

2011-SARAS: Participant's feedback

I appreciate the time and energy you as well as the other staff members spent to organize and run this program. It has had a great impact on me. Now I have to admit that I wasn't too sure if SARAS would be of my interest. My mom signed me up and I always give something new a shot, so I treated SARAS no differently. After the first day, though, I was sure that this program would be beneficial to me. Because of SARAS, I have been able to be exposed to all different fields of medicine and research. I would not have been able to experience this had I not come to SARAS. So those are my thoughts about the program as far as the lectures go. I also appreciated the hands-on experience with the simulators and manikins as well. It helped us get a feel of how a medical student practices certain procedures, thereby giving us a taste of how it feels to be in a medical school in a way. So I can say that this program was very informative and that I walked away knowing things that I otherwise would have never known even existed. The program was nearly flawless. I made a few new friends as well, so that is another plus. In the future, if you ever think of stopping this program, I want you to remember the impact it had on me and how it would have the same impact on many other students. It wouldn't be fair to the students in the future to not be able to experience what this program has to offer. That being said, I wish a happy summer and all the best.

Aatman

My name is Aikta. I absolutely loved the SARAS program! It was a great experience for me and I had a blast. I made friends with people that I still talk to and will for a very long time. I learned great life lessons as well as educational ones that will put me a step ahead of anyone who missed out on this experience. It also let me do something productive with my summer and not just sit around in-front of the TV and computer all day long. I loved meeting you and learning about various fascinating things from other prestigious doctors. Thank you for arranging this program and sorry it took me so long to respond! Have an amazing summer! And if you ever need any help in the labs I'm not afraid to touch or work with anything!

Aikta

I can honestly say that the SARAS program was quite the memorable experience. There were in fact quite a few lectures which grasped my attention and interest. I made many new friends whilst at SARAS, a few of which I still happen to talk to. My favorite moments of the entire program would have to be our hands-on "situations", such as a lumbar puncture, inserting an I.V., and more. I would definitely recommend this program to all of my friends who share an interest for science. This program only affirmed my wishes to enter the field of medicine as my profession in the years to come. The only suggestion I would make, would be to have *many* more hands-on labs or activities, for seeing diseased organs in front of me and things of that nature, were what had the greatest impact on me. Thank you for your time, and I hope you have a nice summer.

Akash

I hope you have been enjoying your time since the end of the SARAS program. Overall, I really enjoyed this experience and I learned a great amount from each of the activities. The program exceeded my expectations and it was an enjoyable way to spend some of my summer. In my opinion, the lectures we received were beneficial and interesting, especially because I was able to learn about several topics and open my mind to new fields that I was previously not familiar with. The workshops were great in that we were able to work more hands on and further our practical knowledge. In order to improve the SARAS program, I believe that if possible, it would be great if students had the opportunity to experience even more of these hands on workshops. Thank you for creating this excellent program,
Alexandra

I thought SARAS was a wonderful experience for me. The lectures opened up so many new ideas for career options and the people I met were unforgettable. I certainly had a blast and took in so much knowledge that will eventually benefit me in the future. Thank you for a wonderful experience.
Alisha

My experience during the SARAS program in Stony brook throughout the whole program was truly amazing. I got to learn so much from all the experts that came to speak with us. I was able to retain all the information I was given and even think about ways that I could get into researching certain topics and potentially start a project on them. I also met so many new people that I never knew before and got to learn about them and even their cultures! It was an amazing experience and I would definitely recommend it to any student who is interested in pursuing a career or even learn about science and all the fields of science.
Yours,
Amir

I really thought that SARAS was a great experience and I truly learned a lot from it. The various lectures that each professional gave us were intriguing and I definitely do not regret being a part of this program. The food was also very good. Overall, I am leaving SARAS with twice the amount of knowledge that I had before in science and I thoroughly had a great time. Thank you.
Have a great summer,
Anmol

SARAS was truly a memorable and educational experience for me. It really broadened my options when it came to what I want to do in the field of medicine in the future. Before SARAS, I knew I wanted to become some sort of doctor, but never knew exactly what. This program definitely helped me decide what fields I found interesting and the ones that didn't interest me at all! Many of the lectures were very intriguing and taught me a lot about basic medicine as well as the new procedures and techniques that will be used in the future. It was a great experience that I will never forget. Thank you so much
Ashna

First off, I want to thank you and your staff for a great three weeks. The SARAS program was an amazing experience that I will never forget. The speakers really were experts in their fields and I saw that they were extremely passionate about their work. The most important thing I learned from SARAS was that there are so many job opportunities in the medical field besides becoming a physician. It really opened my eyes to all the different possibilities. Before SARAS, I didn't know a great deal about the research process or the lifestyles of researchers. Now that I've seen what it's like I'm actually contemplating going into research rather than becoming a physician. Overall, SARAS was an invaluable experience and I would gladly return next year if given the chance.

