



# STUDENT LIFE & DIVERSITY GUIDE



## FOR THE FIRST YEAR





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## ACKNOWLEDGEMENTS

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*The Program for Diversity & Inclusion would like to thank medical students Philip Feibusch, Mounika Kannenganti, and Abby Maranga. We are grateful for their time, commitment, and help with this year's Guide.*

# MESSAGE FROM MS2s

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Okay, so. You did it. You are (really, actually) going to be a medical student. Which is a ridiculously exciting (and possibly vaguely terrifying) prospect. Here's the thing: it's going to be awesome. And hard. And transformative. There will be times when you love it, and there will (probably) be times when you hate it. With that in mind, we have compiled some advice from previous MS1s on how to truly rock your first year of medical school.

- ◆ **Do your thing.** It can be tempting to devote yourself entirely to studying; you are, after all, in medical school. Remember that you are (truly) a multifaceted individual with diverse interests; keep those interests in tact. Continue playing sports or making music or creating art or whatever it is that makes you love the world.
- ◆ **Explore.** Especially during Module 1. Get to know this incredible city that is housing you for four plus years. Take time to wander Philadelphia, meet people who live here, check out the restaurants and bars, and immerse yourself in the cultural heritage of the area. And. Explore yourself. Push yourself beyond your comfort zone, re-learn what you think you know about yourself, and remind yourself why you wanted to be a doctor.
- ◆ **Commit to spending time with your classmates.** They will unquestionably be worth getting to know, and they will be some of the people who provide you with sanity, joy, laughter, and friendship throughout this crazy process.
- ◆ **Get involved in a student-run clinic or something else that directly serves people.** Your clinical exposure will be pretty limited for the first 18 months. Being part of a student-run clinic will introduce you to the people in Philadelphia and the context in which you will eventually be practicing medicine. It will also remind you the ultimate purpose of learning all the material you will devote so much time to understanding.
- ◆ **Make a few personal goals at the beginning of the year.** Work on something totally unrelated to medical school: decide to develop a new skill, travel somewhere, finally address that personality flaw that's been annoying you, read a certain number of books, run a marathon, whatever. Find something to work on, get excited about, and remind you that there is a huge world beyond the walls of this school.

This is just a brief selection of (what we like to think of as) wisdom to help you with the transition. Don't stop learning after reading this; keep asking questions of upperclassmen, faculty, and administrators. Penn is a phenomenal place to be, and much of that is because of the people who compose this school.

Good luck. And have a blast.

# MESSAGE FROM PDI

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*The Student Life and Diversity Guide to the First Year* represents student planning, labor, and research. Its true value, however, is not to be based upon the amount of time and energy devoted to it, but rather what it reveals about the environment of the Perelman School of Medicine.

First, this Guide is a manifestation of purposeful student involvement in your success. Repeatedly you will observe and experience examples of the friendly and helpful spirits here at Perelman. This attitude is also characteristic of the School of Medicine administration. It, too, will help you succeed.

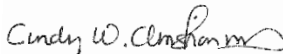
Second, the Guide is a good illustration of peer cooperation, a necessary ingredient inherent to the medical profession. Keep this fact in mind throughout your training. Increasingly, you will realize that your attitude towards cooperation and involvement with others will most likely influence your success here at Perelman as well as your future as a physician.

Finally, the Guide represents a composite of knowledgeable and experienced student advice which encourages you to think critically and make appropriate and informed decisions. Critical thinking skills are mandatory in your medical education and practice. Therefore, after considering your own personality and academic background, we recommend implementing some of the suggestions pertaining to academic success found in the Guide.

Working with the offices of the Academic Programs Office along with our student partners, the faculty leadership of the Program for Diversity and Inclusion is committed to doing all we can to help you fulfill your career aspirations.



Dr. Horace DeLisser  
Associate Dean for  
Diversity & Inclusion



Dr. Cindy Christian  
Assistant Dean for  
Diversity & Inclusion



Dr. Roy Hamilton  
Assistant Dean for  
Diversity & Inclusion

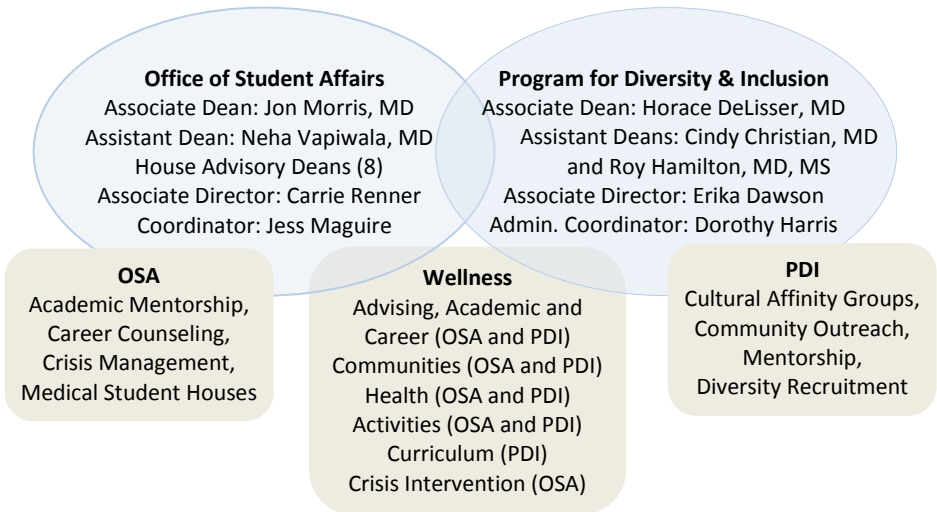


# PDI + OSA = CSL

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The Program for Diversity & Inclusion (PDI) and the Office of Student Affairs (OSA) together form the Center for Student Life (CSL) at the Perelman School of Medicine.

## CENTER FOR STUDENT LIFE



The primary mission of CSL is to encourage our students to achieve their fullest potential through academic, personal, and professional growth by fostering:

- ◆ Personal health and well-being in a safe learning environment
- ◆ Career ambitions through mentorship and counseling
- ◆ The needs of a diverse and inclusive student body
- ◆ Local and global engagement for the social good
- ◆ Leadership and participation in a broad range of student organizations
- ◆ Access to the University of Pennsylvania’s student resources such as Counseling and Psychological Services, Weingarten Learning Resources Center, Student Intervention Services, and Student Health Service

## CSL: WHO WE ARE

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### *Program for Diversity & Inclusion (PDI)*

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**Dr. Horace DeLisser**  
Associate Dean for  
Diversity & Inclusion



**Dr. Cindy Christian**  
Assistant Dean for  
Diversity & Inclusion



**Dr. Roy Hamilton**  
Assistant Dean for  
Diversity & Inclusion



**Erika Dawson**  
Associate Director for  
Diversity & Inclusion



**Dorothy Harris**  
Administrative  
Coordinator

The faculty and staff of PDI are available to all students for support and guidance.

Stop by the Suite to meet us:  
Monday 2-5 pm: Dr. Horace DeLisser  
Wednesday 3-5 pm: Dr. Horace DeLisser  
Thursday 3-5 pm: Dr. Cindy Christian  
Friday 3-5 pm: Dr. Roy Hamilton

Erika Dawson and Dorothy Harris are here Monday-Friday, 8:30 am-4:30 pm

### *Office of Student Affairs (OSA)*

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**Dr. Jon Morris**  
Associate Dean for  
Student Affairs



**Dr. Neha Vapiwala**  
Assistant Dean for  
Student Affairs



**Carrie Renner**  
Associate Director for  
Student Affairs



**Jess Maguire**  
Coordinator for  
Student Affairs

## OSA: WHAT WE DO

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The Office of Student Affairs supports students at the Perelman School of Medicine from Orientation to Graduation. By being available for phone calls, emails, and drop-in visits, OSA offers 24/7 guidance to students in need of assistance. This ranges from handling personal emergency situations, career advising, to access to academic support services.

In addition, the OSA serves as the liaison to Counseling and Psychological Services (CAPS), Weingarten Learning Resource Center, and other campus-wide resources.

The OSA also organizes the Houses, which consist of four virtual Houses (Dickens, Morgan, Rhodes, and Wood) in which students are divided into upon matriculation. The goal of the House system is to provide vertically-aligned communities, giving students the opportunity to interact with their peers in all classes. Peer mentoring, service, social events, and advising activities all foster interaction between classes and develop smaller communities within PSOM.

Each House includes two Advisory Deans. The OSA confers regularly with the Advisory Deans who interact with every student one-on-one. The eight Advisory Deans are available to assist with transitions, personal issues, emergencies and general advice. They can also provide letters of recommendation for scholarships, year-out programs and summer opportunities.

The OSA is led by the Associate Dean for Student Affairs, Dr. Jon Morris (“JoMo”) and Associate Director Carrie Renner who both collaborate closely with the Assistant Dean for Student Affairs, Dr. Neha Vapiwala, and Coordinator, Jessica Maguire.

## PDI: WHAT WE DO

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PDI supports the educational mission of the Perelman School of Medicine by promoting an inclusive, welcoming, supportive and engaged medical student community. PDI's goals are to:

- ◆ Promote and support a diverse student body
- ◆ Support student-led cultural affinity groups
- ◆ Foster the emotional wellness of students
- ◆ Facilitate the participation of students in community health and engagement



PDI is led by Associate Dean Horace DeLisser and assisted by Assistant Deans Cindy Christian and Roy Hamilton - all of whom are available to students weekly during office hours. PDI is supported administratively by Erika Dawson and Dorothy Harris. All faculty and staff in PDI are involved in meeting the goals of the program as well as providing mentoring, advising and support for students and student groups.

### *Diversity & Inclusion Student Advisory Committee (DISAC)*

An essential component of the PDI is the **Diversity & Inclusion Student Advisory Committee (DISAC)**, a student advisory group composed of representatives from each class and our core cultural affinity groups. DISAC ensures that the voices of students are represented and serves as a means of communication between Perelman administration, cultural affinity groups, and the medical student body.

### *Promote and Support a Diverse Student Body*

During the admissions season, PDI and the Office of Admissions collaborate with the Penn Med chapters of the Student National Medical Association (SNMA), Latino Medical Student Association (LMSA), as well as the Lesbian, Gay, Bisexual, Transgender, and Queer People in Medicine + Allies (LGBTQPM+) to ensure a diverse entering class. We also work together to host programs for pre-med UIM students and make recruitment visits to undergraduate schools, and local, regional and national meetings of student-led and professional UIM organizations.

### *Support Student-Led Cultural Affinity Groups*

To support our current UIM community of students, and promote and recognize diversity within Perelman, PDI also:

- Hosts a peer mentoring program for 1<sup>st</sup> year UIM students
- Publishes the annual *Student Life & Diversity Guide for the First Year*
- Hosts the *Penn RE-View!* welcome reception for 1<sup>st</sup> year students
- Sponsors annual diversity lectures: Nathan F. Mossell Lecture on Health Equity; Helen O. Dickens Lecture on Women in Medicine; and John E. Fryer Lecture on LGBT Health
- Organizes the *UIM Convocation*, a celebration of UIM graduates

In addition to academic life, an important aspect of your medical school experience should be participation in campus and/or medically related organizations. There are *numerous* activities here at Perelman for you – ranging from membership in the American Medical Association to participation in the annual medical school production Spooof. **Attend the Student Activities Fair in August** to find out about these opportunities and to meet with the current student leaders.

Listed below are the cultural affinity groups that are supported by PDI. Please visit the *Our Students* section of PDI’s website for each cultural affinity group’s current student leaders: [www.med.upenn.edu/pdi](http://www.med.upenn.edu/pdi).

### *Asian Pacific American Medical Student Association*

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APAMSA is dedicated to promoting awareness and service for Asian/Pacific Islander (API) health care issues. We hope that through our efforts, our classmates will be better equipped to understand, serve, and advocate for API patients and communities. We also focus on supporting API medical students by providing opportunities to network with API students from other medical schools, and events to promote API culture in our medical school.

### *Caritas*

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Caritas is Perelman’s Catholic student group. Our mission is to offer fellowship within the school while

exploring how Catholic thought influences our lives and our practices as budding physicians. To this end, we host events including lunch and dinner talks and get together regularly for Sunday dinners after mass. Caritas is building a network of students and Catholic physicians who are available to offer guidance and mentorship. We encourage interested students of all creeds to reach out to us for more information and to see how they may get involved.

### *Elizabeth Blackwell Society*

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EBS seeks to inspire, empower, and connect women in medicine. EBS is a student run group dedicated to highlighting the accomplishments of women in medicine, providing tools and support for women to address the

unique challenges they face in medicine and challenges that disproportionately affect women, and fostering relationships between faculty and students. We also seek to build a relationship with our surrounding communities to empower young women to pursue careers in medicine and STEM.

### *Latino Medical Student Association*

LMSA serves as an advocate for increased access to quality health care and education in the health profession for Latinos. The Penn chapter of LMSA is committed to working with the Latino community in Philadelphia and is actively involved in enhancing the medical school commitment to Latinos through recruitment initiatives, mentorship programs and educational projects on how to best serve the rapidly growing Hispanic population.

### *LGBTQ People in Medicine + Allies*

LGBTQM+ is Penn Med's lesbian, gay, bisexual, transgender, queer and allies student organization. We are committed to increasing the visibility of LGBTQ people at Penn Med; educating our community on LGBTQ health best practices; promoting LGBT health-related outreach; providing opportunities for professional development; and cultivating Penn Med's vibrant community of LGBTQ students, faculty, staff, and allies.

### *LIFT US UP*

As Low Income and First-Time Undergraduate & Medical Students of

the University of Pennsylvania, we work to create a community of first generation and/or low-income college students to support each other through the personal challenges we face during medical school.

### *Maimonides Society*

The mission of "Maimo" is to provide a framework for Jewish life at Perelman. We collaborate with other graduate schools, the Lubavitch House, and Hillel at Penn to host social events. We also host educational events that cover topics at the intersection of Judaism and medicine. We're happy to answer all your questions about kosher food options, religious services, and the Philly Jewish social scene. We welcome students of all levels of religious observance!

### *Muslims in Medicine*

MnM aims to build a network of Muslims and friends in all stages of their careers and training. Together we can navigate the challenges and joys of practicing medicine while Muslim and give back to the surrounding community. We work closely with the Penn Muslim Student Association, as well as other graduate schools to cultivate our students' Muslim life at Perelman.

### *Penn Med Christian Fellowship*

PMCF is a student-run organization at Penn for Christians of ALL backgrounds and for those interested in Christianity. We have weekly meetings and organize opportunities for

community service and mentorship with Christian doctors and healthcare professionals.

### *Penn Med Veterans*

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Penn Med Veterans is an opportunity for fellowship for veterans in Penn Medicine. This group works to: inform all medical students of veterans' perspectives and challenges within the VA health system and within society in general; engage in community service aimed at local veterans in need; assist potential student veterans with transitioning to medical school and understand the resources available to them to support their education; and network with veterans in the Penn Med alumni network and medical community at large.

### *South Asian Medical Students Association*

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SAMoSA strives to strengthen the South Asian community amongst medical students, undergraduates, residents, and physicians at Perelman, increase awareness of South Asian health issues in the Penn community and Philadelphia, and strengthen South Asian collaboration across multiple Penn graduate programs.

### *Student National Medical Association*

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SNMA is the nation's oldest and largest national student-run organization

focused on the needs and concerns of medical students of color. SNMA is dedicated to ensuring that medical education and services are culturally sensitive to the needs of diverse populations, to serve underserved communities and to increasing the number of underrepresented minorities succeeding in medical school. We work to achieve these goals by providing peer mentoring, organizing community engagement and educational initiatives and participating in the recruitment of students of color to Perelman.

### *Students Opposing Racism in Medicine*

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StORM's mission is to eliminate racial bias in the practice of medicine by increasing awareness of racism as a threat to the health and well-being of people of color and providing tools for students and professionals. StORM collaborates with other student groups to offer the education and tools for fighting systemic racism in health by hosting physicians who have worked to counter the effects of systemic racism in their practices and institutions, and planning cross-school events with other Philadelphia-area health professional schools, including the annual Racism in Medicine Conference.

# WELLNESS

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At Perelman, wellness is defined as a dynamic and ongoing process involving self-awareness and healthy choices resulting in a successful, balanced lifestyle. The goals of our wellness program are to:

- Enable a medical school experience of growth and professional maturation
- Promote medical student wellness as a means of supporting and sustaining an inclusive medical school community
- Foster self-care as a critical element of physician professionalism

Wellness programming in PSOM builds community between and among the PSOM classes, encourages students to speak openly about their struggles, enables them to learn from their peers, and reminds them of the power and strength of the PSOM community. The five principles of our wellness programming are illustrated below.



The Program for Diversity & Inclusion and the Office of Student Affairs work together to provide wellness programming for PSOM students. For more details, please visit: <https://www.med.upenn.edu/diversityume/wellnesspathways.html>



# WHERE TO GO FOR HELP

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## **FOR IMMEDIATE HELP IN A CRISIS**

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### **Counseling & Psychological Services**

[www.vpul.upenn.edu/caps](http://www.vpul.upenn.edu/caps)

3624 Market St. | 215.898.7021

Students with an urgent psychiatric need which cannot wait for the next business day can speak with a CAPS clinician by calling 215-898-7021.

### **Student Health Service**

[www.vpul.upenn.edu/shs](http://www.vpul.upenn.edu/shs)

3535 Market St. | 215.746.3535

Provides quality health care that is accessible, affordable, culturally sensitive and student-focused.

## **GETTING HELP AT PERELMAN**

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### **CAPS On-site Service!**

**Walk-in: Tues. and Thurs., 4-7 pm**  
**Smilow Conference Room 1-103**

Dr. Tiffani Brown of Counseling and Psychological Services (CAPS) is available, just for medical students! To set up an appointment, call CAPS at 215-898-7021 and ask for Dr. Brown, or walk in and schedule an appointment with her in person!

### **Well-Being Index**

[www.med.upenn.edu/diversityume/secure/wellbeingindex.html](http://www.med.upenn.edu/diversityume/secure/wellbeingindex.html)

This validated tool is an opportunity to help you better understand your overall well-being and areas of risk compared to medical students across the nation, as well as provide access to

local and national resources. The tool is 100% anonymous - your information and score are private and will not be shared with Penn, or anyone for that matter.

### **Office of Student Affairs**

JMEC, 6<sup>th</sup> Floor

OSA is also available for advice, advocacy, and career counseling. "No problem is too small for OSA." Stop by any time!

### **Program for Diversity & Inclusion**

JMEC, 6<sup>th</sup> Floor

Diversity is PDI's middle name. Underrepresented students in medicine (UIM) can always turn to us for advice, or just to talk and vent.

### **Office of the Registrar**

JMEC, 6<sup>th</sup> Floor

Need help with course scheduling, lockers, clearances, IDs, or email accounts? The Registrar can help you with this and a whole lot more!

### **Ombudsman for Medical Students**

Iris Reyes, MD

Ground Ravdin Admin, Suite 254

215.206.2462 (c)

[iris.reyes@uphs.upenn.edu](mailto:iris.reyes@uphs.upenn.edu)

The ombudsman offers an accessible and safe place to resolve differences, explore matters of concern, get information, improve communication, or generate and evaluate options.

## **MEDICAL STUDENT HOUSES**

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All medical students are assigned to one of four Houses upon entering medical school: Dickens House; Morgan House, Rhoads House, or Wood House. While the Houses are not physical “houses”, they are still seen as homes: a place of rest, comfort and support.

Students from across the classes are members of each house and the Houses offer opportunities to socialize with students from each of the classes.

Each House is led by students in the **House Council** and is mentored by two **House Advisory Deans** and several **Master Clinicians**.

### **House Councils**

Throughout the year, House Council members bring you wellness initiatives through social programming and events. Your House Councils work hard to strengthen this system, so feedback and involvement from first-year and pre-clinical students is vital to your House’s success. Be on the lookout for the next House event!

### **Advisory Deans**

Each house has two Advisory Deans who checks in with students each semester and offers longitudinal advising. You should know who your house deans are by the time you start your first day of class, but you can always check the Student Portal.

### **Master Clinicians**

[www.med.upenn.edu/fapd/cohorts.html](http://www.med.upenn.edu/fapd/cohorts.html)

Each med student house has a group of Master Clinicians who volunteer their time to provide mentorship and advice. Master Clinicians are physicians elected to the Academy of Master Clinicians, and are recognized for excellent judgment, integrity, and exemplary interpersonal and communication skills with patients and colleagues at all levels.

## **SAFE LEARNING & SAFETYNET**

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While we believe that professional behavior is generally practiced and respected by the members of our diverse community of scholars throughout the Perelman School of Medicine, we recognize that there may be occasions when real or perceived incidents of unprofessional behavior directed toward learners occur. In addition, students may observe unprofessional behaviors directed towards other students, staff members, faculty or towards patients in a manner that impairs the learning environment. Any incidents or concerns should be reported as soon as possible after the alleged incident.

If you feel comfortable doing so, you may speak directly with the individual involved in the incident. You may also discuss an incident or concern with a school representative, including one of the ombudsmen, a doctoring preceptor, or course or clerkship director, who may be able to help you

achieve an informal resolution or direct you to appropriate school and University resources.

It is recommended that you contact the Associate Dean for Student Affairs to discuss the available options for addressing a concern about mistreatment. The Associate Dean will handle each matter discretely and make every effort to do so in a manner consistent with your wishes but, depending on the nature and severity of an incident, may not be able to guarantee that your desire for confidentiality can be honored.

You can also choose to make a formal complaint directly on Safety Net, with the option of choosing to report anonymously or confidentially. <https://www.med.upenn.edu/student/safety-net.html>

## **UNIVERSITY-WIDE RESOURCES**

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### **Counseling & Psychological Services**

[www.vpul.upenn.edu/caps](http://www.vpul.upenn.edu/caps)

3624 Market St. | 215.898.7021

*If you are experiencing an emergency that cannot wait until office hours, please call 215.898.7021.*

CAPS offers free and confidential services to all Penn undergraduate, graduate, and professional students. Its goal is to help students manage personal challenges, psychological problems, and situational crises effectively, and learn strategies to cope with academic stress and skills for life-long learning. It also offers a wide range of free and confidential

services in a safe space to help students who have experienced violence of any kind and to help students who have been accused of committing violence.

### **Penn Violence Prevention**

For a list of the key offices that may be useful for a student affected by sexual violence, dating violence, or stalking, please visit: [www.vpul.upenn.edu/pvp](http://www.vpul.upenn.edu/pvp)

### **Weingarten**

3702 Spruce St. | 215.573.9235

[www.vpul.upenn.edu/lrc](http://www.vpul.upenn.edu/lrc)

The Weingarten Center provides academic support services and programs for undergraduate, graduate, and professional students at Penn through its two offices: Learning Resources and Student Disabilities Services. The services and programs of both offices are free and confidential.

### **Black Graduate and Professional Students Association (BGAPSA) and Latino Graduate and Professional Students Association (LaGAPSA)**

[upennbgapsa.wordpress.com/](http://upennbgapsa.wordpress.com/)

[upennlagapsa.wordpress.com/](http://upennlagapsa.wordpress.com/)

BGAPSA and LaGAPSA seek to provide a centralized organizational structure that addresses academic, social, political needs and concerns of Black and Latino graduate students to improve quality of life at Penn.

### **Graduate and Professional Student Assembly (GAPSA)**

[gapsa.upenn.edu](http://gapsa.upenn.edu)

GAPSA is the student government body for graduate and professional

students at Penn. GAPSA activities include funding for student groups and travel grants, school-wide events, and discount tickets for performances and sports games.

### **Chaplain's Office**

<https://chaplain.upenn.edu/>

240 Houston Hall, 3417 Spruce St.  
215.898.8456

The Office of the Chaplain offers pastoral support, guidance, or informal advising and counseling to all members of the Penn community.

### **Family Center at Penn**

[www.familycenter.upenn.edu](http://www.familycenter.upenn.edu)

3615 Locust Walk | 215.746.2701

The Family Resource Center at Penn is a hub for information, resources, activities and advocacy for students and post-docs with children.

### **Graduate Student Center**

[www.gsc.upenn.edu](http://www.gsc.upenn.edu)

3615 Locust Walk | 215.746.6868

The Graduate Student Center seeks to encourage the development of Penn's graduate and professional student community through academic and social initiatives. They have a great space for studying that hosts various wellness activities, among many other events.

### **Hillel**

[www.pennhillel.org](http://www.pennhillel.org)

215 S. 39<sup>th</sup> Street | 215.898.7391  
The center for Jewish life at Penn.

### **LGBT Center**

[www.vpul.upenn.edu/lgbtc](http://www.vpul.upenn.edu/lgbtc)

3907 Spruce Street | 215.898.5044

The Lesbian Gay Bisexual Transgender Center is a home away from home for sexual and gender minorities and their allies at Penn. Whether you are questioning your identity, in the process of coming out, or proudly identify as LGBTQIA, the Center is your space.

### **Penn Women's Center**

[www.vpul.upenn.edu/pwc](http://www.vpul.upenn.edu/pwc)

3643 Locust Walk | 215.898.8611

The Penn Women's Center's sponsors a variety of programs and events, and advocates on issues of gender equity, health, childcare, workplace discrimination, domestic and sexual violence, and mental health.

### **University Ombudsman**

[www.upenn.edu/ombudsman](http://www.upenn.edu/ombudsman)

113 Duhring Wing, 236 S. 34th St.  
215.898.8261

Many people only learn about and avail themselves of an ombudsman when they are in immediate need due to an escalating conflict or untenable situation. The University Ombudsman is available to listen and inquire into issues or complaints; to explore options for informal resolution of conflicts; to mediate specific disputes; to clarify and examine university policies and procedures; and to connect people with appropriate resources within the University.

## **FREQUENTLY ASKED QUESTIONS**

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### *Financial aid questions*

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For questions about your financial aid package, please contact Jeanmarie Fox, Manager of Financial Aid or Michael Sabara, Associate Director of Financial Aid. They are in JMEC on the 6<sup>th</sup> floor - stop by or email them: [jmfox@penndental.upenn.edu](mailto:jmfox@penndental.upenn.edu), [msabara@penndental.upenn.edu](mailto:msabara@penndental.upenn.edu)

### *Need a medical appointment*

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The first step is always your private Primary Care Physician (PCP). If your PCP is not local, you should use Student Health Services (SHS): 215-746-3535, [www.vpul.upenn.edu/shs](http://www.vpul.upenn.edu/shs).

If you are very concerned and need to see a physician before your appointment time, contact the Associate Dean of Student Affairs, Jon Morris: [jon.morris@uphs.upenn.edu](mailto:jon.morris@uphs.upenn.edu).

You are responsible for following up with your insurance company. You may need to call them to discuss details.

### *Feeling anxious, depressed and/or stressed out*

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Feel free to talk to anyone you feel comfortable talking with, including your Doctoring preceptors, Advisory Deans, the Office of Student Affairs, the PDI, or the Registrar's Office, all up on the 6<sup>th</sup> floor at JMEC.

If you would like to talk to someone outside of the medical school, you can also use the **CAPS On-site Service**. Walk-in hours are on Tuesdays and Thursdays, 4-7 pm, in the Smilow Conference Room 1-103. The main CAPS office is open to walk-ins 9 am - 5 pm on Monday, Tuesday, Friday, and 9 am - 7 pm on Wednesday and Thursday. CAPS is also available via phone 24 hours a day: 215-898-7021

If you prefer to set up an appointment with a non-CAPS care provider, refer to the list of recommended providers.

And remember, talking to any of these people about your mental health and well-being will not affect your grades or professional standing.

### *Student mistreatment*

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If you are mistreated or see someone being mistreated – during class, lecture, between classes, Doctoring – anywhere, you have options. Talk with a PSOM rep whom you feel most comfortable including a course director, a doctoring preceptor, the PSOM ombudsman, or any faculty or staff on the 6<sup>th</sup> floor. They can direct you to the appropriate resources.

You can also choose to make a formal complaint directly on Safety Net, with the option of choosing to report anonymously and/or confidentially. <https://www.med.upenn.edu/student/safety-net.html>

### *I'm struggling with exams.*

Email or visit Carrie Renner in Student Affairs on the 6<sup>th</sup> floor of JMEC. If you require general study assistance or tips you may be referred to the Weingarten Learning Resources Center. If a subject tutor is needed, Carrie will assign you one.

You can also go directly to Student Disability Services (SDS) at Weingarten to discuss concerns and request assessment. They will refer you to an outside source for testing and will share the approved accommodations results with our office. *The reason for accommodations will not be shared with PSOM.*

If you have received accommodations in the past, you still must self-identify with Student Disability Services and meet with a representative from their office.

*Accepting help from a tutor or receiving accommodations on exams will not appear in your PSOM record or be shared with residency programs.*

### *How do I get a Letter of Good Standing?*

The request form can be found on the Student Portal or by going to the Registrar's Office in JMEC on the 6<sup>th</sup> floor. Depending on the type of letter and level of personalization required, you can also go to your Advisory Dean or your Doctoring Preceptor.

### *Can I borrow a laptop?*

Yes! Visit the Weigle Information Commons for details: [commons.library.upenn.edu/equipment-lending](https://commons.library.upenn.edu/equipment-lending)

### *Locker issues*

For help during office hours (8 am-5 pm, Monday-Friday), stop by the Registrar's Office on the 6<sup>th</sup> floor of JMEC. Before or after office hours and on weekends, call HUP Security at 215-615-5656.

# ADVISING & MENTORING

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Inevitably, you will find yourself in need of a faculty advisor – for academic guidance, career advice, and shadowing or research opportunities. Penn is a BIG place and you might feel at a loss as to where to begin your search. Look no further! This section of the Guide features information on selected faculty from the various clinical departments in the School of Medicine who WANT you to contact them for just these purposes! Also keep in mind your House Advisory Deans and the Master Clinicians are a great resource, too!



