

2012 SARAS – Student feedback

“Hey we got a good thing, don’t know if I’m going to see you again.” The aforementioned statement was made by the rapper JCole, and it is most articulate in expressing my feelings about the SARAS program. I still remember questioning myself on the first day of the program when I was forced to wake up at 6 AM. Why was I doing this? Most of my friends were sound asleep, and it wasn’t as if my parents had forced me to come, it was a decision I made on my own. However, I gave it a shot, as I had already given my commitment, and being a man of my word, I was not about to let my reputation as such be tarnished. As soon as I sat on the 8:39 train from Hicksville station (I commuted to and from Stony Brook everyday), the idea dawned upon me that this might not be all that bad, maybe even enjoyable. On these train rides, I became extremely close with my SARAS classmates; some of whom I had already been acquainted with, others that I had not. The question still remained if I would actually enjoy, or at least be able to bear, the lectures that the experts would give. Within about 3 minutes of the first lecture (Dr.Pentayala’s), my question was answered: This was the best decision of my life. I heard a masterful orator speaking about his topic in a fun, kid friendly, and (dare I say it?) humorous way. This was in stark contrast to what I had expected: A sage giving a lecture in a boring, monotonous voice. Fast forward a few weeks in the program, and I was amazed. SARAS had opened my eyes to ideas, technologies, and careers that I was not even aware existed. But the aspect that surprised me the most was all the extracurricular activities that were offered. Had it not been for SARAS, I would have never taken part in stand- up comedy, pizza eating contests, or anything else that I had done here that was so incredibly unique. This was the first time in a long time that I had actually enjoyed “going to school”, and this can be attributed in full to Dr.Pentayala and his assistants: Tom, Pooja, Sahana, Andrew, and Julie. Words cannot do justice to how much I appreciate your time and effort in making this program as special as it was. Going back to JCole and his lyric, it expresses not only my views about the program in general, but more specifically the last day of it. I had never thought before coming here that I would actually shed tears at leaving people that I had only known for a few weeks, but so I had done. The relationships I forged will undoubtedly last a lifetime, and so I hope that the SARAS program will last for years to come, so that others may have the same life- changing experience that I had. Thank you so much.

Ayyan

I thought the program was very informative. The speakers were great. My favorite was the presentation about genetic engineering. It was a great three weeks that I learned a lot from.

Thank you

Alex

I felt that this program was a surprisingly great, enriching experience that greatly widened my perspective on the medical field. I felt that I had a great time learning from the experts, and hearing about their research. I don't know any other place in the world where I could've obtained an equivalent experience without paying a ton of money. SARAS is entertaining, rich experience for me, towards my goal to work in the medical field.

Allen

My experience in the SARAS program was overall- GREAT! I had a lot of fun. The experts really taught me a lot and re-enforced things that I already knew. It was a great experience and I can now say that I'm a lot smarter and focused on my future than my friends. What you're doing Srimi is very beneficial to anyone who is willing to learn and take advantage of this wonderful opportunity that you're presenting. I do wish that we had some more hands-on work like the spinal tap, IV and Intubation workshops because me personally, I learn better when it is interactive and being done right in front of you. I had a lot of fun and can't wait to see if I can come next year!

Alexandria

SARAS has been such an amazing program. It has showed me many new and diverse careers. It has opened my eyes to different experiences. For example watching eye surgery...yeah I am not going to be an eye surgeon...however it was a really cool thing to see. Also the SAT classes really helped me as well. I will recommend this program to my friends so they will enjoy this too. Thanks to SARAS these 2 weeks of my summer have been awesome compared to some of my other friends who were stuck at home. I made new friends, experienced new things, and tried new foods (all of it was yummy). So thank you for making those 3 weeks so much fun

Amanda

I thought this program was a very interesting and helpful experience for me. I made so many friends which I am so grateful of and I still keep in touch with them. I have learned countless amounts of information that i plan to carry with me through life. This program also gave me the opportunity to see what professions there are in the medical field. I really enjoyed the presentation on genetic engineering and will be taking that occupation into consideration when I decide what I want to become. Overall, I

had an amazing time and learned so much. I would definitely recommend it to a friend. Thank you so much for everything Dr. Srin!

-Amanda

My impression of SARAS was wonderful. I thought that the program was very well put together and interested me in new fields of medicine that I didn't even know existed. I would like to thank you and your assistance for helping us both in the program and in our goals after the program. I'm going to sum up what my parents thought about the program. My parents' only complaint was that Stony Brook was far from our house. Luckily, I was able to convince them to take me there every day. I believe that my parents even learned a lot from SARAS because I would tell them about some of the interesting things I learned at the program.

- Arshia

The SARAS program is a wonderful experience. It was a lot of fun to learn about the different careers and jobs you can take. It was also very entertaining because of all the activities we did in between. Not to mention with an administrator like Dr. Srin, how can a program like this not be fun? Anyway, I loved every bit of SARAS and I hope that other programs that I am involved in are as fun as this one.

Ashley

SARAS was an unbelievable program in which I met a lot of new people and learned many new things in the medical and scientific fields. My overall favorite lecture was about genetic engineering. The schedule was balanced every day and had just the right amount of time to listen and also have fun in the labs. I even wish it could last longer since I had such a good time. The students attending the program were also very nice and I made a lot of new friends through SARAS. It was overall incredible and one of the best parts of my Summer vacation.

Josh

I wanted to inform you that I genuinely enjoyed the SARAS program. Being in the presence of experts who explained their fields of research to me was extremely interesting and informative. Also, this program inspired me to look further into certain careers, which is really great. The food was good, the subjects were interesting, and I had a lot of fun. Thank you for running this excellent program.

Austin C

I am proud to say that I attended SARAS 2012. It was truly a fantastic program. There was so much I learned about the human body and all the different sciences that surround me. I also learned much about the job opportunities in the medical field. I did not even know about some of the jobs until an expert came in and talked about it. I feel if there was more hands on experience that the afternoon sessions would be very exciting and would make the program as a whole more interactive. Thank you for the opportunity to be a member of SARAS 2012!

