of which I had never heard of. When I started this program I was sure that I would continue onto medical school and become a surgeon. While I still feel this way, the 12 days that I spent in the program changed my perspective on research. As it was mentioned on the first day, science can be a hobby. The many lectures opened my eyes to a new world of science that is advancing with each day. They made me realize that science is all around us and solutions for everyday problems can be found through research. I enjoyed all of the workshops. The hands-on experience that I gained was amazing. I was able to practice a lumbar puncture, putting in an IV, and working with a patient simulator. I will begin my junior year at Stony Brook University in the fall and this year I will return with a renewed passion for science and research and an open mind to all of the opportunities that are available to me. Again, I would like to thank you for an amazing experience. It was an opportunity that I will never forget and that I recommend to everyone.

Amorita R. Davidson

One of the highlights of my summer was taking part in the Stony Brook SARAS program. I learned a myriad of facts during my visits to Stony Brook. The most important thing I learned is that science is not limited. To me science research has turned into a hobby. I learned about robotic surgery (minimally invasive surgery) all the way to pediatrics. I also appreciated the visit to the Long Island's Veteran's Home, which was the most touching part of the entire seminar. My experience at SARAS allowed me to make new friends. Now that SARAS is over, I can say that going to Stony Brook Hospital early in the morning was worth it and the SARAS program will be an experience I will never forget. I wish to become part of Stony Brook's Medical Program in the

future. I hope to become a neurosurgeon when I am older. Coming to SARAS only strengthened the will inside me to become a doctor. I have one more year left in high school and I cannot wait to start my own research project. I was part of my school's research program and coming to SARAS showed me that research is not a limited field. Who knows? I may invent a drug in the future that might help millions of people worldwide. If there were any program I would advise aspiring researchers to attend, it would be, without a doubt, SARAS. I am 100% positive it will have a positive impact on many children. Once again, I would like to thank all the people who contributed to SARAS this year. SARAS was amazing!

Ali Syed

This was an excellent program. I learned a great deal about the clinical aspect of research. As I move on through life, I hope to be as well connected to researchers as the scientists here were, to further my own research. I was happy to receive a few awards from the program (FREE BREADSTICKS FROM PIZZA HUT!!!!) but most importantly I learned a lot. I am now greatly considering to further my education at Stony Brook University. This program was undoubtedly the most meaningful thing I did this summer. I learned about all different aspects of science, including anesthesiology, cardiology, urology, neurology, dentistry, and many others. As a result my horizons are even more greatly broadened, and I have a more complete picture of the fields awaiting me in the future. I am now more convinced that I want to be a surgeon, but now I'm unsure what my specialty should be. Time will tell, but this program was a fountain of information I would most likely not have received anywhere else. I thank you all for this opportunity, which has forever changed my life.

Taha Ahmed

My participation of SARAS has been a valuable experience in my life not just because I learned many new things, but also because it opened my eyes to the medical world. I had never known that so many medical fields and practices existed before. I would without a doubt recommend this program for other children who are curious about the medical sciences or who hope to one day specialize in a medical field. Before this program, I had wanted to become a cardiologist. But after attending this program, I am so fascinated with almost every science that was discussed that I cannot single one science out and spend the rest of my career studying. The speakers who shared all this information to us were also brilliant. Their method of presenting their research and field of study and yet keeping it to a high school level made it much easier to understand and also kept me interested personally. They were all engaging and informative. The hands on presentations such as the CPR presentation were great in that we were able to experience for a brief period of time what some doctors do. I enjoyed the hands on experience and found that to be entertaining and informative as well. Not only all this, but all of the other kids that I met at SARAS are all great people. I made many new friends and learned many new things. All in all, I do not regret participating in this program at all and completely support its continuation to inform young, eager minds such as mine.

Neil Mehta

It really was an exciting course which opened my mind to the endless possibilities in the medical and research field.

Thank You!

Kiran Matlani

Thank you for making the SARAS program possible. It was a great experience for me and I got to meet a lot of great people with interests akin to mine. I was very interested in many of the presentations, and one of my favorite things is being provoked into asking questions--to have my curiosity excited. This happened many times during the SARAS program and I wanted to thank you for that opportunity. I always have known that I was interested in science, but have never really known what I personally wanted to do. This program has helped me to see better what fields I am interested in.

Thank you so very much,

Ben Hirschfeld

The SARAS program has been one of the highlights of my summer. I am glad I did this program. It was a good way to spend my summer, unlike every other summer where stay up till 3 am and wake up in the one in the afternoon (kind of like what I did after the program was over) and just end up wasting my summer. More importantly, I learned so much from this program and it really helped me get a glimpse of my future.

I learned a lot of different things every day. I liked how you could ask the speaker questions about their presentations but also general questions about what they do or questions you always wanted to know the answer to. Like, "What kind of toothpaste should you use to get teeth as white as Robert Pattinson's?" or "What should you do to have healthy teeth?" I, now, brush my teeth twice a day, mouthwash twice a day, and floss once a day after hearing that

answer and seeing those pictures. In the beginning, I thought it would be a boring program and I didn't think it was a big deal experts were coming to talk to us. But thank you for proving me wrong. Once it started, I realized it was a big deal. I am so thankful now because I realized those experts have a life and they took time out to come talk and share their knowledge with us. I made sure I listened to everything they had to say because this was an opportunity that many people don't get and I saw how hard it was to talk for five minutes about television without stopping in front of a hundred people and could only imagine how hard it would be to talk about a subject the people don't know about and for an hour. I also like that it wasn't science for five and a half hours every day. We played some pretty fun games, I met a lot of new people, and the food was great too. I also found myself sharing my new found knowledge with my friends and family.

"Hey, do you know what a stimulus package is?"

"No, what is it?"

"Well, it's when a guy has two..."

"Did you know...?"

"Did you know...?"

"Did you know...?"

Until, one friend said to me, "What has Stony Brook done to you?" Which got me thinking what did Stony Brook do to me? And I realized it did a lot. As I said before, it helped me get a glimpse of my future. For one, it showed me that it's not only 'I like science, so I'm going to be a doctor'. This program showed me that there is so much more in the science field than just doctor. I learned that I'm more interested in biomedical engineering than in becoming a doctor. I also learned that I want to go to Stony Brook. My cousin, who just started her first year there asked me, "Do you want to go to Stony Brook like me?" And I told her, "Honestly, I didn't want to go there before but then I did this program there during the summer and now I actually want to go there." And that was why I raised my hand when you asked who wanted to go to Stony Brook.

I just wanted to thank the people who coordinated SARAS and all the experts for giving me an awesome summer. I take back what I said before. It wasn't one of the highlights of my summer, it was THE highlight of my summer (yes, that's how nerdy and lame I am). I even wanted to come on Fridays and wished that it was longer so I could learn more and have more fun during the summer. On the last day, I left knowing a few things: my three weeks at Stony Brook was time well spent, I could say I actually learned something during my summer, and I could leave as an expert – on the fear of body odors.

P.S. I was very disappointed to find out that $1 + 1$ didn't equal 3.

-Mehnaz