While some of you may have already ruled out or decided upon a certain specialty, many of you have not yet determined your future field. To make an informed decision or explore a variety of careers, we encourage you to reach out to faculty over the course of your first year. If you are interested in a field or specialty for which faculty are not listed, please contact anyone in the Center for Student Life for suggestions. A few more tips:

- ✓ Don't be afraid to ask questions. You're new. *It's okay to look like you know nothing at all.*
- ✓ Be honest with your mentor, *particularly when it comes to academic and personal challenges.*
- ✓ Be proactive and seek out your mentor for advice and guidance.
- ✓ Your word is your bond. Fulfill your commitments.
- ✓ Have fun!

So, introduce yourself via email and arrange to meet them. Try to meet at least three faculty members each semester. Remember, it's what and who you know that will help you realize your career aspirations. These faculty are excited to mentor students and open to being contacted. They are just waiting for YOU to reach out.

## ANESTHESIOLOGY & CRITICAL CARE

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### Russell Bell, MD

[bellruss@uphs.upenn.edu](mailto:bellruss@uphs.upenn.edu)

#### How are you able to help med students?

Mentoring, Shadowing

**Positions Currently Held:** Assistant Professor, Clinical Anesthesiology and Critical Care

**Academic/Clinical/Research Interests:** Complex regional pain, dorsal column stimulation, pain medicine

**Undergraduate Education:** University of Alabama Birmingham

**Medical School Education:** Georgetown University



### Meghan Lane-Fall, MD, MSHP

[meghan.lane-fall@uphs.upenn.edu](mailto:meghan.lane-fall@uphs.upenn.edu)

#### How are you able to help med students?

Mentoring, Research, Shadowing

*"As a medical student, I had few faculty mentors who could relate to coming from a family with few or no professionals, or who could relate to the experience of underrepresented minority students. I hope to be a source of support and reality testing for students who aren't quite sure if/how they fit into the culture of medicine."*

**Positions Currently Held:** Assistant Professor, Anesthesiology and Critical Care  
Senior Fellow, Leonard Davis Institute of Health Economics  
Co-Director, Center for Perioperative Outcomes Research and Transformation

**Academic/Clinical/Research Interests:** Implementation science; quality improvement research; mixed methods research; qualitative research; handoffs; teamwork; healthcare provider communication; patient-centered outcomes after critical illness; workforce diversity

**Undergraduate Education:** UC Berkeley

**Medical School Education:** Yale University

**Other Graduate Education:** University of Pennsylvania (MSHP)





## Onyi Onuoha, MD, MPH

[onyi.onuoha@uphs.upenn.edu](mailto:onyi.onuoha@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

**Positions Currently Held:** Assistant Professor, Clinical Anesthesiology and Critical Care  
Attending Anesthesiologist

**Academic/Clinical/Research Interests:** Education of residents and medical students; Improving and maximizing the "utilization of healthcare resources" with a specific focus on maternal and fetal health; answering clinical and quality improvement questions of interest that arise during the clinical care of the patient; global health

**Undergraduate Education:** University of Pennsylvania School of Nursing

**Medical School Education:** Johns Hopkins University School of Medicine

**Other Graduate Education:** Johns Hopkins University (MPH)



## Vijay Srinivasan, MBBS, MD

[srinivasan@email.chop.edu](mailto:srinivasan@email.chop.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

*"I am interested in working with UIM students who are interested in learning more about what it is to be an academic clinician in the present day through the lens of my personal experiences distilled over two decades with my immigrant background and desire to improve the health and well-being of children through excellence in clinical care, research, education and advocacy. I also strongly believe in the importance of work-life harmony and do my utmost to model this behavior as an example to the future generations."*

**Positions Currently Held:** Attending Physician, Pediatric Intensive Care Unit/Progressive Care Unit, The Children's Hospital of Philadelphia  
Assistant Professor of Anesthesiology and Critical Care  
Assistant Professor of Pediatrics

**Academic/Clinical/Research Interests:** Nutrition and endocrine dysfunction in critically ill children, professionalism and medical ethics - facilitator at PSOM for the longitudinal Doctoring course, family-centered care and focus on wellness for staff/trainees

**Medical School Education:** MBBS, All-India Institute of Medical Sciences, New Delhi, India

**Other Graduate Education:** All-India Institute of Medical Sciences, New Delhi, India (MD)

## BIOETHICS

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### Joshua B. Kayser, MD, MPH, MBE

[joshua.kayser@va.gov](mailto:joshua.kayser@va.gov)

#### How are you able to help med students?

Mentoring, Shadowing

*"I am interested in advising students of all backgrounds because diversity can only improve the depth of care we provide our patients. Additionally, it is important to train a workforce that mirrors and represents the diverse society and communities we live in."*

**Positions Currently Held:** Associate Professor, Clinical Medicine & Bioethics; Section Chief, Medical Critical Care; Director, Medical Intensive Care Unit; and Co-Director, Pulmonary Hypertension Program, Cpl. Michael J. Crescenz VA Medical Center

**Academic/Clinical/Research Interests:** Pulmonary medicine, critical care medicine, hospice and palliative medicine, end-of-life decision making, communication, ethics

**Undergraduate Education:** University of Texas-Austin

**Medical School Education:** Tulane University

**Other Graduate Education:** Tulane University (MPH)  
University of Pennsylvania Perelman School of Medicine (MBE)

## BIOMEDICAL INFORMATICS

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### Blanca Himes, PhD

[bhimes@penmedicine.upenn.edu](mailto:bhimes@penmedicine.upenn.edu)

#### How are you able to help med students?

Mentoring, Research

*"I am committed to fostering diversity through all aspects of my work. My commitment stems from my personal experiences as a mentee who has participated in diversity-enhancing programs, as well as my experiences as junior faculty mentoring others from disadvantaged backgrounds. I appreciate firsthand the impact that mentoring programs can have on a student's life, and I have strived to 'pay it forward' to others as I continue my path along the academic ladder."*

**Positions Currently Held:** Assistant Professor, Epidemiology

**Academic/Clinical/Research Interests:** Understanding asthma pathobiology and disparities via genetic, genomic, and environmental epidemiology studies

**Undergraduate Education:** University of California, San Diego

**Other Graduate Education:** Harvard-MIT Division of Health Sciences and Technology, Massachusetts Institute of Technology

## BIOSTATISTICS

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### Rui Feng, PhD

[ruifeng@penmedicine.upenn.edu](mailto:ruifeng@penmedicine.upenn.edu)

#### How are you able to help med students?

Research

*"I am fortunate and grateful that I have received all the encouragement from my mentors, and as a female Asian faculty, I believe it is my duty that I should help female and minority students to achieve their potential."*

**Positions Currently Held:** Associate Professor, Biostatistics

**Academic/Clinical/Research Interests:** Biostatistics, genetics, genomics, big data, family studies

**Undergraduate Education:** University of Science and Technology of China

**Other Graduate Education:** Johns Hopkins University (MS), Yale University (PhD)

### Rebecca Hubbard, PhD

[rhubb@penmedicine.upenn.edu](mailto:rhubb@penmedicine.upenn.edu)

#### How are you able to help med students?

Research

*"Medical research is strengthened by the inclusion of researchers with diverse viewpoints and perspectives. Helping students from underrepresented minority groups become involved in research is one step towards strengthening clinical research through greater inclusion of diverse voices."*

**Positions Currently Held:** Associate Professor, Biostatistics

**Academic/Clinical/Research Interests:** Study design, analysis, and statistical methods development for research studies using data from electronic health records

**Undergraduate Education:** University of Pittsburgh

**Other Graduate Education:** University of Washington

## DERMATOLOGY

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### Brian Capell, MD, PhD

[brian.capell@uphs.upenn.edu](mailto:brian.capell@uphs.upenn.edu)

#### How are you able to help med students?

Mentoring, Research

**Positions Currently Held:** Assistant Professor, Dermatology in Genetics

**Academic/Clinical/Research Interests:** Epigenetics of skin disease and carcinogenesis

**Medical School Education:** New York University School of Medicine

**Other Graduate Education:** University of Pennsylvania (Residency)

## Zelma Chiesa Fuxench, MD

[zchi@pennmedicine.upenn.edu](mailto:zchi@pennmedicine.upenn.edu)

**How are you able to help med students?**

Mentoring, Research, Shadowing

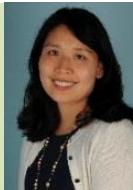
**Positions Currently Held:** Assistant Professor, Dermatology

**Academic/Clinical/Research Interests:** Inflammatory skin diseases (atopic dermatitis and psoriasis), epidemiology of skin diseases, clinical trials in atopic dermatitis

**Undergraduate Education:** University of Puerto Rico

**Medical School Education:** University of Puerto Rico School of Medicine

**Other Graduate Education:** University of Pennsylvania (Residency)



## Emily Chu, MD, PhD

[emily.chu@uphs.upenn.edu](mailto:emily.chu@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring, Research, Shadowing

**Positions Currently Held:** Assistant Professor, Dermatology  
Assistant Professor, Pathology and Laboratory Medicine

**Academic/Clinical/Research Interests:** Melanoma/pigmented lesions, genetic skin disease, oncodermatology (specifically targeted and immune therapy related drug reactions), dermatopathology

**Undergraduate Education:** Yale University

**Medical School Education:** University of Pennsylvania

**Other Graduate Education:** University of Pennsylvania (PhD)



## George Cotsarelis, MD

[cotsarel@pennmedicine.upenn.edu](mailto:cotsarel@pennmedicine.upenn.edu)

**How are you able to help med students?**

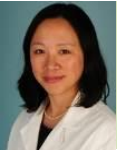
Mentoring, Research, Shadowing

**Positions Currently Held:** Milton B. Hartzell Professor and Chair, Dermatology

**Academic/Clinical/Research Interests:** Hair

**Undergraduate Education:** University of Pennsylvania

**Medical School Education:** University of Pennsylvania



## Ellen Kim, MD

[ellen.kim@uphs.upenn.edu](mailto:ellen.kim@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Shadowing

**Positions Currently Held:** Sandra J. Lazarus Associate Professor of Dermatology

**Academic/Clinical/Research Interests:** Cutaneous lymphomas, graft versus host disease  
extracorporeal photopheresis, clinical trials

**Undergraduate Education:** Harvard College

**Medical School Education:** University of Pennsylvania



## Jules Lipoff, MD

[jules.lipoff@uphs.upenn.edu](mailto:jules.lipoff@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing, Social Justice

*"I think that many people of all backgrounds would benefit from extra support and mentoring in pursuing their careers in medicine. Though in particular, women, African-Americans, and Latino students face certain subtle but significant institutional biases, I am happy to support and advise anyone from any background that seeks me out."*

**Positions Currently Held:** Assistant Professor, Dermatology

**Academic/Clinical/Research Interests:** Telemedicine, global health, access to care, medical ethics, education

**Undergraduate Education:** Yale University

**Medical School Education:** Albert Einstein College of Medicine of Yeshiva University

**Other Graduate Education:** Einstein-Montefiore Medical Center (Residency)



## Sarah Millar, PhD

[millars@penmedicine.upenn.edu](mailto:millars@penmedicine.upenn.edu)

### How are you able to help med students?

Research

**Positions Currently Held:** Professor, Dermatology and Cell & Developmental Biology; Vice Chair for Basic Research, Department of Dermatology; Director, Skin Biology and Diseases Resource-based Center

**Academic/Clinical/Research Interests:** Cell-cell signaling and epigenetic mechanisms in epithelial development, stem cells, regeneration and tumorigenesis; roles and mechanisms of Wnt signaling; functions of histone deacetylases

**Undergraduate Education:** University of Cambridge, UK (BA)

**Other Graduate Education:** University of London, UK (PhD)

## Temitayo Ogunleye, MD

[temitayo.ogunleye@uphs.upenn.edu](mailto:temitayo.ogunleye@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring

**Positions Currently Held:** Assistant Professor, Dermatology

**Academic/Clinical/Research Interests:** Hair disorders, skin of color, increasing diversity in medicine

**Medical School Education:** University of Pennsylvania

## Thuzar Shin, MD, PhD

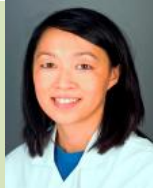
[thuzar.shin@uphs.upenn.edu](mailto:thuzar.shin@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring, Research, Shadowing

**Positions Currently Held:** Assistant Professor, Dermatology

**Academic/Clinical/Research Interests:** Mohs micrographic surgery, cutaneous oncology, high-risk cutaneous squamous cell carcinoma, skin cancers in organ transplant recipients and other immunosuppressed populations



## Aimee Payne, MD, PhD

[aimee.payne@uphs.upenn.edu](mailto:aimee.payne@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring, Research

*"As the Associate Director of the Penn Medical Scientist Training Program (MSTP) and faculty advisor for the Association of Women Student MD-PhDs (AWSM), I most often advise students interested in wet bench research, mainly MD-PhD students but also MD students wishing to pursue summer or year out research projects. My career as a physician-scientist has been both challenging and rewarding, and I can't imagine a job I would love more. I'm happy to discuss issues of work-life balance and how to navigate the pre- and post-doctoral training period in preparation for a physician-scientist career."*

**Positions Currently Held:** Associate Professor, Dermatology  
Associate Director, Penn Medical Scientist Training Program

**Academic/Clinical/Research Interests:** Autoimmunity and cell adhesion, autoimmune blistering diseases, MD-PhD training

**Undergraduate Education:** Stanford University

**Medical School Education:** Washington University School of Medicine

### Rebecca Hubbard, PhD

[rhubb@penmedicine.upenn.edu](mailto:rhubb@penmedicine.upenn.edu)

**How are you able to help med students?**

Research

*"Medical research is strengthened by the inclusion of researchers with diverse viewpoints and perspectives. Helping students from underrepresented minority groups become involved in research is one step towards strengthening clinical research through greater inclusion of diverse voices."*

**Positions Currently Held:** Associate Professor, Biostatistics

**Academic/Clinical/Research Interests:** Study design, analysis, and statistical methods development for research studies using data from electronic health records

**Undergraduate Education:** University of Pittsburgh

**Other Graduate Education:** University of Washington



### Despina Kontos, PhD

[despina.kontos@uphs.upenn.edu](mailto:despina.kontos@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring, Research

*"I am interested in mentoring UIM students who are highly motivated for research but who are also looking to associate with mentors that reflect and support diversity in the broadest sense. As a woman in the engineering sciences and medicine, a mother of two, a spouse, and a proud member of the LGBTQ+ community, I have a passion in promoting diversity and motivating students to achieve excellence in both their chosen field of research but also, most importantly, in achieving the most of their potential while embracing their unique individual identity."*

**Positions Currently Held:** Associate Professor, Radiology

**Academic/Clinical/Research Interests:** Machine learning and Artificial Intelligence; biomedical image analysis; quantitative imaging biomarkers; evaluation of genotype to phenotype associations via imaging; integrated diagnostics; personalized screening, prognostication and treatment of cancer

**Undergraduate Education:** University of Patras, Greece

**Other Graduate Education:** Temple University



## Judith McKenzie, MD, MPH

[judith.mckenzie@uphs.upenn.edu](mailto:judith.mckenzie@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

*"I am interested in working with UIM students who have an interest in the interface between work and health and the influence of one's workplace as a social determinant of health. The field of Occupational and Environmental Medicine (OEM) encompasses integration of the disciplines of internal/family medicine, epidemiology and industrial hygiene - and interfaces with human resources as well as various medical subspecialties. We focus on the health of the worker, which is the wealth of their family and of the nation.*

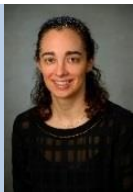
**Positions Currently Held:** Professor, Division Chief and Residency Program Director, Division of Occupational Medicine

**Academic/Clinical/Research Interests:** Graduate medical education, cost of workplace disability, prevention & treatment of occupational and environmental injuries and illnesses - musculoskeletal, mild traumatic brain injury, bloodborne pathogens, toxins (lead)

**Undergraduate Education:** Princeton University

**Medical School Education:** Yale University School of Medicine

**Other Graduate Education:** Johns Hopkins School of Hygiene and Public Health



## Alexis Ogdie-Beatty, MD, MSCE

[alexis.ogdie@uphs.upenn.edu](mailto:alexis.ogdie@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

**Positions Currently Held:** Assistant Professor, Medicine and Epidemiology; Senior Scholar, Center for Clinical Epidemiology and Biostatistics

**Academic/Clinical/Research Interests:** Epidemiology, pharmacoepidemiology, psoriatic arthritis, spondyloarthropathies, rheumatoid arthritis

**Undergraduate Education:** University of Minnesota

**Medical School Education:** Georgetown School of Medicine

**Other Graduate Education:** University of Pennsylvania (MSCE)





## Christina Roberto, PhD

[croberto@penmedicine.upenn.edu](mailto:croberto@penmedicine.upenn.edu)

### How are you able to help med students?

Mentoring, Research

*Dr. Roberto is a psychologist and epidemiologist whose research aims to identify and understand factors that promote unhealthy eating behaviors and design interventions to improve eating habits. Christina is principal investigator of the Psychology of Eating and Consumer Health lab (<http://peachlab.org>) which uses a range of research methods, including experimental lab-based and online studies, observational field studies, epidemiological analyses, clinical trials, neuroscience approaches, and qualitative content analyses. In her work, she draws upon the fields of psychology, marketing, behavioral economics, epidemiology, and public health to answer research questions that can provide policymakers and institutions with science-based guidance.*

**Positions Currently Held:** Assistant Professor, Medical Ethics and Health Policy

**Undergraduate Education:** Princeton University

**Other Graduate Education:** Yale University

## Ronnie Sebro, MD, PhD

[ronnie.sebro@uphs.upenn.edu](mailto:ronnie.sebro@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing, Social Justice

**Positions Currently Held:** Assistant Professor, Radiology

**Academic/Clinical/Research Interests:** Diversity and inclusion

**Undergraduate Education:** Morehouse College

**Medical School Education:** Stanford University

**Other Graduate Education:** University of California, San Francisco  
Massachusetts General Hospital

## Allison Willis, MD, MS

[allison.willis@uphs.upenn.edu](mailto:allison.willis@uphs.upenn.edu)

### How are you able to help med students?

Research, Shadowing

**Positions Currently Held:** Assistant Professor, Neurology  
Assistant Professor, Biostatistics & Epidemiology  
Senior Fellow, Leonard Davis Institute  
Senior Scholar, Center for Clinical Epidemiology and Biostatistics

**Academic/Clinical/Research Interests:** Analytical and spatial epidemiology to examine health/care outcomes and disparities in neurological disease populations, comorbid disease burden on treatment disparities and outcomes in Parkinson Disease, the spatial variation in medical care and medical care quality and its impact on outcome, true versus theoretical medical care access for neurological disease, transitions in care for vulnerable neurological disease populations

**Medical School Education:** University of Illinois College of Medicine

**Other Graduate Education:** Washington University School of Medicine (MSCI)

## EMERGENCY MEDICINE

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### Raina Merchant, MD, MSHP

[raina.merchant@uphs.upenn.edu](mailto:raina.merchant@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring

**Positions Currently Held:** Assistant Professor, Emergency Medicine; Co-Director, Robert Wood Johnson Foundation Clinical Scholars Program; Director, Penn Social Media & Health Innovation Lab

**Academic/Clinical/Research Interests:** Digital health, social media, resuscitation, health policy

**Undergraduate Education:** Yale University

**Medical School Education:** University of Chicago

**Other Graduate Education:** University of Pennsylvania



### Iris Reyes, MD


[iris.reyes@uphs.upenn.edu](mailto:iris.reyes@uphs.upenn.edu)

**How are you able to help med students?**


Mentoring

*“As a former Advisory Dean in the Office of Student Affairs, I have learned plenty over the years about what is essential for success during a student's undergraduate medical education. I am delighted to share that with any student who is starting the process or feels that they are struggling with it. Also, as a Latina physician and the founder of an organization focused on improving the diversity of the resident and faculty work force, I am interested in retaining our extraordinarily talented URM students and all of our students, in all honesty, who want to stay in our residency programs.”*

<b>Positions Currently Held:</b>	Founder and Faculty Advisor, The Alliance of Minority Physicians (AMP); Ombudsman, PSOM; Professor, Clinical Emergency Medicine
<b>Academic/Clinical/Research Interests:</b>	Diversity in GME training
<b>Undergraduate Education:</b>	Manhattan College
<b>Medical School Education:</b>	Icahn School of Medicine at Mt. Sinai
<b>Other Graduate Education:</b>	Internal Medicine, Graduate Hospital of the University of Pennsylvania (Residency) Emergency Medicine, Hospital of the University of Pennsylvania (Fellowship)

	<p><b>Eugenia South, MD, MSPH</b>  <a href="mailto:eugenia.south@uphs.upenn.edu">eugenia.south@uphs.upenn.edu</a></p> <p><b>How are you able to help med students?</b>  Mentoring, Research, Shadowing</p>
<b>Positions Currently Held:</b>	Assistant Professor, Emergency Medicine
<b>Academic/Clinical/Research Interests:</b>	Place-based health interventions, green space utilization, chronic stress reduction, violence prevention, housing quality and health, diversity in medicine
<b>Undergraduate Education:</b>	Harvard University
<b>Medical School Education:</b>	Washington University School of Medicine
<b>Other Graduate Education:</b>	University of Pennsylvania

**FAMILY MEDICINE AND COMMUNITY HEALTH**

	<p><b>Lori Atkinson, MD</b>  <a href="mailto:lori.atkinson@uphs.upenn.edu">lori.atkinson@uphs.upenn.edu</a></p> <p><b>How are you able to help med students?</b>  Mentoring</p>
<b>Positions Currently Held:</b>	Assistant Professor, Clinical Family Medicine; Family Medicine Clerkship Site Director, Penn Family Medicine at Pennsylvania Hospital; Faculty Advisor, Family Medicine Interest Group
<b>Academic/Clinical/Research Interests:</b>	Medical student education, women's health and family planning
<b>Undergraduate Education:</b>	University of Pennsylvania
<b>Medical School Education:</b>	Perelman School of Medicine at the University of Pennsylvania



## Renée Betancourt, MD

[renee.betancourt@uphs.upenn.edu](mailto:renee.betancourt@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Shadowing, Social Justice

*"I came to medicine from the world of Ethnic Studies and research on health disparities related to race and socioeconomic status. Here at Penn, I want to be a resource for all students and of course for students interested in pursuing leadership in primary care through Family Medicine. I love talking with students about intersecting identities, career advising, encountering bias in the medical and educational setting, maintaining a family in medicine, and more."*

**Positions Currently Held:** Director, Medical Student Education and Assistant Professor, Clinical Medicine, Family Medicine and Community Health

**Academic/Clinical/Research Interests:** Medical education, medical pipeline/recruitment for underrepresented populations, health disparities, women's health, family planning, chronic illness, mental health

**Undergraduate Education:** Brown University

**Medical School Education:** University of Pennsylvania

**Other Graduate Education:** University of California San Francisco/San Francisco General Hospital



## Katherine Margo, MD

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### How are you able to help med students?

Mentoring

*"One of the things I value the most in Penn med students is the rich diversity they represent, and it is a thrill to discuss life choices and balance in that context. I particularly enjoy talking to students with a passion to serve underserved patient populations in a variety of contexts and explore how to make that a meaningful part of their professional life. I derive great joy from my own practice in family medicine and hope to help students find what their life passions are, so they can love their work (whatever it is) as much as I do!"*

**Positions Currently Held:** Emeritus Associate Professor, Family Medicine and Community Health

**Academic/Clinical/Research Interests:** Medical education, LGBT health, primary care

**Undergraduate Education:** Swarthmore College

**Medical School Education:** SUNY Upstate Medical Center



## Giang T. Nguyen, MD, MPH, MSCE

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### How are you able to help med students?

Mentoring

*"During my childhood, I came to the USA as a refugee. I was one of a handful of students of color in my classes, and mine was the only Vietnamese in our community. As an out member of the LGBTQ community, I have also faced the solitude that comes from being at the intersection of multiple minority identities. I am happy to share my experiences and help minority students find their place and ultimately to thrive in the world of medicine."*

**Positions Currently Held:** Executive Director, Penn Student Health Service; Clinical Associate Professor, Family Medicine and Community Health

**Academic/Clinical/Research Interests:** College health, health equity, LGBTQ health, Asian health

**Undergraduate Education:** Johns Hopkins University

**Medical School Education:** UMDNJ Robert Wood Johnson Medical School

**Other Graduate Education:** UMDNJ (MPH); University of Pennsylvania (MSCE)

## INTERNAL MEDICINE

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### Cardiology

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## Fermin Garcia, MD

[fermin.garcia@uphs.upenn.edu](mailto:fermin.garcia@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing, Social Justice

*"I am a foreign medical graduate fortunate enough to have had the opportunity to train and work at UPenn hospitals. I am proud of my origin but also very proud of being a part of Penn. I am fortunate to be part of an institution that allows diversity and prepares individuals with the best the world has to offer in medicine. I recognize the value of medicine in other countries, and the value of the experience of seeing how things are done in the USA and how patients are treated in different clinical environments. To me this is a win-win situation."*

**Positions Currently Held:** Clinical Assistant Professor, Medicine  
Director, Electrophysiology at Pennsylvania Hospital

**Academic/Clinical/Research Interests:** Catheter ablation of atrial arrhythmias and ventricular arrhythmias

**Undergraduate Education:** Universidad Central de Venezuela, Caracas, Venezuela

**Medical School Education:** Universidad Central de Venezuela, Caracas, Venezuela

**Other Graduate Education:** University of Pennsylvania (Cardiac Electrophysiology Fellowship)



## Sanjay Dixit, MD

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### How are you able to help med students?

Mentoring, Research, Shadowing

**Positions Currently Held:** Professor, Medicine; Director, Cardiac Electrophysiology, Philadelphia VA Medical Center; Staff Electrophysiologist

**Academic/Clinical/Research Interests:** Developing strategies to improving AF and VT ablation, mechanisms underlying atrial fibrillation, outcomes research in patients with implantable cardioverter defibrillators, impact of life style modification on atrial fibrillation



## Paul Mather, MD

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### How are you able to help med students?

Mentoring, Research, Shadowing

**Positions Currently Held:** Professor, Clinical Medicine; Heart Failure and Transplant Program, University of Pennsylvania

**Academic/Clinical/Research Interests:** RV failure, heart transplant, advanced heart failure, LVADs

**Undergraduate Education:** University of Pennsylvania

**Medical School Education:** Temple University



## William Matthai, MD

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### How are you able to help med students?

Mentoring, Research, Shadowing

*“Working as both a preceptor in UCHC and a group leader in ICM gives me wonderful and somewhat unique opportunities. I have the opportunity to help provide at least limited care to a community that does not have good access to care. In addition, I have the pleasure of working with outstanding groups of students moving through some of their first clinical experiences to the point each student is ready to start clinical rotations.”*

**Positions Currently Held:** Professor, Clinical Medicine; Director, Clinical Research, Cardiology, Penn Presbyterian Medical Center

**Academic/Clinical/Research Interests:** Interventional cardiology, new devices in cardiology, antithrombotic therapy in cardiology, heparin induced thrombocytopenia

**Undergraduate Education:** Washington & Lee University

**Medical School Education:** Vanderbilt University



## Frank Silvestry, MD

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### How are you able to help med students?

Mentoring, Research, Shadowing

*"I am of Hispanic background and am 100% committed to promoting diversity and inclusion at Penn. In my role as cardiology fellowship program director I am very proud of our accomplishments in recruiting significant numbers of women, underrepresented minorities, and LGBTQ trainees. Penn needs to be an inclusive environment in order to serve our patients and our missions and I want to be a part of that change."*

**Positions Currently Held:** Associate Professor, Medicine  
Associate Chief of Cardiology for Education, HUP  
Module 2 Cardiology Course Director  
Cardiovascular Disease Fellowship Program Director

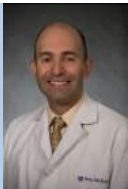
**Academic/Clinical/Research Interests:** Interventional echocardiography, percutaneous transcatheter procedures, 3D echocardiography, intracardiac echocardiography, medical education, career development and mentoring

**Undergraduate Education:** SUNY Binghamton

**Medical School Education:** University of Pennsylvania School of Medicine

## Endocrinology

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## Raymond Soccio, MD, PhD

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### How are you able to help med students?

Mentoring, Research

*"There is a definite lack of diversity among the faculty in laboratory-based basic and translational science. I'd be glad to talk to students interested in pursuing research during medical school, particularly those interested in diabetes and obesity, as these epidemics disproportionately affect minority communities."*

**Positions Currently Held:** Assistant Professor, Medicine

**Academic/Clinical/Research Interests:** Basic and translational science related to diabetes, obesity, and metabolism

**Undergraduate Education:** Harvard University

**Medical School Education:** Cornell University

**Other Graduate Education:** Rockefeller University (PhD)

## Gastroenterology

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### Faten Aberra, MD, MSCE

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#### How are you able to help med students?

Mentoring, Research, Shadowing

**Positions Currently Held:** Associate Professor, Medicine  
Co-Chair, Patient Education Committee for the Crohn's and Colitis Foundation of America  
Co-Director, Inflammatory Bowel Disease Center, CHOP-Penn  
Director, EPIC for Gastroenterology Division

**Academic/Clinical/Research Interests:** Inflammatory bowel diseases: Crohn's disease, ulcerative colitis, and microscopic colitis

**Undergraduate Education:** Swarthmore College

**Medical School Education:** Dartmouth Medical School

**Other Graduate Education:** University of Pennsylvania School of Medicine-Center for Clinical Epidemiology and Biostatistics (MSCE)

### Rotonya Carr, MD

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#### How are you able to help med students?