Austin S

Hey, I had a great time at the program and I got to meet many different people and experts. The program opened me up to many different subjects within science that I had no idea of. It changed my outlook on my future.

Brandon

SARAS has been a very wonderful experience for me, both scientifically and socially. Most of the lectures further enhanced my knowledge in many fields in science and medical expertise. The lectures themselves also catalyzed a greater insight on possible research projects I plan to do in high school. The workshops after lunch gave a really good hands-on experience in the medical field. Other than that, I met many new people from all over the place and it seemed that everyone was able to bond really well with each other. The numerous competitions throughout the program were very challenging, but fun in their own unique way. Overall, I enjoyed my time at SARAS and I would recommend anyone to go into the program as well. Thanks to the program, I probably can call myself an "expert" in at least one field.

-Brian

I had a really great time and I really enjoyed the lectures. It was as interesting as my older brother told me and I will remember this experience for many years to come.

David

I really enjoyed my experience at SARAS. It opened me up to a variety of different types of science and medicine I would of never even thought of. I went home every day talking about the expert's lectures and the information I learned. Thank you once again!

Dan

I understand that I am supposed to tell you my overall impressions of SARAS. Well, what can I say, other than that I had a really great time? I certainly learned a lot, and I found most of the topics to be very interesting. I feel like the program was a great opportunity for me to see what it's really like in the world of biology, and I now have a better idea as to which direction I will be heading. Also, the food was great. Thank you for running this program, it really is great.

-- Christopher

In regards to the SARAS program of 2012, I found it very interesting. I found myself learning new information that I had not previously known. I still repeat many of these facts to my mom. Also the test takers portion of the program was very helpful. Even though the program is over I still want to sign up for the test takers course. The food served to us was highly enjoyable and there was always enough for seconds. All in all I feel like I have benefitted from the program. Thank You.

Meilan

The SARAS program was very insightful. During the duration of the program I learned many interested things and met great people. The doctors who gave lectures explained college programs very well. I felt it was an overall great program and I had a lot of fun.

Sarah

My participation in this program has indeed been a memorable one, and I am beyond grateful to my parents for allowing me to join this program as well as all those who both created and administered this program for making it such a wonderful experience. The various lectures and hands-on workshops truly opened my eyes to the many different fields one studying medicine can adhere to and what it's like to live the life of a physician, researcher, or nurse. For me, the most influential lessons were those that involved genetic engineering or the forensic sciences. If it weren't for this program, I would have never been able to narrow my interests so soon and not have been able to see a clearer future in medicine for myself. In attending SARAS, I've also taken note of what most prestigious colleges and medical programs look for in a student, other than the rather obvious achievements of academic excellence. Though I enjoyed the lectures and workshops all very much, my favorite part of the whole program would have to be the trip to the Long Island State Veterans' Home, because it was truly fascinating to get to speak to heroes who risked their lives to defend this country and its honor, and I haven't ruled out the possibility of choosing geriatrics in my future career path. Another aspect of the SARAS program that I loved so much was how it helped me bond with both old friends and people I just met a few weeks ago. I didn't realize how many new friends I'd walk out of this program with going in, but now I'm ecstatic that I have so many new contacts on my phone! Once again, I want to thank Dr. Srinivas Pentyala for giving me this amazing opportunity to explore the field of medicine as well as my own interests in the subject and what I want as a potential future career path.

Sonna

Since I didn't have the opportunity to do it on the last day of SARAS, I want to say thank you for giving me this amazing opportunity! I learned so much at this program, along with making many new friends, and having many new experiences that I will take with my whole life. It was one of the best 3 weeks of my life, even though I was crazy to do something academic in the summer. I wish you the best of luck in all your endeavors (Especially with those SARAS kids next year) and hope our paths will cross again in the future! Thank you so much again! SARAS was an eye-opening and amazing experience for me. I walked into this program on the first day having very low expectations for this program, expecting to be filled with boring lectures that would put me to sleep. I thought that the last day couldn't come soon enough. Instead, I found myself on the edge of my seat for many of lectures, because of the interesting speakers and topics. I also made many new friends in this program with similar goals that I hope to keep for my entire life. Speaking of goals, this program caused me to reevaluate and rethink what I wanted my future to be, and my path to get there. It made me realize how tough medicine is to get into, but on the other hand, how rewarding of a field it is. Particularly visiting the Veteran's home had a huge impact on me, as it gave me a new drive and more motivation to achieve my goal of being a doctor and researcher. This program changed me for the better and I wouldn't change it for a thing! It was a wonderful experience that I will be sure to remember all my life!

- Divya

I truly appreciated this experience. Becoming exposed to different fields of medicine will one day help me decide what direction I want to take. Unfortunately, I was not able to attend every session due to other commitments, but I am grateful for those I was able to attend. This is a great program and would recommend it to anyone interested in the medical field.

Donato

Overall, I thought SARAS was a very good program. I'm surprised at how much I learned about all of the different fields of biomedical research over the course of three weeks. Previously, I hadn't known about a lot about clinical trials, biomedical research, and medical professions other than being a physician. Thanks to the SARAS program, I now know a lot more about the progression and phases of clinical trials, various fields of biomedical research, and multiple different careers within the field of medicine. SARAS also helped broaden my awareness to all the different possible professions in the medicine field that I may wish to pursue in the future. Thank you Dr. Srinivas as well as all of the people that helped run SARAS for such an amazing opportunity!

-Evan

I had a great time working in this program over the summer, and I appreciate the many hours and hard work you and the other professors and staff put in to making it such a successful program. I learned so much about so many different medical sciences, although, my favorite subject was genetic engineering.

I had already decided I was interested in becoming an engineer, but wasn't sure what direction to go in. So far, genetic engineering seems to be the most interesting form of it. I like to tell my family that I'm an expert, but without looking at the notes I took, I wouldn't remember most things I learned. I'm going to try especially hard in school, and when I get to Stony Brook, I might even pursue genetic engineering and study it further. But for now, thank you for the enlightening summer, you probably helped direct my future as a scientist. Thanks for everything.

