

# Rest Rx

Team Leader: Elena Vargas

# Elena Vargas

**Email:** [e\\_vargas0323@email.campbell.edu](mailto:e_vargas0323@email.campbell.edu)

**From:** Concord, NC

**College & Major:** BS in Neuroscience at UNC  
Chapel Hill

**Biggest Piece of Advice:** Focus on forming a solid friend group— they will be a crucial support system throughout the blocks and know exactly what you're going through (nothing is stronger than trauma bonds)!

**Interests/Hobbies:** Dance, crocheting, watching mindless TV, coffee shops



# Tyler Palfreeman

**Email:** tmpalfreeman1108@email.campbell.edu

**From:** Mt. Airy, NC

**College & Major:** BA in Human Development at Brigham Young University and MS in Medical Nutrition at Arizona State University

**Biggest Piece of Advice:** There is more than one way to be successful in medical school! Your priorities and passions will determine what that means for you, but you can't do it alone. Seek advice and mentorship every step of the way and continuously make course corrections to reach your goals both inside and outside of medical school.

**Interests/Hobbies:** Traveling, Hiking, Cycling, and Playing with my dog, Arlo



# Summer G. Alexander

**Email:** sgalexander1006@email.campbell.edu

**From:** Lexington, NC (Born in Brunswick County)

**College & Major:** University of North Carolina –  
Greensboro, BA in English

**Biggest Piece of Advice:** Try not to compare your journey in medicine to that of your peers. Your unique experiences and qualities earned you your seat here, and although it is hard not to compare yourself to others, you will go on to make your own mark in medicine. You got this!

**Interests/Hobbies:** Weightlifting, Yoga, Camel Choir,  
Volunteering at the CUCCC



# Roxton Edwards

**Email:** r\_edwards0204@email.campbell.edu

**From:** Mount Airy, NC

**College & Major:** BS in Neuroscience at High Point University

**Biggest Piece of Advice:** Remember you have a life outside of medical school, and you are more than your grades.

**Interests/Hobbies:** Baking, Fitness, Gaming



# Anna Petrillo

**Email:** a\_gagliardin1117@email.campbell.edu

**From:** Pittsburgh, PA

**College & Major:** BS in Biology from University of Dayton

**Biggest Piece of Advice:** Lean on your support system and don't be afraid to ask for help!

**Interests/Hobbies:** Baking, dance, thrifting (also an Air Force spouse and first time mom)



# Veronica Butler

**Email:** vbutler0205@email.campbell.edu

**From:** Los Angeles, CA

**College & Major:** BS in Biopsychology at University of California, Santa Barbara

**Biggest Piece of Advice:** Even when things feel like they're falling apart or seem impossible, they often work out in unexpected ways. Trust that, even if you're not hitting your goals right now, you'll find your way-- it just might not happen on your original timeline or in the way you imagined and that's okay!

**Interests/Hobbies:** Advocacy, mentorship, trying iced vanilla lattes at every coffee shop I go to



# Aaditi Kulkarni

**Email:** a\_kulkarni1003@email.campbell.edu

**From:** Greensboro, NC

**College & Major:** Public Health & Psychology BS from East Carolina University

**Biggest Piece of Advice:** Med school will push your intellectual limits. But it also tests your sense of self, your emotions, your relationships, and your ability to be kind to yourself when you're not 'on top of it.' When it gets overwhelming, you don't have to pretend you're fine. Talk to someone. That's what we're all here for!

**Interests/Hobbies:** Dancing, Watching/reading anything horror, Listening to podcasts 24/7, Everything showers



# Lacey Picinich

**Email:** l\_picinich0819@email.campbell.edu

**From:** Parsippany, NJ

**College & Major:** BS in Biology and MS in Athletic Training at Seton Hall University

**Biggest Piece of Advice:** Trust yourself, you've already overcome so much to get here, so have faith that you will continue to find success. Hold onto the reasons that led you to choose this path and let them guide you through the challenges ahead. Enjoy each day and make time to do both the small and big things that make you happy. You are capable, and you belong here - you've got this!

**Interests/Hobbies:** spending time with my dogs Winnie and Zoey, baking, hiking



# Nicole El-Khoury

**Email:** n\_elkhoury1223@email.campbell.edu

**From:** Ahoskie, NC

**College & Major:** BS in Exercise Physiology at East Carolina University; MSBS in Biomedical Sciences at CUSOM

**Biggest Piece of Advice:** Give yourself plenty of grace and do your best to not compare yourself to others!

**Interests/Hobbies:** Cooking, Traveling



# Sheiva Beladi

**Email:** s\_beladi0118@email.campbell.edu

**From:** Orlando, FL

**College & Major:** BS in Biology at University of Florida

**Biggest Piece of Advice:** Remember that you're human and everyone makes mistakes. Don't let one bad grade or experience tear you down, keep fighting for your dreams!

**Interests/Hobbies:** Baking, painting, walking my cats



# Test Rx

Team Leader: Kartikay Rathore

# Kartikay Rathore

**Email:** k\_rathore0520@email.campbell.edu

**From:** Charlotte, NC

**College & Major:** BS in Biology from North Carolina State University

**Biggest Piece of Advice:** Make time for what matters—family, friends, hobbies, health. These aren't distractions—they're what keep you whole. You're allowed to live while you learn!