Research

*"I would love to see more underrepresented minorities enter the fields of gastroenterology and hepatology; and look forward to inspiring students to engage in basic science careers."*

**Positions Currently Held:** Assistant Professor, Medicine  
Co-Director, Metabolic Core

**Academic/Clinical/Research Interests:** Liver lipid metabolism, fatty liver diseases (alcoholic and non-alcoholic)

**Undergraduate Education:** Harvard University

**Medical School Education:** Cornell University Medical College



## Kimberly Forde, MD

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**How are you able to help med students?**

Mentoring, Research

**Positions Currently Held:** Assistant Professor, Medicine and Epidemiology

**Academic/Clinical/Research Interests:** Gender disparities, teaching

**Undergraduate Education:** Barnard College

**Medical School Education:** Columbia College of Physicians and Surgeons

**Other Graduate Education:** Bloomberg School of Public Health (MS)  
University of Pennsylvania (PhD)

## Octavia Pickett-Blakely, MD, MHS

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**How are you able to help med students?**

Mentoring

**Positions Currently Held:** Assistant Professor, Medicine  
Director, GI Nutrition, Obesity and Celiac Disease Program

**Academic/Clinical/Research Interests:** Nutrition, obesity, racial disparities in obesity care

**Undergraduate Education:** University of Maryland Eastern Shore

**Medical School Education:** University of Maryland

**Other Graduate Education:** Robert Wood Johnson-Rutgers Medical School (Internal  
Medicine Residency)  
Johns Hopkins Bloomberg School of Public Health  
(Gastroenterology Fellowship)



## Christina Twyman-Saint Victor, MD

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**How are you able to help med students?**

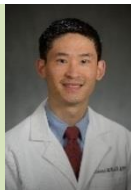
Mentoring, Research, Shadowing

**Positions Currently Held:** Assistant Professor, Medicine/GI  
Associate Program Director of GI Fellowship

**Academic/Clinical/Research Interests:** Clinical interests are general GI; research interests are tumor immunology and radiotherapy

**Undergraduate Education:** Duke University

**Medical School Education:** Johns Hopkins University



## Richard Wu, MD, MPH

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### How are you able to help med students?

Mentoring, Research

**Positions Currently Held:** Assistant Professor, Clinical Medicine

**Academic/Clinical/Research Interests:** Colorectal cancer screening, adenoma detection rates, quality improvement, video capsule endoscopy, small bowel enteroscopy

**Undergraduate Education:** University of California, Berkeley

**Medical School Education:** Drexel University College of Medicine

**Other Graduate Education:** Drexel University School of Public Health (MPH)  
Duke University (Internal Medicine Residency)  
Thomas Jefferson University Hospital (Gastroenterology and Hepatology Fellowship)

## General Internal Medicine



## Jaya Aysola, MD, DTMH, MPH

[jaysola@upenn.edu](mailto:jaysola@upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing, Social Justice

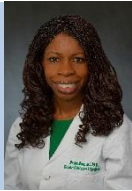
**Positions Currently Held:** Assistant Professor, Medicine  
Assistant Professor, Pediatrics  
Faculty Affiliate, Center for Health Incentives and Behavioral Economics; Senior Fellow, Leonard Davis Institute of Health Economics; Chair, Penn Medicine Health Equity Taskforce; Executive Director, The Penn Medicine Health Equity Initiative, Office of CMO; Assistant Dean, Health Equity and Inclusion, Office of Inclusion and Diversity

**Academic/Clinical/Research Interests:** Health equity, global health, patient-centered medical homes, social determinants of health, access to care, and provider workforce

**Undergraduate Education:** University of Michigan

**Medical School Education:** University of Pittsburgh School of Medicine

**Other Graduate Education:** London School of Hygiene and Tropical Medicine, DTMH (Tropical Medicine and Hygiene)  
Harvard School of Public Health, MPH (Healthcare Management and Policy)



## Nadia Bennett, MD

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### How are you able to help med students?

Mentoring, Research

**Positions Currently Held:** Associate Professor, Clinical Medicine  
 Co-Director, Internal Medicine Clerkship  
 Director, MD/PhD Clinical Skills Course  
 Director, PPMC Interprofessional Hospital Medicine Program

**Academic/Clinical/Research Interests:** Medical education with a focus on clinical reasoning, clinical teaching and curriculum development

**Undergraduate Education:** Johns Hopkins University

**Medical School Education:** University of Maryland

**Other Graduate Education:** Duke University (Residency)  
 University of Pennsylvania (MS, Medical Education)

## Margot Cohen, MD

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### How are you able to help med students?

Mentoring

**Positions Currently Held:** Assistant Professor, Clinical Medicine, Hospitalist Section

**Academic/Clinical/Research Interests:** Medical education, medical ethics

**Undergraduate Education:** Columbia University

**Medical School Education:** Columbia University



## Carmen Guerra, MD, MSCE, FACP

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### How are you able to help med students?

Research, Social Justice

*"I am interested in working with UIM students who are interested in research which yields results that can be used for changing the culture of medicine to one that is more understanding of the needs of and supportive of patients that are underrepresented minorities. This type of culture change often requires more than just the 'right thing to do' argument, but rather a vision, top leadership support, an economic approach, political will and meeting the interests of others. Research provides a foundation to affecting this type of change."*

<b>Positions Currently Held:</b>	Associate Professor, Medicine Vice Chair of Diversity and Inclusion, Department of Medicine Associate Director, Diversity and Outreach, Abramson Cancer Center
<b>Academic/Clinical/Research Interests:</b>	Cancer disparities, access to cancer screening, access to cancer clinical trials, patient navigation
<b>Undergraduate Education:</b>	New York University
<b>Medical School Education:</b>	University of Rochester School of Medicine
<b>Other Graduate Education:</b>	University of Pennsylvania (MSCE)

## Jennifer Kogan, MD

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### How are you able to help med students?

Mentoring, Shadowing

*"I am interested in working with UIM students who are interested in primary care, in medical education, and who are in need to career mentoring."*

**Positions Currently Held:** Director, Undergraduate Education, Department of Medicine  
Assistant Dean, Faculty Development

**Academic/Clinical/Research Interests:** Medical education, primary care

**Undergraduate Education:** University of Michigan

**Medical School Education:** University of Pennsylvania

**Other Graduate Education:** University of Pennsylvania (Internship, Residency, Fellowship)



## Judith Long, MD

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### How are you able to help med students?

Mentoring, Research

*"I believe strongly in building a strong pipeline of URM researchers and think it is important to get exposure to research early."*

**Positions Currently Held:** Division Chief, General Internal Medicine

**Academic/Clinical/Research Interests:** Disparities, diabetes, chronic diseases, interventions to reduce disparities, peer mentors, community health workers

**Undergraduate Education:** University of Chicago

**Medical School Education:** Albert Einstein College of Medicine

**Other Graduate Education:** Robert Wood Johnson Clinical Scholar



## Marisa Rogers MD, MPH, FACP

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### How are you able to help med students?

Mentoring, Social Justice

*"Thus far in my career, I've worked in both academics and medical leadership in community health. I don't think you have to choose one specific path, you can follow your passions wherever they lead."*

**Positions Currently Held:** Associate Program Director, Internal Medicine Residency Program; Co-Chair, UPHS Health Equity Taskforce; Associate Professor, Clinical Medicine

**Academic/Clinical/Research Interests:** Bias in clinical care and medical education, advocacy, community engagement

**Undergraduate Education:** Emory University

**Medical School Education:** Emory University

**Other Graduate Education:** Emory University (MPH)

## Brian Work MD, MPH

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### How are you able to help med students?

Mentoring, Research, Shadowing, Social Justice

*"Between college and medical school, I worked against the death penalty in California, with homeless and marginalized populations, in public health both here and overseas and did substance abuse research and treatment. I would like to see the vast diversity I saw in the faces and experiences of these populations mirrored in the physicians working toward solutions for their problems. I also want to show others the joy this work can bring and how it can help sustain vitality in one's medical career."*

**Positions Currently Held:** Assistant Professor, Clinical Medicine; Clinical Site Director and Volunteer Physician, Bridging the Gaps Clinical Program at Streetside Health Clinic, Prevention Point Philadelphia; Senior Fellow, Center for Public Health Initiatives; Co-Director and Volunteer Attending, United Community Clinic

**Academic/Clinical/Research Interests:** Community outreach and public health, free and low-cost care out in the community, substance abuse treatment

**Undergraduate Education:** Swarthmore College

**Medical School Education:** University of California, Davis

**Other Graduate Education:** University of California, Berkeley (MPH)



**Adam Cuker, MD, MS**

[adam.cuker@uphs.upenn.edu](mailto:adam.cuker@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring, Research, Shadowing

**Positions Currently Held:** Assistant Professor, Medicine; Assistant Professor, Pathology & Laboratory Medicine; Director, Penn Comprehensive Hemophilia and Thrombosis Program

**Academic/Clinical/Research Interests:** Hemostasis and thrombosis

**Undergraduate Education:** Cornell University

**Medical School Education:** Yale University

**Other Graduate Education:** University of Pennsylvania (MS, Translational Research)

**Peter Klein, MD, PhD**

[pklein@pennmedicine.upenn.edu](mailto:pklein@pennmedicine.upenn.edu)

**How are you able to help med students?**

Mentoring, Research

**Positions Currently Held:** Professor, Medicine

**Academic/Clinical/Research Interests:** Hematopoiesis, cell signaling, early development, lithium action

**Undergraduate Education:** Harvard College

**Medical School Education:** Johns Hopkins University

**Hayley Knollman, MD**

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**How are you able to help med students?**

Mentoring, Shadowing

**Positions Currently Held:** Assistant Professor, Clinical Medicine

**Academic/Clinical/Research Interests:** Breast cancer

**Undergraduate Education:** Purdue University

**Medical School Education:** Indiana University School of Medicine

**Shannon McCurdy, MD**

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**How are you able to help med students?**

Mentoring, Research, Shadowing, Social Justice

<b>Positions Currently Held:</b>	Assistant Professor, Medicine, Division of Hematology Oncology
<b>Academic/Clinical/Research Interests:</b>	Expertise in care of Leukemia and Myelodysplastic Syndrome Patients; Expertise in Allogeneic Blood or Marrow Transplantation; Improving outcomes after allogeneic blood or marrow transplantation including reducing complications such as graft-versus-host disease and augmenting graft-versus-tumor responses.
<b>Undergraduate Education:</b>	Emory University
<b>Medical School Education:</b>	Georgetown School of Medicine
<b>Other Graduate Education:</b>	University of Pennsylvania (Internal Medicine Residency)



**Tara Mitchell, MD**

[tara.mitchell@uphs.upenn.edu](mailto:tara.mitchell@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring

<b>Positions Currently Held:</b>	Assistant Professor, Medicine
<b>Academic/Clinical/Research Interests:</b>	Melanoma, clinical trials, immunotherapy
<b>Undergraduate Education:</b>	Columbia University (BA, Anthropology)
<b>Medical School Education:</b>	NYU School of Medicine



**Sunita D. Nasta, MD, FACP**

[sunita.nasta@uphs.upenn.edu](mailto:sunita.nasta@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring

*“Having a mentor, not only for the academic/intellectual support, but as someone who has walked down the road before you, is so important to know what is possible. There were not many women on the faculty in medical school, residency, fellowship or even at my first job. I think it is important to be that example; someone who has worked in the field and had a family and maintained a sense of who she is culturally.”*


<b>Positions Currently Held:</b>	Associate Professor, Clinical Medicine Attending Physician, Hospital of the University of Pennsylvania
<b>Academic/Clinical/Research Interests:</b>	Hematologic malignancy (aggressive lymphoma) and new clinical therapies. Treatment approaches to the elderly patient, pregnant patients.
<b>Undergraduate Education:</b>	Stanford University

<b>Medical School Education:</b>	Medical College of Virginia
<b>Other Graduate Education:</b>	Baylor College of Medicine (Intern and Resident) University of Texas MD Anderson Cancer Center (Fellow and Chief Fellow)

## *Infectious Diseases*

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<b>Todd Barton, MD</b> <a href="mailto:todd.barton@uphs.upenn.edu">todd.barton@uphs.upenn.edu</a>	
<b>Positions Currently Held:</b>	Associate Professor, Clinical Medicine Program Director, Internal Medicine Residency Program
<b>Academic/Clinical/Research Interests:</b>	Clinical and transplant-related infectious disease, medical education
<b>Undergraduate Education:</b>	Swarthmore College
<b>Medical School Education:</b>	University of Rochester

	<b>PJ Brennan, MD</b> <a href="mailto:pj.brennan@uphs.upenn.edu">pj.brennan@uphs.upenn.edu</a>
	<b>How are you able to help med students?</b> Mentoring, Shadowing
<b>Positions Currently Held:</b>	Chief Medical Officer and Senior Vice President, UPHS Professor, Medicine
<b>Academic/Clinical/Research Interests:</b>	I lead implementation of Penn's Blueprint for Quality and Patient Safety, a strategic effort to improve clinical accountability and outcomes of care including the elimination of preventable readmissions and preventable deaths.
<b>Undergraduate Education:</b>	Allentown College
<b>Medical School Education:</b>	Temple University
<b>Other Graduate Education:</b>	University of Pennsylvania Center of Surgical Excellence Advanced Executive Management Program





## Siddharth Shah, MD

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### How are you able to help med students?

Mentoring, Shadowing, Social Justice

**Positions Currently Held:** Course Director, Module 2 Renal Block, PSOM  
Group Medical Director, Dialysis Programs, UPHS  
Associate Professor, Clinical Medicine

**Academic/Clinical/Research Interests:** Preventative care, nutrition, nephrolithiasis/kidney stones, dialysis, models of care delivery, medical education, social justice, environmental science/environmental protection

**Undergraduate Education:** University of Pennsylvania

**Medical School Education:** Temple University School of Medicine

**Other Graduate Education:** Northwestern Memorial Hospital (Residency)  
University of Pennsylvania (Fellowship)

## Deirdre Sawinski, MD

[deirdre.sawinski@uphs.upenn.edu](mailto:deirdre.sawinski@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

**Positions Currently Held:** Assistant Professor, Medicine  
Assistant Medical Director, Kidney Pancreas Transplantation

**Academic/Clinical/Research Interests:** Clinical epidemiology and outcomes research, disparities in access to transplantation, renal disease and transplantation in patients with HIV or HCV

**Undergraduate Education:** New York University

**Medical School Education:** Columbia University College of Physicians and Surgeons

**Other Graduate Education:** Mount Sinai Hospital (Nephrology Fellowship)

## Ihab Wahba, MD

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### How are you able to help med students?

Shadowing

*"Being an international medical graduate myself and having worked in different fields (academia and private practice) and areas (including some international volunteer work in*

developed countries), I feel that I can relate to medical students of diverse backgrounds and share my experience with them.”

**Positions Currently Held:** Associate Professor, Clinical Medicine  
Chief, Renal Section, Philadelphia VA Medical Center  
Medical Director, Dialysis Services, Philadelphia VAMC

**Academic/Clinical/Research Interests:** Teaching various aspects of Internal Medicine with a focus on hypertension and kidney diseases

## *Pulmonary, Allergy and Critical Care*

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### **Vivek Ahya, MD**

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#### **How are you able to help med students?**

Mentoring, Shadowing

**Positions Currently Held:** Vice-Chief, Clinical Affairs, Pulmonary, Allergy & Critical Care Division

**Academic/Clinical/Research Interests:** Lung transplantation, pulmonary complications of solid organ and hematopoietic stem cell transplantation, advanced lung diseases

**Undergraduate Education:** Boston University 6-yr BA/MD Program

**Medical School Education:** Boston University 6-yr BA/MD Program

**Other Graduate Education:** Johns Hopkins Carey Business School (MBA)



### **Audreesh Banerjee, MD**

[audreesh.banerjee@uphs.upenn.edu](mailto:audreesh.banerjee@uphs.upenn.edu)

#### **How are you able to help med students?**

Mentoring, Shadowing, Social Justice

*“While our Department has made progress with diversity and inclusion much still needs to be done. I am interested in providing mentorship and support to help students make the most of their time as medical students.”*

**Positions Currently Held:** Assistant Professor, Clinical Medicine

**Academic/Clinical/Research Interests:** Asthma, COPD, critical care medicine

**Undergraduate Education:** University of Delaware

**Medical School Education:** Duke University School of Medicine

## Horace DeLisser, MD

[delisser@penmedicine.upenn.edu](mailto:delisser@penmedicine.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

**Positions Currently Held:** Associate Dean, Diversity & Inclusion, PSOM  
Associate Dean for Professionalism & Humanism, PSOM  
Associate Professor, Medicine

**Academic/Clinical/Research Interests:** Endothelial cell biology, angiogenesis, tumor metastasis, chronic pulmonary diseases, medical ethics, spirituality and health and the social determinants of health

**Undergraduate Education:** Temple University

**Medical School Education:** University of Pennsylvania

## Jessica Dine, MD

[jessica.dine@uphs.upenn.edu](mailto:jessica.dine@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

**Positions Currently Held:** Associate Professor, Medicine; Director of Assessment and Evaluation; Chair, Clinical Competency Committee

**Academic/Clinical/Research Interests:** Evaluation and assessment, gender bias

**Undergraduate Education:** Haverford College

**Medical School Education:** University of Pennsylvania



## Judd Flesch, MD

[judd.flesch@uphs.upenn.edu](mailto:judd.flesch@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Shadowing, Social Justice

*"I am interested in mentoring LGBTQ students largely because, as a student at Penn, I received mentorship that helped me to become the person and physician I am today. While the field of medicine has come a long way, especially at Penn, parts of it can seem unwelcome to UIM students, including LGBTQ-identified students. I aim to help navigate that pathway to a fulfilling career."*

**Positions Currently Held:** Co-Director, Penn Medicine Program for LGBT Health  
Associate Program Director, Internal Medicine Residency  
Assistant Professor, Clinical Medicine

**Academic/Clinical/Research Interests:** Education, LGBT health, mentoring, advocacy

**Undergraduate Education:** University of Pennsylvania

**Medical School Education:** University of Pennsylvania

## James Lee, MD

[james.lee@uphs.upenn.edu](mailto:james.lee@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Shadowing

**Positions Currently Held:** Medical Director, Penn Lung Transplant Program  
Associate Professor, Clinical Medicine

**Academic/Clinical/Research Interests:** Lung transplantation, translational research

**Undergraduate Education:** Harvard University

**Medical School Education:** University of Pennsylvania

**Other Graduate Education:** Wharton Executive MBA Candidate, 2020



## Michael Shashaty, MD, MSCE

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### How are you able to help med students?

Mentoring, Research

*"I am part of a group of clinical and translational researchers always interested in mentoring highly motivated students who have an interest in learning the ropes of critical care research."*

**Positions Currently Held:** Assistant Professor, Medicine  
Associate Scholar, Center for Clinical Epidemiology and Biostatistics  
Rapid Response Medical Director

**Academic/Clinical/Research Interests:** Clinical: medical critical care  
Research: acute organ dysfunction including ARDS and AKI, sepsis  
Academic: rapid response and code team leadership

**Undergraduate Education:** Georgetown University

**Medical School Education:** Vanderbilt University

**Other Graduate Education:** University of Pennsylvania (MSCE)

## Rheumatology

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## Chadwick Johr, MD

[chadwick.johr@uphs.upenn.edu](mailto:chadwick.johr@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Shadowing

**Positions Currently Held:** Dad. Husband. Doctor.

**Academic/Clinical/Research Interests:** Teaching. Rheumatology. General internal medicine. Pediatrics. Sjogren syndrome.

<b>Undergraduate Education:</b>	Penn State
<b>Medical School Education:</b>	Penn State
<b>Other Graduate Education:</b>	Brown University



**Alexis Ogdie-Beatty, MD, MSCE**

[alexis.ogdie@uphs.upenn.edu](mailto:alexis.ogdie@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring, Research, Shadowing

**Positions Currently Held:** Assistant Professor, Medicine and Epidemiology  
Senior Scholar, Center for Clinical Epidemiology and Biostatistics

**Academic/Clinical/Research Interests:** Epidemiology, pharmacoepidemiology, psoriatic arthritis, spondyloarthropathies, rheumatoid arthritis

**Undergraduate Education:** University of Minnesota

**Medical School Education:** Georgetown School of Medicine

**Other Graduate Education:** University of Pennsylvania (MSCE)

**MEDICAL GENETICS**

**Arupa Ganguly, PhD**

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**How are you able to help med students?**

Mentoring, Research

*"I am interested in helping students navigate the research world in the School of Medicine."*

**Positions Currently Held:** Professor, Genetics  
Diversity Search Officer  
Course Director, MS1 Genetics

**Academic/Clinical/Research Interests:** Clinical molecular genetics, ocular cancer

**Undergraduate Education:** Calcutta University



**Ian Krantz, MD**

[krantz@email.chop.edu](mailto:krantz@email.chop.edu)

**How are you able to help med students?**

Mentoring, Research, Shadowing

*"As a medical geneticist I have been passionate about increasing diversity in our field for many years throughout the educational pipeline from undergraduates to medical students, residents and faculty. In the current Genomic era of medicine, it is imperative to train*

*clinicians and faculty in genetics that represent the diversity of our population, in the broadest sense, to provide culturally sensitive care and spearhead research.”*

**Positions Currently Held:** Professor, Pediatrics  
Director, Roberts Individualized Medical Genetics Center  
Director, Medical Genetics Training Program  
Medical Director, Genetic Counseling Program

**Academic/Clinical/Research Interests:** Molecular etiology of human syndromic and isolated structural birth defects and intellectual disability; integrating genomics into clinical practice

**Undergraduate Education:** Concordia University, Montreal, Canada

**Medical School Education:** Tel Aviv University, Tel Aviv, Israel

## **Ronnie Sebro, MD, PhD**

[ronnie.sebro@uphs.upenn.edu](mailto:ronnie.sebro@uphs.upenn.edu)

### **How are you able to help med students?**

Mentoring, Research, Shadowing, Social Justice

**Positions Currently Held:** Assistant Professor, Radiology

**Academic/Clinical/Research Interests:** Diversity and inclusion

**Undergraduate Education:** Morehouse College

**Medical School Education:** Stanford University

**Other Graduate Education:** University of California, San Francisco  
Massachusetts General Hospital

## **MOLECULAR BIOLOGY**

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## **Donita Brady, PhD**

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<https://www.med.upenn.edu/bradylab/>

### **How are you able to help med students?**

Mentoring, Research

**Positions Currently Held:** Presidential Assistant Professor, Department of Cancer Biology; Assistant Investigator, Abramson Family Cancer Research Institute; Full Member, Abramson Cancer Center Tumor Biology Program; Member, Biochemistry & Molecular Biophysics Graduate Group; Member, Cell & Molecular Biology Graduate Group; Member, Pharmacology Graduate Group; Co-Director, Penn Post-Baccalaureate Research Education Program

**Academic/Clinical/Research Interests:** Cancer biology, signal transduction, metal homeostasis, understanding the contributions metals make to the tumorigenic process

**Undergraduate Education:** Radford University

**Other Graduate Education:** University of North Carolina at Chapel Hill



## Lawrence "Skip" Brass, MD, PhD

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<https://www.med.upenn.edu/brasslab/>

**How are you able to help med students?**

Mentoring, Research

*"I am always available to help med students find research opportunities. If there's an area of investigation that sounds interesting to you, come by for a chat. Advice on careers in academia and becoming a physician-scientist."*

**Positions Currently Held:** Professor, Medicine and Pharmacology  
Associate Dean, Combined Degree and Physician Scholars Programs  
Director, Penn's Medical Scientist Training Program

**Academic/Clinical/Research Interests:** The Brass Lab does basic and translational work in the world of hemostasis and thrombosis.

**Undergraduate Education:** Harvard College

**Medical School Education:** Case Western Reserve University

**Other Graduate Education:** Case Western Reserve University (PhD)

## Park F. Cho-Park, MD, PhD

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**How are you able to help med students?**

Mentoring, Research

*"I am open to providing support, mentorship and possible research exposure to under-represented minority students in Penn Medicine for the purpose of nurturing next generation leaders in the field of medicine and biomedical research."*

**Positions Currently Held:** Assistant Professor, Pharmacology

**Academic/Clinical/Research Interests:** Cancer biology, neurodegeneration, mechanistic biochemistry and pharmacology

## Peter Klein, MD, PhD

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**How are you able to help med students?**

Mentoring, Research

**Positions Currently Held:** Professor, Medicine

**Academic/Clinical/Research Interests:** Hematopoiesis, cell signaling, early development, lithium action

**Undergraduate Education:** Harvard College

**Medical School Education:** Johns Hopkins University



### **Erle S. Robertson, PhD**

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#### **How are you able to help med students?**

Mentoring, Research

*“As a faculty at Penn Medicine one of my major roles is to mentor the next generation of scientists. Increasing the number of young investigators in biomedical sciences is critical for our continued leadership on the international stage. I continue to encourage more URM trainees to participate and commit to this career path—one that will provide excitement and fulfillment.”*

**Positions Currently Held:** Harry P. Schenck Professor in Otorhinolaryngology  
Professor and Vice-Chairman, Oto-HNS  
Program Leader, Tumor Virology  
Director, Tumor Virology Training Program  
Associate Director, Global Cancer Research

**Academic/Clinical/Research Interests:** Training/mentoring students. Viral associated cancers, microbiome associated with cancers, inflammation driven by dysbiosis in cancer. Translating basic science to efforts in supporting patient care, diagnostic and therapeutic efforts related to viral associated cancers

**Undergraduate Education:** Microbiology (BSc)

**Other Graduate Education:** Microbiology and Molecular Genetics (PhD)  
Post-doctorate studies in Viral Oncology



### **Eileen Shore, PhD**

[shore@penmedicine.upenn.edu](mailto:shore@penmedicine.upenn.edu)

#### **How are you able to help med students?**

Research

*“I have an interest in supporting research participation and experience. It is important that research includes those who can provide a clinical perspective.”*

**Positions Currently Held:** Cali and Weldon Research Professor in FOP  
Co-Director, Center for Research in FOP and Related Disorders



**Academic/Clinical/Research Interests:** Rare genetic diseases, stem cells, bone and cartilage

**Undergraduate Education:** University of Notre Dame

**Other Graduate Education:** University of Pennsylvania (PhD)

**Jay Zhu, PhD**

[junzhu@pennterms.upenn.edu](mailto:junzhu@pennterms.upenn.edu)

**How are you able to help med students?**

Mentoring, Research

**Positions Currently Held:** Associate Professor, Microbiology

**Academic/Clinical/Research Interests:** Bacterial pathogenesis

**Undergraduate Education:** Wuhan University, China

**Other Graduate Education:** Cornell University

## NEUROLOGY AND NEUROSCIENCE



**Zarina Ali, MD**

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**How are you able to help med students?**

Research, Shadowing

*"The Department of Neurosurgery has a longstanding history of mentorship of undergraduate students. The Neurosurgery Clinical Research Division is a leading collaborative research unit at the University of Pennsylvania established in 2001 that has managed hundreds of successful trials over, across the spectrum of Neuro-oncology, Neuro-critical care, and Neurosurgery. The NCRD supports our efforts through industry, philanthropy, and grant funding. Our goal is to conduct clinical research that protects the rights of human subjects through adherence to the standard operating procedures for clinical practice established at the University of Pennsylvania and to ensure the institutional culture of research excellence."*

**Positions Currently Held:** Assistant Professor, Neurosurgery, Pennsylvania Hospital

**Academic/Clinical/Research Interests:** Neurosurgery Enhanced Recovery After Surgery (ERAS) at Penn, aims to optimize patients prior to, during, and after spinal/peripheral nerve surgery to reduce surgical stress response and promote surgical recovery.

**Undergraduate Education:** University of Rochester

**Medical School Education:** University of Rochester School of Medicine and Dentistry



## Alice Chen-Plotkin, MD

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### How are you able to help med students?

Mentoring, Research

*"Our lab has frequently had members who are UIM—15–20% of the group at any given time. I was not particularly trying to 'diversify' our group; rather, I was trying to have a top-notch research lab! However, I do think that I look for students who are resilient and who can overcome challenges, and it turns out that frequently UIM students who go into research \*are\* resilient and have overcome challenges! I also believe that a career path in academic research should be open to everyone, so if my lab opens that door for someone, that is great."*

**Positions Currently Held:** Associate Professor, Neurology

**Academic/Clinical/Research Interests:** I am a physician-scientist working in neurodegeneration. My lab researches the molecular underpinnings of the adult-onset neurodegenerative diseases, with a focus on Parkinson's disease and frontotemporal dementia.

**Undergraduate Education:** Harvard University

**Medical School Education:** Harvard Medical School

**Other Graduate Education:** University of Oxford

## Park F. Cho-Park, MD, PhD

[pacho@penmedicine.upenn.edu](mailto:pacho@penmedicine.upenn.edu)

### How are you able to help med students?

Mentoring, Research

*"I am open to providing support, mentorship and possible research exposure to under-represented minority students in Penn Medicine for the purpose of nurturing next generation leaders in the field of medicine and biomedical research."*

**Positions Currently Held:** Assistant Professor, Pharmacology

**Academic/Clinical/Research Interests:** Cancer biology, neurodegeneration, mechanistic biochemistry and pharmacology



## Kathryn Davis, MD, MSTR

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### How are you able to help med students?

Mentoring, Research, Shadowing, Social Justice

**Positions Currently Held:** Medical Director, Epilepsy Monitoring Unit; Medical Director, Epilepsy Surgical Program; Assistant Director, Penn Epilepsy

Center; Core Faculty Member, Center for Neuroengineering and Therapeutics; Assistant Professor, Neurology

**Academic/Clinical/Research Interests:** Epilepsy, neuroimaging, EEG

**Undergraduate Education:** Brown University

**Medical School Education:** Yale University School of Medicine

**Other Graduate Education:** University of Pennsylvania (Master of Translational Research)



## Andres Deik, MD

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### How are you able to help med students?