Frank

My overall impression of the SARAS program was that it was worth every penny. being able to learn about the large variety of fields in medicine, while having fun doing it was priceless. i made many new friends and learned about what i was more interested in. this experience will travel with me for the rest of my life. thank you for giving me this opportunity

Fyotsi

I had mixed expectations for SARAS at the beginning of the program, as I had little idea of what I would experience. I had already seen several science-oriented camps and I feared that this would be no different. However, I was mistaken; SARAS was surely one of the best summer experiences in my entire life, and it proved to be incredibly useful for my upcoming academic endeavors. If ever prompted to give an opinion of SARAS, I will undoubtedly provide raving reviews; aside from the very fulfilling lunches, the lectures were incredibly interesting. The past 3 weeks have been the most exciting of my summer, and my only regret is that I cannot return next year to new information and new opportunities.—

Gary

I can honestly say that the SARAS program was an intriguing experience. I had learned so much and made many friends that I am still in touch with today. The researchers and doctors that came in to speak about their profession definitely made me consider many of those career options. The fact that they took time out of their work to speak to us was extremely rewarding and informative. After the first day of SARAS, I knew this was going to be a beneficial course now and even in the future. My favorite parts of SARAS were the food and the “hands-on” situations. I especially enjoyed the simulated patient and even the lumbar puncture. It helped us students to experience how it feels to carry out certain medical procedures and diagnoses. The lunch was great and enjoyable each and every day. This is something I

would definitely recommend to any of my friends that share an interest in science like me. I extremely appreciate the time and effort the staff members and you put in to run such an amazing program. Thanks for creating such a fantastic program!

Haarika

When my dad told me that he signed me up for SARAS I was somewhat nervous and did not know what to expect at first, but overall I'm glad I went and was pleasantly surprised by this whole experience. Presentations that I really enjoyed were by ophthalmologist, the dentist, and urologist (who was very amusing). There are so many other doctors that were great. I am going have some life-long memories of this program that I will cherish. This program helped narrow down my career aspirations including a veterinarian, ophthalmologist and a physical therapist. Thank you so much for this great experience and all the time you put into it.

Billy

I had a really awesome time at SARAS, and I do not regret wasting a good chunk of my summer on it. A lot of the lectures were interesting, and most of the labs were also really fun. My favorite lab was when we visited the department of Pathology, where I just applied to volunteer at.

~Angad

Waking up early in the morning for three weeks straight has been pure torture but it was totally worth it. Going to SARAS gave me a chance to do things that I most likely would never have been able to do otherwise. Sitting down in the lecture hall introduced me to all those fields of medicine that I did not even know existed. I felt that we should have done more activities in our groups but that doesn't matter. I liked the hands-on labs and I was sad that the needle lab training had been taken out because it would probably have been really cool and scary. After all, sticking needles in people, even if they are not real is scary. My overall impression of SARAS was that it was really fun but it would be even better (if that is even possible!) if there were more labs and interaction with the other people there, like more team related activities. But overall, SARAS was epic! It was much better than my usual summer. Thanks for everything Dr. Srini! –

Henry C

SARAS was an incredible program with many things to offer. The experience that I received and the information that I gained were only things that a program such as SARAS could offer. It helped me realize that the path of medicine was one that I was destined to take. The best part of SARAS was that

the topics were so vast; anyone could have found interest in at least one field of medicine. The most memorable part of SARAS was when we went to the veteran's home. The story that I was told was very touching and it was nice to get to know the veterans on a very intimate level. I would gladly come back next year for the program! Thank you for everything!

Kyung

I learned about SARAS through my Science Research teacher. My partner (ID#64) were doing alright in Science Research class, but we always asked ourselves and our teacher, "What do we do next?". We participated in LISEF and did some research on the antimicrobial properties of bamboo. Although this research was valuable, we wanted to go to the next level. We wanted to do research in the health/biomedical field because we knew that it was a possible career path. The problem was that we did not know what discipline within the health field was truly interesting to us. We signed up for SARAS for two reasons: to be exposed to and inspired by a specific health field, and to be inspired by a research scientist so that in turn, we could take our research to the next level. My first impression of SARAS on the first day was that there were simply too many students. I was also not too fond of the PowerPoint assignment at first, but it helped me concentrate and become an open-minded medical student. I must say, Dr. Srini was an absolute joy from the very first day. I am sure that this is not his primary job. I have never seen someone so enthusiastic and passionate about something they are not entitled to doing. The atmosphere was great. The lecture hall was comfortable, the eating area was nice, and Stony Brook is simply a top-notch university both aesthetically and intellectually. If high school was like this, I would not need an alarm clock. For three weeks, I woke up happy knowing I was headed to another rewarding day of SARAS. I also looked forward to SARAS because the people I got to know were great. There is nothing better than learning with 120 like-minded people. I wish high school was like this. Dr. Srini's volunteers were also great. They brought us food! I hope to stay in touch with them and they too are an inspiration to me as we are all students trying to achieve the most we can. Lastly, I want to talk about the "intellectual" part of SARAS. This includes the experts, lectures, workshops, etc. When I first looked at the SARAS schedule and at the mugshots of all the scientists, I did not know what to expect. Essentially, each expert gave an hour long lecture on a specific topic. The subjects were so varied and that is something I did not expect. There is no way that a person was not interested by at least one topic. Some topics that I liked were ophthalmology, dentistry, geriatrics, and orthopedic surgery. The experts were awesome. Why couldn't our high school teachers be like that? They were bright, intelligent, dedicated, funny, and extremely interesting. The workshops were also a great source of knowledge and fun. I think that the workshops were especially helpful in boosting the camaraderie between students and also with the experts. I was particularly fascinated with the lumbar puncture. My last impression of SARAS was that it was a rewarding program that can help any student. The value of SARAS is unheard of. I don't know any other place where you can learn from the best, connect with like-minded people, use state of the art facilities, have fun, and be fed! Throughout those three weeks, I wondered if I could do it all over again next summer. I probably will not, but I am sure of this: SARAS is the best way to boost your awareness and knowledge during an otherwise lackluster summer vacation. Thanks to my Science Research teacher for exposing us to this great opportunity. Thanks to my parents for making this opportunity possible. And thanks to everyone who make SARAS the program that it is. I truly appreciate it.

