

ACADEMIC TEAM



Isik Surdum (Team Leader)

Email: i_surdum0606@email.campbell.edu

From: Lyndhurst, NJ

College & Major: Microbiology & Immunology at University of Miami

Biggest Piece of Advice: Find the things that make you laugh / genuinely happy that you can implement into your routine on a weekly basis. It will make the entire process so much more fun and enjoyable!

Interests/Hobbies: Live music, dancing & karaoke (poorly) with friends, fashion



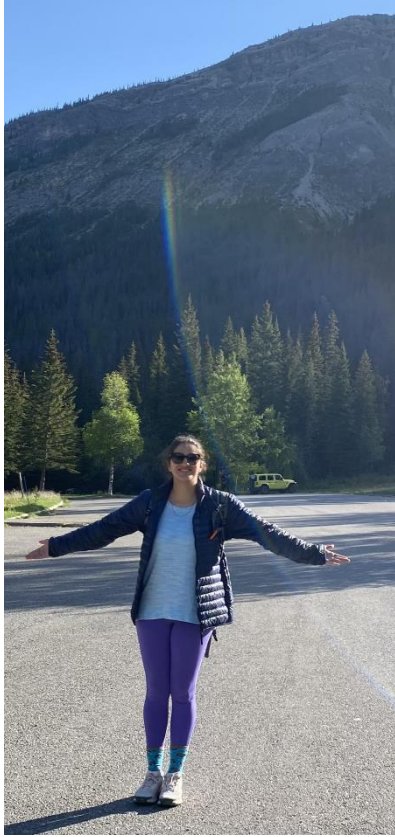
Kathryn Banks

Email: k_banks0918@email.campbell.edu

College & Major: UNC Chapel Hill, Environmental Health Sciences

Biggest Piece of Advice: Find a study buddy! Having someone to study with makes studying so much more enjoyable and easier to hold yourself accountable.

Interests/Hobbies: Women's health, cooking, baking, painting



Sonakshi Chaturvedi

Email: s_chaturvedi0830@email.campbell.edu

From: Dallas, TX

College & Major: University of Texas at Austin, Biology and Business

Biggest Piece of Advice: Remember to take time for yourself every day and put yourself outside of your comfort zone. Get comfortable being uncomfortable!

Interests/Hobbies: Reading, hiking, baking, and dancing



Raadha Patel

Email: r_patel0525@email.campbell.edu

From: Mooresville, NC

College & Major: Neuroscience & Computer Science at UNC-Chapel Hill

Biggest Piece of Advice: Find some good people to surround yourself with and try to consciously appreciate the little things! Also, take as many naps as possible.

Interests/Hobbies: Photography, Travel, Napping & the NYT Mini Crossword



Kelly Tran

Email: k_tran0920@email.campbell.edu

College & Major: BS in Biology at Virginia Commonwealth University

Biggest Piece of Advice: You might be sitting much longer than you expect! Take a walk in the middle of studying. It can also help you reset mentally before getting back to work.

Interests/Hobbies: Pickleball and video games



Davis Young

Email: d_young0211@email.campbell.edu

From: Winston-Salem, NC

College & Major: NC State, human biology and master of physiology

Biggest Piece of Advice: Try to find a consistent routine that you can stick to and keep up with. Also try to explore as many different study techniques and resources as you can.

Interests/Hobbies: Cooking, medical dramas, and board games with friends

EXTRACURRICULAR TEAM



Garrett Mozingo (Team Leader)

Email: grmozingo0801@email.campbell.edu

From: Comfort, NC

College & Major: BS in Biology & MS in Biomedical Science from Campbell University

Biggest Piece of Advice: Find something to be grateful for and smile about each day. Make time for those you love and are about in life!

Interests/Hobbies: Cooking, Baking, and Hiking



Maggie Degen

Email: m_degen0721@email.campbell.edu

From: Fremont, Michigan

College and Major: BS in Biomedical Sciences at Grand Valley State University

Biggest Piece of Advice: Don't lose yourself to medical school! You were a whole and beautiful person before medical school, and you will be a whole and beautiful person after medical school! Prioritize doing the things that bring you joy and make you who you are!

Interests/Hobbies: Concerts and live music, Reading, Spending time with friends



Erika Hryhorenko

Email: e_hryhorenko0920@email.campbell.edu

From: Rochester, NY

College and Major: BS in Integrative Neuroscience at Binghamton University

Biggest Piece of Advice: Do not be afraid to change things up if what you are doing is not working for you.

Interests/Hobbies: Reading, Hiking, and Traveling



Jacob Mowry

Email: j_mowry0723@email.campbell.edu

From: Mobile, AL

College and Major: BA in Psychology, BA in Medicine, Health, and Society at Vanderbilt University

Biggest Piece of Advice: Don't let the highs and lows of your academic performance get you too high or too down. Don't stress about figuring out how to study, it will come naturally.

Interests/Hobbies: Aviation, Formula 1 Racing, Biking



Samir Patel

Email: s_patel0207@email.campbell.edu

From: Charlotte, NC

College and Major: BS in Biology from University of North Carolina in Chapel Hill

Biggest Piece of Advice: Prioritize your mental and physical health and believe in yourself.

Interests/Hobbies: Basketball, Cooking, and Traveling



Alyssa Russum

Email: a_russum0821@email.campbell.edu

From: Littleton, CO

College & Major: BS in Biochemistry at the University of Nebraska Lincoln

Biggest Piece of Advice: Make sure you keep in touch with the people who support you! Don't isolate yourself, even though you're busy.

