

Rest Rx

Team Leader: Elena Vargas

Elena Vargas

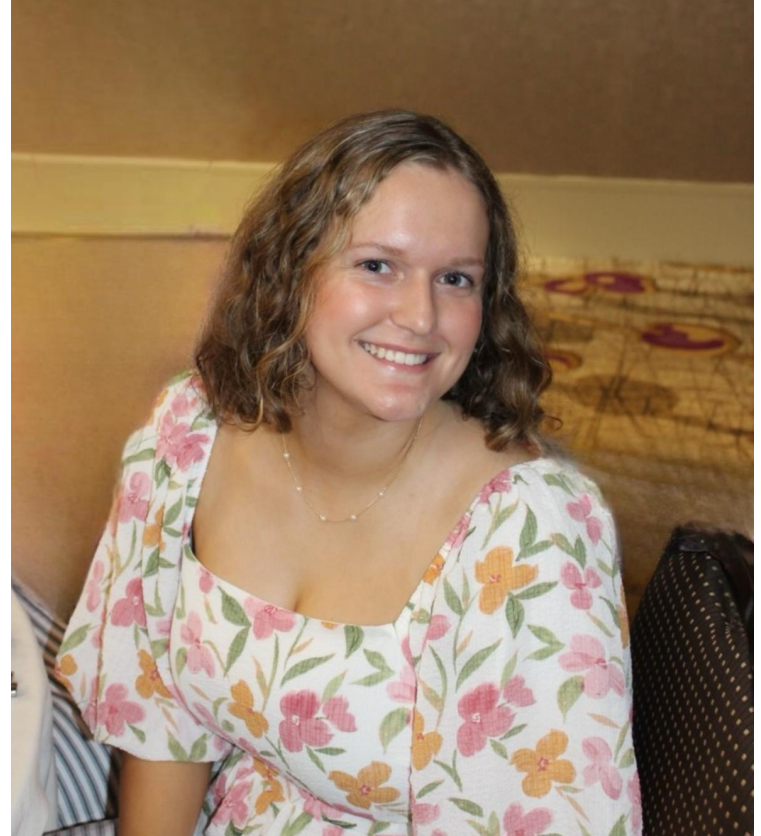
Email: e_vargas0323@email.campbell.edu

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

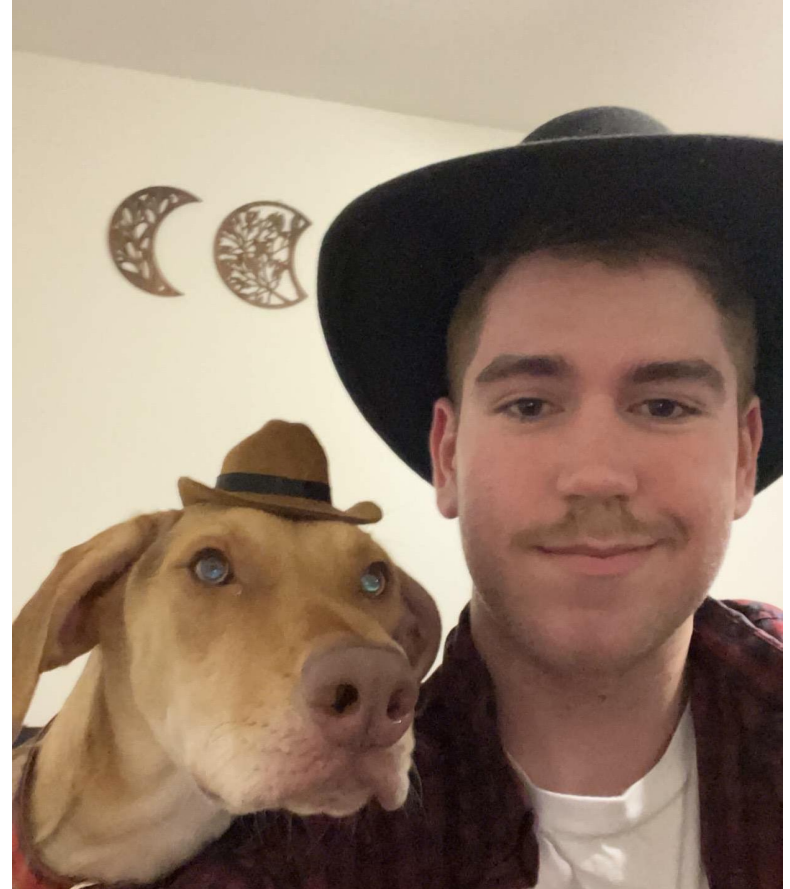
Email: r_edwards0204@email.campbell.edu

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: vfbutler0205@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