-Aumyo

I am very sorry for the delayed feedback, as I was traveling. SARAS was one of the best summer camps I have ever been to. I call it "camp" and not "program" because I really had a great time and was excited for it every day. Not only was it very informative, thought provoking, and had good food, but it covered a wide range of topics. Before the program started, all I knew about my career interests was that I liked science. Because of the lectures from all aspects of the biomedical field, ranging from Polysomnographic Technology to Dentistry to Physical Therapy, I got a taste of everything the field has to offer. Your opening presentation on the new areas of science was really insightful, and the research you are conducting is fascinating (I told my parents all about it as soon as I came home that day!). I also enjoyed our visit to the Veterans home. It showed the impact everyone of us can make on our community, and encouraged me to try and do so with science! The lectures and workshops that didn't necessarily deal with science also helped (I learned a lot from the SAT class even though I have a few years before I take it). I am now encouraged to either do research in the field of Biomedical Engineering or study to become a doctor some day. I just want to say thank you for such a captivating camp. It was helpful, enjoyable and an eye-opener.

Sincerely,
Bhavani

The SARAS program was very enjoyable, informative, and interesting to learn from and experience. The speakers and the lectures they gave helped me to become interested in certain scientific topics that appealed to me. Going into the SARAS program, I didn't think I would enjoy it or have as good of a time as I did. I never knew learning and science could be so much fun. Dr. Pentyla made the program especially enjoyable because of his funny stories and sense of humor. I learned about a lot of new topics in science and a lot about the medical field too. I didn't realize how many different professions I could pursue. Some of the speakers were very inspiring and really kept me interested throughout the entire lecture. They made me want to stay and listen to more. The lunch for the program was very delicious and I encourage you to keep using the same restaurants. In conclusion, I really enjoyed this program and I'm glad I took three weeks out of my summer to spend it at Stony Brook learning with you. Thank you so much for this wonderful experience.

Jaclyn

As a high school student that is undecided in what major I want to choose for college, attending the SARAS program has allowed me to become more exposed to what researchers and doctors do in different fields of science. It has also allowed me to experience life while staying in a dorm at a university. During this program, I met new people and made new friends. Having more knowledge and experience of what goes on in hospitals will make it easier for me to figure out what interests me the most for a career in the future. Thank you,

Christine

I would like to say thank you for putting together the SARAS program. I really enjoyed learning and being exposed to all the different possibilities of what one can do in the medical and research fields. It made me think a lot about what types of things I would like to do when I get older, and it had also helped me understand the requirements needed to go into certain professions.

The SARAS program seems to be the ideal program for people who are interested in medical practice or medical research oriented fields, but do not yet know which specialties in particular. While I always knew I wanted to be a physician one day and had taken many science courses already, I was not aware of the variety of interesting medical specialties. This program made me even more motivated to pursue medicine as a career. In fact, I plan to apply to combined BS-MS programs (including Stony Brook's) directly from medical school next year!!

I also liked the mix of workshops and lectures, because they let me learn about things and then later see how things are really used. All of the experts were good at presenting us with easily understandable and interesting information. Once again, I want to thank you for such an awesome educational opportunity. I really hope that the SARAS program stays around for many years to come.

Sincerely,
Rachel

The SARAS program was an eye opening experience for me. I was honored to be in the same room with so many successful researches and doctors. I learned more about what I would have to go through to become the doctor that I want to be, and it also opened my eyes to research opportunities I could pursue in my future. I appreciated the time and effort that the experts put in to lecture us on their topic. The workshops were my favorite part of the entire experience because it allowed me to work hands on and participate in the program in a way that I do best. I enjoy learning much more when its hands on and entertaining, I'm sure everyone does. I want to thank all the researchers for dedicating their time into the program to speak to the "future" kids who will make the world of science a better place. I also enjoyed meeting new people in the program and becoming friends with so many new kids who all had an interest in science. Thank you for arranging such a unique and intellectual program.

~Sincerely,

Brittany

SARAs has been a great experience for me. Although I am older, much of the material was very interesting and sometimes completely new to me. I have met several people and have made contacts with whom I will be discussing my future plans. I especially enjoyed the hands-on workshops; particularly in the pathology lab where I saw real human tissue up close and was able to ask questions to experts about what I saw. These experiences will stay with me for a long time. I am grateful to you and your hard work in organizing and running this wonderful conference. And I can't wait to talk further about medical school admissions and the interview process. Thank you for introducing me directly to him. :) Thank you again,

-Carissa

Overall, SARAS pretty much accomplished its goal. I have a better idea of what career path I want to choose, am more informed in general about the biomedical sciences and science

research, and had fun in the process! Most of the lectures were excellent, with interesting presenters and engaging power points. My favorites were the diabetes, sleep, physical therapy, and pacemaker lectures (and of course, urology. I want to see that XXX-rated lecture, haha).. The lunches were good - especially the lava cakes - but there could be more of a choice for vegetarians. The lecture hall was really awesome. And lastly, the workshops were fun and I loved the hands on experience. Thanks a lot.

In the beginning, although I didn't raise my hand, I was one of the people who were forced to go to this program. I was a bit sad that I'd have to spend three weeks in an educational program (and in the summer!). The introduction, however, helped soften me up a bit and I decided to rethink about this program and give it a chance. And oh boy, good thing I did.

I thought that I would dread the three weeks, especially since I would be dorming there, but I'm glad that those three weeks were spent in Stony Brook for this program. My roommate, for one, was someone I wouldn't mind actually rooming with. He, unlike me, would wake up early, so he would wake me up in time (which I probably couldn't have done without him). We got along well, and we had no arguments at all in our three weeks dorming together.