**Interests/Hobbies:** Weight lifting, Cooking, Photography, Rotting in bed



# Hanna Lee

**Email:** h\_lee0518@email.campbell.edu

**From:** San Jose, CA

**College & Major:** BS in Clinical Psychology at University of Illinois, Urbana-Champaign

**Biggest Piece of Advice:** Try out different study methods early and figure out what works best for you—everyone learns differently, so finding your groove early on will save you a lot of stress. There's a lot to juggle, but good time management is key to staying on top of your work *and* making sure you still have time for yourself!

**Interests/Hobbies:** Reading, Baking, Going to cute cafes



# Olivia Knaus

**Email:** oaknaus1229@email.campbell.edu

**From:** Fort Collins, CO

**College & Major:** BS in Biomedical Sciences & MS in Toxicology at Colorado State University

**Biggest Piece of Advice:** Come into medical school with an open mind and flexibility- both in how you study and how you balance your time with loved ones/friends. Allow yourself to make mistakes, learn from them, and take time to reflect on how far you've come. Focus on progress, not perfection!

**Interests/Hobbies:** Family time with my husband and daughter, Working out, Gymnastics



# Ashley Johnson

**Email:** a\_johnson0101@email.campbell.edu

**From:** Asheboro, NC (where the NC Zoo is!)

**College & Major:** Human Biology with a minor in Nutrition at North Carolina State University

**Biggest Piece of Advice:** Be open to changing your schedule or study habits throughout the year. If something isn't working for you, try something new! Consider asking the people around you for different resources or options that have worked for them.

**Interests/Hobbies:** Reading and going to the beach



# Kathy Hoang

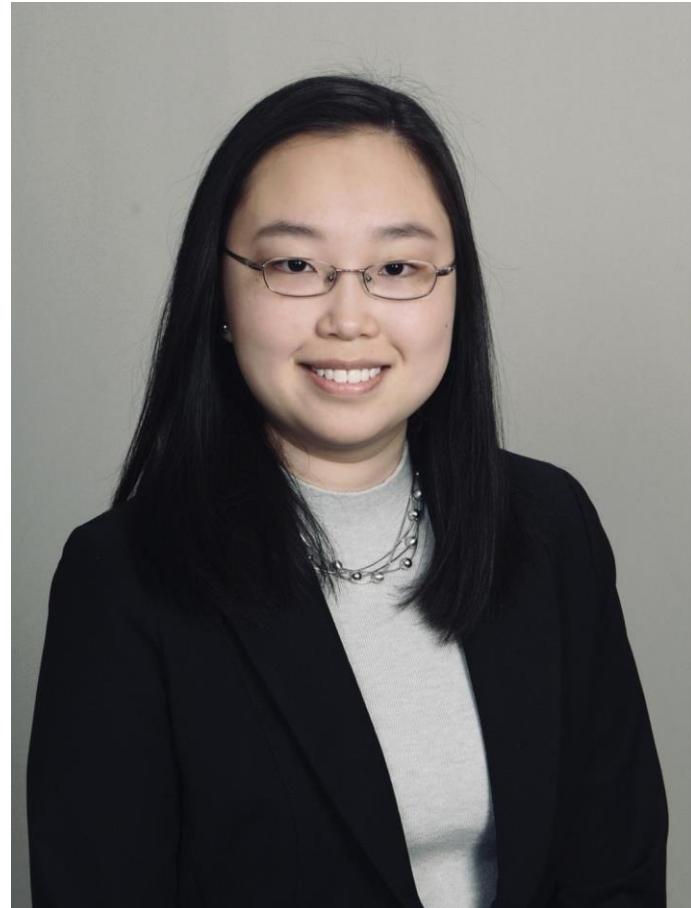
**Email:** kahoang0525@email.campbell.edu

**From:** Fayetteville, NC

**College & Major:** BS in Biology at UNC Greensboro

**Biggest Piece of Advice:** Everyone's journey through medical school is different from one another. Please remember to stay true to who you are in addition to allowing yourself the space to grow and make mistakes!

**Interests/Hobbies:** Playing the piano and violin, traveling



# Pavitra Sriram

**Email:** p\_sriram1016@email.campbell.edu

**From:** Cary, NC

**College & Major:** BS in Human Biology at NC State University (go pack!)

**Biggest Piece of Advice:** Everyone's journey through medical school will look different -- there's no single "right" way to succeed. You might have to try different study methods and routines before you find what works for you. Don't be afraid to ask for help, and make time for what you love to do outside of school!

**Interests/Hobbies:** Soccer, Reading, Running/Walking with my dog



# Hunter Sjobom

**Email:** hjsjobom1229@email.campbell.edu

**From:** Hickory, NC

**College & Major:** BS in Biochemistry at Catawba College

**Biggest Piece of Advice:** Learn your rhythm. Everyone does things at a different pace and works better at different times. Once you understand the times you work best at you can develop a good flow and efficiency.

**Interests/Hobbies:** Basketball, cooking, going to new coffee shops.



# Shannon DeSilva

**Email:** s\_desilva0518@email.campbell.edu

**From:** East Brunswick, New Jersey

**College & Major:** Bachelors in Biology at Rutgers University, New Brunswick

**Biggest Piece of Advice:** Set up time for yourself! School can be overwhelming at times but setting aside some time to do what you love helps so much in the long run.

**Interests/Hobbies:** cooking, working out, and spending time with my dog



# Alexa Sokhon

**Email:** acsokhon0524@email.campbell.edu

**From:** Beirut, Lebanon

**College & Major:** BS in Cell and Molecular Biology  
at Baylor University

**Biggest Piece of Advice:** Start building  
relationships early. Having friends, mentors, and  
supportive classmates will make your journey easier  
and much more rewarding.

**Interests/Hobbies:** Cooking, traveling, and facetime  
study sessions with my friends