Jason

SARAS has been an amazing experience for me and I believe I am speaking for everybody who participated in this program. These experts and you came in to talk to us high school kids and had to dedicate time to us was great. I learned a lot from this experience and I hope others did too. The experts that came in really had great things to talk about and I felt like I really connected with them. I found out a little more about myself as well as other knowledge. I know a lot more about science research and medicinal practices after this program. I really sincerely say that I love all of the people in the SARAS program, the experts, the helpers and you! This is really an experience to remember and if I receive an award in the future, I will definitely thank the SARAS program and you for all of your hard-work and putting up with us kids. I'm sorry that I didn't ask many questions as I am rather taciturn. I really hope you and all the others do the best in all future SARAS programs and other endeavors and make more memories like the ones you gave me! I will miss you all and this program!

Jesse

First, I would like to thank you for all your hard work putting this program together, and a special thanks for the free lunch!! This program opened my eyes to fields in science and research that I never knew existed. Pretty cool. The topics that I found most interesting were Genetic Engineering and Neurology. I also enjoyed my experience on the Stony Brook campus and I hope to be a student at Stony Brook when I graduate in 3 years. Thank you again for this learning experience! Perhaps I will be there next summer for another program.

Ian

I enjoyed the SARAS program very much. I learned a lot about a variety of different fields of science. I learned about some careers that I didn't even know existed, such as respiratory therapy. It was also interesting to go into more depth about different careers and learning about them from experts. Some of the lectures that were of interest of me were of dentistry, physical therapy, orthopedics, and anesthesiology. We learned about a lot of things and it was even interesting to learn from other students. Your staff was also amazing and they were all funny. The program was amazing and the food was also delicious. It was also nice to meet a lot of different new people with similar interests. The experience to live in a dorm was also fantastic and it was easy to bond with all the people there. It was incredible and I am very thankful for the opportunity.

Karolyn

Thank you for allowing me to attend the SARAS this summer. The various presentations encouraged me to further research science topics. I really enjoyed the student presentations and the trip to the Veterans Home. Discussions at the dinner table each evening were super interesting.

Kayla

The SARAS program was an amazing experience for me. I met a bunch of new people and learned a lot about the different bio-medical fields. I really enjoyed the hands on and visual activities we participated in. They were fun and were easy to understand and taught me a lot. Also, as most have probably said, the food was good as well and I appreciate the sponsors paying for the meals each day. As I said before, I really enjoyed this program. It was nice to hear about the different careers and what they do. Also, I wish that the speakers had gone more in depth with their topics. It was good that they simplified it for us high schoolers to understand. It would have been more beneficial for me if they had gone more in depth, which would have been a lot more interesting and captivating. Other than that, the SARAS program was amazing and I am glad I was a part of it. I will be telling my research teacher about my experience with the program when I return to school in the fall, in hopes that other students would be a part of this experience next summer.

Katie

Overall impression:

SARAS was, overall, inspiring. I met so many passionate, brilliant people in the three weeks at Stony Brook. Many of my peers were smart and levelheaded, and that had a positive impact on me. I felt like every day was not wasted--I felt that my mind wasn't wasting away at the lazy, sticky pace of summer, but rather being stimulated, encouraged to think and learn and remember my ambition for greatness in goodness and cleverness. SARAS was worth it. I thank you dearly, Srini. I didn't stand to say it in the mike on that last day, but I am immensely grateful for your hard work and belief in the program and in us. You helped to provide me with an experience that I will carry with me forever. I know that we were only required to write an assessment of SARAS, but I believe that your love for what you do resonates strongly in the program that you created. Srini, you are inspiring. Cheers,

Katie

I'd like to thank you for such an amazing and rewarding summer experience. I have to admit, I was a little hesitant first going into this program, but once the first week was done, I knew I had made the right decision enrolling into the program. I felt that SARAS wasn't only educational, I do think it was definitely really motivating as well. Not only did I learn so much, I met so many great people that I plan on keeping in contact with. It was great to be with people who shared the same interests and values as me. I really loved the hands-on stimulations, but one of the things that stuck with me the most was definitely the visit to the veterans home. I feel that the trip to the nursing home, and even the whole SARAS program in general is something that is going to stick with me for a while. The experience I had this summer is definitely one I would never trade. Thank you for an amazing summer!

Kavita

When I first signed up for the S.A.R.A.S. program I wasn't overly excited to spend three weeks away from home with people I have never met before. However, I did know for sure that this program would be incredibly beneficial and a great opportunity to be exposed to the many fields science has to offer. So, I packed my bags and came to Stony Brook University. To say the least, from the very first day, S.A.R.A.S. startled me with a program that was not only filled with numerous experts, an array of science fields and captivating workshops. Overall, S.A.R.A.S. was a wonderful experience, I learned so much over the course of a few weeks and also met amazing new friends. So, thank you for the time and the effort you all have put into organizing such a rewarding program.

Kavya

The memories of SARAs are still fresh in my mind as it was definitely one of the most formative experiences of my summer. Coming into SARAS, I knew that I wanted to pursue a career in the sciences but I was unsure if a career in the medical field was right for me. By the end of the three weeks, however, I emerged with a greater understanding of numerous careers involving medicine and I was sure that this field was right for me. The most beneficial parts of the program, in my opinion, were the hands on activities where we actually learned how to do things like insert an IV or perform a spinal tap. However, I also enjoyed hearing from the various researchers about the up-and-coming developments that they are making in their fields. Aside from solidifying in my mind the decision to go into the medical field, SARAs also kindled an interest in research that I hope to pursue in the future. Ultimately, SARAS was a hugely rewarding experience that gave me a better idea of what I want to do in the future and encouraged me to look into pre-med programs in college. I would like to extend a huge "thank you" to you as well as the other coordinators, speakers, and individuals involved in putting on this program every year. It has benefited not only myself but countless other students, and I hope that this great opportunity is made available to many more students by the continuation of SARAs in the future.