The people there in general were all such kind hearted and smart people, and I loved it.

Some of the people there I won't forget others I wish I could, and others I didn't really get to talk to, but wish I had. It was just a great three weeks of both socializing and learning a lot about the medical field and the different specialties and jobs that were open.

I am glad that I went to this program, and I would highly recommend it to anyone.

Thank you for making my summer such a wonderful experience.

Sincerely,

Daniel

This is Daniel, one of the participants in the SARAS program.

To say the least, it was illuminating. I got a nice look at the medical and scientific industry. The presentations had inspired me, as did the presenters (being an example of how I could reach their expertise one day.). I'm very glad that I took part in this, and will no doubt recall what I have learned when I move forward in my educational affairs.

Thank you, and everyone who made it possible.

My overall impression of SARAS was great in that I got what I was looking for - exposure to the scientific community. I came to SARAS because I truly did not know what I wanted to do - even though I knew it was science related. Getting all the lectures from the professors was immensely helpful because it broadened my view of the scientific community. Not only do I want to be a practicing doctor now, but I also want to partake in research in order to be on the edge of scientific discovery. Not to mention, this was a great experience because it was fun. Not only did I make friends with you and your students, but I also met new people - and that is an incredibly important part of life. SARAS 2011 probably made my summer this year. Thanks for having us!

Danny

SARAS opened up the world of bio-med to me. I was given the opportunity to listen, learn, and observe. I also have to mention the amazing food I was given every day. All in all, the program

was excellent, I'm thoroughly pleased, and would definitely recommend this program to an aspiring student with interests in the science field.

I did the program last year, and I loved it so much that I came back again this year, the program was still filled with exciting and interesting lectures/workshops, and in particular I loved the LP and IV workshop because it was a fun hands-on experience. This program offers opportunities and the experience that no other program offers, I really enjoyed the three weeks of SARAS, and wish that it was longer.

~ Maryam

I had a wonderful time at Stony Brook. Each day I learned things about various topics that I would not have learned anywhere else. I looked forward to each lecture with the volunteers. Most importantly, this gave me a better understanding of what medicine is all about and actually gave me an idea of what I would like to do in the future. If I had the opportunity, I would do this program all over again. Also, I hopefully look forward to doing some research with you next year at Stony Brook. Thank you for all your time and hard work you put into making this program a success.

Dillan

Thank you for organizing the saras program this summer. Saras exposed me to new ideas and interesting scientific knowledge I would not have known otherwise. I really enjoyed this program and the people I had the chance to meet. Thank you.

Drew

The SARAS program is an incredible program for people who are interested in science. In SARAS you get to listen to people from completely different fields of science talk about what they do, how they do it and why they do it. It is a very interesting program as you get to meet several important scientists who have made great contributions to medicine. During the program you are able to appreciate not only the different biomedical fields that are found at Stony Brook, but you also learn the different ways and ethics in which they perform their job. SARAS was able to make me interested even more in science and it provided me with ideas of different things that I could research which I could use in competitions such as, Intel STS and LICEF. The different experts that were presented to us during the program are very friendly and they sought to answer all of our questions. In the program you also meet people from many different places, religions, races and ethnic backgrounds. SARAS truly helped me obtain an idea of what I want to do in science in the years to come.

Alright Dr. Srimi I want you to know that I truly appreciate all the time that you devoted to the program. You really have a great attitude and seem to be the best person to coordinate it. I hope you have a wonderful year and hopefully if everything goes according to what I planned I might even be contacting you about a project that I'm very confident could be an award winning project in Intel STS as its results would even change the law.

Yours in science,

Edgar

I enjoyed the SARAS program. I thought it was well put together with interesting workshops and lectures. I feel the SARAS program gave me a very good insight into the medical world that I

would not have received otherwise. Thank you for all the time and energy that you put into this program. I truly enjoyed it.

-John

Looking back at the SARAS experience I cannot help but say I surprisingly really enjoyed myself. At first I was counting down the minutes until I could leave but come to the end of the program I just didn't want to go home! I have to admit some of the lectures were impossible to go through and I caught myself getting a little drowsy, but on the brighter side some were really interesting and worthwhile! Almost every lunch was pretty decent and I can't complain. On another note I wish we could have gone to the lab more often because I loved all the hands on experiences. Overall it was a great experience, I met many interesting people, and learned many interesting things.

Eleni

My name is Fazila or better known as number 89. Now, I know you have heard how great SARAS is by other students but it was much more than great to me. I have to say it was the first experience to deal with a program like this. It opened my eyes to the wonderful opportunities of the medical field; it tested my comfort zones when making up a story on the spot to perform in front of such a huge audience; and it definitely tested my patience when we had to wait for our delicious lunches. I love how this program made me realize how it feels to belong in a hospital when I strutted in the main entrance of the Stony Brook Hospital with my SARAS badge, and just exclaimed to myself "Wow, I can really see myself belong in the medical field!" My suggestions would be if maybe you can bring an eye doctor and a dermatologist to present to other SARAS students because those two professions seem very interesting and I know many people would be interested in finding about those professions. I'd simply like to end by saying thank you so much Dr. Srini for making my summer fun and educating, I will never forget how much you have inspired me! And, hey you never know in ten years or so we can be working side by side.