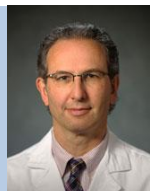
Mentoring, Shadowing

**Positions Currently Held:** Assistant Professor, Clinical Neurology

**Academic/Clinical/Research Interests:** Medical education, dystonia, atypical parkinsonian syndromes

**Medical School Education:** Universidad del Norte, Barranquilla, Colombia

**Other Graduate Education:** University of Pennsylvania (Master of Medical Education)



## John A. Detre, MD

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### How are you able to help med students?

Mentoring, Research

*"I enjoy mentoring and am happy to interact with UIM students."*

**Positions Currently Held:** Professor, Neurology and Radiology  
Vice Chair for Research, Department of Neurology  
Director, Center for Functional Neuroimaging

**Academic/Clinical/Research Interests:** My research focuses on methods and applications of functional neuroimaging of the brain

**Undergraduate Education:** Yale College

**Medical School Education:** Yale School of Medicine

## David Do, MD

[david.do@uphs.upenn.edu](mailto:david.do@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research

**Positions Currently Held:** Assistant Professor, Neurology  
Clinical Informatics Manager, Center for Health Care Innovation

**Academic/Clinical/Research Interests:** I am interested in using health data and apps to build tools that help clinicians take better care of their patients.

**Undergraduate Education:** University of Minnesota

**Medical School Education:** The John Hopkins School of Medicine



## Amelia Eisch, PhD

[eischa@email.chop.edu](mailto:eischa@email.chop.edu)

### How are you able to help med students?

Mentoring, Research

*“As a basic neuroscientist interested in translational research and in mentoring in general, I can provide guidance to and be a sounding board for those medical students interested in pursuing some aspect of research during their training or career.”*

**Positions Currently Held:** Professor, Anesthesiology and Critical Care & Neuroscience  
Member, Mahoney Institute of Neuroscience  
Member, Neuroscience Graduate Group Executive Committee

**Academic/Clinical/Research Interests:** NIH-funded work: neurogenesis in the postnatal rodent brain, stem cells, depression, addiction, dentate gyrus, circuit-based manipulation of motivated behavior  
NASA-funded work: influence of galactic cosmic radiation on rodent brain, behavior

**Undergraduate Education:** Yale University

**Medical School Education:** University of California, Irvine (PhD)  
Yale University Medical School Postdoc

## Pedro Gonzalez-Alegre, MD, PhD

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### How are you able to help med students?

Mentoring

**Positions Currently Held:** Associate Professor, Neurology; Co-Director, Division of Movement Disorders; Director, Huntington's Disease Center of Excellence; Director, Clinical Programs, Perelman Center for Cellular & Molecular Therapeutics

**Academic/Clinical/Research Interests:** Neurogenetics, Huntington's disease, dystonia, experimental therapeutics

**Medical School Education:** University of Málaga, Spain

**Other Graduate Education:** University of Málaga, Spain (PhD in Neuroscience)



## Roy Hamilton, MD, MS

[roy.hamilton@uphs.upenn.edu](mailto:roy.hamilton@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing, Social Justice

*"Diversity shapes the contours of my life. As a person of mixed African American and Asian heritage, diversity is woven into my genealogy. As a former Jehovah's Witness turned secular humanist who is raising a beautifully multiethnic Jewish family, diversity of ideas and ideals is etched into my spirit and informs my guiding beliefs. Moreover, as the only member of my working-class family to become a physician, the first Black member of my family to attend college, and the only child in a generation of Hamiltons to complete high school, my career development has been marked by a profound appreciation of the ways in which my experiences and upbringing differ from those of many of my peers. For all of these reasons, I am especially interested in helping those students who feel that their racial, ethnic, cultural, spiritual, or socioeconomic backgrounds pose special challenges for them as they navigate the arduous but ultimately rewarding path to becoming physicians."*

**Positions Currently Held:** Associate Professor, Neurology  
Associate Professor, Physical Medicine & Rehabilitation  
Assistant Dean, Diversity & Inclusion, PSOM  
Vice Chair, Inclusion and Diversity, Department of Neurology

**Academic/Clinical/Research Interests:** Diversity in academic medicine, cognitive neurology, cognitive neuroscience, neuroplasticity, noninvasive brain stimulation

**Undergraduate Education:** Harvard University

**Medical School Education:** Harvard Medical School

**Other Graduate Education:** MIT (MS, Health Sciences & Technology)

## Atul Kalanuria, MD, FACP

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### How are you able to help med students?

Mentoring, Shadowing

**Positions Currently Held:** Director, Penn Neurocritical Care Fellowship Program  
Director, Penn Neurocritical Care Clerkship  
Assistant Professor, Division of Neurocritical Care,  
Departments of Neurology, Neurosurgery, and Anesthesia and Critical Care

**Academic/Clinical/Research Interests:** Coma, medical education and teaching innovation, health policy, behavioral economics, healthcare operations



## Sharon Lewis, MD

[sharon.lewis@uphs.upenn.edu](mailto:sharon.lewis@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Shadowing

*"I want to make sure that there are available mentors for UIM students. Situations and experiences can be difficult at times and it is helpful to have someone to help you navigate through this. Some of these situations can be unique to UIM students and it may be beneficial to talk to someone who may have had a similar perspective or experience. I feel that I would not be here today without someone taking a special interest in me and I want to make sure I give back."*

**Positions Currently Held:** Assistant Professor, Neurology  
Student National Medical Association (SNMA) Faculty Advisor  
Student Interest Group in Neurology (SIGN) Faculty Advisor  
Director, Educational Pipeline Program

**Academic/Clinical/Research Interests:** I am a neuromuscular specialist but mainly practice general neurology

**Undergraduate Education:** University of Miami

**Medical School Education:** University of Miami Miller School of Medicine

**Other Graduate Education:** University of Pennsylvania (Residency and Fellowship)

## Brian Litt, MD

[littb@penmedicine.upenn.edu](mailto:littb@penmedicine.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

*"I have a history of mentoring UIM and students of all kinds who are interested in the interface between engineering and medicine, particularly in the translational neurosciences. I find that there is a large pool of talent in these groups that is not involved in my field, where smart, young motivated people are in great demand. This is mostly because of a lack of mentoring and exposure. I hope to rectify this problem."*

**Positions Currently Held:** Professor, Neurology, Neurosurgery and Bioengineering  
Director, Penn Epilepsy Center  
Director, Penn Center for Neuroengineering and Therapeutics  
Co-Director, Penn Health-Tech

**Academic/Clinical/Research Interests:** Neuroengineering, epilepsy, materials science, implantable devices, brain stimulation, machine learning,

**Undergraduate Education:** Harvard University

**Medical School Education:** Johns Hopkins University

**Other Graduate Education:** University of Pennsylvania (Residency and Fellowship)

## Fadi Mikhail, MD

### How are you able to help med students?

Mentoring, Research, Shadowing, Social Justice

**Positions Currently Held:** Instructor, Neurology (Epilepsy Division)  
Research Fellow, Penn Center for Neuroengineering and Therapeutics (CNT)

**Academic/Clinical/Research Interests:** Epilepsy, neurology, neuroengineering

**Undergraduate Education:** American University in Cairo

**Medical School Education:** Cairo University School of Medicine

**Other Graduate Education:** Weill Cornell Medical College (Post-doctoral Fellowship)  
University of Pennsylvania (Epilepsy Fellowship)  
University of Chicago (Neurology Residency)



## Ana Recober, MD

[recobera@email.chop.edu](mailto:recobera@email.chop.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

**Positions Currently Held:** Assistant Professor, Neurology and Pediatrics

**Academic/Clinical/Research Interests:** Neurobiology of migraine and other headache disorders

**Medical School Education:** University of Malaga Medical School (Spain)

## Allison Willis, MD, MS

[allison.willis@uphs.upenn.edu](mailto:allison.willis@uphs.upenn.edu)

### How are you able to help med students?

Research, Shadowing

**Positions Currently Held:** Assistant Professor, Neurology  
Assistant Professor, Biostatistics and Epidemiology  
Senior Fellow, Leonard Davis Institute; Senior Scholar, Center for Clinical Epidemiology and Biostatistics

**Academic/Clinical/Research Interests:** Analytical and spatial epidemiology to examine health/care outcomes and disparities in neurological disease populations, comorbid disease burden on treatment disparities and outcomes in Parkinson Disease, the spatial variation in medical care and medical care quality and its impact on outcome, true versus theoretical medical care

access for neurological disease, transitions in care for vulnerable neurological disease populations

**Medical School Education:** University of Illinois College of Medicine

**Other Graduate Education:** Washington University School of Medicine (MSCI)

## OBSTETRICS AND GYNECOLOGY



### DaCarla Albright, MD

[dacarla.albright@uphs.upenn.edu](mailto:dacarla.albright@uphs.upenn.edu)

#### How are you able to help med students?

Mentoring, Shadowing

*"In reflecting upon my own experience, I feel it is essential to have mentorship that may understand your path to medicine, and how that course may be impacted by your perspective as an individual. It would have greatly helped me to have more of those resources, as well as mentors who emphasized wellness and balance as I embarked upon my career in medicine."*

**Positions Currently Held:** Associate Professor, Clinical Obstetrics and Gynecology  
Associate Clerkship Director, Core Clinical Clerkship in Ob/Gyn

**Academic/Clinical/Research Interests:** General obstetrics and gynecology, medical education

**Undergraduate Education:** Washington University in St. Louis

**Medical School Education:** University of Michigan

**Other Graduate Education:** Washington University in St. Louis (MA in French Language and Literature)

### Samantha Butts, MD, MSCE

[sbutts@obgyn.upenn.edu](mailto:sbutts@obgyn.upenn.edu)

#### How are you able to help med students?

Mentoring, Shadowing

**Positions Currently Held:** Associate Professor, Obstetrics & Gynecology

**Academic/Clinical/Research Interests:** Environmental reproductive toxicology, reproductive health disparities; in utero programming of ovarian function and somatic growth, reproductive surgery, in vitro fertilization, early menopause, diminished ovarian reserve, ovulation induction

**Undergraduate Education:** Harvard University

**Medical School Education:** Harvard University

**Other Graduate Education:** University of Pennsylvania (MSCE)



## Holly Cummings, MD, MPH

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### How are you able to help med students?

Mentoring, Shadowing

*"Women make up close to 50% of all physicians, but the leadership ranks are still majority male. Female physicians will become pregnant and breastfeed; these are not 'problems' and should not be treated as such. We need to figure out how to support each other."*

**Positions Currently Held:** Assistant Professor, Clinical Obstetrics and Gynecology  
Clerkship Director, Obstetrics and Gynecology

**Academic/Clinical/Research Interests:** Medical education, women in medicine, general obstetrics and gynecology, breastfeeding medicine

**Undergraduate Education:** University of Maryland College Park

**Medical School Education:** University of Louisville School of Medicine

**Other Graduate Education:** Drexel University School of Public Health (MPH)

## Robert Faizon, MD

[rafaizon@lghealth.org](mailto:rafaizon@lghealth.org)

### How are you able to help med students?

Mentoring, Shadowing

*"I am interested in working with UIM students who are interested in research which help women of color achieve longer and healthier lifestyles."*

**Positions Currently Held:** Medical Director, Quality & Safety, Women's and Babies Hospital  
Clinical Assistant Professor, Obstetrics and Gynecology

**Academic/Clinical/Research Interests:** Minimally invasive surgery, quality and safety metrics in OB/GYN

**Undergraduate Education:** University of Pittsburgh

**Medical School Education:** University of Pittsburgh

## Clarisa Gracia, MD, MSCE

[cgracia@obgyn.upenn.edu](mailto:cgracia@obgyn.upenn.edu)

### How are you able to help med students?

Mentoring, Research

*"I love introducing students to my field and teaching them about gynecology and infertility. It is an amazing area."*

**Positions Currently Held:** Professor, Obstetrics & Gynecology  
Director, Fertility Preservation

**Academic/Clinical/Research Interests:** Fertility preservation, oncofertility, third party reproduction, assisted reproductive techniques, reproductive endocrinology and infertility

**Undergraduate Education:** Amherst College

**Medical School Education:** State University of New York-Buffalo

## Abike James, MD, MPH

[ajames@obgyn.upenn.edu](mailto:ajames@obgyn.upenn.edu)

**How are you able to help med students?**

Mentoring, Shadowing

*"I believe it is imperative that our medical graduates and practicing clinicians reflect the diversity of the world we live in... I see advising and mentoring Penn Medicine students of various backgrounds as part of my contribution to reaching this goal."*

**Positions Currently Held:** Associate Professor, Obstetrics and Gynecology  
Clinical Director, Women's Health for Ambulatory Health Services- Philadelphia Department of Public Health  
Lead Physician, Penn Ob/Gyn Associates Practice

**Academic/Clinical/Research Interests:** Public health, women's health

**Undergraduate Education:** Dartmouth College

**Medical School Education:** Yale University School of Medicine

**Other Graduate Education:** Harvard School of Public Health (MPH)



## Nahla Khalek, MD, MPH, MSEd

[khalekn@email.chop.edu](mailto:khalekn@email.chop.edu)

**How are you able to help med students?**

Mentoring, Research

*"Why am I interested in mentoring UIM students?"*

*'You may have earned it, but you still owe.'*

*-Tupac Shakur"*

**Positions Currently Held:** Attending Physician, Center for Fetal Diagnosis and Treatment, The Children's Hospital of Philadelphia  
Assistant Clinical Professor, Obstetrics and Gynecology in Surgery  
Director, Fellowship in Prenatal Diagnosis and Fetal Therapy

**Academic/Clinical/Research Interests:** Prenatal diagnosis and fetal therapy, complicated monochorionic pregnancies, prenatal dysmorphism, medical education, global women's health

**Undergraduate Education:** City College of New York

**Medical School Education:** New York Medical College

**Other Graduate Education:** Columbia University Mailman School of Public Health (MPH)  
University of Pennsylvania Graduate School of Education (MSEd)



## Florencia Polite, MD

[florencia.polite@uphs.upenn.edu](mailto:florencia.polite@uphs.upenn.edu)

### How are you able to help med students?

Mentoring

*"I am a 2002 graduate of Penn Med and a new hire back to the Dept of OB/GYN. Students from all backgrounds benefit from mentoring in pursuing their careers in medicine though women and UIM students may face unique situations. I am happy to support and advise students as I appreciate firsthand the impact that mentoring can have on a student's life. Mentorship has been a major support for me as I have continued through the academic trajectory."*

**Positions Currently Held:** Chief, Division of General Obstetrics & Gynecology

**Academic/Clinical/Research Interests:** Women's health, contraception & family planning

**Undergraduate Education:** Harvard University

**Medical School Education:** University of Pennsylvania

## Stephen Ralston, MD, MPH

[ralstons@uphs.upenn.edu](mailto:ralstons@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing, Social Justice

*"When I entered clinical medicine, most LGBTQ faculty were not out; today, this is not true, but there is still work to be done in helping learners and trainees not feel stigmatized. Having role models who are out, especially in higher administrative roles, is one part of the solution. (preferred pronouns: he, him, his)"*

**Positions Currently Held:** Chair, OB/GYN Pennsylvania Hospital; Vice Chair for Education, Dept OB/GYN; Attending, Maternal-Fetal Medicine; Member, IRB6

**Academic/Clinical/Research Interests:** Medical ethics, prenatal diagnosis, complicated pregnancies

**Undergraduate Education:** Yale College

**Medical School Education:** Columbia University

**Other Graduate Education:** Boston University (MPH)

## OCCUPATIONAL MEDICINE

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### Judith McKenzie, MD, MPH

[judith.mckenzie@uphs.upenn.edu](mailto:judith.mckenzie@uphs.upenn.edu)

#### How are you able to help med students?

Mentoring, Research, Shadowing

*"I am interested in working with UIM students who have an interest in the interface between work and health and the influence of one's workplace as a social determinant of health. The field of Occupational and Environmental Medicine (OEM) encompasses integration of the disciplines of internal/family medicine, epidemiology and industrial hygiene - and interfaces with human resources as well as various medical subspecialties. We focus on the health of the worker, which is the wealth of their family and of the nation.*

**Positions Currently Held:** Professor, Division Chief and Residency Program Director, Division of Occupational Medicine

**Academic/Clinical/Research Interests:** Graduate medical education, cost of workplace disability, prevention & treatment of occupational and environmental injuries and illnesses - musculoskeletal, mild traumatic brain injury, bloodborne pathogens, toxins (lead), etc., exposure assessment

**Undergraduate Education:** Princeton University

**Medical School Education:** Yale University School of Medicine

**Other Graduate Education:** Johns Hopkins School of Hygiene and Public Health

## OPHTHALMOLOGY

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### Victoria Addis, MD

[victoria.addis@uphs.upenn.edu](mailto:victoria.addis@uphs.upenn.edu)

#### How are you able to help med students?

Mentoring, Research, Shadowing

**Positions Currently Held:** Assistant Professor, Ophthalmology  
Associate Residency Program Director

**Academic/Clinical/Research Interests:** Glaucoma research, medical and resident education

**Undergraduate Education:** Princeton University

**Medical School Education:** Jefferson Medical College



## Cesar Briceño, MD

[cesar.briceno@uphs.upenn.edu](mailto:cesar.briceno@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Shadowing

*"I'm interested in raising awareness and interest in surgical subspecialties for UIM students."*

**Positions Currently Held:** Assistant Professor, Ophthalmology  
Executive Committee of the Minority Outreach Mentoring Program of the American Academy of Ophthalmology

**Academic/Clinical/Research Interests:** Surgical and quality of life outcomes in eyelid, orbital and lacrimal surgery, finding ways to enhance medical student and resident education in surgical settings, and finding novel ways to enhance provider diversity within the surgical subspecialties

**Undergraduate Education:** Harvard College

**Medical School Education:** Johns Hopkins University School of Medicine

## Qi Cui, MD, PhD

[qi.cui@uphs.upenn.edu](mailto:qi.cui@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

*"I am interested in working with students with interests in clinical and/or basic science research. In particular, I am happy to provide research and mentoring opportunities in the field of ophthalmology."*

**Positions Currently Held:** Assistant Professor, Ophthalmology

**Academic/Clinical/Research Interests:** Pathophysiology behind all forms of glaucoma. In particular, and the association between mitochondrial dysfunction and glaucomatous optic neuropathy.



## Eve Higginbotham, SM, MD

[ehig@upenn.edu](mailto:ehig@upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing, Social Justice

*"Throughout my career I have always enjoyed mentoring students. Perhaps the pinnacle of that experience was when I served as Dean of Morehouse School of Medicine. I am particularly interested in talking to students who wish to understand how to shape their future careers, particularly if there is an interest in health policy, academic administration, or clinical research."*

<b>Positions Currently Held:</b>	Vice Dean, Inclusion and Diversity; Senior Fellow, Leonard Davis Institute; Professor, Ophthalmology; National President, Alpha Omega Alpha Honor Medical Society
<b>Academic/Clinical/Research Interests:</b>	Research related to inclusion and diversity, health policy, and health equity; glaucoma, advancing military health
<b>Undergraduate Education:</b>	MIT
<b>Medical School Education:</b>	Harvard Medical School
<b>Other Graduate Education:</b>	SM Chemical Engineering



**Vivian Lee, MD**

[vivian.lee@uphs.upenn.edu](mailto:vivian.lee@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring, Research, Shadowing

<b>Positions Currently Held:</b>	Assistant Professor in Departments of Ophthalmology, Dermatology, and Pathology
<b>Academic/Clinical/Research Interests:</b>	Epithelial wound healing and tumorigenesis, regenerative medicine
<b>Undergraduate Education:</b>	University of Pennsylvania
<b>Medical School Education:</b>	University of Pennsylvania
<b>Other Graduate Education:</b>	University of Pennsylvania

**Eydie Miller-Ellis, MD**

[eydie.miller@uphs.upenn.edu](mailto:eydie.miller@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring, Shadowing

<b>Positions Currently Held:</b>	Professor, Clinical Ophthalmology; Director, Glaucoma Service and Vice Chair, Faculty Affairs & Diversity, Scheie Eye Institute
<b>Academic/Clinical/Research Interests:</b>	Medical and surgical interventions for glaucoma
<b>Undergraduate Education:</b>	Duke University
<b>Medical School Education:</b>	University of Pittsburgh



**Prithvi S. Sankar, MD**

[prithvi.sankar@uphs.upenn.edu](mailto:prithvi.sankar@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring, Shadowing

*"Every student has an interesting background and an interesting story. I think this diversity makes working with students so enjoyable."*

<b>Positions Currently Held:</b>	Professor, Clinical Ophthalmology Director, Medical Student Education, Ophthalmology
<b>Academic/Clinical/Research Interests:</b>	Glaucoma
<b>Undergraduate Education:</b>	University of Virginia
<b>Medical School Education:</b>	University of Virginia

**PALLIATIVE AND HOSPICE MEDICINE**



**Shefali Parikh, MD**

[parikhsh@email.chop.edu](mailto:parikhsh@email.chop.edu)

**How are you able to help med students?**  
Mentoring, Shadowing

*"My career has taken a winding path. Along the way, mentorship has been a crucial component to my growth as a physician within the field of pediatric palliative care and as a woman trying to balance a successful academic career alongside raising a family."*

<b>Positions Currently Held:</b>	Medical Director, Pediatric Advanced Care Team (Pediatric Palliative Care Team) at Children's Hospital of Philadelphia Assistant Professor, Pediatrics
<b>Academic/Clinical/Research Interests:</b>	Pediatric palliative care
<b>Undergraduate Education:</b>	Duke University
<b>Medical School Education:</b>	Rutgers New Jersey Medical School

**PATHOLOGY**



**Youhai Chen, MD**

[yhc@penmedicine.upenn.edu](mailto:yhc@penmedicine.upenn.edu)

**How are you able to help med students?**  
Mentoring, Research

<b>Positions Currently Held:</b>	Professor, Pathology and Laboratory Medicine
<b>Academic/Clinical/Research Interests:</b>	Immunity, inflammation, cancer, and gene therapy
<b>Undergraduate Education:</b>	Shandong University
<b>Medical School Education:</b>	Harvard University

**Park F. Cho-Park, MD, PhD**  
[pacho@penmedicine.upenn.edu](mailto:pacho@penmedicine.upenn.edu)  
**How are you able to help med students?**

Mentoring, Research

*"I am open to providing support, mentorship and possible research exposure to under-represented minority students in Penn Medicine for the purpose of nurturing next generation leaders in the field of medicine and biomedical research."*

**Positions Currently Held:** Assistant Professor, Pharmacology

**Academic/Clinical/Research Interests:** Cancer biology, neurodegeneration, mechanistic biochemistry and pharmacology



**Vinodh Pillai, MD, PhD**

[pillaiv1@email.chop.edu](mailto:pillaiv1@email.chop.edu)

**How are you able to help med students?**

Mentoring, Research

**Positions Currently Held:** Hematopathologist at CHOP and HUP  
Assistant Professor, Pathology and Laboratory Medicine

**Academic/Clinical/Research Interests:** CAR T cell therapy in leukemia and lymphoma, Castleman disease, juvenile myelomonocytic leukemia

## PEDIATRICS

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### *Adolescent Medicine*

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**Kenisha Campbell, MD, MPH**

[campbellk1@email.chop.edu](mailto:campbellk1@email.chop.edu)

**How are you able to help med students?**

Mentoring, Shadowing

*"I am passionate about Adolescent Medicine and would love to see more students of color involved in this field. I feel that due to my background I am able to relate better to many of my patients, and it makes a difference to them and their families. I also raised a child through medical school onward and dealt with numerous hardships, so definitely have a unique perspective regarding work-life balance and the importance of hard work, belief in oneself and dedication to success."*

**Positions Currently Held:** Assistant Professor, Clinical Pediatrics  
Director, Adolescent Medicine Outpatient Clinical Services

**Academic/Clinical/Research Interests:** Primary care, eating disorders, contraception/family planning, teen pregnancy prevention, menstrual disorders, health disparities/social determinants of health, administration



<b>Undergraduate Education:</b>	Cornell University
<b>Medical School Education:</b>	Washington University School of Medicine
<b>Other Graduate Education:</b>	University of Cincinnati, Master of Public Health

## Jennifer Chuang, MD, MS

[chuangi@email.chop.edu](mailto:chuangi@email.chop.edu)

### How are you able to help med students?

Mentoring, Social Justice

*"I am interested in working with students who are interested in advocacy and social justice. I have a background in being a health care activist and in 2017 ran for New Jersey State office. I am happy to mentor anyone who is trying to raise their voice in healthcare advocacy."*

**Positions Currently Held:** Assistant Professor, Clinical Pediatrics

**Academic/Clinical/Research Interests:** Adolescent medicine, reproductive health, LGBTQ health, advocacy

**Undergraduate Education:** University of Pennsylvania

**Medical School Education:** Temple University School of Medicine

**Other Graduate Education:** Mailman School of Public Health at Columbia University

## Nadia Dowshen, MD, MSHP

[dowshenn@email.chop.edu](mailto:dowshenn@email.chop.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing, Social Justice

*"I grew up going to public school in Philadelphia where the health inequities I witnessed served as the basis for my career in adolescent medicine to address health inequality for youth. I am very interested in mentoring students with similar interest in addressing health inequality and promoting resilience in adolescents."*

**Positions Currently Held:** Director, Adolescent HIV Services  
Co-founder & Director, Gender and Sexuality Development Clinic, Covenant House, CHOP

**Academic/Clinical/Research Interests:** Improving health of marginalized youth, particularly those living with or at-risk for HIV infection (YMSM and YTW of color), LGBT and homeless youth

**Undergraduate Education:** University of Pennsylvania

**Medical School Education:** University of Pennsylvania

**Other Graduate Education:** Pediatric Residency and Adolescent Medicine Fellowship-CHOP General Academic Pediatric Fellowship- Lurie Children's/ Northwestern, Master of Science in Health Policy University of Pennsylvania Residency and Fellowship-CHOP



## Jennifer Louis-Jacques, MD, MPH

[louisjacquesj@email.chop.edu](mailto:louisjacquesj@email.chop.edu)

### How are you able to help med students?

Mentoring

**Positions Currently Held:** Assistant Professor, Clinical Pediatrics

**Academic/Clinical/Research Interests:** Medical Education

**Undergraduate Education:** Cornell University

**Medical School Education:** New York University School of Medicine

**Other Graduate Education:** Columbia University School of Public Health (MPH)

## General Pediatrics



## Jaya Aysola, MD, DTMH, MPH

[jaysola@upenn.edu](mailto:jaysola@upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing, Social Justice

**Positions Currently Held:** Assistant Professor, Medicine  
Assistant Professor, Pediatrics  
Faculty Affiliate, Center for Health Incentives and Behavioral Economics; Senior Fellow, Leonard Davis Institute of Health Economics; Chair, Penn Medicine Health Equity Taskforce; Executive Director, The Penn Medicine Health Equity Initiative, Office of CMO; Assistant Dean, Health Equity and Inclusion, Office of Inclusion and Diversity

**Academic/Clinical/Research Interests:** Health equity, global health, patient-centered medical homes, social determinants of health, access to care, and provider workforce

**Undergraduate Education:** University of Michigan

**Medical School Education:** University of Pittsburgh School of Medicine

**Other Graduate Education:** London School of Hygiene and Tropical Medicine, DTMH (Tropical Medicine and Hygiene)  
Harvard School of Public Health, MPH (Healthcare Management and Policy)

## Adelaide Barnes, MD

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How are you able to help med students?

	Mentoring, Shadowing
<b>Positions Currently Held:</b>	Attending Physician, Division of General Pediatrics Director of Recruitment, Pediatric Residency Program
<b>Academic/Clinical/Research Interests:</b>	Medical education, global health
<b>Undergraduate Education:</b>	Duke University
<b>Medical School Education:</b>	The George Washington University School of Medicine and Health Sciences



## Cindy W. Christian, MD

[christian@email.chop.edu](mailto:christian@email.chop.edu)

### How are you able to help med students?

Mentoring, Shadowing, Social Justice

*"My work has been to protect children who have been victims of maltreatment, a problem that impacts health throughout the lifespan. As future physicians, you will care for individuals whose health has been impacted by family violence, and I welcome students who want to learn more about preventing child abuse. I also work to support community volunteer activities at Perelman, where students provide services to many underserved populations. I am interested in mentoring and supporting students who are engaged in helping vulnerable populations, and welcome all students who would like to learn more about these issues."*

**Positions Currently Held:** Associate Dean for Admissions, PSOM  
Assistant Dean for the Program for Diversity and Inclusion  
Pediatrician, CHOP

**Academic/Clinical/Research Interests:** Dr. Christian is a general and child abuse pediatrician. Much of her clinical, academic and advocacy work involves child protection. She supports Perelman students in their community volunteer activities.