Kendall

SARAS was a very informative and interesting program. I learn a lot of things relating to the medical field of science. The lecture about orthopedics has increased my motivation to become an orthopedic surgeon. The lecture of guy who was the Executive Director of the Long Island High Technology Incubator and the lecture that you gave about the invention that was a detector for spinal fluid; also inspired me to explore the business field of the biomedical science field. The other lectures were also interesting. This summer program has further encouraged me to choose a career in science that especially concentrates in medicine.

Kenny

SARAS opened me up to the world of science. At first I was skeptical and worried that I would only meet nerdy socially awkward kids who were way more obsessed with science than me. In fact, my mom and I were both surprised I was accepted into the program in the first place. On the first day of the program I remember sitting in on the first lecture about aging and cancer and nearly feeling like my brain would explode. I thought to myself, how could I have possibly gotten myself into this because I did not understand anything the expert had said. Then a friend of mine asked a question and later started talking to me about the lecture where as another friend agreed that she didn't understand either. I guess that was when I realized these lectures were for me to explore and be open minded to different types of science fields. I knew that from the start but what I had to sit through on the first day made me discouraged that I would be hopeless in science and yet peaked my interest in discovering different types of sciences. As the days went by the lectures became progressively more interesting. What I especially loved about this program was that there was such a huge variety of occupations that we were exposed to. each expert has his or her own way of representing their occupation and they really got their message across that they were truly passionate about what they were doing. I suggest there be a more healthy choice of foods because I gained a lot of weight and all my friends did as well but we stayed in the dorms so we went to the gym a lot which was fun. The assignments given were not too challenging and a lot of fun to watch being presented. I would have loved if the program were longer just because the more variety of science presented made me even more interested in what else could be out there. Thank you so much for making science fun and inspiring me to now want to be a respiratory therapist! I am also more than sure that stony brook is now my first choice for college!

Lindiana

My SARAS experience is a most memorable one. The lectures were fascinating and have made my path for the future more clear. We were able to hear from experts in the less known fields of science. I particularly enjoyed the genetic engineering lecture. Dr. Pentyala is an excellent organizer and has done a marvelous job in coordinating the program. Because of the teamwork from a few helpful students, everything ran smoothly and we were able to enjoy a nice lunch every afternoon. I am so glad to have had the opportunity to participate in this great program. I would definitely recommend attending this program to anyone who is interested in the sciences, particularly biology. Thanks for everything!

Manasa

I really enjoyed the lectures that you gave, and now I find myself interested in fields that I never even knew existed before (synthetic biology). The amount of exposure that we had was immense and I really enjoyed learning a bit about all of them. My one suggestion would be to add more hands on activities if possible. The labs near the end of the program were very interesting and though provoking. I feel compelled now to do research, and hopefully be able to change the world because of it. Thank you for the great experience,

Manyu

Thank you for organizing such an informative program. I really enjoyed it.

Michael

The SARAS program was one I entered with skepticism wondering what to expect or if I will make any friends. It ended up being the best three weeks of my summer so far. I came in with a large intellectual curiosity and left with nearly all my questions answered by listening to expert after expert pour their heart out in there speeches about their respective topics. The SARAS program truly did what I wanted it to, it introduced me to many different options if I were to enter the medical field. I realized that there are countless options that involve scientific inquiry and medical research, many of which I will consider. I simply learned so much in such a well run program. On top of the immense amount of knowledge I absorbed, the food was outstanding. You and your staff did a superb job at running this program and I hope SARAS continues to be successful and please kids as it did myself. -
Nicholas

My overall impression of SARAS 2012 was that it was a great learning experience for everyone who experienced it. The experts in all the different fields of medicine helped me get an idea of what many different kinds of doctors get to do on a regular basis. All of the amazing workshops also gave me hands on experience that I never got anywhere else. All in all SARAS 2012 was amazing program that should be continued for years to come for all of the upcoming high school students.

Moez

First off I would like to say thank you to you and to your assistants for coordinating this program - it was definitely a well spent three weeks. Although I was one of the older participants, the material and subjects that were covered by doctors, professors, and other speakers always caught my attention and for choosing such a great location to have the program because once in a while I would catch a tiny glimpse of what it was like to be a doctor, especially when some would be walking around in scrubs. My most favorite part of the series involved the hands on workshops, such as the lumbar puncture on the simulation patient. Also, the SARAS program really opened my eyes to the different specialties of research as well as physician - some of the data presented and videos illustrating what others do as a living were just great. in the manner that they made me become even more motivated into being part of the medical field. I made some great friends and some greater memories - once again, thank you

- Priya

I can honestly say that SARAS was very exciting and educational experience for me. From the time we arrived to the time we left, SARAS was filled with great memories, very interesting lectures and not to mention amazing food. The lectures that were organized everyday covered many topics in the medical field. This helped me decide what kinds of fields were best for me and ones that I didn't have a passion for. Nonetheless, each and every topic intrigued me in some way. Along with the amazing lectures, the workshops were magnificent experiences. Having hands-on lectures allowed me to see the workings of many medical fields. But, the thing I enjoyed the most was how SARAS incorporated the element of fun into the program. Dr. Srinii's jokes, having a laugh in the lecture hall, and making new friends made my experience in SARAS all the more better. The SARAS program allowed for my interest in the medical field to grow. Overall, this program was a truly amazing, fun and every other good adjective and I can see myself recommending this program to a friend in the future.

Nisha

The three weeks that I attended the SARAS program I Learned a lot of information that while In Greece I have been able to apply this new knowledge. I thank you for providing such an intense course and providing us with a very well put together lunch each day! The course was better than being on a couch all day and for that I thank you once more.

Nicholas

Overall I liked the SARAS program. Some of the lectures were interesting and the workshops were fun. I also liked the random challenges and competitions we did when in between lectures. However, I think the best thing about SARAS is the amazing lunches!

Olivia

SARAS was a wonderful experience for me for various reasons. One of the main reasons is that I learned a lot. For example, I was introduced to various fields of medicine including cardiology, nursing and physical therapy. Furthermore, I learned a lot about the various research projects that are happening at Stony Brook University. For instance, I learned a lot ranging from nonsurgical fracture healing to ion channels. Another great thing about the programs was that I got to make a lot of great friends over the course of the program. In general I learned a lot about the science field and I think SARAS has really helped me focus on what I want to do in the future. Thank you Dr. Srinivas and everybody who made SARAS possible!