I loved SARAS! It was a great and unique opportunity to hear lectures from some of the world's greatest scientists, physicians, and others! I think that SARAS has really been a life changing experience, and I would recommend it to anyone interested in biology.

Thank You Very Much,

Ganesh

Being in the SARAS program was truly the highlight of my summer it was not just a medical program it was a program where I became friends with the most wonderful people who are also involved in the sciences. The three weeks went by faster than I wanted too. It was amazing and the speakers were nothing short of amazing as well. *I am sorry, please disregard the last email I was not completely finished with the last one

Thank You . Regards,
Gabrielle

I thought that this was a great program. It really taught me a lot about different fields in science and medicine. It helped me get a research job with one of the departments in Stony Brook. I also had a lot of fun in it. I made many new friends and enjoyed the 3 weeks. Thanks

I'll admit when I was in the car to the first day of SARAS, all I was thinking was, "why did I sign myself up to this nerd convention". After the three weeks of learning amazing things about the

human body, meeting new great friends, and of course bringing my ball every day and playing pickup games of basketball, I am very proud of myself for signing up for the SARAS "nerd convention" and also I am proud for being one of those nerds. Dr. Pentyala I think you organized an exceptional program. I know for a fact I will not forget the amazing aspects of the human body. It was a pleasure to participate in the program and hope to use the knowledge I learned to greater heights. PS. I hope to play basketball with you some day

Sincerely,

Jeremy

I thought that the program was very good, I believe that the kids would like it better if it had a few more workshop. I had a fun time on this program.

Jonathan

Hi, here's my impression of saras.

I enjoyed saras overall, and I thought the second presentation on the MCAT was especially informative. I also really enjoyed the urologist that came and also the presentation about bones. I thought there could have been more hands on workshops. Overall the program was very valuable and fun. The food was also really good. I enjoyed the stuffed animals as well.

Julia

I personally loved SARAS. I loved learning about all the different specialties and all the new medical advancements. I also enjoyed the interactions in the workshops. Every day I learned something new about medicine and for me that was especially great because I want to go into a medical career. So this experience just inspired me more. I am definitely coming back next year. Thank you for this program.

~ Julia

I had a great time at the SARAS program learning and making new friends. This was a great experience and I will remember this for years. Have a great summer. - Jenna

From the first day to the last, everything we did at SARAS was filled with fun and excitement. I remember going into the hospital on the first day and not knowing what to expect. But I am glad I did because I had 3 weeks of fun and learning. Even though some of the lectures could get a little boring, most of them were really interesting and taught a lot. I really enjoyed the workshops and all of the great food we had for lunch. I will recommend this program to others for next year and really want to go through this all again next year. Thank you Dr. Srin.

Aaron

The three weeks that I've spent in SARAS, I learned a huge amount about different medical and scientific fields. Although by the end of every day my brain was a little tired because of the many lectures we heard about so many different things, I believe it was well worth it. I think the program did what it set out to do, which was to make students aware of all the different possibilities in the field of medicine. Thank you for creating this program in order to teach us about the different types of research in medicine. - Sahil

I thought that the SARAS program was a lot of fun! I really enjoyed hearing from all the different experts and being able to see all the different kinds of jobs that I am able to look into as

well as all the fields I can study. This helped me get over my fear of needles. In fact, I had no problem with the spinal tap and inserting the IV workshops. Those were actually my favorite! Another workshop I found interesting was the OR. It showed me how serious it was to really know what you are doing and that you have to pay extremely close attention to your surroundings. I liked the workshops the best because they were hands on, and I was able to talk to many new people and interact with them. The lunches that we were served every day were amazing! In September, I will be a junior at Ward Melville High School and I am expecting to have to make some big choices. I thought that all of the experts of the SARAS program had something of importance to say. As I move forwards in life and as I begin to make life-changing decisions, I will keep their words of expertise in mind. Overall, I had a wonderful time in the SARAS program and I'm really glad that I decided to participate in it. I liked the SARAS program because everyone was kind, I was able to talk to anybody in the program, and I felt comfortable. Thank you for making the SARAS program available to young people like myself. Not only did I learn, I had a ton of fun too! Thank You,
Nicole

Before participating in the SARAS program, I only had a vague idea of how the medical world worked through word of mouth and the science projects I performed in school. But because of the SARAS program, I was able to (finally) get a solid grasp of what goes on in the field of medicine. Thanks to the wide variety of professors that came to present their work in the SARAS program, I not only learned how the medical field works, but also, the different choices that are offered within the field. This is truly a wonderful program, especially for kids whose parents or relatives are not involved in the medical field (like me). As a side note though, I personally think that the humorous games and jokes (i.e. Harry Potter, gift throwing, etc.) did not help contribute to a learning environment. Although it is a good way to help some people pay attention, to others it was not necessary at all. This is simply just my humble opinion. But to leave on a brighter note, I think that this program single-handedly reinforced my ideas to join the medical field. I thank you so much for creating a program like this, Dr. Srin. And for the record, yes, I do think your jokes are funny :)