**Undergraduate Education:** Bucknell University

**Medical School Education:** Albany Medical College



## James Guevara, MD, MPH

[guevara@email.chop.edu](mailto:guevara@email.chop.edu)

### How are you able to help med students?

Mentoring, Research

*"I believe that the medical profession and academic medicine in particular needs to diversify its members to meet the health, education, and research needs of the U.S. population. I am committed to guiding, advising, promoting, and mentoring students of color to bring about this change."*

<b>Positions Currently Held:</b>	Professor, Pediatrics & Epidemiology Lead Diversity Search Advisor, SPOM Director of Interdisciplinary Initiatives, PolicyLab: Center to Bridge Research, Practice, & Policy, CHOP
<b>Academic/Clinical/Research Interests:</b>	My research interests focus on the organization, financing, and delivery of services for young vulnerable children with developmental and behavioral disabilities. I am particularly interested in health disparities in developmental and behavioral disorders.
<b>Undergraduate Education:</b>	University of California, Davis
<b>Medical School Education:</b>	Feinberg School of Medicine at Northwestern University
<b>Other Graduate Education:</b>	Pediatrics Residency and MPH, University of Washington

### Jackie Owusu-McKenzie MD

[mantwi@email.chop.edu](mailto:mantwi@email.chop.edu)

#### How are you able to help med students?

Mentoring, Shadowing

<b>Positions Currently Held:</b>	Clinical Assistant Professor and Attending Physician
<b>Academic/Clinical/Research Interests:</b>	Sickle cell disease, complex pediatric care, chronic care, primary care, pediatric hospital medicine, global health
<b>Undergraduate Education:</b>	Mount Holyoke College
<b>Medical School Education:</b>	Harvard Medical School

### Leonel Toledo, MD

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#### How are you able to help med students?

Mentoring, Shadowing

*"I am extremely interested in Global Health. I was born in Guatemala and raised in the United States. As a pediatrician I have volunteered or taught in various countries in Latin America, Europe, Africa, and Asia. I also volunteer in a clinic for undocumented immigrants in Philadelphia. I would be honored to share my experiences and be a resource for students interested in global health."*

<b>Positions Currently Held:</b>	Assistant Clinical Professor, Pediatrics
<b>Academic/Clinical/Research Interests:</b>	I work as a pediatric hospitalist and sedation physician at CHOP. Recently, I have been working on projects to improve sedation practices in low-middle income countries.
<b>Undergraduate Education:</b>	Drew University
<b>Medical School Education:</b>	UMDNJ, Robert Wood Johnson School of Medicine at Camden
<b>Other Graduate Education:</b>	St. Christopher's Hospital for Children



## Nicole Washington, MD

[washingtonn@email.chop.edu](mailto:washingtonn@email.chop.edu)

### How are you able to help med students?

Mentoring, Shadowing

*"I love mentoring UIM students. Mentors are super important, and I have been blessed to have many mentors, so it feels right to do the same for those coming behind me. Love to help and offer guidance when I can."*

**Positions Currently Held:** Assistant Program Director, CHOP Pediatric Residency Program; Medical Director, Seasonal Stay Unit; Medical Director, Physician Supervisor for Patient Flow Program

**Academic/Clinical/Research Interests:** Hospital medicine, sedation, hospital administration, medical education

**Undergraduate Education:** University of Virginia

**Medical School Education:** University of Virginia School of Medicine

## *Pediatric Anesthesiology*

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## John Fiadjo, MD

[fiadjoj@email.chop.edu](mailto:fiadjoj@email.chop.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

*"To help develop leaders and researchers of the future."*

**Positions Currently Held:** Associate Professor, Anesthesiology & Critical Care

**Academic/Clinical/Research Interests:** Difficult airway management in children and tracheal intubation related research

**Undergraduate Education:** Johns Hopkins University

**Medical School Education:** Northwestern Feinberg School of Medicine

## Scott Hines, MD

[hiness@email.chop.edu](mailto:hiness@email.chop.edu)

### How are you able to help med students?

Mentoring, Shadowing

*I welcome those interested in learning more about pediatric anesthesiology via shadowing and/or discussion. Also, I can speak to working in academic medicine as an openly gay person. Finally, I have a strong belief in balancing work and career with family, raising kids, and staying sane.*

<b>Positions Currently Held:</b>	Assistant Professor, Clinical Anesthesiology and Critical Care Associate Program Director Pediatric Anesthesia Fellowship
<b>Academic/Clinical/Research Interests:</b>	Academic focus is on trainee education, intraoperative teaching, learning & teaching styles
<b>Undergraduate Education:</b>	College of William & Mary
<b>Medical School Education:</b>	Albany Medical College
<b>Other Graduate Education:</b>	Pediatrics, Brown University/Hasbro Children's Hospital (Internship and Residency) Anesthesiology, HUP (Fellowship) Pediatric Anesthesiology, CHOP (Fellowship)

## *Pediatric Cardiology*



### **Laura Mercer-Rosa, MD, MSCE**

[mercerrosal@email.chop.edu](mailto:mercerrosal@email.chop.edu)

#### **How are you able to help med students?**

Mentoring, Research, Shadowing

*"I am interested in improving overall outcomes for patients with heart defects, and in identifying the early risk factors for adverse outcomes that can be potentially modified. I am interested in providing support and guidance to UIM students to help foster their research interest and career."*

<b>Positions Currently Held:</b>	Assistant Professor, Pediatrics Assistant Program Director (Research), Fellowship Program Assistant Program Director, T32 Training Grant Director, Echolab Research Unit
<b>Academic/Clinical/Research Interests:</b>	Outcomes in congenital heart diseases and in pulmonary hypertension; use of echocardiography to assess right ventricular function.; I am particularly interested in outcomes in tetralogy
<b>Undergraduate Education:</b>	Universidade Federal do Parana, Curitiba, Brazil
<b>Medical School Education</b>	Universidade Federal do Parana, Curitiba, Brazil
<b>Other Graduate Education:</b>	University of Pennsylvania Perelman School of Medicine (MSCE)

## Pediatric Dermatology

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### Leslie Castelo-Soccio, MD, PhD

[castelosocciol@email.chop.edu](mailto:castelosocciol@email.chop.edu)

#### How are you able to help med students?

Mentoring, Research

**Positions Currently Held:** Assistant Professor, Dermatology and Pediatrics  
Research Director, Section of Pediatric Dermatology

**Academic/Clinical/Research Interests:** Alopecia, genetic hair disease, genetic skin disease/genodermatoses

**Undergraduate Education:** Harvard University

**Medical School Education:** Weill Cornell Tri-Institutional MD-PhD Program

## Pediatric Emergency Medicine

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### James Callahan, MD

[callahanj@email.chop.edu](mailto:callahanj@email.chop.edu)

#### How are you able to help med students?

Mentoring, Shadowing, Social Justice

*“The richly diverse patients and families we serve every day are best served by a richly diverse workforce. The more we learn from each other and embrace our differences, the more effectively we will be able to engage with and care for our patients. Helping all students succeed and learning from them will improve the care we provide. The more we know each other the better equipped we will be to address the implicit biases that we all have and the institutional racism and genderism that has held back true progress toward equitable, quality healthcare for all.”*

**Positions Currently Held:** Professor, Clinical Pediatrics  
Education Officer, Department of Pediatrics  
Chair, Academic Clinician Advisory Committee  
Associate Medical Director, CHOP Emergency Division  
Physician Advisor, Patient and Family Experience, CHOP

**Academic/Clinical/Research Interests:** Pediatric emergency medicine, medical education, mild head injury in children

**Undergraduate Education:** St. Lawrence University

**Medical School Education:** SUNY Upstate Medical University

## Angela Ellison, MD, MSc

[ellisona@email.chop.edu](mailto:ellisona@email.chop.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

*"I would love to assist students with career development. My professional experience as a clinician, researcher, teacher and advocate as well as my personal experience as a wife and mother thriving in a competitive academic environment gives me a unique perspective that I would love to share."*

**Positions Currently Held:** Associate Professor, Pediatrics  
Attending Physician, Emergency Medicine at CHOP  
Director, Research, Division of Emergency Medicine at CHOP

**Academic/Clinical/Research Interests:** Novel approaches to treatment of acute complications of sickle cell disease, Improving the quality of care for sickle cell patients in the emergency department, Increasing diversity in academic medicine

**Undergraduate Education:** Temple University

**Medical School Education:** Johns Hopkins School of Medicine

**Other Graduate Education:** Boston University School of Public Health

## Jeremy Esposito, MD, MS Ed

[esposito1@email.chop.edu](mailto:esposito1@email.chop.edu)

### How are you able to help med students?

Mentoring, Social Justice

**Positions Currently Held:** Attending Physicians, Pediatric Emergency Medicine, CHOP  
Assistant Professor, Pediatrics

**Academic/Clinical/Research Interests:** Mental health, suicide awareness and prevention, quality improvement, advocacy

**Undergraduate Education:** George Washington University

**Medical School Education:** Albany Medical College

**Other Graduate Education:** University of Pennsylvania (Master's in Medical Education)

## Tiffani Johnson, MD

[johnsont6@email.chop.edu](mailto:johnsont6@email.chop.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

**Positions Currently Held:** Assistant Professor, Pediatrics

**Academic/Clinical/Research Interests:** Pediatric healthcare disparities, implicit racial bias, diversity in academic medicine

**Undergraduate Education:** Xavier University of Louisiana



**Medical School Education:** Rutgers-Robert Wood Johnson Medical School

**Other Graduate Education:** University of Pittsburgh (MSc)

## Ashlee Murray, MD

[murraya2@email.chop.edu](mailto:murraya2@email.chop.edu)

**How are you able to help med students?**

Mentoring, Research, Shadowing

*"I have had an exceptional mentoring experience thus far and am always interested in offering support for future physicians. I love my career and feel like I could help someone find a career in medicine that they would love as well."*

**Positions Currently Held:** Pediatric Emergency Medicine Attending Physician; Assistant Professor, Clinical Pediatrics; Director, Intimate Partner Violence Task Force at CHOP; Fellow, Center for Public Health Initiatives; Associate Director of Advocacy and Health Policy, Department of Emergency Medicine at CHOP; Master of Public Health Course Instructor

**Academic/Clinical/Research Interests:** Intimate partner violence, adverse childhood experiences, public health

**Undergraduate Education:** Lafayette College

**Medical School Education:** Drexel University College of Medicine



## Kathy Shaw, MD

[shaw@email.chop.edu](mailto:shaw@email.chop.edu)

**How are you able to help med students?**

Mentoring, Shadowing

*"I have been involved in mentoring URM students, residents, and faculty. I enjoy mentoring and understanding the issues facing URM professionals. I am involved in some research on implicit bias."*

**Positions Currently Held:** Associate Chair, Department of Pediatrics

**Academic/Clinical/Research Interests:** Quality and patient safety, epidemiology and treatment of pediatric illness/injury, pediatric emergency medicine

**Undergraduate Education:** Union College

**Medical School Education:** Mt. Sinai School of Medicine

**Other Graduate Education:** University of Pennsylvania (MSCE)

<b>Anna Weiss, MD</b> <a href="mailto:weissak@email.chop.edu">weissak@email.chop.edu</a>	
<b>How are you able to help med students?</b> Shadowing, Social Justice	
<b>Positions Currently Held:</b>	Assistant Professor, Pediatrics Attending Physician, Children’s Hospital of Philadelphia, Division of Emergency Medicine
<b>Academic/Clinical/Research Interests:</b>	Medical education scholarship, especially re: procedural competency and learner assessment; Research, advocacy and activism re: gun safety and gun-violence prevention in Philadelphia
<b>Undergraduate Education:</b>	Harvard University
<b>Medical School Education:</b>	University of Pennsylvania
<b>Other Graduate Education:</b>	Oxford University (MSc); University of Pennsylvania (MSEd)

*Pediatric Endocrinology*

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<b>Edna Mancilla, MD</b> <a href="mailto:mancillae@email.chop.edu">mancillae@email.chop.edu</a>	
<b>How are you able to help med students?</b> Mentoring, Shadowing	
<i>“Any student would benefit from mentoring through the journey of medical school. Being a foreigner who did my specialty training in the US I think I can help students who are foreigners and are training here.”</i>	
<b>Positions Currently Held:</b>	Attending Physician, Endocrinology & Diabetes, CHOP Associate Professor, Clinical Pediatrics
<b>Academic/Clinical/Research Interests:</b>	General pediatric endocrinology, bone and mineral disorders in children
<b>Undergraduate Education:</b>	University of Chile
<b>Medical School Education:</b>	University of Chile
<b>Other Graduate Education:</b>	NYU and Georgetown University (Internship and Residency)



**Jeff Roizen, MD, PhD, FAAP**

[jeffroizen@gmail.com](mailto:jeffroizen@gmail.com)

**How are you able to help med students?**


Mentoring, Research, Shadowing

<b>Positions Currently Held:</b>	President, Philadelphia Endocrine Society; Attending Physician, Children’s Hospital of Philadelphia; Assistant Professor, Pediatrics and Cell and Molecular Biology
<b>Academic/Clinical/Research Interests:</b>	Non-calcium related actions of Vitamin D
<b>Undergraduate Education:</b>	Williams College
<b>Medical School Education:</b>	Washington University in St. Louis
<b>Other Graduate Education:</b>	Washington University in St. Louis (PhD)

## *Pediatric Gastroenterology*

<b>Paul Ufberg DO, MBA</b>	
<a href="mailto:ufbergp@email.chop.edu">ufbergp@email.chop.edu</a>	
<b>How are you able to help med students?</b>	
Mentoring, Shadowing	
<i>“I believe I have a unique perspective and am interested in sharing a comprehensive and collaborative approach to medicine.”</i>	
<b>Positions Currently Held:</b>	Attending Physician, Ped GI and integrative health
<b>Academic/Clinical/Research Interests:</b>	Integrative health
<b>Undergraduate Education:</b>	University of Pittsburgh
<b>Medical School Education:</b>	Philadelphia College of Osteopathic Medicine
<b>Other Graduate Education:</b>	St. Joseph's University School of Business (MBA)

## *Pediatric Hospital Medicine*

	<b>Rebecca Tenney-Soeiro MD, MSEd</b>
	<a href="mailto:tenneysoeiro@email.chop.edu">tenneysoeiro@email.chop.edu</a>
<b>How are you able to help med students?</b>	
Mentoring, Research, Shadowing	
<i>“Mentoring is the most rewarding aspect of my job, other than interacting with my pediatric patients. We all face challenges, and through shared experiences and development of coping skills, we can all get through them together .”</i>	
<b>Positions Currently Held:</b>	Advisory Dean; Pediatric Hospital Medicine Fellowship Director; Associate Professor, Clinical Pediatrics
<b>Academic/Clinical/Research Interests:</b>	Medical education and mentoring are my academic home. Medically complex children and hospital medicine are my clinical interests. Educational research in my spare time.
<b>Undergraduate Education:</b>	Tufts University
<b>Medical School Education:</b>	Albert Einstein College of Medicine
<b>Other Graduate Education:</b>	University of Pennsylvania Graduate School of Education

## *Pediatric Infectious Diseases*

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### **Kristen Feemster, MD, MPH, MSHP**

[feemster@email.chop.edu](mailto:feemster@email.chop.edu)

#### **How are you able to help med students?**

Mentoring, Research

**Positions Currently Held:** Adjunct Associate Professor, Pediatrics, Division of Infectious Diseases; Consultant Physician, Children's Hospital of Philadelphia; Director of Research, Vaccine Education Center (CHOP); Medical Director, Philadelphia Department of Health Immunization and Acute Communicable Diseases Programs

**Academic/Clinical/Research Interests:** Epidemiology of vaccine preventable diseases with a focus on community and social factors, global and domestic vaccine policy, vaccine hesitancy, ambulatory healthcare associated respiratory infection, infectious diseases surveillance

**Undergraduate Education:** Yale University

**Medical School Education:** Columbia University (MD, MPH)

**Other Graduate Education:** University of Pennsylvania (MSHP)

## *Pediatric Neurology*

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### **Madeline Chadehumbe, MD**

[chadehum@me.com](mailto:chadehum@me.com)

#### **How are you able to help med students?**

Mentoring, Shadowing

**Positions Currently Held:** Assistant Professor, Clinical Neurology

**Academic/Clinical/Research Interests:** Headache medicine, 22q syndrome

**Medical School Education:** University of Zimbabwe

**Other Graduate Education:** Cincinnati Children's Hospital



### **Lawrence Fried, MD**

[friedl@email.chop.edu](mailto:friedl@email.chop.edu)

#### **How are you able to help med students?**

Mentoring, Research, Shadowing, Social Justice

**Positions Currently Held:** Assistant Professor, Divisions of Pediatrics and Neurology; Attending Physician, Member, Quality Improvement & Patient

Safety Committee and Member, Advisory Board on Discharge Planning, Children's Hospital of Philadelphia

**Academic/Clinical/Research Interests:** Epilepsy, teens with epilepsy and driving, patient safety bed management

**Undergraduate Education:** Cornell University

**Medical School Education:** Drexel University College of Medicine

**Other Graduate Education:** Adelphi University



## Ethan Goldberg, MD, PhD

[goldberge@email.chop.edu](mailto:goldberge@email.chop.edu)

### How are you able to help med students?

Research

*"I am interested in working with UIM students who are interested in clinically-oriented basic neuroscience research related to epilepsy and neurodevelopmental disorders. Requirements include some prior research experience or exposure. A commitment of at least 10 hours per week is expected."*

**Positions Currently Held:** Assistant Professor and Attending Physician, Division of Neurology, Children's Hospital of Philadelphia, and Departments of Neurology & Neuroscience, Perelman School of Medicine

**Academic/Clinical/Research Interests:** Epilepsy, epilepsy neurogenetics, autism, developmental delay, electrophysiology, ion channels, synaptic transmission, GABAergic interneurons, two-photon imaging

**Undergraduate Education:** Harvard University

**Medical School Education:** NYU School of Medicine



## Shavonne Massey, MD

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### How are you able to help med students?

Mentoring, Research, Shadowing

**Positions Currently Held:** Clinical Instructor, Departments of Neurology and Pediatrics

**Academic/Clinical/Research Interests:** Pediatric epilepsy; neonatal seizure epidemiology, detection, and management; electroencephalogram (EEG) monitoring in the Pediatric, Cardiac, and Neonatal Intensive Care Units; quantitative analysis of neonatal EEG

**Undergraduate Education:** Princeton University

<b>Medical School Education:</b>	University of Maryland School of Medicine
<b>Other Graduate Education:</b>	University of Pennsylvania (Master of Science in Clinical Epidemiology)

## *Pediatric Pathology*

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<b>Tricia Bhatti, MD</b>	
<a href="mailto:bhatti@email.chop.edu">bhatti@email.chop.edu</a>	
<b>How are you able to help med students?</b>	
Mentoring, Shadowing	
<b>Positions Currently Held:</b>	Attending Pediatric Pathologist, Department of Pathology and Laboratory Medicine, Children's Hospital of Philadelphia
<b>Academic/Clinical/Research Interests:</b>	Transplant pathology, endocrine pathology
<b>Undergraduate Education:</b>	Duke University
<b>Medical School Education:</b>	Medical College of Georgia

<b>Jennifer Pogoriler, MD, PhD</b>	
<a href="mailto:pogorilerj@email.chop.edu">pogorilerj@email.chop.edu</a>	
<b>How are you able to help med students?</b>	
Mentoring, Shadowing	
<b>Positions Currently Held:</b>	Assistant Professor, Pathology and Laboratory Medicine
<b>Academic/Clinical/Research Interests:</b>	Pediatric pathology, lung pathology
<b>Undergraduate Education:</b>	Williams College
<b>Medical School Education:</b>	University of Chicago
<b>Other Graduate Education:</b>	University of Chicago (PhD in Cancer Biology)

## *Pediatric Psychiatry*

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<b>Amy Kim, MD</b>	
<a href="mailto:kimam@email.chop.edu">kimam@email.chop.edu</a>	
<b>How are you able to help med students?</b>	
Mentoring, Shadowing	
<b>Positions Currently Held:</b>	Assistant Professor, Clinical Psychiatry Medical Director of Psychiatry, Outpatient Programs, CHOP Training Director, Post Pediatric Portal Program, CHOP
<b>Academic/Clinical/Research Interests:</b>	Child and adolescent psychiatry
<b>Undergraduate Education:</b>	Brown University
<b>Medical School Education:</b>	NYU School of Medicine
<b>Other Graduate Education:</b>	Perelman School of Medicine and CHOP (Residency and Fellowship)

## Wanjiku Njoroge, MD

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### How are you able to help med students?

Mentoring, Research, Shadowing, Social Justice

*"I realize how much I appreciated and depended on mentorship from faculty of color as a medical student. I think it is important that students of color see themselves represented in all fields of medicine. I would relish the opportunity to work with UIM students and replicate the experience I had as a medical student for a young person."*

**Positions Currently Held:** Assistant Professor, Psychiatry  
Program Director, Child and Adolescent Psychiatry Fellowship  
Medical Director, Young Child Clinic

**Academic/Clinical/Research Interests:** Medical education, early childhood psychiatric disorders, NICU/early media viewing/early childhood and parenting/culture

**Undergraduate Education:** Columbia University

**Medical School Education:** Baylor College of Medicine

**Other Graduate Education:** University of Pennsylvania, Yale University



## Terri Randall, MD

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### How are you able to help med students?

Mentoring, Shadowing

**Positions Currently Held:** Attending Physician, Children's Hospital of Philadelphia  
Assistant Professor, Department of Psychiatry  
President, Regional Council of Child and Adolescent Psychiatry, Eastern Pennsylvania & Southern New Jersey

**Academic/Clinical/Research Interests:** Addiction in adolescents, ADHD, emergency psychiatry

**Undergraduate Education:** Yale University

**Medical School Education:** The George Washington School of Medicine

**Oscar Mayer, MD**

[mayero@email.chop.edu](mailto:mayero@email.chop.edu)

**How are you able to help med students?**

Mentoring, Shadowing

*"I am very interested in helping all students at the Perelman SOM reach their full potential by exploring and finding opportunities in which they can discover and pursue new passions in medicine and ultimately determine where they may make their contribution. My journey has taken a number of turns to the point where I am fully fulfilled and supported professionally."*

**Positions Currently Held:** Attending Physician  
Medical Director, Pulmonary Function Testing Laboratory

**Academic/Clinical/Research Interests:** Chest wall and spine disease and the pulmonary pathophysiology, the pulmonary manifestations of neuromuscular disease and their management

**Undergraduate Education:** Middlebury College

**Medical School Education:** University of Pittsburgh

**Joseph Piccione, DO**

[piccionej@email.chop.edu](mailto:piccionej@email.chop.edu)

**How are you able to help med students?**

Mentoring, Research, Shadowing

**Positions Currently Held:** Attending Physician  
Pulmonary Director, The Center for Pediatric Airway Disorders, The Children's Hospital of Philadelphia

**Academic/Clinical/Research Interests:** Pediatric aerodigestive disorders, pediatric advanced diagnostic and interventional bronchoscopy

**Undergraduate Education:** Towson University

**Medical School Education:** New York College of Osteopathic Medicine

**Other Graduate Education:** Albany Medical Center (Pediatric Internship & Residency)



**Ignacio Tapia, MD**

[tapia@email.chop.edu](mailto:tapia@email.chop.edu)

**How are you able to help med students?**

Mentoring, Research, Shadowing

*"I would like to see more UIM students succeed in academic medicine."*

**Positions Currently Held:** Assistant Professor, Pediatrics  
Pediatric Pulmonology Fellowship Director



**Academic/Clinical/Research Interests:** Pathophysiology of obstructive sleep apnea, clinical trials

**Undergraduate Education:** University of Concepcion, Chile

**Medical School Education:** University of Concepcion, Chile

**Other Graduate Education:** University of Pennsylvania

## *Pediatric Radiology*

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### **Beverly G. Coleman, MD, FACR**

[colemanb@email.chop.edu](mailto:colemanb@email.chop.edu)

#### **How are you able to help med students?**

Mentoring

**Positions Currently Held:** Emeritus Professor CE of Radiology  
Director of Fetal Imaging, Center for Fetal Diagnosis and Treatment

**Academic/Clinical/Research Interests:** Obstetrical and gynecologic ultrasound with concentration in congenital anomalies

**Undergraduate Education:** Vassar College

**Medical School Education:** Harvard University

**Other Graduate Education:** University of Pennsylvania (Radiology Residency, Abdominal Imaging Fellowship)  
American College of Radiology (Fellowship)

### **Victor Ho-Fung, MD**

[hov@email.chop.edu](mailto:hov@email.chop.edu)

#### **How are you able to help med students?**

Mentoring, Research

*"I believe mentoring is a mutually rewarding experience for both mentor and mentee. I enjoy the opportunity of being of any help to the professional development and well-being of younger physicians as I was help by many people along my career."*

**Positions Currently Held:** Associate Trauma Director, Radiology - Trauma Service;  
Attending Radiologist; Assistant Professor, Radiology

**Academic/Clinical/Research Interests:** Pediatric musculoskeletal Injuries, bone and soft tissue tumor imaging

**Undergraduate Education:** University of Puerto Rico, Mayaguez, PR

**Medical School Education:** University of Puerto Rico School of Medicine, San Juan, PR

**Other Graduate Education:** Pennsylvania Hospital (Residency, Diagnostic Radiology)  
The Children's Hospital of Philadelphia (Pediatric Radiology Fellowship)

## Sabah Servaes, MD

[servaes@email.chop.edu](mailto:servaes@email.chop.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing, Social Justice

*"Diversity is a crucial aspect of work/life and I'm interested in fostering strong students with exposure to and an appreciation for a diverse environment."*

**Positions Currently Held:** Associate Professor, Clinical Radiology  
Program Director, Radiology Residency and Fellowship Program (Also for students and observers in pediatric radiology at CHOP. Interested in increasing diversity for everyone's benefit!)

**Academic/Clinical/Research Interests:** Imaging of child abuse, dose reduction techniques, understanding reasons for lack of diversity in radiology/medicine, molecular imaging/PET/MR, musculoskeletal development, appendicitis

**Undergraduate Education:** Amherst College

**Medical School Education:** Boston University

**Other Graduate Education:** University of Pennsylvania (in progress)

## Ammie White, MD

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### How are you able to help med students?

Shadowing, Social Justice

**Positions Currently Held:** Assistant Professor, Radiology  
Director, Quality and Patient Safety for Radiology, Children's Hospital of Philadelphia

**Academic/Clinical/Research Interests:** Pediatric radiology, pediatric thoracic and cardiovascular imaging, quality and patient safety

**Undergraduate Education:** Brandeis University

**Medical School Education:** Drexel University College of Medicine

## *Pediatric Rehabilitation Medicine*



## Ashlee Jaffe, MD, M Ed

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### How are you able to help med students?

Mentoring

*"My field is one of the smallest in medicine, and very few students know how great a career in pediatric rehabilitation can be! I love talking to students with an interest in pediatrics, PM&R, pediatric neurology, and developmental and behavioral medicine to see if pediatric rehab may be a fit for them."*

**Positions Currently Held:** Assistant Professor, Clinical Pediatrics  
Attending Physician, Division of Physical Medicine & Rehabilitation, Children's Hospital of Philadelphia

**Academic/Clinical/Research Interests:** Medical education, quality improvement

**Undergraduate Education:** University of California, San Diego

**Medical School Education:** University of Illinois at Chicago, College of Medicine

**Other Graduate Education:** University of Pennsylvania (M Ed)

## PHYSICAL MEDICINE & REHABILITATION

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### Franklin Caldera, DO

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**How are you able to help med students?**

Mentoring

**Positions Currently Held:** Associate Professor, Chief Medical Officer and Assistant Residency Director, Department of Physical Medicine and Rehabilitation

**Academic/Clinical/Research Interests:** General physiatry, pain management, fluoroscopic and ultrasound guided interventions, sports medicine

**Undergraduate Education:** SUNY Binghamton

**Medical School Education:** NY College of Osteopathic Medicine (DO)

**Other Graduate Education:** NY Institute of Technology (MBA)



### Michelle J. Johnson, PhD

[michelle.johnson2@uphs.upenn.edu](mailto:michelle.johnson2@uphs.upenn.edu)

**How are you able to help med students?**

Research

**Positions Currently Held:** Assistant Professor, Physical Medicine & Rehabilitation and Bioengineering; Director, Rehabilitation Robotics Lab; Associate Director of Research, Department of Physical Medicine & Rehabilitation

**Academic/Clinical/Research Interests:** Technology-assisted rehabilitation, robotics, stroke rehabilitation, cerebral palsy, functional outcomes, affordable therapy

<b>Undergraduate Education:</b>	University of Pennsylvania
<b>Other Graduate Education:</b>	Stanford University (PhD) University of California – Irvine (MS)

### Somnang Pang, DO

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**How are you able to help med students?**

Mentoring, Shadowing

**Positions Currently Held:** Assistant Professor, Clinical Physical Medicine & Rehabilitation

**Academic/Clinical/Research Interests:** Acupuncture medicine, osteopathic manipulation, trauma and rehab medicine, musculoskeletal injuries

**Undergraduate Education:** George Washington University

**Medical School Education:** Lake Erie College of Osteopathic Medicine

**Other Graduate Education:** University of Pennsylvania (Residency)

### Alexis Tingan, MD

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**How are you able to help med students?**

Mentoring, Shadowing

*"I would like to mentor UIM students who are interested in sports medicine, interventional spine, and rehab medicine."*

**Positions Currently Held:** Assistant Professor, Physical Medicine & Rehabilitation  
Medical Director, The Penn Relays  
Medical Director, Philadelphia Love Run Half Marathon

**Academic/Clinical/Research Interests:** Sports medicine, interventional spine

**Undergraduate Education:** Princeton University

**Medical School Education:** Emory University

## PSYCHIATRY

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### Henry Bleier, MD, MBA

[bleierh@pennteam.upenn.edu](mailto:bleierh@pennteam.upenn.edu)

**How are you able to help med students?**

Mentoring

**Positions Currently Held:** Clinical Professor, Psychiatry  
Chief Consultation Liaison, Psychiatry, Philadelphia Veterans Affairs Medical Center

**Academic/Clinical/Research Interests:** Coping with serious illness, decision making capacity, the humanities in medicine

**Undergraduate Education:** City College of New York

**Medical School Education:** Cornell University

**Other Graduate Education:** University of Pennsylvania (MBA)



## **E. Cabrina Campbell, MD**

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### **How are you able to help med students?**

Mentoring

*"I have been at the University of Pennsylvania since starting my residency. I have had many roles in medical student education including Director of Psychiatry Clerkship, inaugural member of The Academy of Master Clinicians and Doctoring Preceptor. I have received numerous teaching awards and I am most grateful for four Penn Pearl Awards. I love to teach, mentor, and foster the growth and development of medical students."*

**Positions Currently Held:** Associate Professor, Psychiatry  
Director, Residency Training, Psychiatry at Penn Medicine  
Director of Acute Psychiatry, Veterans Affairs Medical Center in Philadelphia

**Academic/Clinical/Research Interests:** Schizophrenia, treatment of schizophrenia comorbid with cocaine abuse, sleep and movement disorders

**Undergraduate Education:** Hendrix College

**Medical School Education:** University of Arkansas

**Other Graduate Education:** University of Pennsylvania (Residency)

## **David Mandell, ScD**

[mandell@upenn.edu](mailto:mandell@upenn.edu)

### **How are you able to help med students?**

Research, Social Justice

*"I see my research as a form of social justice. I am delighted to mentor others who think the same. While I am not a physician, I would love to see more physicians from underrepresented groups conduct research that improves health in under-resourced communities."*

**Positions Currently Held:** Director, Center for Mental Health Policy and Services Research; Vice-Chair for Research, Department of Psychiatry

**Academic/Clinical/Research Interests:** Psychiatric and developmental disabilities, health and schools, mental health disparities

**Undergraduate Education:** Columbia University

**Other Graduate Education:** Johns Hopkins University Bloomberg School of Public Health

## Mariana Méndez-Tadel, MD

[mariana.mendez-tadel2@va.gov](mailto:mariana.mendez-tadel2@va.gov)

**How are you able to help med students?**

Mentoring

**Positions Currently Held:** Attending Psychiatrist, Outpatient Mental Health Clinic, VA Medical Center

**Academic/Clinical/Research Interests:** Women's mental health, veteran mental health (particularly minority veteran needs), mood & anxiety disorders

**Undergraduate Education:** University of Puerto Rico, San Juan

**Medical School Education:** University of Pennsylvania

## Jennifer Reid, MD

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**How are you able to help med students?**

Mentoring, Shadowing

*"I'm interested in mentoring students who may have an interest in behavioral health, psychopharmacology, or administrative skills in a clinical setting."*

**Positions Currently Held:** Medical Director of Penn Outpatient Psychiatry  
Assistant Professor, Psychiatry

**Academic/Clinical/Research Interests:** Mood disorders, psychopharmacology, administration, education of residents

**Undergraduate Education:** University of Wisconsin, Madison

**Medical School Education:** Columbia University College of Physicians and Surgeons

**Other Graduate Education:** UCLA (Psychiatry Residency and Mood Disorders Fellowship)



**Ricardo Eiraldi, PhD**

[eiraldi@penmedicine.upenn.edu](mailto:eiraldi@penmedicine.upenn.edu)

**How are you able to help med students?**

Mentoring, Research

**Positions Currently Held:** Associate Professor, Clinical Psychology in Pediatrics  
Associate Professor, Clinical Psychology in Pediatrics  
Director, Behavioral Health in Urban Schools

**Academic/Clinical/Research Interests:** My clinical expertise is in the assessment and treatment of ADHD in children and adolescents, particularly with low-income ethnically diverse children. My research and scholarship centers on the study of barriers and facilitators of service utilization for ethnically diverse children and families and the development of strategies to address disparities in inner city public schools. The main focus of my work has been on the development and implementation of school-wide programs for the prevention and treatment of externalizing (disruptive behavior, aggression, conduct problems) and internalizing mental disorders (anxiety, depression) in school children.