Pavithran

These past three weeks have been the best way to start of my summer. Coming to the SARAS program, my first thought was 'Ugh time to sit through hours of boring lectures', but after a few more days of coming my entire outlook on the program changed. The lectures were actually interesting and were very informative. They gave me more ideas on what I want to do when I graduate high school and how to get there. Another thing that I liked a lot was the free lunch that was served. It gave a way to connect the other students in the program and to get a little break of the constant lectures. Of course the lunch would have never been able to succeed if it weren't for the great staff that were helping every single day. Even though there only a few staff members to help out over 120 students, they did a great job and were very cool people to get to know. Overall, SARAS was an amazing program and I would definitely recommend others to join next year.

Peter

At the SARAS program, I gained much insight from the diverse lectures about different fields of medicine, and research conducted by experienced professionals who showed utmost dedication and most of all, passion, in their work. I noticed that many of the speakers said that they had errors in their research, and even if they were drastic ones, they took whatever time needed; whether it amounted to 5 years more, in order to end with a successful outcome. The perseverance by each researcher, physician, and health official certainly motivated me to try harder than ever and strive to have a place in the medical field as a researcher, physician, or even a nurse, in the future. I came into the SARAS with only a basic concept of research, and an idea of some of the medical fields. I enjoyed the lectures about the cancer cells and found many of the lectures about fields like genetic engineering, and stem cell use to be inspiring because it certainly provided a look in to the future of science. I also learned that there

were many fields in both health care and science in general, which I was not aware of. All these jobs, and hard work by people behind the scenes like respiratory therapists, nurses, and especially radiologists who conduct blood work collectively save lives, and without the help by these professionals, a hospital would not function as effectively in helping people diagnose certain types of leukemia's, and diseases in general. I was greatly inspired by each one of the professionals who came to discuss their professions, interacted with all of us, and taught us more about their fields and why we should take into account that there are many opportunities to benefit the sciences and make impacts in people's lives. The program gave me insight into research, and more information on what medical schools expect, pertaining to grades, and experience in research, as well as dedication to your passion for medicine and the health care system. I gained much from solely Dr. Srimi's inspirational talks and his quirky sense of humor, as he tried to make the experience both fun and educational for all of us. I believe that this experience greatly benefitted me, and gave me a more open minded perspective on the health care system, and just how much research, and dedication goes into solving critical problems, and help save patients' lives daily. I will always reflect on this experience when I hopefully have a place in the health care system myself, and will definitely look back on this program as a rewarding two weeks, filled with fun, learning, and constant inspiration by all the speakers.

Ramsha

Overall, I thought that the SARAS program was an educational summer camp that was a lot of fun. When I came into the camp I was a little unsure if I would like it or not. I thought it would be very boring lectures one after another, but it wasn't. It was a great way to learn about the fields of medicine, from the way the lectures were set up to the workshops that were incorporated, everything was awesome. Not only did I learn from the powerpoints but I got to observe and try out things that doctors do in hospitals, on dummies, of course! It was a great way to become aware of what is out there in a relaxed and friendly way. It was one of the best experiences to be a part of also because I got to make so many long- lasting relationships with people that have the same interests as me. If I had the choice, I would have done it for the rest of my summer. Thanks so much for putting this program together. It was one of the best things I have ever participated in.

-Rhea

I enjoyed the SARAS Program very much. There were quite a few lectures that I found to be quite insightful, especially the Genetic Engineering, Ophthalmology, and Orthopedics lectures. The only thing that I would change is the experimental and interactive workshops. I would increase the amount of

those types of workshops. But overall, I had a great experience, and I couldn't thank you enough :)
Rohan

Going to SARAS was a great decision. I was initially not sure about it, esp. because I don't want to become a surgeon/physician and because it would take up 3 weeks. I found the research-oriented lectures and the lecturers' findings thought-provoking. The lunch was great - every day there was a vegetarian option (and not just salads or peanut butter sandwiches, real food). The length of lunch was good as it allowed us students to socialize and make friends. Most of the talks were great, but there were a few talks in which the speakers talked about college / medschool programs - especially those of Stony Brook. I liked that us students could ask questions to the researchers - it was a good way to make sure that everyone could understand everything. Only big issue was that leaving early for the train sometimes cut into the workshop time. Also, in the morning, the program start does not go well with the train schedule. As a result, my parents had to carpool with my friends' parents in order to arrive at SARAS on time. It would be great if you could work out a start timing for the SARAS program that would be more train-friendly.

Rohith

SARAS was an amazing program that opened me up to many different fields of medicine which I never knew existed. I enjoyed the lectures very much and the experts were very nice and very patient with us. I especially enjoyed the workshops after lunch because I had hands-on-experience with working in various labs. Over all, I really enjoyed this program but in particular, the following were the highlights:

1. SAT sessions with the Test Takers
2. Labs involving Intravenous injections and the Epidural injections
3. The Urology presentation
4. The video shown by ex-football coach on motivation
5. Visiting the Long Islands Veterans Home and meeting all the veterans

So, thank you very very much for this wonderful opportunity and for organizing this whole event and bringing in all the amazing experts together. I hope to apply this experience to help me in my future decisions of going into the medical field.

Sahi

The past few weeks I had the privilege of participating in the Science and Research Awareness Series (SARAS). Coming into the program I had almost no previous knowledge of many medical positions and the steps and requirements necessary to take in order to reach those positions. I'm glad to say, coming

out of the rigorous yet fun three week program, I now consider myself lucky for participating in the program, gaining a new perspective of the medical world and obtaining invaluable knowledge.