P.S. I'm sorry that this e-mail is being sent so late. I was on vacation and usually when I'm on vacation, my brain shuts off (the elderly aren't the only ones who have memory loss....).
From,
Kevin

I had an overall good time doing the SARAS summer program. It was educational, and I feel like I learned a lot. I now understand how research fits into so many of the careers we were introduced to, and I am now more interested in scientific careers like becoming a physical therapist, nurse, or maybe even teaching. I also, enjoyed the wonderful food you had donated for us, and I made many new friends. Thank you for providing this program for us, I will be sure to recommend it to my peers and friends!
-Alexandra

To be honest, before SARAS started I had no clue as to what it was besides the fact that many people had told me it had a bunch of lectures. I soon realized that the SARAS program was a lot more than just a bunch of lectures. It was a program that opened my eyes up to the many varied and interesting fields within science. Throughout the program I learned many valuable things that I am sure that will be useful and helpful in the future. This program opened my eyes to various professions such as nursing to being a sleeping expert. Before this program I didn't even know that many of the professions that were exposed to me during this program even existed. And for that knowledge and awareness I am be very grateful. Overall the SARAS program was an amazing experience where I learned a lot and at the same time had fun and truly enjoyed it. I think this program is truly worth taking and experiencing because of the lasting memories it created for me. With that I would recommend this program to anyone that has even the smallest of interest in science.

-Meghana

I thought that the SARAS program was AWESOME and wished that it would be more than 3 weeks I learned so many new things and was a great way to spend the summer. I met so many new people from different schools and locations. This experience was once in a life time and won't forget it. Sorry the feedback is so late I had a busy summer.

-----Michael

The past three weeks have been fantastic. I've met new friends and I've learned new things about professions I didn't even know existed. Of course, some days brought boring speakers, but I always knew an engaging speaker was just around the bend. It was also beautiful to see that not all doctors are snobs, which deviated from the stereotype everyone seems to give them. You especially Dr. Srin. Despite myriad accomplishments, you are welcoming, kind, and funny. Also, it is evident that every doctor who spoke was passionate about their profession. Why else would so many hard working doctors take off from their demanding schedules to come and speak in front of us kids? That's passion. Even if I don't choose a job in the field of medicine, you've inspired me to do what I love and be passionate about it. Thank you for the opportunity Dr. Srin, I hope to see again someday soon (I hope to attend Stony Brook University in the fall of 2012!)

Robby

The time spent at the SARAS program was highly informative and enjoyable. From thorough lectures made by professionals who were extremely compassionate about their careers to valuable life lessons made by motivational speakers, the knowledge distributed at SARAS will forever be cherished. I am fairly certain that attending the SARAS program will undoubtedly prove to be a valuable experience.

Mowahid

Thank you so much for this program. I really enjoyed many of the lectures and workshops and learned some fascinating things. Before I came to this program, I had this vague and lofty dream of becoming a doctor that would change the world, but now that I have completed the program, I now know what steps I have to take in order to become a great doctor. I had a castle in the clouds and now I know what to do in order to build a foundation underneath it. Though the road to being a M.D. may be long, expensive and arduous, going to this program has solidified that for me at least, it is definitely worth it. The doctors and other medical experts who have talked to us have conveyed what a thrill medicine, diagnosing different illnesses and taking care of people is. Before beginning SARAS, I never really thought of research as something I'd be interested in, but the incredible things that the researchers who spoke to us about made me a lot more interested in research, and I'd really like to at least help someone do research now, if not doing research myself. It is impossible for patient care to move forward if people do not keep searching for creative solutions to medical problems (and other problems too). Also, I've learned about many diverse fields of medicine. Some of my favorite types of medicine that we learned about were orthopedics, geriatrics and travel medicine. Going into this program, I thought that I might want to be a cardiologist, but now I may reconsider because there are so many wonderful fields of medicine. People who are considering coming to the program should know that I was very nervous about making friends but people who sign up for this program tend to have the same academic and other interests in mind so it will not be a problem to make friends. Also, bring a notebook and a pen. I took over 50 pages of notes and was able to tell anyone who was interested some very specific details about what I learned. I even enjoyed doing the little side assignments, as it helped me to learn about something I would otherwise not have looked up. Other peoples' topics (ataxophobia, etc.) were also interesting and I'm glad that I got to hear about them. Overall, if I could have changed one thing about the program, I would have wanted to make it a little more hands on, because I absolutely loved the part in which we were able to do a spinal tap, start an IV, listen for different breathing sounds and do CPR on a dummy. I know it was difficult to arrange these interactive workshops because there were so many kids so I understand that we weren't able to do more of them. One last point I'd like to make was I liked the fact that the program was so close to the actual hospital because it was very exciting to see real doctors, nurses and therapists walking around in scrubs. I would definitely recommend SARAS to anyone who is thinking of a career in the health or biomedical research fields. Stony brook is such a wonderful university with an emphasis on the health sciences and some of the brightest minds in the world. Students came from all over the country this year to come to this program. I think that says a lot about the quality of the program. Thanks so much for the stuffed animals!!