**Undergraduate Education:** Temple University

**Other Graduate Education:** Hahnemann University



**Liisa Hantsoo, PhD**

[LiisaHantsoo@penmedicine.upenn.edu](mailto:LiisaHantsoo@penmedicine.upenn.edu)

**How are you able to help med students?**

Mentoring

*"I am happy to connect with students to provide support or discuss career development, research interests, or clinical work. Having received excellent mentoring throughout my career, I feel compelled to offer support to others when I can. I am particularly open to talking with students who come from nontraditional or disadvantaged backgrounds. I grew up with parents who faced challenges including physical disability and being an immigrant to the U.S., which made for an upbringing quite different from that of many of my peers and colleagues. I welcome the chance to support others from unique backgrounds."*

**Positions Currently Held:** Assistant Professor, Department of Psychiatry

**Academic/Clinical/Research Interests:** Psychoneuroendocrinology, stress, women's health, premenstrual dysphoric disorder (PMDD), premenstrual

syndrome (PMS), postpartum depression, HPA axis, HPG axis, sex differences, mood disorders

**Undergraduate Education:** Johns Hopkins University

**Other Graduate Education:** Ohio State University (PhD)



## Chavis Patterson, PhD

[pattersonc1@email.chop.edu](mailto:pattersonc1@email.chop.edu)

### How are you able to help med students?

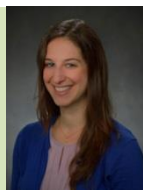
Shadowing

**Positions Currently Held:** Director, Psychosocial Services, Division of Neonatology, Children's Hospital of Philadelphia  
Assistant Professor, Clinical Psychology in Psychiatry

**Academic/Clinical/Research Interests:** Parental management of stress in the NICU, program development for psychosocial support for parents who have a baby in the NICU

**Undergraduate Education:** Tufts University

**Other Graduate Education:** The American University



## Rebecca Pearl, PhD

[rpearl@penmedicine.upenn.edu](mailto:rpearl@penmedicine.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Social Justice

*"I am interested in working with UIM students who would like to investigate the relationship between stigma and health, and who are committed to promoting social justice through research and policy change. I also appreciate the pressures and subtle forms of bias experienced by underrepresented groups in academia (based on gender, race/ethnicity, socioeconomic status, sexual orientation, body size, etc.) and am more than happy to help students navigate these issues however I can."*

**Positions Currently Held:** Assistant Professor, Psychology, Department of Psychiatry

**Academic/Clinical/Research Interests:** Body image, eating disorders, obesity, weight bias and stigma

**Undergraduate Education:** Duke University

**Other Graduate Education:** Yale University



**Clarence Watson, JD, MD**

[cwatson@penmedicine.upenn.edu](mailto:cwatson@penmedicine.upenn.edu)

**How are you able to help med students?**

Mentoring

**Positions Currently Held:** Director, Forensic Psychiatry Fellowship

**Academic/Clinical/Research Interests:** Mental health issues in the legal system

**Medical School Education:** Jefferson Medical College

**Other Graduate Education:** Villanova University School of Law (JD)

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**RADIATION ONCOLOGY**

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**Neha Vapiwala, MD**

[darlene.smith@uphs.upenn.edu](mailto:darlene.smith@uphs.upenn.edu) (Assistant)

**How are you able to help med students?**

Mentoring, Shadowing

**Positions Currently Held:** Associate Professor, Radiation Oncology  
Assistant Dean for Student Affairs, Perelman School of Medicine  
Vice Chair, Education  
Chief, Genitourinary Service

**Academic/Clinical/Research Interests:** Breast and prostate cancer, education

**Undergraduate Education:** Johns Hopkins University

**Medical School Education:** University of Pennsylvania



**Christina Twyman-Saint Victor, MD**

[christina.twyman@uphs.upenn.edu](mailto:christina.twyman@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring, Research, Shadowing

**Positions Currently Held:** Assistant Professor, Medicine/GI  
Associate Program Director of GI Fellowship

**Academic/Clinical/Research Interests:** Clinical interests are general GI; research interests are tumor immunology and radiotherapy

**Undergraduate Education:** Duke University

**Medical School Education:** Johns Hopkins University



**Tessa Cook, MD, PhD**

[tessa.cook@uphs.upenn.edu](mailto:tessa.cook@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring, Research

*"I'd be happy to introduce UIM students to clinical radiology as well as imaging informatics and opportunities for research and innovation. It's an exciting time to be a radiologist, and we have historically been a male-dominated field. That is changing, and I would like to mentor UIM students interested in the field and serve as a connection for those looking to learn more."*

**Positions Currently Held:** Assistant Professor, Radiology; Director, Center for Translational Imaging Informatics; Modality Chief, 3-D and Advanced Imaging; Fellowship Director, Imaging Informatics

**Academic/Clinical/Research Interests:** Imaging informatics, machine learning/artificial intelligence, resident and medical student education, radiology workflow, follow-up monitoring, informatics+quality

**Undergraduate Education:** Johns Hopkins University

**Medical School Education:** University of Pennsylvania School of Medicine

**Other Graduate Education:** University of Pennsylvania School of Engineering and Applied Sciences (PhD Bioengineering)  
Johns Hopkins University (MSE in Biomedical Engineering)



**Despina Kontos, PhD**

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**How are you able to help med students?**

Mentoring, Research

*"I am interested in mentoring UIM students who are highly motivated for research but who are also looking to associate with mentors that reflect and support diversity in the broadest sense. As a woman in the engineering sciences and medicine, a mother of two, a spouse, and a proud member of the LGBTQ+ community, I have a passion in promoting diversity and motivating students to achieve excellence in both their chosen field of research but also, most importantly, in achieving the most of their potential while embracing their unique individual identity."*

**Positions Currently Held:** Associate Professor, Radiology

**Academic/Clinical/Research Interests:** Machine learning and Artificial Intelligence; biomedical image analysis; quantitative imaging biomarkers;

evaluation of genotype to phenotype associations via imaging; integrated diagnostics; personalized screening, prognostication and treatment of cancer

**Undergraduate Education:** University of Patras, Greece

**Other Graduate Education:** Temple University

## Suyash Mohan, MD, PDCC

[suyash.mohan@uphs.upenn.edu](mailto:suyash.mohan@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring, Research

**Positions Currently Held:** Assistant Professor, Radiology  
Director, Neuroradiology Clinical Research Division

**Academic/Clinical/Research Interests:** Neuro-oncology, artificial intelligence

## Ronnie Sebro, MD, PhD

[ronnie.sebro@uphs.upenn.edu](mailto:ronnie.sebro@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring, Research, Shadowing, Social Justice

**Positions Currently Held:** Assistant Professor, Radiology

**Academic/Clinical/Research Interests:** Diversity and inclusion

**Undergraduate Education:** Morehouse College

**Medical School Education:** Stanford University

**Other Graduate Education:** UCSF (MGH)

## SURGERY

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## Cary B. Aarons, MD

[cary.aarons@uphs.upenn.edu](mailto:cary.aarons@uphs.upenn.edu)

**How are you able to help med students?**

Mentoring

**Positions Currently Held:** Assistant Professor, Surgery  
Program Director, General Surgery

**Academic/Clinical/Research Interests:** Clinical interests include laparoscopic colon surgery, colon and rectal cancer surgery, and surgery for inflammatory bowel disease

**Undergraduate Education:** Harvard University

**Medical School Education:** Howard University College of Medicine

**Other Graduate Education:** Mayo Clinic, Colon and Rectal Surgery Fellowship



## Zarina Ali, MD

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### How are you able to help med students?

Research, Shadowing

*"The Department of Neurosurgery has a longstanding history of mentorship of undergraduate students. The Neurosurgery Clinical Research Division is a leading collaborative research unit at the University of Pennsylvania established in 2001 that has managed hundreds of successful trials over, across the spectrum of Neuro-oncology, Neuro-critical care, and Neurosurgery. The NCRD supports our efforts through industry, philanthropy, and grant funding. Our goal is to conduct clinical research that protects the rights of human subjects through adherence to the standard operating procedures for clinical practice established at the University of Pennsylvania and to ensure the institutional culture of research excellence."*

**Positions Currently Held:** Assistant Professor, Neurosurgery, Pennsylvania Hospital

**Academic/Clinical/Research Interests:** Neurosurgery Enhanced Recovery After Surgery (ERAS) at Penn, aims to optimize patients prior to, during, and after spinal/peripheral nerve surgery to reduce surgical stress response and promote surgical recovery.

**Undergraduate Education:** University of Rochester

**Medical School Education** University of Rochester School of Medicine and Dentistry

## Paris Butler, MD, MPH

[paris.butler@uphs.upenn.edu](mailto:paris.butler@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research

**Positions Currently Held:** Assistant Professor, Surgery  
Plastic Surgery Clerkship Site Director  
Director of UIM Affairs, Graduate Medical Education

**Academic/Clinical/Research Interests:** Surgical health care disparities, keloids

**Undergraduate Education:** Roanoke College

**Medical School Education:** University of Virginia

**Other Graduate Education:** University of California-Berkeley (MPH)



## Edward Cantu, III, MD

[edward.cantu@uphs.upenn.edu](mailto:edward.cantu@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

*"I was lucky to have experiences and mentors who inspired me. I am interested in working with UIM students to provide similar mentorship experiences."*

**Positions Currently Held:** Associate Professor, Surgery  
Associate Director, Lung Transplantation  
Director, Ex Vivo Lung Perfusion  
Director, Lung Transplant Research

**Academic/Clinical/Research Interests:** Lung transplant, acute lung injury

**Undergraduate Education:** Harvard University

**Medical School Education:** Columbia University

**Other Graduate Education:** University of Pennsylvania



## Sean Harbison, MD

[sean.harbison@uphs.upenn.edu](mailto:sean.harbison@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Shadowing, Social Justice

*"I am invested in teaching and helping students as part of my own mission here at Penn."*

**Positions Currently Held:** Professor, Surgery  
Associate Clerkship Director, Surgery Clerkship

**Academic/Clinical/Research Interests:** Medical education, general Surgery

**Undergraduate Education:** LaSalle College

**Medical School Education:** Temple University

**Other Graduate Education:** University of Pennsylvania (MS Ed)



## Rachel Kelz, MD, MSCE, MBA

[rachel.kelz@uphs.upenn.edu](mailto:rachel.kelz@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research

**Positions Currently Held:** Professor, Surgery

**Academic/Clinical/Research Interests:** Outcomes research, surgical disparities, medical education, healthcare value

**Undergraduate Education:** Union College

**Medical School Education:** Yale University School of Medicine

**Other Graduate Education:** University of Pennsylvania (MSCE, MBA)



## Nahla Khalek, MD, MPH, MSED

[khalekn@email.chop.edu](mailto:khalekn@email.chop.edu)

### How are you able to help med students?

Mentoring, Research

*"Why am I interested in mentoring UIM students?"*

*'You may have earned it, but you still owe.'*

*-Tupac Shakur"*

**Positions Currently Held:** Attending Physician, Center for Fetal Diagnosis and Treatment, The Children's Hospital of Philadelphia  
Assistant Clinical Professor, Obstetrics and Gynecology in Surgery  
Director, Fellowship in Prenatal Diagnosis and Fetal Therapy

**Academic/Clinical/Research Interests:** Prenatal diagnosis and fetal therapy, complicated monochorionic pregnancies, prenatal dysmorphism, medical education, global women's health

**Undergraduate Education:** City College of New York

**Medical School Education:** New York Medical College

**Other Graduate Education:** Columbia University Mailman School of Public Health (MPH)  
University of Pennsylvania Graduate School of Education (MSEd)



## Niels Martin, MD, FACS

[niels.martin@uphs.upenn.edu](mailto:niels.martin@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

*"I enjoy mentoring students who are willing to think outside the box. Those that recognize the world is theirs for the taking. I like to discuss how to find opportunities, gain experience, and enjoy one's career."*

**Positions Currently Held:** Program Director, Trauma & Surgical Critical Care Fellowship  
Section Chief, Surgical Critical Care, Department of Surgery  
Assistant Professor, Surgery

**Academic/Clinical/Research Interests:** Clinical work in trauma, general surgery, and critical care; Academically, in hospital administration, data, metrics, education, and leadership; Research: Trauma outcomes, end of life care, hemodynamic resuscitation

**Undergraduate Education:** Rutgers

**Medical School Education:** Rutgers - Robert Wood Johnson



## Phuong D. Nguyen, MD

[pdnguyendoc@gmail.com](mailto:pdnguyendoc@gmail.com)

### How are you able to help med students?

Mentoring, Research, Shadowing

*"I am interested in providing mentorship and potential research work for students who have genuine interest in global citizenship and how medicine may play a role in this. Also, I am interested in mentoring students who may be interested in a surgical career but are from under-represented minorities."*

**Positions Currently Held:** Assistant Professor of Surgery  
Director, Facial Motion Disorders Clinic (CHOP)  
Director, Adult Craniofacial Surgery (Penn)

**Academic/Clinical/Research Interests:** Facial palsy, facial trauma, vascular anomalies, global reconstructive surgery

**Undergraduate Education:** University of Minnesota - Twin Cities

**Medical School Education:** University of Minnesota

**Other Graduate Education:** NYU Medical Center, UCLA Medical Center, The Hospital for Sick Children, Toronto



## Ingrid Richardson, MD

<mailto:ingride.richardson@uphs.upenn.edu>

### How are you able to help med students?

Mentoring, Shadowing, Social Justice

**Positions Currently Held:** Assistant Professor, Clinical Urology in Surgery

**Academic/Clinical/Research Interests:** Female urology

**Undergraduate Education:** Columbia University

**Medical School Education:** Cornell University



## Ian Soriano, MD, FACS

[ian.soriano@uphs.upenn.edu](mailto:ian.soriano@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

*"I am interested in mentoring students who are interested in being exposed to global surgery, specifically in third world Asian countries such as the Philippines and Thailand where I have an active collaboration with local surgeons. My work with surgeons in these countries focuses*

*on surgical techniques to improve patient and surgeon safety, utilization of new technologies within a third world setting, and surgical training and education for students and residents.”*

**Positions Currently Held:** Clinical Assistant Professor, Surgery  
SU200 Site Supervisor, Pennsylvania Hospital

**Academic/Clinical/Research Interests:** Hernia surgery, bariatric surgery, robotic surgery, global surgery, gallbladder surgery

**Undergraduate Education:** University of the Philippines

**Medical School Education:** University of the Philippines



## Julia Tchou, MD, PhD

[julia.tchou@uphs.upenn.edu](mailto:julia.tchou@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Research, Shadowing

*“I enjoy mentoring students and I welcome the opportunity to mentor UIM students.”*

**Positions Currently Held:** Section Chief of Breast Surgery  
Co-Director, Rena Rowan Breast Center  
Breast Surgery Fellowship Program Director

**Academic/Clinical/Research Interests:** Immunotherapy, obesity, non-pharmacological approaches to improve breast cancer outcomes, clinical trials, outcomes studies using institutional and national database

**Undergraduate Education:** College of Mount Saint Vincent, Riverdale, NY

**Medical School Education:** SUNY Stony Brook, Stony Brook, NY

**Other Graduate Education:** SUNY Stony Brook (PhD)

## Noel Williams, MD

[noel.williams@uphs.upenn.edu](mailto:noel.williams@uphs.upenn.edu)

### How are you able to help med students?

Mentoring, Shadowing

**Positions Currently Held:** Professor, Clinical Surgery  
Director, UPHS Bariatric Surgery Program

**Academic/Clinical/Research Interests:** Laparoscopic bariatric surgical procedures including Roux-en-Y gastric bypass, adjustable gastric band, and sleeve gastrectomy; diseases of the esophagus, stomach, and gallbladder

**Medical School Education:** Royal College of Surgeons, Ireland

**Other Graduate Education:** Adelaide & Meath Hospital, Ireland (Residency)  
University of Pennsylvania (Fellowship)





### Ingrid Richardson, MD

<mailto:ingride.richardson@uphs.upenn.edu>

#### How are you able to help med students?

Mentoring, Shadowing, Social Justice

**Positions Currently Held:** Assistant Professor, Clinical Urology in Surgery

**Academic/Clinical/Research Interests:** Female urology

**Undergraduate Education:** Columbia University

**Medical School Education:** Cornell University

# COMMUNITY OUTREACH

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*"The best way to find yourself is to lose yourself in the service of others."*

*-Mahatma Gandhi*

Another goal of PDI is to facilitate medical students' participation in community health and engagement. Perelman students volunteer at a number of organizations for underserved or vulnerable populations throughout Philadelphia. Their service provides support to communities that too often are left out of the health care system, while allowing students to learn valuable skills.

PDI organizes meetings of the student leadership of community outreach organizations to foster collaboration and share best practices. The Community Outreach Advisory Committee, affectionately known as Clinicom, hosts an annual Information Round Robin and Volunteer Application for first-year med students. Due to the high demand for volunteer opportunities, the Information Round Robin and Volunteer Application allow first-year students to make informed decisions about volunteering and ensure that organizations are connected with committed volunteers.

PDI also supports the development of new social and community medicine initiatives. So, if you find an unmet need for an underserved population in Philadelphia, don't hesitate to contact us!

On the following pages you'll find details on many groups, but make sure you attend the info session in August to find out how to get involved! You can contact the current student leadership of these programs in the meantime with questions. Please visit the *Community Outreach* section of PDI's website for each group's current student leaders: <https://www.med.upenn.edu/diversityume/>.

## EDUCATIONAL AND PATIENT OUTREACH

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### *Bridging the Gaps*

<b>Time Commitment:</b>	7-week community health summer internship, seminar series, and clinical rotation in 1 of 3 community sites that provide health services to underserved populations. Students who complete all components graduate as BTG Clinical Scholars.
<b>Location:</b>	Varies by site
<b>Patient Population:</b>	Varies by site
<b>Program's Mission:</b>	Bridging the Gaps allows students in health and social service disciplines to broaden their training through interdisciplinary service for vulnerable populations.
<b>Student Involvement:</b>	Students collaborate with nonprofit organizations throughout Philadelphia. Visit <a href="https://www.med.upenn.edu/btg/">https://www.med.upenn.edu/btg/</a> for details.

### *Cut Hypertension*

<b>Time Commitment:</b>	Saturdays, 9-10am and 2-3pm
<b>Location:</b>	Philly Cuts, 4409 Chestnut St.
<b>Patient Population:</b>	Clients of Philly Cuts, a barbershop in West Philadelphia
<b>Program's Mission:</b>	To increase awareness about hypertension, improve health literacy, and encourage health-seeking behavior in a vulnerable community.
<b>Student Involvement:</b>	Volunteers are trained to perform blood pressure evaluations, assess hypertension awareness, provide suggestions for blood pressure lowering modifications when appropriate, and encourage patrons to visit their primary care provider.

### *Dance for Health*

<b>Time Commitment:</b>	Thursdays, 4:30-7:30pm (Sayre) and Mondays, 5:30-7:30pm (The Common Place)
<b>Location:</b>	Sayre Recreation Center, 58 <sup>th</sup> and Spruce Sts. and The Common Place, 58 <sup>th</sup> & Chester Ave.
<b>Patient Population:</b>	Intergenerational community in West Philadelphia
<b>Program's Mission:</b>	To increase physical activity through dance among children and their families with the goal of lowering the risk for obesity and type 2 diabetes.
<b>Student Involvement:</b>	Monitor the weights, heights, heart rates, pedometer steps of participants and obtain survey data. Develop new outcomes to study and present data at a national conference.

<b><i>Educational Pipeline Program</i></b>	
<b>Time Commitment:</b>	At least one 90-minute lesson, held weekly throughout the spring semester
<b>Location:</b>	Jordan Medical Education Center
<b>Patient Population:</b>	Students from Sayre, West Philadelphia, and Shoemaker High Schools, many have had limited access to role models in the sciences
<b>Program's Mission:</b>	To encourage high school students from backgrounds underrepresented in medicine to aspire to medical careers.
<b>Student Involvement:</b>	MS1s teaching assistants can teach lessons in cardiology, gastroenterology, and neurology, run activities, lead small groups, and even help to design some lessons. Limited knowledge of subjects is ok!

<b><i>Health Science Exploration</i></b>	
<b>Time Commitment:</b>	Weekly, 4:15-5:45pm (day may change) for 3 months
<b>Location:</b>	Benjamin B. Comegys Elementary School, 5100 Greenway Ave.
<b>Patient Population:</b>	Low income and underserved 4 <sup>th</sup> - 7 <sup>th</sup> graders in West Philadelphia
<b>Program's Mission:</b>	HSE is a collaborative, community-centered partnership that increases student health knowledge and skills through an engaging, interactive curriculum in order to promote community health and diminish education-related disparities.
<b>Student Involvement:</b>	Volunteers develop and execute the health curriculum in conjunction with nursing students; volunteers are responsible for leading small groups, keeping students on task and facilitating activities to maximize engagement.

<b><i>Penn Language Link</i></b>	
<b>Time Commitment:</b>	Based on scheduling, as needed
<b>Location:</b>	Primarily Perelman Center for Advanced Medicine and other University of PA Health System facilities, as needed
<b>Patient Population:</b>	University of PA Health System patients with limited English proficiency
<b>Program's Mission:</b>	To provide free, professional, in-person, medical interpreting for patients with limited English proficiency
<b>Student Involvement:</b>	Volunteers will be trained and certified as professional Interpreters. They sign up to an email listserv for their language and respond to jobs as needed.

## ***Puentes de Salud (Bridges to Health) Education Program***

<b>Time Commitment:</b>	Commitments vary from 2x/month after-school programs to drop-in English as a Second Language classes. Please visit the website (below) for available opportunities.
<b>Location:</b>	Location varies, but commonly programs are based either at Southwark Elementary (1835 S. 9th St.) or the Puentes Clinic (1700 South St.)
<b>Patient Population:</b>	K-12 and Adult Educational opportunities for Latino and immigrant populations in South Philadelphia
<b>Program's Mission:</b>	We believe that a comprehensive strategy to promote wellness in any community must also target the social determinants of health. Health services research has repeatedly demonstrated the positive effect of health literacy on medical outcomes. Our educational programs for community members serve as a vehicle for improving not only our community's health literacy, but also tackling the social and environmental conditions that strongly impact their health.
<b>Student Involvement:</b>	To learn more about Puentes' many educational volunteer opportunities, please visit: <a href="http://www.puentesdesalud.org/services/education/">www.puentesdesalud.org/services/education/</a>

### ***Service Link***

<b>Time Commitment:</b>	4-hour blocks at least twice/month, plus training
<b>Location:</b>	Primary and community care sites in West Philadelphia
<b>Patient Population:</b>	Various underserved populations
<b>Program's Mission:</b>	To improve the health of Philadelphians by linking them with public benefits and community resources to address their non-medical determinants of health.
<b>Student Involvement:</b>	Volunteers work closely with patients to secure basic living and health needs including healthy food options, utility payments, prescription payments, employment assistance, and legal support.

### ***Summer Mentorship Program***

<b>Time Commitment:</b>	Month of July; additional time in May & June for planning
<b>Location:</b>	Jordan Medical Education Center
<b>Patient Population:</b>	Rising 10 <sup>th</sup> graders from Philadelphia public schools
<b>Program's Mission:</b>	To inspire Philadelphia public high school students from underserved and underrepresented backgrounds to view higher education as an achievable and worthwhile goal.
<b>Student Involvement:</b>	Design programming, interact with high school students, and have fun! There's also after-school tutoring during the school year.

## CLINICAL OPPORTUNITIES

<b><i>Covenant House</i></b>	
<b>Time Commitment:</b>	Mondays, 6-8pm (Activity Night) & Fridays, 10am-5pm (Clinic); Coordinators: 1-2 activity nights and 1-2 clinic days/month; everyone else is welcome for any activity night.
<b>Location:</b>	Covenant House Crisis Center, 31 E. Armat St.
<b>Patient Population:</b>	Homeless and runaway youth (17-21)
<b>Program's Mission:</b>	Covenant House is a crisis center and residence for teens/adults that provides immediate crisis care as well as services that help residents prevent future homelessness.
<b>Student Involvement:</b>	Student coordinators have the opportunity to shadow Dr. Ken Ginsburg in the clinic at Covenant House on Friday and student volunteers participate in weekly activity nights at Covenant House on Monday evenings.

<b><i>Heart Health Bridge to Care (HHBC)</i></b>	
<b>Time Commitment:</b>	Mondays, 5-9pm every other week; 2-3 hrs/wk outside of clinic time
<b>Location:</b>	First African Presbyterian Church, 42nd and Girard Ave.
<b>Patient Population:</b>	Underinsured and uninsured patients in West Philadelphia with chronic cardiovascular disease
<b>Program's Mission:</b>	HHBC provides longitudinal heart health primary care services to uninsured patients, while also offering social work support to connect patients to insurance and permanent medical homes.
<b>Student Involvement:</b>	Volunteers assume responsibility for several patients and see them in clinic on a regular basis; visits include taking a history, performing a brief physical, presenting patients to physician attendings, and developing a plan for ongoing care.

<b><i>Homeless Health Initiative (HHI)</i></b>	
<b>Time Commitment:</b>	Tuesdays, 6-8pm; 1 or 2 days/semester for volunteers, once/month for coordinators
<b>Location:</b>	1. The People's Emergency Center, 3902 Spring Garden St. 2. St. Barnabas, 6006 W. Girard Ave. 3. Families Forward, 111 N. 49th St.
<b>Patient Population:</b>	Homeless children in West Philadelphia
<b>Program's Mission:</b>	HHI provides clinical care and social support to children residing in 1 of three homeless shelters in West Philadelphia with a collaborative

	team of nurses, residents, physician attendings, social workers and medical students.
<b>Student Involvement:</b>	Depending on the volunteers' level of comfort, they can take pediatric histories and complete physical exams. For newer students, the residents are great at teaching basic clinical care and involve us in the care of the patient.