A typical summer day for me would consist of me waking up around noon, all groggy and definitely not ready to take on the day. I would then carry on sitting in front of the television and the next thing I knew, it would be time to go to sleep again. I'm glad to say that for three weeks this summer that is not how my day went. Instead of sitting in front of a television all day I had the opportunity to learn from experts, take occasional field trips, make friends, and above all learn about science in the world today. Sure, taking copious notes and devoting six hours a day to strictly focus on what's being taught is hard, but it was all worth it. Coming out of SARAS I can honestly say I have a completely different mindset to science and medicine in our world today. On another note, I was also able to make new friends; all whom I plan to share a future with. SARAS isn't just a science program, it's a redefining moment in my life. Thank you Dr. Srinivasa and the entire SARAS 2012 staff for your time and effort. You all pushed the program to its fullest potential and made it enjoyable for all of us.

Samuel

What I liked: Seeing various careers that I may want to pursue.

What I didn't like: Assignments, nobody wants to do assignments over the summer, and I'm sure that if we didn't have to do them, many would have enjoyed the program more.

This is Samuel.

The SARAS program, has been a very, very wonderful experience for me. It taught me different things I didn't know about, that I now do fully understand. I want to be a neurologist, so the different lectures that I've listened to had inspired me to keep looking forward to my dream. I'm really interested in the field of medicine, and the SARAS program, is the best program that I've been to. I never thought it would teach me so much. And I'm surprised by the amount of things that I now know. Thank you very much to all the staff and experts especially Dr. Srinivasa Pentyala

Sarran

I found the SARAS program to be an excellent experience. I learned so much and was exposed to a vast range of areas in science and research that I would not have been

otherwise. I enjoyed going every day and learning about new things from all the wonderful experts that came in to talk to us and pass their knowledge along. It was a fun, educational opportunity that I'm glad I had. Thank you very much for organizing and putting this program together!

Sara

Throughout the SARAS program, I met so many great people and learned about new innovations. The program gave me a feel for what various medical professions were like, and also revealed that there are always options out there. I can honestly say that I enjoyed every moment of the program, especially the more interesting lectures involving jobs and research; if the program were longer I wouldn't have minded one bit. The experiences that I had during my time at SARAS were unforgettable, and the last day involved a painful goodbye to what was essentially my life for three weeks.

- Shayne

I really enjoyed the SARAS program. I hope you have lots of success with it in the future.
Shehryar

SARAS was the first sleep-away camp I have ever attended, as well as one of the most enlightening programs I have ever experienced. There is not a single moment of SARAS that I will forget. For the three weeks I resided at Stony Brook University, I shared countless laughs with new friends, applied myself to hands-on activities that I never would have had a chance to practice, and enjoyed informative presentations that guided me onto the correct path in the science field. SARAS provided such an excellent opportunity to its alumni by exposing them to all the possible areas one can venture in while exploring science. The program reached outside of science as well, such as when they had SAT preparation classes set up for us. These SAT preparation classes did not settle for anything less than the best, and helped me grasp a better understanding of what used to be a very daunting exam. The social aspect of SARAS brought the most memories however, and I encourage all students to dorm regardless of how close they live to the camp. As I studied science throughout the day, I received a true college-life experience during the night. I highly recommend this camp to anyone even mildly interested in science!

Shemona

I first wanted to try this program because I wanted a greater understanding of the medical field. However, after looking at the schedule and seeing never-ending lectures, I got a little bit discouraged. I

decided to try it, and the choice really paid off. Not only did I gain a new insight on science, but also made new lifelong friends along the way. The hands-on workshops were a really great experience that I know will help me in my future endeavors. This program also helped me establish myself among the Stony Brook staff; in the science world, connections mean everything. Thank you to all the scientists who took time out of their busy schedules to share their expertise with us. Thank you to everybody who pooled in their time to teach us about medical school programs, answer our questions, or give us hands-on help. Thank you to the sponsors for the scrumptious lunches. Most of all, thank you Srinu for everything you've given us; you offered not only your time and energy, but also your love and care.

Sherry

I enjoyed a lot, and learned a lot in the SARAS program. Before I came to SARAS I had a very limited knowledge about the fields in medicine, but thanks to SARAS I have broadened my knowledge. I would definitely recommend the SARAS program to my sister and my brother. Thank you for setting no age limit for this program. I felt that your epidural research was absolutely amazing, and the protocol for research was spot-on. I really felt great coming to SARAS.

Soumya

For the three weeks that I spent at the SARAS program at Stony Brook, I can say that I have learned a lot. The lectures were very diverse and informative and the speakers were very enthusiastic and entertaining. The labs were very interesting and much different from the labs performed at school. Certain lectures were covered in school while others were far too broad or basic to come away with new knowledge. The program as a whole has been beneficial and I had fun making new friends and learning new things. My favorite lectures were probably the genetic engineering lecture and the GI lecture. The SAT prep was much needed and very helpful. I would most definitely recommend this program to others. Thank you for providing me with this wonderful opportunity.

Stephanie

My experience at the SARAS program at Stony Brook University was nothing short of invaluable. The experience of being in a dorm and balancing school work and the social aspect was important to any oncoming students moving forward into their freshman year of college. As far as the actual program is concerned, the variety of career doors opened up to all in attendance brands the program a priority to any and all who wishes to pursue an occupation in the medical field. I particularly was not entirely sure which field of work I wished to pursue, but attending this program and realizing all of the different career choices open to me, I'm not entirely sure if this helped narrow my path as to where to go, or broaden it to a whole new level. I believe I speak for most of the amazing friends I made during this

program, as well as myself when i say that this was truly an informative learning experience. This is also an amazing way to make connections to other professors that are openly considerate in accommodating one towards the profession that they may wish to pursue.

Steven

I greatly enjoyed my time in the Science and Research Awareness Series at Stony Brook University. I have always been fascinated by what is going on in the medical field, and I was interested in a career in medicine, but I wasn't entirely sure. After doing this program, I am sure I want to work in medicine. The most useful lecture I heard was about the many careers in the medical field, and I am currently looking into becoming a Physician's Assistant. I particularly enjoyed the lecture on Genetic Engineering and all of the interactive workshops. The Genetic Engineering was very interesting because I am into the sci-fi genre, and this was something that came up frequently. In a way, this was almost a fantasy come to life for me. My favorite workshop was performing the spinal tap. It really drove home the point and the usefulness of everything we were being taught by performing the procedure with my own hands. I can confidently say that I will recommend this program to anyone interested in the medical field. I loved all of the lunches that were served, and all of the staff were helpful and very nice. I would like to thank you for working on this program, and I hope Stony Brook has just as much success next year with S.A.R.A.S. as it did this year!