I really loved this program, due to the fact that it was one of the few things I enjoyed over the summer, and it also helped me gain a new insight in the world of Science. Moreover, I had made friend from other schools that I would never have seen otherwise, and for that, I am grateful. I hope that you will continue this program, and stay like you are>
Nikunj

I enjoyed SARAS a lot. I had a great time in the workshops, some of the lectures were too long on topics that I wasn't fully interested in. I really enjoyed the microbiology workshop. I also met a few new people in the program. I liked that the program was through stony brook because I was able to dorm at the school at get to feel what college is somewhat like.

-Nicole

This is Emily Thank you so much for doing the Saras program. I enjoyed coming to the program every morning and learning new things every day. All the people who gave talks inspired me to be whatever I want to be in life. I enjoyed every moment of the speeches, some a little more than others. The best part for me was doing an IV. I think that is so cool that we can do that. The memory of saras will always stay with me and I hope I get to see you again. It would be really nice if I could get to work with you next summer because I really like what you do in the lab and what you did with the rats. Thanks again for leading the saras program.

This year's SARAS program was a chapter of my school-day career that I will never forget! I'm glad I was able to be a part of this program. The ironic thing is that I came in with my application 30 minutes before the application deadline on the last day! I'm glad that I rushed my way there just to submit a piece of paper that would expand my career options. The lectures were very informative and the lunches were beyond delicious! I discovered a whole new side of me that I never knew was interested and curious about the medical field. The best part of this program had to be the connections I had an opportunity to make with professors, lecturers, and doctors from all over Stony Brook's fine institute! Emailing them and bugging them about trying to work in the lab with them was another enjoyable part for me. Dr. Srimi was hilarious! (Especially with his stories about working with the researchers and his irony) The workshops were so enjoyable and I'm so grateful that there are people in this hectic hospital who can take off time from their busy schedule to come inspire us about their field. I'm also appreciative for the hospital and gave us time and space for all this to take place! The program was so organized (with the teams and ID numbers) and I liked how we had assignments (since I love to be busy with something). The SAT and MCAT prep was a great idea! The tour around the campus was enjoyable and the trip to the vet's home was memorable since I got to meet a member from the navy that was in Nagasaki! I never thought that I would feel gloomy on the last day because the program was going to end... but I was. Stony Brook is now my number one choice to perform research at. Thank you Stony Brook, Dr. Srimi, the Department of Anesthesiology, other participants of SARAS and the staff/ lecturers for making this an unforgettable three weeks for me! I hope to see you guys soon!

-Noshin

My overall impression of SARAS is that it provided me with a lot of background information regarding the many different fields of science/medicine, and would be a really good program to attend if one would like to discover new things every day or if one wants to see if they would really like to go into medicine or not. It was really very interesting and provided us with a lot of new information that could lead people to find what they really want to do later in life, while also introducing us to many people who could help one in attaining any goals formed as a result of this program. Overall, it was a great experience, and I would not mind going back. :)

Thank you for organizing this and putting your time and effort into it!! You made it much more enjoyable by encouraging us to be friends and prompting us to ask questions of the speakers. (And bribing us with toys. :D)

-Olivia

PS: Sorry for not sending this earlier; it continually slipped out of my mind :/ Thanks again for being you!

I really enjoyed attending the SARAS program this summer. My life was really enriched everyday as I heard from several educated speakers. Not to mention all the fun too! At first, I was hesitant towards going to this program. At first, I didn't even like it! But then I found myself happy as I stepped into Lecture Hall 5, and anxious to hear that day's speakers. And even though my brother, sister, and I had to wake up at 5:30 every day to catch a train to Stony Brook, I felt as if it was totally worth it. There was one speaker who really sparked my interest, and that was Dr. Maria Ryan. Because of her, I now want to go into the field of dentistry when I enter college. The lunches were also very good. I loved how everyday there was something different to eat. And it was something that everyone liked. So thank you Dr. Pentyala for putting together this magnificent program for all of us to learn from and enjoy.

Sincerely,
Kathryn

Thank you for the great experience that you have given us. I have learnt many new ideas about the world of medicine during the past 3 weeks. This has given me knowledgeable information that is going to help me into going in to college and then med school. Some of the lectures were very interesting. For example I liked the Robotic surgery, sleep and bones topic. I liked the videos because it gave us a lot of visual images of what we were learning. Overall the experience was great. Have a great summer!!!

*~)
,.°',.°*~),.°*~)
(,°' (,°..*~ Poorni

The SARAS program was truly a great experience. Before the SARAS program I thought I was sure that I wanted to be a doctor, because I really wanted to help sick people. But during the SARAS program I realized that there are so many other interesting professions that contribute for the care of patients. Now I realize I have a broader scope of professions to follow my dream of helping people, such as nurse practitioners and clinical technicians. Also I learned so much about research that's being done like robotic surgery. I know to some people lectures all day maybe boring, but it was very interesting, and you learn so much! Also Dr. Pentyala made the experience even more better with his jokes and activities! Also I made some good friends that are also interested in going in the medical field and medical research. The SARAS program was really fun and a meaningful experience, and I'm really glad I participated in it! I might even think of doing it next year! It's especially helpful to kids that don't have anything to do during the summer, because in the SARAS program you learn a lot, plus you get good tips for the SAT and MCAT and you get really good food!! The SARAS program is truly a great experience!!