Interests/Hobbies: Running, Swimming, and Reading

MENTAL HEALTH TEAM



Dylan Carmack (Team Leader)

Email: d_carmack0606@email.campbell.edu

From: Nashville, TN

College and Major: B.S. in Chemistry at Davidson College

Biggest Piece of Advice: Have a mandatory studying cut-off time and stick to it – you will thank yourself in the long run! *Bonus tip:* Set reasonable goals and celebrate yourself when you meet them with a sweet treat or a night off from thinking about school. You are more than just a student, don't forget that!

Interests/Hobbies: Spending time with my wife and our dog, running, playing disc golf, and doing cross stitch



Nisha Bhat

Email: n_bhat0804@email.campbell.edu

From: Atlanta, GA

College and Major: B.S. in Genetics at the University of Georgia

Biggest Piece of Advice: Pace yourself when studying and know your limits. Try to be consistent with studying, exercise, cooking/meal prep, and hobbies; keeping a schedule helps a lot! Also, don't be afraid to reach out for help from peer navigators, behavioral health, or ACE; CUSOM has a lot of resources available to support you.

Interests/Hobbies: Bouldering, trying new food, and traveling



Claire Bullard

Email: mcbullard0424@email.campbell.edu

From: Fort Mill, SC

College and Major: B.S. in Psychology at Clemson University

Biggest Piece of Advice: Build a support network within your community, including classmates, mentors, and faculty members. Don't hesitate to reach out for help or advice when needed, whether academically, emotionally, or personally.

Interests/Hobbies: Yoga, Being Outdoors, Cooking, and Coffee!



Averie Bunce

Email: abunce0106@email.campbell.edu

From: Cary, NC

College and Major: B.S. in Human Biology at NC State

Biggest Piece of Advice: Make time for yourself! Take a walk during study breaks, go to the gym, eat meals you enjoy, watch TV, and/or stay in touch with friends and family from home even if it feels like you don't have the time. School is important to all of us, but your physical and mental health are just as, if not more, important!

Interests/Hobbies: Weightlifting, reality TV, cooking



Matt Coyne

Email: m_coyne0329@email.campbell.edu

From: Fredericksburg, VA

College and Major: B.S. in Biochemistry at University of Mary Washington and Master's in Biology at George Mason University

Biggest Piece of Advice: Med school is tough, but so are ALL of you. Maintain an attitude of gratitude every day - ESPECIALLY when things get hard. "It's a good day to be a medical student."

Interests/Hobbies: Spartan races, ultra marathons, tennis, cooking, reading, axe & knife throwing



Catherine Dauw

Email: c_dauw0727@email.campbell.edu

From: Los Angeles, CA

College and Major: B.S. in Biology at Loyola Marymount University

Biggest Piece of Advice: Schedule some time to force yourself to step away. Schedule something fun, go for a walk or to the gym, or have a self-care moment so that when you come back to studying you are more refreshed! Being proactive about taking breaks can enhance your study efficiency and support your mental well-being on the med-school journey!

Interests/Hobbies: Hiking, Skiing, Photography, Painting, Trying good food

TRANSITION/SOCIAL TEAM



Hannah Davis (James) (Team Leader)

Email: h_james0609@email.campbell.edu

From: St. Paul, Minnesota

College and Major: BS Psychology, University of Minnesota

Biggest Piece of Advice: Find your people and lean on them in times of need. We all have them (yes - even the ones who look like they have it all together!). Don't struggle alone!

Interest/Hobbies: CrossFit, cooking, walks with friends, spending time with my husband



Sana Chopra

Email: s_chopra0208@email.campbell.edu

From: Cary, NC

College & Major: Neurobiology, NC State University

Biggest piece of advice: You will most likely find yourself going through ups and downs during this transition, just like your colleagues. Don't be afraid to share your anxieties with each other while also providing a safe space for others to share their anxieties with you!

Interests/Hobbies: Pickleball, board games, and taking my dog on walks!



Anna Donnelly

Email: a_donnelly1110@email.campbell.edu

From: Oregon

College & Major: Biochemistry, Purdue University

Biggest piece of advice: Don't compare yourself to how others are scoring on quizzes/exams and know that you were meant to be here. Don't be afraid to change your study style if it no longer suits you between blocks or even from exam to exam.

Interests/Hobbies: Cooking, painting, playing the piano



Abigaile Manzano

Email: agmanzano1104@email.campbell.edu

From: Garner, North Carolina

College & Major: Biochemistry (Pre-Medical), Campbell University

Biggest piece of advice: Never underestimate what you are capable of in a positive or negative way. Know your strengths and weaknesses and then keep yourself accountable to be a healthy YOU - not just a "good medical student."

Interests/Hobbies: Walking/hiking, watching sports, and reading



Alexa Marcy

Email: a_marcy1113@email.campbell.edu

From: Fort Collins, CO

College & Major: Biochemistry, Catabwa College

Biggest piece of advice: You are more than just a medical student, don't forget to have fun in addition to studying!

Interests/Hobbies: I'm a huge foodie so I love exploring all the restaurants in Raleigh, finding new trails with my dog Lena, and playing volleyball!



Anastasia (Anja) Stichter

Email: a_stichter0731@email.campbell.edu

From: Rockledge, Florida

College & Major: Exercise Physiology, Florida State University

Biggest piece of advice: Take breaks and fill them with things you enjoy doing! Trying to work through "productivity walls" will be more exhausting than just giving yourself time to refresh and relax.

Interests/Hobbies: watching sports, attending Campbell baseball games, trying new coffee shops, finding new trails, and pickleball!