Matthew

Everyday at Stony was amazing (no not because of the food silly) because for starters your colleagues were an expert in what they do and they made every lesson really interesting. I learned many things during the program and I actually have an idea on what career I want to pursue now thanks to the program. After the visit at the nursing home I became really inspired in becoming a geriatrician. What else I loved about camp was the people there. Everyone was really friendly and polite to each other and does little mini videos you showed the class was hilarious. What I suggest you should do is that for next year program you should do more class activities together because by the last day of camp everyone realized how much they'll miss each other and we really didn't have a good bye prepared for everyone because we weren't able to get to know everyone around camp. But thankfully there's always facebook to keep us in touch! I really do hope you keep this program going because it's so intellectual (and because it was one of my most productive summer ever haha.) and many kids like me can benefit out of this. So thank you uncle Srini for giving me this opportunity to experience something new and thank you for taking about a hundred plus menacing kids for three weeks. I hope you didn't grow any white hair because of us! But on a serious note I would love to be your student again and maybe this time as a college student.

Jonalynn.

The experience at SARAS was a fun and a great learning experience. i think of majoring in a medical field after i major in electrical engineering. i also meet and made friends with many amazing people and some of the presentation was really well presented with a lot of humor. My mom said she was happy that i spent most of my summer doing something educational and beneficial

Tom

These are just some of the many words that I can think of to describe this program. SARAS made getting up at 5 AM every morning actually worthwhile. I've enjoyed every single minute during the three week span. SARAS demonstrates how learning new things can be fun. I've met new friends, became acquainted with experts, and even discovered an uncle 🤖. All of the participants were bright, intelligent, and sociable. I would love to have a class with all of them and have teachers like the experts that taught us. If I was asked to do this again next summer, I would say yes without a doubt. I cannot think of one flaw that this program has. SARAS really helped me in choosing a career in the near future. The biomedical field is one of the select few fields that can be challenging, fun, and also make a difference in people's lives. Thank you Dr. Srini for organizing this amazing program. I hope that we meet again in the future.

Jeremy

I first heard about the SARAS program from my fellow peers, and they highly recommended for me to attend this year. I definitely do not have any lament about my decision. I truly felt like a medical student for the past three weeks. With all of the lectures and hands-on labs, it gave me a better understanding of the endless amount of career choices I had in front of me. Along with the informative workshops and lectures, the lunches every single day were great and definitely contributed to the positive feelings I had towards the program! I also appreciated the SAT classes because I was able to learn strategies and tips to help me succeed. Overall, I want to thank everyone who helped make this program a memorable one. SARAS has enhanced my passion in the medical field, and introduced me to new possibilities. PS- I also learned that Indian food is delicious!!!

Yuna

At the beginning of this program, I didn't know if I was going to like it or not. But after now that it has finished, I can honestly say that I have really enjoyed being a part of SARAS over the past three weeks. It has certainly been an intriguing and fun 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. Not only did I learn a lot, but I also met a few friends that I might keep in touch with. A lot of the lectures were very

different and diverse; from genetic engineering to dentistry. Not only were the lectures full of information, but they speakers 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, professionals, and experts 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 was a key and unique aspect 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 very much!

Anthony

I can honestly say that this program has been a good one. I have met some...cool, definitely interesting people. It's great to know that you can come to a program where it's not just one culture. As we get older we are going to meet people from places we probably haven't even heard of. This program showed me that you can't judge someone until you actually meet them. I thought most of the people were going to be nerdy and stuck up, but everyone was actually cooler than I expected. SARAS also taught me different positions in the medical field that I have NEVER even heard of before. I finally know what a Respiratory Therapist is and what their role is when taking care of a patient. Dr. Srini was cool and likes to have fun. He joked about everything, but he knew when to take things serious because there is always a time for fun and a time for play. Dr. Srini showed me how to balance that and still get the most out of the program. I really enjoyed the program and I will take the lessons I got from it and apply it to everyday life. thanks once again to all the SARA staff and hope to use the teachings wisely.

Patrick

Thank you so much for the wonderful program. All the speakers were excellent, and the labs were great too. The schedule was planned out perfectly, and utilized time wisely. SARAS has really helped me see the various different fields of health care, and has helped me gain valuable knowledge.

Richard

I really enjoyed the SARAS program. I thought it was very well organized and planned. All of the lectures were interesting and informative. I really liked learning about proteomics, ion channels, cardiology, orthopedics, the GI tract, and diabetes. The workshops done by the respiratory therapists and physical therapists were a lot of fun. However, I think that more people should have gotten a chance to practice with the patient simulator. After participating in SARAS, I have a better understanding of the wide range of jobs and opportunities available in the medical field. There are so many interesting specialties and research projects that I would love to learn more about in the future. Thank you so much for running this wonderful program!

Samantha

HMMMM, WHERE DO I BEGIN? Let me start by saying the SARAS program was worth three weeks of my summer. My mom was the one who found it for me, because she wanted me to spend some of my vacation doing something that is beneficial not only to me, but to my future as well. Personally, I strive to become an Anesthesiologist and this program not only informed me about that field, but various other medical fields as well. SARAS made me more aware of what I was going to be experiencing if I decided to go to medical school, and after doing this program I was certain of it. I loved the fact that I was able to learn from doctors of different specialties, and they took time to answer our questions. Not every moment of the program was about listening and learning, there were moments where we'd joke around and interact with our peers. There's so much about the SARAS program that I can't necessarily explain, you'd have to go and experience it. Even if you're not certain that you'll be studying medicine in your near future, this is a program that'll enlighten you on topics you may not be aware of. The research that is being done is astounding, it has motivated me to take research courses in high school and in my upcoming years of college. One of my most memorable moments was the visit to the Veterans' home, which touched my heart so much that tears came to my eyes. All around SARAS was a great, productive experience. Not only were the lectures good, so was the food! I want to thank everyone that was involved in SARAS, this is a great opportunity you've created to our soon to be future generation.

Pena