On the first day of SARAS, you told us to find a hobby, turn that into a passion, and turn that into a profession. By keeping an open mind while listening to lectures ranging from Clinical Trials to the GI tract to the Biotech Industry, I have not only found interests, but I have also

realized what I am not as drawn towards. Personally, I loved listening to current research, as it showed how basic ideas taught in school can be applied and used in life. However, the best part is that I now realize there are different options even within science and medicine. Saying those words no longer represents a doctor— science and medicine can signify research, nursing, PTs, and much more! I thank you for taking the time to organize this program, as although many a time the lectures blended into one another, once my attention was grabbed, I was hooked. Looking back, I find that there were a few types of people at the beginning of the program – those that wanted to come, those whose parents wanted them to come, and various blends of the two. By the end, I do believe that every single one of us looked forward to SARAS each day to not only listen to presentations, but also to spend time with funny and caring people. By July 22nd, workshops, lectures, science stories, and more had made this an experience I will not forget. Thanks to all of the assistants, presenters, inspiring veterans, Dr. P, and countless others that have helped organize SARAS 2011.

Sincerely,
Priyanka

Participating in SARAS this summer was a great privilege and was very helpful. There were lectures by highly skilled doctors and professors. In addition, there were informative workshops and activities which related to the daily topic. I learned to diagnose patients with acute pneumonia which in the lab with the fake interactive patient in a hospital bed. Also, the program organizers gave us books about medicine and diseases which had a lot of information, yet were easily understood. By the conclusion of these classes, I had learned a great deal about various health care professions in the medical field. One of the major themes was the fact that there are numerous other jobs in this field, such as therapists, which help in patient recovery besides physicians and nurses. This program has now opened my eyes to a plethora of medical professions and has given me helpful lifelong advice which will guide me through college, medical school, and hopefully beyond. My path to a successful career as a specialized physician begins here, and I thankfully owe it all to SARAS and its directors/organizers/lecturers.

Rahina

Overall, the SARAS program is definitely an experience I will never forget. It almost felt unreal interacting with so many students that shared a similar passion for science. Throughout this program, I made so many new friends with similar morals and values as me. I can honestly say I was a bit worried before I started the program because I didn't know what to expect and I was like "ughh it summer and I'm going to be at a science camp!" Truth be told, I'm glad I didn't waste my time at the beach where my friends were, I have all of the rest of the summer to do that. Through this program I did some interesting things like putting needles in mannequins, which was definitely my favorite part. Although a few of the lectures were a bit over my head and difficult to pay attention to, some were great! I overall enjoyed making new friends that enjoyed learning but yet at the same time knew how to have fun, which I found out at lunch-time. On the first day I took with me an important idea after watching the video, to truly be passionate about science you have to dream big and imagine. You never know what one small idea can turn into, it can even change the world because with the help of other science students. One small idea in science from one person can end up turning into something as big as a cure for cancer. Thank you for this experience. -Rima

This program was the most educational, fun, exciting program I've been to. It had everything I was looking for: Entertaining speakers who enjoyed what they do and love to share their knowledge, friendly kids who (most of them) were genuinely interested in science, amiable staff who loved to answer whatever questions come to mind, and an amazing schedule of lectures.

Nowhere else would I have been able to find something that encompasses all of these, oh, and let's not forget the SAT prep that was included. I always hear from my elders, "You are the future!" "It's those kids who haven't a clue what to do who'll be running the world in a few decades" "What is the next generation going to do?!" And I think I now have a fairly good picture of where the advancements in technology and understanding will lead us in the future. And, as the future, I know how I can impact the world. That was something I found through this program that I didn't know before. The only thing that could have been better was if there was a bus that got us to the program on time. While the train arrived at 9:40, the only bus to take us to the Hospital left the train station at 10, ensuring that we would be late every day we took the train. Besides that inconvenience however, the program was wonderful!! Much thanks,
Corinne

I very much enjoyed the SARAS program. I thought it was outstanding. I especially enjoyed the lectures on depression, sleep, robotic surgery and travel medicine. The workshops were great, especially the simulations. I had a great deal of fun doing the intravenous simulation. I would highly recommend this program to any of my friends who are interested in medicine or science. I made some good friends through the program. I was very impressed with the facilities at Stony Brook University. Dr. Pentylala organized a great program for us.
Sincerely, Andrew

SARAS 2011 was a second home for me during the summer. Entering lecture hall 5 on the first day, I was unsure about my future career as well as the program itself. But after spending time with the other 120 kids and as well as you, Dr. Srimi, SARAS became a wonderful experience. I heard not only from doctors but from the allied professions, and learnt that there was so much more the medicine field than just becoming a "doctor". SARAS helped show that the road to becoming a doctor was not an easy one, but in the end it was the most noble profession. One expert mentioned an experience he had in Ecuador and how he will never forget the moment when a little girl said to him "Gracias Doctor." It was in that moment that I made a clear decision that I do want to be a pediatrician, and SARAS 2011 helped me achieve my future goals. So thank you SARAS and thank you Dr. Pentylala for this amazing and unique experience.