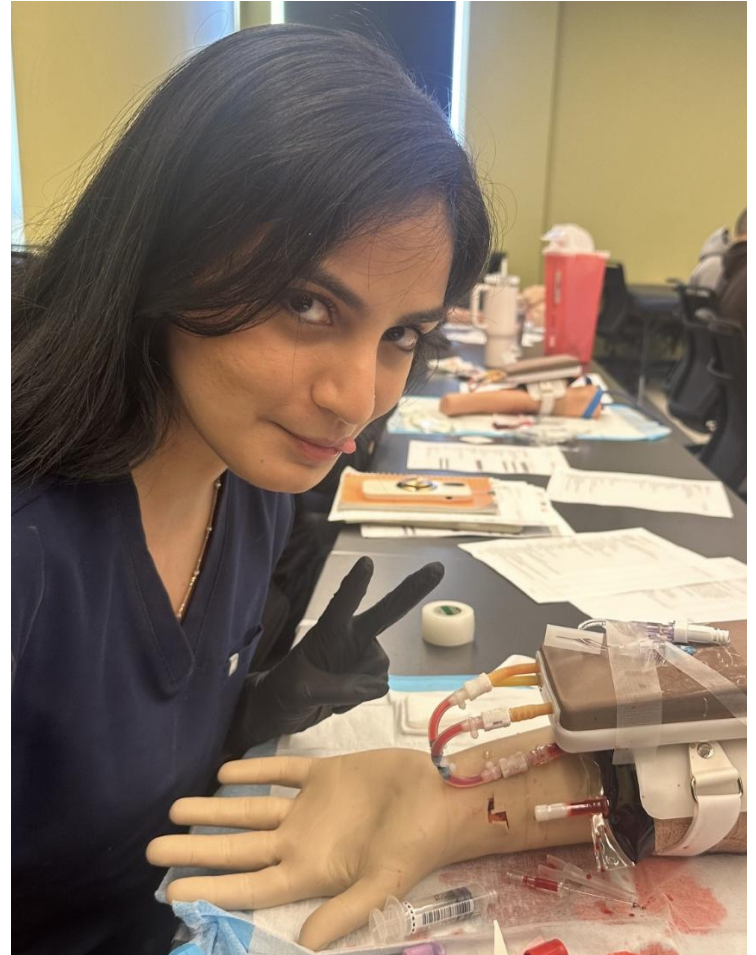
Email: a_kulkarni1003@email.campbell.edu

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

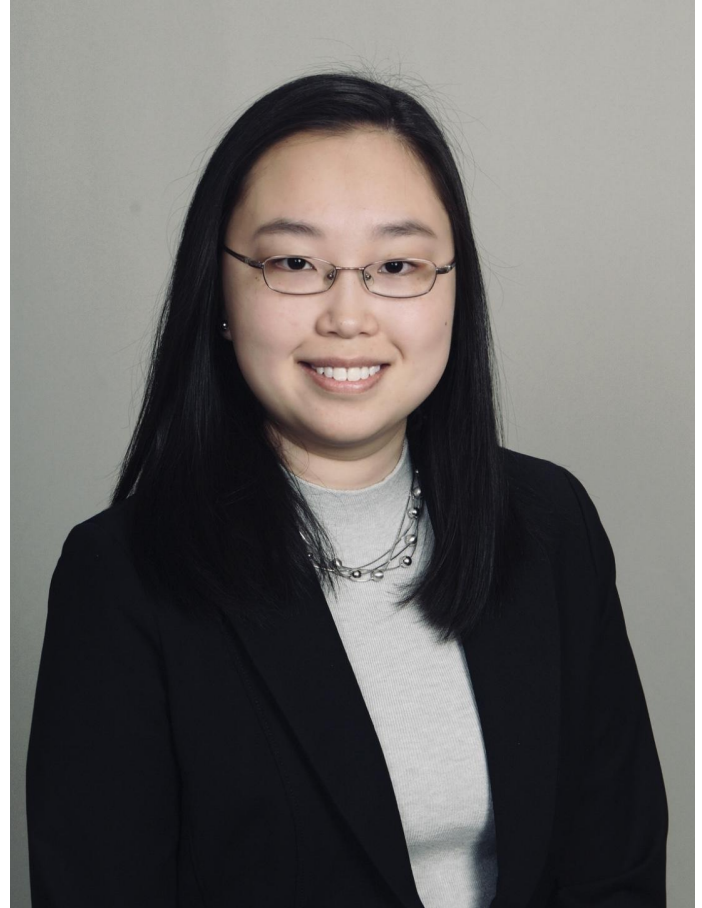
Email: kahoang0525@email.campbell.edu

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