### ***Homeless Outreach Project***

<b>Time Commitment:</b>	Mondays (Logan Circle) 3:30-5pm, 2x/month With demonstrated commitment: Wednesdays (Our Brother's Place) 3:30-5pm, 2x/month
<b>Location:</b>	1. Logan Circle, on the Benjamin Franklin Parkway 2. Our Brother's Place, 907 Hamilton St.
<b>Patient Population:</b>	Homeless population in Center City/Philadelphia at large
<b>Program's Mission:</b>	Connect the Philly homeless population to health resources through outreach and referrals; provide basic screenings; collaborate with community health workers; offer confidential support and health education to residents of a homeless shelter.
<b>Student Involvement:</b>	Logan Circle: Providing referrals to local health clinics; basic screenings (BP, blood glucose) Our Brother's Place: Collaborating with community health workers to learn about homeless case management; offering support and health education

### ***Penn Center for Primary Care Refugee Women's Clinic***

<b>Time Commitment:</b>	Mondays, 1-5pm; 3-4 days/semester
<b>Location:</b>	Penn Center for Primary Care, Presbyterian Hospital, Medical Arts Building, Suite 102
<b>Patient Population:</b>	Iraqi, Bhutanese, Burmese, and Sudanese refugee women who have recently been resettled in the Philadelphia area
<b>Program's Mission:</b>	To provide comprehensive, sensitive women's health care and education to refugee women who have been resettled in Philadelphia.
<b>Student Involvement:</b>	Students are involved in patient education and help increase patient comfort during exams by accompanying them on their visits.

### ***Penn Human Rights Clinic (PHRC)***

<b>Time Commitment:</b>	Based on scheduling, 1 day per year
<b>Location:</b>	3535 Market Street (may vary)
<b>Patient Population:</b>	Immigrants from around the world seeking asylum in the US
<b>Program's Mission:</b>	PHRC coordinates medical evaluations for immigrants seeking asylum in the US to provide them with legal documentation to support their cases.
<b>Student Involvement:</b>	Students observe the evaluation and assist physicians in drafting medical affidavits. There might also be a need for medical interpreters.

### ***Puentes de Salud (Bridges to Health) Clinic***

<b>Time Commitment:</b>	Clinical volunteers: 2 shifts per month. Monday afternoons and evenings; Wednesday evenings; Thursday mornings. Other volunteer commitments vary.
<b>Location:</b>	1700 South Street
<b>Patient Population:</b>	Latino and immigrant patients of South Philadelphia
<b>Program's Mission:</b>	PHRC coordinates medical evaluations for immigrants seeking asylum in the US to provide them with legal documentation to support their cases.
<b>Student Involvement:</b>	Students observe the evaluation and assist physicians in drafting medical affidavits. There might also be a need for medical interpreters.

### ***United Community Clinic (UCC)***

<b>Time Commitment:</b>	Mondays, 5-9pm ; 1 day/month
<b>Location:</b>	First African Presbyterian Church, 42nd and Girard Ave.
<b>Patient Population:</b>	Low income and uninsured patients in West Philadelphia
<b>Program's Mission:</b>	UCC brings together students and professionals from a variety of disciplines to serve the needs of the East Parkside community.
<b>Student Involvement:</b>	Volunteers perform a history and physical exam, work with fourth year students to generate a differential diagnosis, and assist attending physicians in diagnosing and treating patients seeking care.



<b>Unity Clinic</b>	
<b>Time Commitment:</b>	Tuesdays, 5:30-8:30pm; 1 day/month
<b>Location:</b>	St. Edmund's Refectory, 2130 S. 21st Street
<b>Patient Population:</b>	Uninsured Indonesian immigrants of Chinese descent
<b>Program's Mission:</b>	Unity Clinic acts as the primary care source for a population of uninsured Indonesian immigrants in South Philly, who come to Unity for all of their healthcare needs.
<b>Student Involvement:</b>	Volunteers scribe for residents and physician attendings during patient visits, participate in the history/physical as they feel comfortable, and train and assist the clinic staff in the implementation of electronic health record system.

<b>University City Hospitality Coalition (UCHC)</b>	
<b>Time Commitment:</b>	Wednesdays, 5-8pm; 3 days/semester
<b>Location:</b>	Philadelphia Episcopal Cathedral, 38 <sup>th</sup> and Ludlow Sts.
<b>Patient Population:</b>	Low income and homeless patients in West Philadelphia
<b>Program's Mission:</b>	UCHC collaborates with social work, dental, law, and pharmacy students to serve the acute and chronic health care needs of a largely homeless population in West Philadelphia.
<b>Student Involvement:</b>	Volunteers perform a history and physical exam, work with fourth-year students to generate a differential diagnosis, and assist attending physicians in diagnosing and treating patients seeking care.

## **SOCIAL JUSTICE**

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Students at Perelman School of Medicine have increasingly placed social justice at the top of their list of values. Given the importance of social justice, this section of the Diversity Guide was designed to provide information on various organizations throughout Philadelphia committed to eradicating inequity.

### *Community Empowerment*

#### **Lutheran Settlement House**

[www.lutheransettlement.org/](http://www.lutheransettlement.org/)

LSH is a non-profit, community-based organization committed to serving vulnerable children, adults, and families in Philadelphia. Programs include Bilingual Domestic Violence

Programs, Community Education and Employment Department, Homeless Services, Senior Services, and Medical Advocacy.

#### **Media Mobilizing Project**

<http://mediamobilizing.org/>

MMP uses media to organize poor and working people to tell their stories to

each other and the world, disrupting the stereotypes and structures that keep communities divided.

**Point Breeze Organizing Committee**  
[www.facebook.com/PointBreezeOrganizing/](http://www.facebook.com/PointBreezeOrganizing/)

Point Breeze Organizing Committee is a coalition of new and long-term residents fighting for community control in their neighborhood.

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### *Faith-Based Organizations*

**Jewish Voices for Peace**  
<https://jewishvoiceforpeace.org/>

Jewish Voice for Peace members are inspired by Jewish tradition to work together for peace, social justice, equality, human rights, respect for international law, and a U.S. foreign policy based on these ideals.

**POWER**  
<https://powerinterfaith.org/>

We are Organized to Witness, Empower & Rebuild (POWER). We are congregations from all across the city, intentionally bringing people together across the lines of race, faith, level and neighborhood. We are people of faith committed to the work of bringing about justice here and now, in our city and our region.

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### *Food Justice*

**Agatston Urban Nutrition Initiative**  
[www.urbannutrition.org/](http://www.urbannutrition.org/)

AUNI is a program of the Netter Center for Community Partnerships at the University of Pennsylvania that engages, educates and empowers

youth, university students, and community members to promote healthy lifestyles and build a just and sustainable food system.

**Philabundance**  
<https://www.philabundance.org/>

Philabundance is the region's largest hunger relief organization. Philabundance addresses hunger through direct service programs and a network of 400 member-agencies, as well as contributes to a broad spectrum of social services through food cupboards, emergency kitchens, shelters, daycare and senior centers and beyond.

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### *Funding For Social Movements*

**Bread and Roses Fund**  
<http://breadrosesfund.org/>

Bread & Roses is a unique gathering of activists committed to supporting social justice by raising and distributing funds. Bread & Roses has distributed over \$10 million to groups working for access to health care; economic justice; a clean, safe environment; civil and human rights; peace; and other social justice issues. In addition, Bread & Roses provides services, like technical assistance and leadership development, to grantees and donors.

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### *Gender-Based Organizations*

**Women's Medical Fund**  
[www.womensmedicalfund.org/](http://www.womensmedicalfund.org/)

Women's Medical Fund provides direct financial assistance and other

support to low-income women and girls in Southeastern Pennsylvania who wish to terminate a pregnancy but cannot afford a safe, legal abortion. WMF educates health care professionals about the use of Medicaid to fund abortion and raises public awareness of the devastating impact of denying access to safe legal abortions.

### **Women’s Law Project**

[www.womenslawproject.org/](http://www.womenslawproject.org/)

The Mission of the Women's Law Project is to create a more just and equitable society by advancing the rights and status of all women. It engages in high-impact litigation, advocacy, and education to challenge gender discrimination.

### **Women Against Abuse**

[www.womenagainstabuse.org/](http://www.womenagainstabuse.org/)

Women Against Abuse is Philadelphia's leading domestic violence advocate and service provider and among the largest domestic violence agencies in the country. Its mission is to provide quality, compassionate, and nonjudgmental services in a manner that fosters self-respect and independence in persons experiencing intimate partner violence and to lead the struggle to end domestic violence through advocacy and community education.

## *Health Access*

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### **Access Matters**

<https://www.accessmatters.org/>

AccessMatters develops, implements, and evaluates innovative programs that make a sustained community impact: family planning, HIV and STD prevention and testing, breast and cervical cancer screening and prevention, teen pregnancy prevention, and condom distribution are just a few of the important programs we support.

### **Health Federation of Philadelphia**

<http://www.healthfederation.org/>

The mission of the Health Federation of Philadelphia is to improve access to and quality of health care services for underserved and vulnerable individuals and families. Since 1983, The Health Federation has served as a network of the community health centers in Southeastern Pennsylvania, providing a forum for the region’s federally qualified health centers and the Philadelphia Department of Public Health to collaborate and mobilize resources for their shared goals of improving the health of the population by expanding access to high quality care.

### **Mazzoni Center**

<https://www.mazzonicenter.org/>

Mazzoni Center specifically targets the unique health care needs of the lesbian, gay, bisexual, and transgender communities to provide quality comprehensive health and wellness services in an LGBT-focused environment, while preserving the dignity and improving the quality of life of the individuals we serve.

## **Prevention Point Philadelphia**

<http://ppponline.org/>

PPP is a non-profit agency in the Kensington section of North Philadelphia. It is a multi-service public health organization committed to protecting the health and welfare of the homeless, the uninsured, individuals suffering from substance abuse, and sex industry workers

## **Youth Health Empowerment Project**

<https://fight.org/programs/y-hep-health-center/>

Y-HEP is comprehensive adolescent and young adult program that offers holistic health services, sexual health education, drop in day services, and leadership activities to over 3000 high-risk/high promise, low-income, urban youth ages 13-24 living in Philadelphia.

## *HIV/AIDS Advocacy*

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### **ACT UP**

<http://www.actupphilly.org/>

ACT UP stands for the AIDS Coalition to Unleash Power. ACT UP is committed to ending the AIDS crisis through direct action and addresses social inequities that threaten people living with HIV/AIDS and those at risk of infection, both in Philadelphia and around the world.

### **Philadelphia FIGHT**

<https://fight.org/>

Philadelphia FIGHT is a comprehensive AIDS service organization with a mission to provide state-of-the art, culturally competent primary care to low income members of the community, HIV specialty care,

consumer education, advocacy, social services, and outreach to people living with HIV and those who are at high risk, including family members, communities with high rates of HIV, formerly incarcerated persons, and young people at risk, along with access to the most advanced clinical research in HIV treatment and prevention.

### **Positive Women's Network**

<https://www.pwn-usa.org/>

Positive Women's Network is a national membership body of women living with HIV inclusive of all sexual and gender expressions. PWN works to achieve HIV-related policies and programs grounded in gender equity and human rights.

## *Housing Equity*

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### **Project HOME**

<https://projecthome.org/>

The mission of the Project HOME community is to empower adults, children, and families to break the cycle of homelessness and poverty, to alleviate the underlying causes of poverty, and to enable all to attain their fullest potential as individuals and as members of the broader society.

## *Human Rights Organization*

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### **American Civil Liberties Union-Philadelphia Branch**

<https://www.aclupa.org/>

Through advocacy, education and litigation, ACLU attorneys, advocates and volunteers work to preserve and promote civil liberties including the

freedom of speech, the right to privacy, reproductive freedom, and equal treatment under the law.

### *Immigrant, Refugee, and Ethnic Group Organizations*

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#### **Boat People SOS**

<http://www.bpsos.org/>

A national Vietnamese American community organization, Boat People SOS has a mission to "empower, organize, and equip Vietnamese individuals and communities in their pursuit of liberty and dignity."

#### **Congreso de Latinos Unidos**

<http://www.congreso.net/>

Congreso's mission is to strengthen Latino communities through: social, economic, education, and health services; leadership development; and advocacy. Congreso is a nationally recognized multi-service organization. Congreso's goal is to alleviate poverty and promote economic self-sufficiency to ensure that our most vulnerable populations have the educational credentials and workforce skills to compete in a global economy.

#### **Juntos**

<http://vamosjuntos.org/>

Juntos is a Latino immigrant community-led organization in Philadelphia fighting for human rights as workers, parents, youth, and immigrants. JUNTOS combines leadership development, community organizing, and focused collaborations with other community-based and advocacy organizations to build the power of the Latino immigrant

community to be active agents of change.

#### **New Sanctuary Movement of Philadelphia**

<http://sanctuaryphiladelphia.org/>

New Sanctuary Movement builds community across faith, ethnicity, and class in its work to end injustices against immigrants regardless of immigration status, express radical welcome for all, and ensure that values of dignity, justice, and hospitality are lived out in practice and upheld in policy.

#### **Southeast Asian Mutual Assistance Associations Coalition, Inc**

<http://seamaac.org/>

SEAMAAC is an organization that supports immigrants, refugees, and their families as they seek access to opportunities which would advance the condition of their lives in United States. SEAMAAC seeks to recapture the resilient spirit and strengths of immigrants and refugees to adapt, survive, and flourish in the United States.

### *Labor Justice*

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#### **Friends of Farmworkers**

<http://www.friendsfw.org/>

Friends of Farmworkers improves the living and working conditions of vulnerable low wage farmworkers, mushroom workers, landscaping workers, and food processing workers in PA through the provision of legal services, education, and advocacy. It provides free legal representation on employment-related issues to eligible

PA workers, and community education on legal rights for migrant and immigrant workers.

### **Jobs with Justice**

<http://www.jwj.org/>

Jobs with Justice believes that all workers should have collective bargaining rights, employment security and a decent standard of living within an economy that works for everyone. It brings together labor, community, student, and faith voices at the national and local levels to win improvements in people's lives and shape the public discourse on workers' rights and the economy.

### **Unite Here**

<http://unitehere.org/>

UNITE HERE changes lives by improving wages and benefits in thousands of traditionally low-wage sectors, creating jobs that sustain families. It represents workers throughout the US and Canada who work in the hotel, gaming, food service, airport, textile, manufacturing, distribution, laundry, and transportation industries.

## *LGBTQ Rights*

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### **William Way Community Center**

<http://waygay40.org/>

The William Way Community Center encourages, supports, and advocates for the well-being and acceptance of sexual and gender minorities in the Greater Philadelphia region through service, recreational, educational, and cultural programming.

### **GALAEI**

<https://www.galaei.org/>

Galaei is a queer Latin@ social justice organization. Queer acknowledges and represents the mosaic of sexual and gender identities within our communities. Latin@ represents the multiracial, multicultural experience of Latinidad. Galaei embodies the common history of resistance and resilience of Latin@ and queer people. We are unwavering in our commitment to the advancement de nuestra familia through leadership and economic development, sexual empowerment, and grassroots organizing.

## *Prison-Based Activism*

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### **Decarcerate PA**

<http://www.decarceratepa.info/>

Decarcerate PA is a coalition of organizations and individuals seeking an end to mass incarceration and the harms it brings our communities. Decarcerate PA seeks mechanisms to build whole, healthy communities and believes that imprisonment exacerbates the problems we face.

### **Human Rights Coalition**

<https://hrcoalition.org/>

The Human Rights Coalition is a group of predominately prisoners' families, ex-prisoners and supporters. Its goal is to make visible to the public the injustice and abuse that are common practice throughout our judicial and prison systems across the country, and eventually end those abuses.

### **The Innocence Project- Phila. Branch**

<https://innocenceprojectpa.org/>

The Pennsylvania Innocence Project works to exonerate those convicted of crimes they did not commit and to prevent innocent people from being convicted.

### *Public Education*

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#### **Teacher Action Group**

<http://tagphilly.org/>

TAG Philadelphia works to strengthen the influence of educators within schools and over policy decisions. While partnering with parent, student, and community groups, TAG is committed to fostering positive school transformation, environments where students and teachers can thrive, and community ownership and influence within education.

### *Youth Empowerment*

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#### **The Attic Youth Center**

<https://www.atticyouthcenter.org/>

The Attic Youth Center creates opportunities for LGBTQ youth to develop into healthy, independent, civic-minded adults within a safe and supportive community and promotes the acceptance of LGBTQ youth in society. The Attic's goal is to reduce the isolation felt by LGBTQ youth by providing a sense of community and developing programs and services to counteract the prejudice and oppression that LGBTQ youth often face.

#### **Out4STEM**

<https://collegeofphysicians.org/education/out4stem>

Out4STEM is a collaborative program between the College of Physicians of Philadelphia, Educational Justice Coalition, and the LGBTPM+ student group. Out4STEM provides Philadelphia's LGBTQ youth with STEM-centered mentorship, academic support, and career advice in an inclusive safe space. Drawing on the resources of the College of Physicians of Philadelphia and the Mutter Museum, the program aims to promote resilience, peer-support networks and diverse educational experiences.

#### **Philly Student Union**

<http://phillystudentunion.org/>

The Philadelphia Student Union is a youth-led organization that works to demand a high-quality education in the Philadelphia public school system. Members also work toward becoming life-long learners and leaders who can bring diverse groups of people together to address the problems that face their communities.

#### **Sojourner Leadership Camp**

<http://girlsleadershipcamp.org/>

The mission of Girls' Leadership Camp is to help girls become leaders who take charge of their own lives and also act as agents of positive change in their communities. Girls aged 8-17 years-old are hosted at Camp Sojourner, a summer overnight camp program, and involved in year-round

mentoring, service projects, creative arts, and leadership activities.

### **University Community Collaborative**

<http://uccollab.org/>

The Collaborative prepares and supports youth and young adults to become confident, effective leaders and creates cultures that value and integrate the contributions of youth, thereby building stronger communities. Their activities are concentrated in three areas: building young leaders through the programming continuum, building organizational and community capacity through training and technical assistance, and building collective knowledge through research.

### **Youth Art and Self-Empowerment Project**

<http://www.yasproject.com/>

YASP conducts art, poetry, music, and empowerment workshops at the Philadelphia Industrial Correctional Center and Riverside Correctional Facility every Saturday with young people under 18 who are being tried as adults. It also gives leadership building workshops at schools and colleges to teach youth about the flaws of the criminal justice system and how to avoid a life of crime.

### **Youth United for Change**

[www.youthunitedforchange.org/](http://www.youthunitedforchange.org/)

YUC is an organization dedicated to developing young leaders in Philadelphia and empowering them to improve the quality of their education

and their communities to better meet their needs. This diverse group of students comes together to identify common concerns in their school or community and takes collective action to address their concerns.



# GLOBAL HEALTH PROGRAMS

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At Perelman, you are invited to expand your knowledge of and experience in global health. You may focus on research or on clinical activities -- in resource-rich or resource-poor countries. You can also have a global health experience without leaving home by working with an immigrant community in Philadelphia, serving as an interpreter, or acting as a peer host for a visiting international medical student. The **Center for Global Health (CGH)**, in cooperation with PSOM's Registrar, coordinate global health experiences, provide course work in global health, and advise students on how to earn a Global Health Certificate to accompany the MD degree. Competitive scholarships and prizes for global health may also be available.

CGH coordinates the global activities of Perelman and supports the international aspects of our research, educational, and service programs. CGH's activities include: (i) placement of Penn medical students in international rotations, and hosting of international medical students at Penn; (ii) facilitation of international research initiatives and sponsored programs undertaken by faculty of the School of Medicine; (iii) coordination of global activities with other schools of the University, and the Office of the Provost; (iv) provision of information for faculty, students, and administration; and (vi) representation of the School of Medicine in interactions with international institutions.

Perelman's medical school curriculum lends itself to international experiences at two junctures. During the summer between MS1 and MS2, students can pursue research experiences of 1-2 months, and during the last 18 months of the curriculum, from January of the 3rd year to graduation, students can take either a research or a clinical rotation of 1-3 months. Responsibility for advising students regarding international experiences is shared between the Global Health Programs Office and the Office of the Registrar of the School of Medicine.

Visit the Center for Global Health's website for frequently asked questions and to learn about the many opportunities to study abroad:

<http://www.med.upenn.edu/globalhealth>.

# MERIT SCHOLARSHIPS

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There are many merit scholarships available, some specific for minority students and others open to a broader range of students. Below are a few examples of such scholarships.

- The **Aetna Foundation/NMF Healthcare Leadership Program** supports minority students who have demonstrated leadership in medicine at an early stage in their professional careers as identified by their medical schools.  
<https://www.nmfonline.org/programs/aetna-foundation>
- The **Gates Millennium Scholars (GMS)** provides outstanding African American, American Indian/Alaska Native, Asian Pacific Islander American, and Hispanic American students with financial need with an opportunity to complete a graduate education for those students pursuing studies in mathematics, science, engineering, education, public health or library science.  
[www.gmsp.org/](http://www.gmsp.org/)
- **Herbert W. Nickens Medical Student Scholarships** are given to outstanding students entering their third year of medical school who have shown leadership in efforts to eliminate inequities in medical education and health care, and demonstrated leadership efforts in addressing educational, societal, and health care needs of minorities in the United States.  
<https://www.aamc.org/initiatives/awards/nickens-student/>
- **Hispanic Scholarship Fund (HSF)** provides support for students confronting the challenges posed by a higher education.  
[https://www.hsf.net/en\\_US/scholarship](https://www.hsf.net/en_US/scholarship)
- The **Paul and Daisy Soros Fellowship for New Americans** supports graduate education for permanent residents or naturalized citizens and children of naturalized citizens <https://www.pdsoros.org/apply>

To explore additional scholarship opportunities,  
please stop by the Financial Aid Office on the 6<sup>th</sup> floor of JMEC or visit:  
<http://www.med.upenn.edu/admissions/student-resources.html>

# RESEARCH OPPORTUNITIES

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Many first-year students choose to participate in research during the academic year and/or summer. Funding for your summer research is available through various grants, along with several summer research programs. Keep in mind that most applications require a proposal for a project to be considered. Several applications have deadlines in January or February, so it helps to begin thinking about summer research plans in November, December or during your winter break.

The best way to find a possible project is to find faculty members whose research interests you. The faculty listings in this Guide are a great place to start. Once you've identified some faculty members you'd be interested in working with, set up meetings to discuss the research opportunities they may have. Faculty members are generally open and welcome to talking and giving advice. Even if they don't have immediate research opportunities, they can point you in the direction of other people who do. PDI faculty, professors, classmates and upperclassmen are also great resources. Most importantly, stay informed and don't be afraid to reach out to all the resources available to you in your search!

- To get started with finding research opportunities, **visit this website for step-by- step guides** to conducting research during medical school: <https://www.med.upenn.edu/mdresearchchopps/>
- There are many opportunities **specifically for underrepresented minorities**: <https://www.med.upenn.edu/mdresearchchopps/urm-student-opportunities.html>
- Take advantage of **Short-Term Research Opportunities**. Most application deadlines are not until March, but there are some that are due as early as December. <https://www.med.upenn.edu/mdresearchchopps/short-term-research-opportunities/>

## YEAR-OUT RESEARCH FELLOWSHIPS

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If you are interested in a more in-depth research experience, a year-out research fellowship may be for you. A research fellowship gives you insight into a particular field as well as the chance to explore research as a possible career path. Typically, the year out is taken after your third year. There are numerous fellowship opportunities for both basic and clinical research opportunities at Penn, NIH, and other institutions.

Most fellowship deadlines are in early January. Talk to Amy Nothelfer at [nothelfe@penmedicine.upenn.edu](mailto:nothelfe@penmedicine.upenn.edu) for more information!

## GETTING TO KNOW PHILADELPHIA

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*"If you are losing your leisure, look out; you may be losing your soul."*

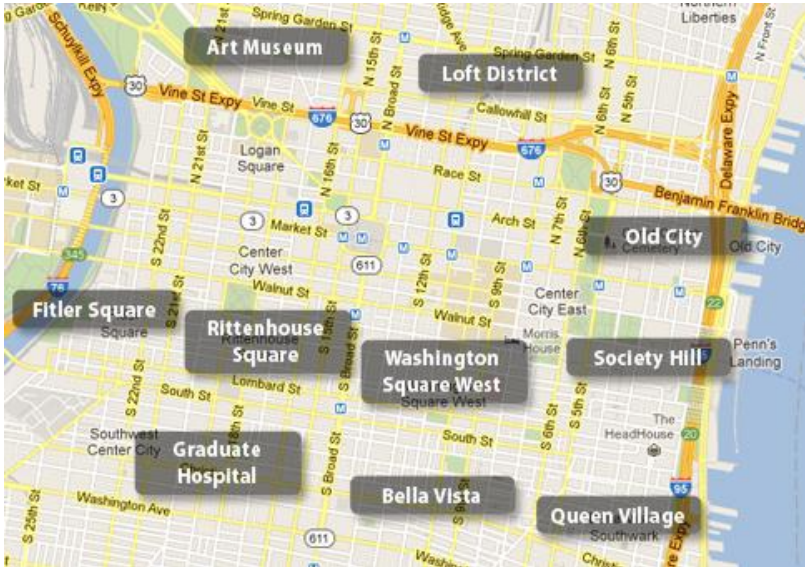
- Logan P. Smith

In other words: make time for yourself and try to keep balanced. When you take your well-deserved break, try something refreshing and exhilarating: sunning in the French Riviera, trekking through the Amazon or cruising the Caribbean. If budget and time prohibit international travel, Philadelphia offers many exciting but thrifty attractions—an array of restaurants, night clubs and museums, for example.

Make sure, though, that you take advantage of these opportunities not only while on break, but throughout the year. This guide provides suggestions of places to go and things to do. It also provides information about getting around, and living your everyday life in Philadelphia. For your more regular needs, it gives information on public transportation (SEPTA), places of worship, hair care establishments and other everyday places.

Other information about Philadelphia clubs, restaurants, etc. can be found on the University of Pennsylvania web site as well as various Philadelphia newspapers. The Philadelphia Weekly, the City Paper, and the Friday edition of the Philadelphia Inquirer are excellent sources of information on upcoming events in Philadelphia and the surrounding areas, as well as [uwishunu.com](http://uwishunu.com) for upcoming events and restaurant recommendations.

It is our hope that you'll come to see and experience Philadelphia as a city where you can learn medicine and have fun too!



## POPULAR NEIGHBORHOODS FOR PENN MED STUDENTS

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### *Center City*

Encompassing a rectangular slice of downtown, the bustling Center City district is a popular choice amongst Penn Med students each year. As the urban core of Philly, Center City is home to many businesses and offers convenient access to shops, grocery stores, restaurants and nightlife. Center City is subdivided into neighborhoods with their own names and vibe. The “Gayborhood,” so called due to its concentration of LGBT-friendly establishments, makes up part of Washington Square West and is the site of the annual OutFest festival. Fitter Square, Graduate Hospital, and Rittenhouse Square are nearest to the

Schuylkill River (and Penn), making these three popular neighborhoods for medical students to live. Housing options in these areas are varied, ranging from traditional brownstone walk-ups to high-rise apartment buildings. Likewise, rent prices in Center City fall on a wide spectrum. Although it tends to be a bit pricier than West Philly, many students live with one or more roommates to defray the cost. In general, the area south of South Street tends to be more affordable, although good deals can pop up anywhere. The rental market for an August move-in gets hot 2-3 months prior.

## *Grad Hospital*

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Graduate Hospital is an increasingly popular neighborhood for Penn Med students. The name comes from the old hospital in the area. The hospital is no longer functional, and part of it has become Penn's simulation center. But the name has stuck with the neighborhood nonetheless. Essentially covering the area West of Broad Street and South of South Street, this area is removed from the hustle and bustle of Center City/Rittenhouse. The area is considerably more residential and is home to many young professionals and young families. For those who desire a quieter area and more "bang for your buck," this is the place to be. At the same time, residents of the area still have plenty of access to everything that Philadelphia has to offer. The walk up to Center City takes only about ten minutes, depending on exactly where you're going. Perhaps more importantly, the walk over the South Street Bridge makes the walk to Penn and HUP incredibly easy. Accessibility is not the only thing to like about Grad Hospital, though. The neighborhood has many of its own offerings. There is a seemingly endless supply of great bars serving fantastic "off-the-beaten-path" beers, like Sidecar, Ten Stone, and Grace Tavern. There are wonderful restaurants, like Pub and Kitchen and Honey's Sit 'n'

Eat. South Street is home to countless shops and boutiques. All in all, Grad Hospital is an affordable, low-key, quickly up-and-coming neighborhood that is great for Penn Med students.

## *West Philadelphia*

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West Philadelphia offers a number of benefits for people thinking about moving here. The best aspect of West Philly is the diversity and overall community feel. Given its proximity to campus and its affordability, it attracts a wide slice of people from artists, activists, Penn faculty, new immigrants, grad students, young families in starter homes, and families who've owned their homes for multiple generations. In the summer time, expect block parties. In the winter, expect carolers. There are plenty of places that would be termed "hidden gems" including mom-and-pop shops and restaurants offering international cuisine (Senegalese, Vietnamese, Thai, Lebanese, Egyptian, Ethiopian, etc.) all of which are very affordable. Clark Park is also a notable location featuring farmer's markets, festivals, weekly drum circles, pick-up soccer or chess games, great slopes for downhill sledding, and theatrical performances such as Shakespeare in the Park.

West Philadelphia is also affordable with 1-bedrooms starting at \$700 and

two bedrooms starting at \$950. People who decide to live in large houses with 6-7 rooms typically end up each paying about \$300-400 for rent. Most of the housing in West is renovated, gorgeous Victorian houses with interesting architectural features including bay windows. Depending on the actual unit, the houses tend to have LARGE rooms, porches, backyards, and plenty of parking.