-Saipriya

I would first like to thank Dr. Srimi for directing the SARAS program so well this year. This program has really been a great experience for me. All of the lectures and hands on lab activities have really helped me define my passion for medicine. It was actually during an orthopedics lecture at the SARAS program that I finalized my decision of becoming an orthopedic surgeon specializing in sports medicine. I really enjoyed myself and I would like to thank you once again.
Taniya

SARAS was a wonderful experience for me. From this program I learnt a lot about the medical career opportunities like nursing, physical therapy, and respiratory care therapy. I also learned interesting facts in different topics like how long I should brush my teeth, how long I should sleep, if I am depressed, and even how to get into medical school. I also learnt a lot about lab safety. The most valuable experience was most probably with the SIM men towards the end of the program. I really enjoyed the hands-on activity and I loved learning how to give a lumbar puncture and IV fluid. The hands-on activities at the end of the days were really loads of fun!!! Test Takers provided us with amazing SAT classes and though I am only in 10th grade I can easily say that I learnt a lot from it. Also, the food we got everyday was great and lunch was a good time for the 123 people to come together and socialize. I will never forget this program and I will always cherish this valuable memory of mine.

Saumya

Thank you for one of the most amazing summers ever! You are so cool, you put Shah Rukh Khan to shame! I have learnt so much in the past three weeks that I now know things that I have never known before and I can also extend on the things that I have already known. I am now even more motivated to science research using the knowledge that I have now. Thank you so much!

Serah

The SARAS program was worthwhile to attend, which is a rare case for any science lecture series not about astronomy and physics, IMO. I liked how it focused on knowing the topic presented to us more than it did on getting to know each other, although we still made some new friends. Also, the videos made the lectures more stimulating for us and helped me stay focused on the presentation. From my view, SARAS is on par with overnight summer programs such as Center of Talented Youth.

Sincerely,
Victor

As I was on the train to my first day at SARAS, I was wondering what I should expect for the program. I thought about meeting almost a hundred new people and I got really excited. When I got to Stony Brook and walked into the HSC then into the lecture hall, I found that the other students there were as confused as I was. The first lecture that you gave, has been to this day, my favorite lecture since not only did it motivate us, but it reminded us as to why we are here. During the second lecture I really saw the passion that these Doctors and Scientists have towards their profession. The lunch was always delicious and warm and I looked forward to meeting new people at the different lunch tables. The trips and activities were well planned including the Veteran's Home and the Blood Bank. I was able to meet a lot of new people and take a lot of notes during the lectures. My overall impression of SARAS includes my opinion in that the program was almost vital for me. This is because the information that I was able to comprehend during the lectures about research, or College, or Travel or different majors, was incredibly important information that as a high school student I am expected to know. I think that my favorite part about SARAS was the fact that all of us students were able to bond, relax and just enjoy the presentations together during the summer. It did truly feel like I had a family at SARAS. :) Sincerely,

Shilpa

My overall impression of SARAS is that it is great. I have learned a lot from this program and I would come back if the events change. I think I have also found my future career form this program. I want to be a physical therapist now that the physical therapist came and had a talk with us. I really want to help people that need my help. The food was also good and it made me not be sleepy for the remaining experts that came after lunch.

My parents think that this program is very nice because now I do not want to do what I had wanted to do before. They did not approve of my previous career choice. I think that they might recommend people to come to this program next year because it was just that great.

Susan

Overall, I thought that SARAS was a great learning experience for all of us. Not all of the lectures were the most interesting, but many were quite impressive and educational. I found that the best part was to meet new people, and socialize with people from different towns, counties, and even different states! I don't plan on doing it again in the future, but I would be more than happy to recommend this program to others. It was a great learning experience as I said and I hope that future SARAS students also find it appealing to them. I will miss this program and all the friends I have made. Thank you for a great 3 weeks!

Usman

SARAS was a great experience. This program was definitely a good way to be exposed to all kinds of fields in science and medicine with a little "sprinkle" of business applied to these fields. I was interested in most of the lectures. My curiosity was satisfied by asking the experts questions. SARAS is also another way to acquire inspiration for possible research topics. However this is not the only benefit of going to SARAS. It is also a great way to meet friends from all over Long Island and New York. Many nice people go to SARAS and its another reason why it makes SARAS an enjoyable experience. My only recommendation to the program is more hands on work. The best way to learn is through experience and every work shop we did this year was fun. Thank you for having me at the program!

In this SARAS program I really enjoyed all of the hands on workshops we did, except for the part when we saw the human organs. I think that this SARAS program helped me to narrow down the choices of science fields that interest me. I also enjoyed the food that they served there, especially, the Italian food because Italian food is my favorite. I liked all of the professors because they explained well and they helped me know what field of medicine I want to go into. Dr. Pentyala was exceptionally great and friendly professor and I think that I might come back next year because it was fun. -----Vishnu

SARAS was an extremely interesting and unique experience. I had a lot of fun during those three weeks (by the way I like how the short time length gives ample time to do other stuff during the summer). I also made some friends. The lectures were very interesting and I would appreciate it if you could give my compliments to the speakers. I feel like I have some valuable experience in career paths in medicine and biology. Also, knowing the identities of distinguished people in different fields could be useful later on when I might want to get some hands on lab work. I like the way the program is set up with plenty of participant interaction. The staff was also very friendly. Thank you for a great three weeks and I hope you continue this program in the future.

Varun