Historically, a larger percent of Penn med students live in Center City or Graduate Hospital area. In the first 2 years, students living in West tend to feel like they're on the "outside" since much of the socializing happens on the other side of the river. By 3rd and 4th year however, these students tend to weave themselves into the West Philly community creating a life outside of medical school. Also, the trend is such that the West Philly contingency in each class coalesces together to create a tight-knit community. Overall, students who live happily in West Philly tend to be people who love a good deal, people with families who require more space, people who live in larger group houses with or without other medical students, and people who are drawn to the community-based feel that makes West Philly so special.

## **NIGHT LIFE**

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The nightlife in Philly is a pleasant mixture of big city excitement and the quaintness of a small town. In general, establishments close at 2AM.

### *Comedy*

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#### **Good Good Comedy Theater**

11<sup>th</sup> & Race Sts.

215-399-1279

[goodgoodcomedy.com/](http://goodgoodcomedy.com/)

Good Good Comedy Theatre is an intimate, BYOB black box theater that houses up to four wildly different live comedy shows per night. Philadelphia's home for live, mercilessly unpredictable, independent comedy.

#### **Helium Comedy Club**

2031 Sansom Street

215-496-9001

[www.heliumcomedy.com/](http://www.heliumcomedy.com/)

Helium has a lot of front liners who secretly pass by to make people crack a smile. Be sure to check their website before you go, because Helium likes to throw out a last-minute discount from time to time. They also offer a special price for groups of four online called the "4-pack special." Open mike nights every Tuesday.

### *Club/Music Venues*

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#### **Drinker's**

1903 Chestnut Street (Center City)

124 Market Street (Old City)

[www.drinkersrittenhouse.com](http://www.drinkersrittenhouse.com)

Known and loved for being no-nonsense bars with fair prices.

### **Woody's**

202 S. 13th Street

215-545-1893

[woodysbars.com](http://woodysbars.com)

Flagship of Philly's Gayborhood, with 3 Bars, a huge dance floor, and grill that serves coffee and light fare. Woody's is the "Cheers" Bar of the LGBT Community, with College Night Wednesdays, Latin Night Thursdays, and always packed Saturday Nights.

### **Time - Upstairs**

1315 Sansom Street

215-985-4800

[www.timerestaurant.net](http://www.timerestaurant.net)

This place seems to have it all. It is a restaurant featuring an American menu and live music every night and a separate whiskey room with TVs for watching sports. Finally, the upstairs room is a "Parisian-style club" with a DJ every Friday and Saturday.

### **R5 Productions**

<https://www.r5productions.com/>

R5 Productions is a "Do It Yourself" show promotions agency whose main goal is to provide the Philadelphia area with cheap, friendly, shows in an honest, intimate setting.

### **Silk City Lounge**

435 Spring Garden Street

215-592-8838

[www.silkcityphilly.com](http://www.silkcityphilly.com)

This little club attached to the American Diner is a great place to let loose and hang. Dress, along with clientele, is random. A 3,000 sq. ft. Beer Garden opens during the warm months.

### **Morgan's Pier**

221 N. Columbus Boulevard

215-279-7134

[www.morganspier.com](http://www.morganspier.com)

This seasonal beer garden is located on the waterfront, just steps from the Ben Franklin Bridge. It boasts a foodie picnic menu, an assortment of American craft beer and an array of live entertainment.

### **Dolphin Tavern**

1539 S. Broad Street

215-278-7950

[www.dolphinphilly.com/](http://www.dolphinphilly.com/)

Holy Trinity at the Dolphin Tavern is LIT (Rihanna, Beyonce and Nikki, if you aren't familiar with the trinity...).

### **Warmdaddy's**

1400 S. Columbus Boulevard

215-462-2000

[www.warmdaddys.com](http://www.warmdaddys.com)

Warmdaddy's celebrates the food, culture, and music that encompass the real southern rhythm & blues experience. Live music every day. See their website for performance schedule. Located along the Delaware River.

### **Chris' Jazz Cafe**

1421 Sansom Street

215-568-3131

[www.chrisjazzcafe.com](http://www.chrisjazzcafe.com)

Philadelphia Magazine's Best of Philly: Best Jazz Club, Best Wings and Best Casual Venue. Show tickets available online. See website for performance schedule.



### **Ortlieb's Lounge**

847 N. 3rd Street  
267-324-3348

[www.ortliebslounge.ticketfly.com](http://www.ortliebslounge.ticketfly.com)

Ortlieb's is located in the Northern Liberties neighborhood of Philadelphia. They bring you everything from live rock, to indie, funk, and more, presented by some of Philly's finest talents. See website for performance schedule. Serves food – sandwiches, burritos, and beers.

### **World Cafe Live**

3025 Walnut Street  
215-222-1400

[www.worldcafelive.com/](http://www.worldcafelive.com/)

Just as the name implies, this place is dedicated to inviting artists, both up-and-coming and unknown to their live stages. Even if you don't go to see a show here, you will surely find yourself here for a Penn med event sooner or later!

### **Union Transfer**

1026 Spring Garden Street  
215-232-2100

[www.utphilly.com](http://www.utphilly.com)

An intimate venue to hear live bands. Tickets available online, by phone, or in person. Serves EtOH and a limited menu of snacks.

### **Brasil's**

112 Chestnut Street  
215-413-0031

[www.brasilsnightclub-philly.com](http://www.brasilsnightclub-philly.com)

A salsa club hosting a “multi-level dance community.” Wednesdays feature two-level dance lessons for a \$5 cover. Fridays and Saturdays for

\$10. The club does more than lessons, though – go at any other time to simply enjoy the music and dance.

### **Tierra Colombiana**

4535 N. 5th Street  
215-324-0303

[tierracolombianarestaurant.com](http://tierracolombianarestaurant.com)

Tierra Colombiana is home to a diverse menu of Latin American favorites. The jukebox offers today's Latin hits. The all-day menu is split into Colombian and Cuban selections. The upstairs nightclub is open 8pm-2am, Thursday through Saturday. Caliente!

### *Bars & Pubs*

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Philly offers a wide selection of places to get a drink; here are just a few of them.

#### *West Philly*

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### **Dock Street Brewing Co.**

701 S. 50<sup>th</sup> Street (50<sup>th</sup> and Baltimore)  
215-726-2337

[www.dockstreetbeer.com](http://www.dockstreetbeer.com)

This expansive restaurant adjacent to a working brewery serves a number of different and interesting pizzas. Beer brewed-on-the-premises is featured. Dress is casual.

### **The Local 44**

4333 Spruce Street  
215-222-BEER

[www.local44beerbar.com](http://www.local44beerbar.com)

Serves the West Philly area, and lots of grad students, with a nice selection of microbrews on tap, many of which you won't be able to find elsewhere in the city. There is also a bottle shop next

door (215-222-CANS) where you can find some rare purchases.

### **New Deck Tavern**

3408 Sansom Street  
215-386-4600

[www.newdecktavern.com](http://www.newdecktavern.com)

Open every day from 11am til 2am. Known for great burgers, cheesesteaks, delicious fresh salads & tasty sandwiches, the menu is promised to please all! Happy hour at the New Deck is the best around. every Wednesday night is a favorite among Penn Med students.

### *Center City*

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### **Harp and Crown**

1525 Sansom Street  
215-330-2800

<http://harpandcrown.com/>

A beautiful, bi-level space that joins a pair of bars, New American eats & a basement bowling alley.

### **Fergie's Pub**

1214 Sansom Street  
215-928-8118

[www.fergies.com](http://www.fergies.com)

Quieter alternative to McGillin's, a traditional Irish pub. Muted but eccentric decor, bands play upstairs. Quizzo on Tuesdays and Thursdays!

### **Irish Pub**

1123 Walnut Street and 2007 Walnut Street

215-925-3311, 215-568-5603

[www.irishpubphilly.com](http://www.irishpubphilly.com)

Around since the 1980's, The Irish Pub is a combination Dublin saloon and American neighborhood bar. It's a

great place for gathering with large groups or watching sports. Booths line the walls, which are adorned with sports, theater and political memorabilia. Private dining rooms are available. 11am-2am daily.

### **McGillin's Old Ale House**

1310 Drury Street  
215-735-5562

[www.mcgillins.com](http://www.mcgillins.com)

Huge, loud, wood-paneled downtown bar, located on a decrepit alley (off 13th St. or Juniper and between Chestnut and Sansom), serving cheap pitchers to hordes of 20-somethings. The oldest continuously operating tavern in Philadelphia (1860!) Upstairs room is quieter. On Wednesday night there is karaoke, which is always a blast.

### **Monk's Café**

264 S. 16th Street  
215-545-7005

[www.monkscafe.com](http://www.monkscafe.com)

Monk's Café prides itself on an astonishing selection of fine beers culled from breweries large and small throughout the world. Selected as one of the "top 100 beer bars in America" by Draft magazine in 2015, Monk's is a destination for true "beer people." Also serves great food – get a pot of mussels with your brew for \$10!

### *Grad Hospital*

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### **Grace Tavern**

2229 Grays Ferry Avenue  
215-893-9580

[www.gracetavern.com](http://www.gracetavern.com)

Right off of the South Street Bridge, Grace Tavern is conveniently located in the Graduate Hospital area and has a low-key vibe. 7-8 great, and sometimes rare, beers are on tap at this dive-y bar. One of the best burgers in Philadelphia.

### **Sidecar Bar & Grille**

2201 Christian Street  
215-732-3429

[www.thesidecarbar.com](http://www.thesidecarbar.com)

A great place to hang out, no matter what time of day. Stop in for dinner (their “Clam Chowder” Gnocchi was featured on Diners, Drive-Ins, and Dives on the Food Network) or come for brunch on the weekends. Go anytime for one of the best beer selections with 12 constantly rotating taps. Great happy hour on the weekdays.

### **Bob and Barbara's**

1509 South Street  
215-545-4511

<https://www.bobandbarbaras.com/>

The club attracts a young college crowd, gay and straight alike. Thursdays feature the city's longest-running drag show. Fridays and Saturdays feature a B-3 organ combo playing “liquor drinking music” for no cover. The rest of the week is rounded out by singer-songwriters, bands and DJs. B&Bs claims to be the originator of the “citywide,” AKA a PBR and a shot of Jim Beam for \$3.

## *Old City*

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Old City is packed with bars and clubs and heading over there can make for a great night out.

### **Tattooed Mom's**

530 South Street  
215-238-9880

<https://www.tattooedmomphilly.com>

A gathering place for fun. The perfect spot for a casual lunch, dinner or late-night snack with an always yummy bar menu, creatively cool cocktails & locally focused draft beers.

### **Continental**

138 Market Street  
215-923-6069

[continentalmartinibar.com](http://continentalmartinibar.com)

Tapas-style dining and martini bar. The trendy and hip Continental attracts patrons of a wide range of ages. It used to be a diner; now, giant martini-olive lamps hang over the booths, while Latin and lounge music plays softly. The restaurant's contemporary cuisine includes outstanding sushi-grade pan-seared tuna and miso-glazed Chilean sea bass. Follow dinner with a martini, including such exotic variations as chocolate and the Hawaii 5-O.

### **Panorama**

14 N. Front Street  
215-922-7800

[www.panoramaristorante.com](http://www.panoramaristorante.com)

Ristorante Panorama features authentic contemporary Italian cuisine in a dramatic setting of hand painted murals, marble floors & torch lighting. The wine bar offers over 120 wines by the glass & in tasting flights daily & has

been awarded Wine Spectator's "Best of Award of Excellence.

### *The Gayborhood*

The Washington Square West area (approx. Chestnut to Pine, Juniper to 11<sup>th</sup>) is the historical center of gay culture in Philadelphia and continues to be home to many gay-friendly establishments.

#### **Bike Stop**

206 S. Quince Street  
215-627-1662

[www.thebikestop.com](http://www.thebikestop.com)

The Bike Stop has been serving the Philadelphia gay and lesbian community for over 30 years. With four floors to choose from, they've got all of your needs covered.

#### **Tavern on Camac**

243 S. Camac Street  
215-545-0900

[www.tavernoncamac.com](http://www.tavernoncamac.com)

T.O.C. is the perfect night spot for fantastic upbeat music, great conversation and meeting people. T.O.C.'s live music and colorful patrons offer a true portrayal of Philadelphia's diversity and appreciation for music and fun amongst friends. It is one of the oldest gay and lesbian bars in the country. Features a superb restaurant, a lively piano bar and an exciting new dance bar.

#### **Tabu Lounge and Sports Bar**

200 S. 12th Street  
215-964-9675

[www.tabuphilly.com](http://www.tabuphilly.com)

The concept of Tabu was created out of a need to have a true sports bar that caters to the diverse and dynamic crowd that makes up the Gayborhood as part of Washington Square West.

#### **Voyeur**

1221 Saint James Street  
215-735-5772

[www.voyeurnightclub.com](http://www.voyeurnightclub.com)

15,000 square feet of nightlife entertainment spanning 3 floors of dancing, including a VIP mezzanine level that gives sweeping views of Voyeur's unique light/video installations and the dance floor below.

### **WHERE TO EAT**

#### *Around Campus*

Following is a list of some of our favorite spots to grab a quick bite during your school day or gather with friends after class.

#### *Food Trucks*

Spruce Street, Walnut Street by Pottruck Gym, next to Franklin Field at 34th and Spruce...

The food trucks are lunch and on-call faves. Cheap and quick and you can take your Styrofoam to-go box to the Green. **Magic Carpet** on 34<sup>th</sup> & Walnut has great falafel, **Hemo's** on 37<sup>th</sup> & Spruce makes good sandwiches with its special Hemo sauce. The darlings of Spruce Street are **The Real Le Anh** and **The Original Le Anh** which are fierce competitors (we are serious). They're hard to tell apart and have good

Chinese food. Finally, look for the **Fruit Trucks** every season except winter. Excellent sliced fruit - great for a snack in class. Visit [roaminghunger.com](http://roaminghunger.com) to find out what's open and when.

### **Abramson Cafeteria**

Ground floor of Abramson Building (next to BRB)

Great selection, decent prices. Eat healthy or greasy in the glass-enclosed dining area but come early to beat the crowds at lunchtime.

### **Au Bon Pain (ABP)**

Ground floor of BRB

Outdoor seating and you can picnic on the lovely patch of grass outside.

### **CHOP Main Cafeteria**

CHOP Main Building, Ground Floor

Recently remodeled and offers a wide selection at great prices.

### **Franklin's Table**

[www.shopsatpenn.com/franklins-table](http://www.shopsatpenn.com/franklins-table)

34<sup>th</sup> & Walnut Street

Penn has curated a group of critically acclaimed chefs and local best-in-class operators featuring a diverse menu of food options that will satisfy meat eaters and vegans, organic juice lovers, and ice-cream fans alike. Visit Franklin's Table for breakfast, lunch, dinner, and snacks, 7 days a week. Note that some places don't take cash.

### **HUP Cafeteria**

The Spruce St. Café

Founders 2 (second floor of Founders)

Serves staples like burgers, wings, sandwiches, salads, as well as a rotating menu of entrees. Omelets and other breakfast selections in the mornings. Plenty of pre-packaged options. In short, what you would expect of a hospital cafeteria. There is also an Au Bon Pain connected to it.

### **Houston Market**

[www.vpul.upenn.edu/perelmanquad/houston-market](http://www.vpul.upenn.edu/perelmanquad/houston-market)

Houston Hall, 3417 Spruce Street

The Houston Market, located on the ground floor of the building, has become a Penn favorite. The food is freshly prepared to order, reasonably priced, and sure to satisfy a wide range of tastes. The service is quick and friendly. The original and now exposed stone walls naturally divide the large seating area into smaller sections. So, while you'll always be able to find a table, you'll never feel lost in the crowd.

### **The Nursing School Café**

School of Nursing Building, First Floor  
Cheaper coffee than ABP and cheap day-old baked goods.

## *Restaurants*

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### **Baby Blues BBQ**

3404 Sansom Street

215-222-4444

[www.babybluesphilly.com](http://www.babybluesphilly.com)

Finally! A late dining option in University City. Ribs done right! Regional BBQ from the best parts of this great nation. Serving Award Winning baby back ribs, Memphis dry

rub ribs, Carolina pulled pork and beef brisket

### **Così**

36th and Walnut Streets and throughout the city

[getcosi.com/locations/upenn-96](http://getcosi.com/locations/upenn-96)

From the hand-tossed Signature Salad to the Tomato, Basil, and Mozzarella Sandwich served on delicious warm flatbread, to the comfortable, urbane and contemporary atmosphere, Così is more than a restaurant, it is a place where people gather to relax and dine.

### **Han Dynasty**

3711 Market Street: 215-222-3711

123 Chestnut Street: 215-922-1888

[www.handynasty.net](http://www.handynasty.net)

Absolutely delicious, very authentic, high-quality Szechuan food with classy presentation and great variety. Great for sharing multiple dishes with friends. Everything is rated on a 1-10 scale of spiciness...see if you can brave a 10.

### **Lemon Grass Thai**

3626-30 Lancaster Avenue

215-222-8042

[www.lemongrassphila.com](http://www.lemongrassphila.com)

Enjoy a wide variety of authentic Thai specialties, take out or dine-in. Delivery available.

### **New Deck Tavern**

3408 Sansom Street

215-386-4600

[www.newdecktavern.com](http://www.newdecktavern.com)

Open every day from 11am till 1am. Known for great burgers, cheese steaks, delicious fresh salads & tasty

sandwiches. hour at the New Deck is the best around. New Deck offers a vast array of draft beers from around the world and is located in the heart of University City.

### **Sitar India Restaurant**

60 S. 38th Street

215-662-0818

[www.sitarindiapa.com](http://www.sitarindiapa.com)

Authentic Indian cuisine! The lunch buffet is fantastic. The buffet items change each day, so often there is a nice surprise.

### **White Dog Café**

3420 Sansom Street

215-386-9224

[www.whitedog.com](http://www.whitedog.com)

One of Philadelphia's best-loved restaurants. Definitely a parents-taker, and quite worth the trip any time. The atmosphere is excellent - lots of small, ornately decorated rooms. A favorite for weekend brunch. You'll undoubtedly note the political overtones of activist/owner Judy Wicks on the menu, at the bathrooms, and in the speakers' series calendar near the door.

### **Allegro's Pizza and Grill**

3942 Spruce Street

215-382-8158

[www.allegropizza.com](http://www.allegropizza.com)

Serving University City since 1982! Pizza and steaks are tasty; the lasagna and chicken parm are delicious; portions are huge (great for leftovers); and the delivery service is quick. Plus, they have a really nice beer selection that's reasonably priced.

### **Bobby's Burger Palace**

3925 Walnut Street  
215-387-0378

[www.bobbysburgerpalace.com](http://www.bobbysburgerpalace.com)

Famous chef Bobby Flay's classic burger joint!

### **Chipotle**

3925 Walnut Street  
(also: 1512 Walnut Street and 1200 Walnut Street)

[www.chipotle.com](http://www.chipotle.com)

No explanation needed.

### **City Tap House**

39<sup>th</sup> & Walnut Streets (2<sup>nd</sup> floor of Radian Building)  
215-662-0105

[www.citytap.com](http://www.citytap.com)

City Tap House boasts a great draft beer lists paired with a menu of Elevated American Pub Fare. Dining room and outdoor seating. Sit by the outdoor fire pits when it's chilly out. Voted Best Bar to Watch a Game by Philly Bar Scene.

### **Copabanana**

4000 Spruce Street  
(also 344 South Street)  
215-382-1330

[www.copabanana.com](http://www.copabanana.com)

Latin-inspired dishes, good burgers, and Spanish fries (covered in jalapenos and onions). They also have a chocolate molten lava cake that is a thing of dreams.

### **The Greek Lady**

222 S. 40th Street  
215-382-2600

[www.greeklady.com](http://www.greeklady.com)

Large portions, great prices. In addition to Greek food, it also has an extensive breakfast menu and makes deliveries to the University City area. One last thing: they put fries in their gyros! How cool is that?

### **Hummus Grill**

3931 Walnut Street  
(also 212 S. 11<sup>th</sup> Street)  
215-222-5300

[www.hummusrestaurant.com](http://www.hummusrestaurant.com)

The falafels are a favorite for lunch meetings of student groups. The menu also includes many other delicious Middle Eastern eats.

### **MIZU Sushi**

111 S. 40<sup>th</sup> Street (also 133 S 20<sup>th</sup> and 220 Market)  
215-382-1745

[www.mizusushibar.com](http://www.mizusushibar.com)

Great sushi as well as other Japanese favorites like Udon and Rice bowls. Affordable prices.

### **Pattaya Grill**

4006 Chestnut Street  
215-387-8533

[www.pattayarestaurant.com](http://www.pattayarestaurant.com)

The expansive restaurant stretches backward from a colorful bar area to an enclosed sunroom with indoor trees strung with lights. Pattaya fills up with UPenn students sipping brightly colored spiced iced tea and house cocktails. Authentic Thai dishes; clay pot stews, mix and match curries and noodles, with a nod both to continental (chicken marsala and goat cheese salad) and eclectic (alligator stir-fry).

### **Qdoba**

40<sup>th</sup> & Locust Street  
(also: 1528 Walnut Street)

[www.qdoba.com](http://www.qdoba.com)

For you Qdoba lovers out there, it's nearby campus and also in Center City. If you've never heard of it, think of it as an alternative to Chipotle with more variety, and arguably bigger portions.

### **The Restaurant School**

4207 Walnut Street  
215-222-4200

[www.walnuhillcollege.edu](http://www.walnuhillcollege.edu)

Gourmet food at affordable prices, the highest being about \$21/entrée. Service is excellent. Students prepare and serve food under the supervision of an instructor. Reservations are required, and dress is casual.

### **Sweet Green**

3925 Walnut Street  
215-386-1365

[www.sweetgreen.com](http://www.sweetgreen.com)

A delicious make-your-own salad place with very high-quality, fresh ingredients. It is a great place for a healthy meal!

### **Tandoor India**

106 S. 40th Street (btw Walnut & Chestnut Streets)  
215-222-7122

[www.tandoorphilly.com](http://www.tandoorphilly.com)

Tandoor India Restaurant designs and delivers fantastic Indian cuisine for dining in or delivery. Delicious menu items are presented with style and consistent quality.

### **Thai Singha House**

3906B Chestnut Street  
(Chestnut Hall Apt. Building)  
215-382-8001

[www.thaisinghahouse.com](http://www.thaisinghahouse.com)

Thai Singha House serves up both hot and mild dishes, and the menu provides fair warning of what's hot and what's not. You'll probably want to sample everything, including the wide variety of curry sauces. Most entrees are in the \$8-\$12 range and the ambiance is warm and relaxing.

### *Dining throughout Philly*

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Philadelphia offers a wide variety of restaurants and has great options in any price range. For more information, check out [philly.com](http://philly.com), [yelp.com](http://yelp.com), [visitphilly.com](http://visitphilly.com) and [chowhound.com](http://chowhound.com).

Due to restrictive liquor laws, Philadelphia hosts an amazing number of restaurants that let you Bring Your Own – wine, beer, tequila, whatever your choice is for the night. In general, these restaurants serve great food and can help keep costs down.

This section is by no means a comprehensive list but should serve as a good starting point for your four (or more) year exploration of Philadelphia!

### *West Philly & University City*

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#### **Abbyssinia**

229 S. 45th Street  
215-387-2424

A true Ethiopian feast awaits inside - you'll eat with your hands and share a



plate with the other folks at the table, having a great time. Dinner entrees range from \$8-12. There's also a fun dive bar upstairs that has live music almost every night. Delivery available.

### **Dahlak**

4708 Baltimore Avenue  
215-726-6464

[www.dahlakrestaurant.com](http://www.dahlakrestaurant.com)

A favorite of Penn students, this authentic Ethiopian restaurant features flavorful fun food that's eaten with fingers in a friendly communal style. The service can be slow, so don't go in a rush; the experience is worth it. Definitely have some mango juice while you wait.

### **Sang Kee Noodle House**

3549 Chestnut Street (also located in Chinatown)  
215-387-8808

[www.sangkeenoodlehouse.com](http://www.sangkeenoodlehouse.com)

The newest addition to the Sang Kee Restaurant Group family, they feature a modern Chinese menu with an authentic taste of Asian cuisine.

### **Desi Chaat House**

501 S. 42nd Street  
215-386-1999

[www.desichaathousephilly.com](http://www.desichaathousephilly.com)

Specializes in a blend of Pakistani and Indian traditional chaats. Also has Biryani, sweets, wraps, soups, shakes, ice cream and more. Online ordering and delivery available.

### **Desi Village**

4527 Baltimore Avenue  
215-382-6000

[www.desivillagerestaurant.com](http://www.desivillagerestaurant.com)

Desi Village – Bringing food from the villages of India! Serves many traditional Indian dishes, like chicken tikka masala, naans, and daals. Eat-in, takeout, or delivery.

### **Kabobeesh**

4201 Chestnut St.: 215-386-8081  
4<sup>th</sup> & South Sts.: 215-413-0881

[www.kabobeesh.com](http://www.kabobeesh.com)

This Pakistani, Afghani, and Indian restaurant located in an old diner just blocks from campus is home to some amazing grilled meats, exotic vegetable dishes, and truly friendly staff.

### **Distrito**

3945 Chestnut Street  
215-222-1657

[www.distritorestaurant.com](http://www.distritorestaurant.com)

Delicious food, but it can get pricey because the plates are tapas style and tend to run small. You can't miss the funky decor with pink walls and old school cars.

### **Honest Tom's Taco Shop**

261 S. 44<sup>th</sup> Street  
215-620-1851

This place started as a food truck – when it got so popular it was difficult to sustain, they opened this brick-and-mortar outpost. Great tacos, great burritos. No nonsense.

### **Aksum**

4630 Baltimore Avenue  
267-275-8195

[www.aksumcafe.com](http://www.aksumcafe.com)

A great spot for Mediterranean food in University City. The menu has a wide variety of foods with influences from the Middle East and North Africa. Hookah may also be smoked here.

### **Manakeesh Cafe & Bakery**

4420 Walnut Street

215-921-2135

[www.manakeeshcafebakery.net](http://www.manakeeshcafebakery.net)

Whether you are seeking a sandwich made in the oven in front of you, a velvety espresso, a bite of baklava, or just the aroma of fresh baked bread, you will be sure to leave with your own little slice of Lebanon.

### **Baltimore Crab and Seafood**

4800 Spruce Street

215-472-7040

[www.baltimorecrabto.go.com](http://www.baltimorecrabto.go.com)

Just blocks away from campus featuring fresh seafood with a soul food flavor. Also has salads and hoagies. Delivery and takeout available.

### **Lemon Grass Thai**

3626-30 Lancaster Avenue

215-222-8042

[www.lemongrassphila.com](http://www.lemongrassphila.com)

Enjoy a wide variety of authentic Thai specialties, take out or dine-in. Delivery available.

### **Vientiane Café**

4728 Baltimore Avenue

215-726-1095

[www.vientiane-cafe.com](http://www.vientiane-cafe.com)

The adorable Vientiane Café is a cozy 25-seat BYOB serving Laotian-Thai food with green walls and homey

cabbage-rose tablecloths. They do a great job of serving wonderful food inexpensively.

### **Vietnam Café**

816 S. 47<sup>th</sup> Street: 215-729-0260

221 N. 11th Street: 215-592-1163

[www.eatatvietnam.com](http://www.eatatvietnam.com)

Another BYOB, there are two convenient Vietnam Café locations – West Philly and Chinatown.

Vietnam Cafés offers all the flavor of your favorite Vietnamese cuisine with attentive and friendly service. If you have at least four people, order the barbeque appetizer, and ask your waiter to teach you how to make Vietnamese style tortillas. Definitely try a soup, vermicelli, and the grape leaves.

### **Kiwi Frozen Yogurt**

3606 Chestnut Street

215-387-1222

[www.kiwifrozenyogurt.com](http://www.kiwifrozenyogurt.com)

Choose from 16 flavors of premium, authentic yogurt and over 40 fresh, flavorful toppings to create your own delicious cup of Kiwi!

### **Sabrina's Cafe**

227 N. 34th Street: 215-222-1022 910

Christian Street: 215-574-1599 1804

Callowhill St.: 215-636-9061

[www.sabrinascafe.com](http://www.sabrinascafe.com)

The comfort food you crave in the heart of University City, the Italian Market, and the Art Museum Area. Enjoy their famous brunch any time of the night or day. A favorite brunch place for all Philadelphians.

**Almaz Cafe**

140 S. 20th Street

215-557-0108

[www.almazcafe.com](http://www.almazcafe.com)

A Center City Ethiopian restaurant with family-style eating. Bring a group of friends and share a couple platters.

**Audrey Claire Restaurant**

276 S. 20th St. (20<sup>th</sup> & Spruce Sts.)

215-731-1222

[www.audreyclaire.com](http://www.audreyclaire.com)

This is the less-is-more American bistro of a more-is-more neighborhood. The menu changes frequently and uses ingredients that reflect the season. Get close to the kitchen to see the staff in action. BYOB.

**Marathon Grill**

16<sup>th</sup> & Sansom Streets, 19<sup>th</sup> & Market Sts., and 19<sup>th</sup> & Spruce Sts.

215-561-0500

[www.eatmarathon.com](http://www.eatmarathon.com)

More upscale version of your local diner. Burgers, sandwiches and salads with an interesting twist. Nothing too adventurous, but good for when you're going out with some of your pickier friends. The brunch is also really good.

**Village Whiskey**

118 S. 20<sup>th</sup> Street

215-665-1088

[www.villagewhiskey.com](http://www.villagewhiskey.com)

One of Iron Chef Jose Garces' many restaurants in town. A small restaurant, but it is often recognized for having some of the best burgers in

the city. Boasts a selection of over 200 whiskeys.

**Bistro St. Tropez**

2400 Market Street, 4th Floor

215-569-9269

[www.bistrosttropez.com](http://www.bistrosttropez.com)

Bistro St. Tropez offers the illusion of Provence atop the Marketplace Design Center in Philadelphia. Chef/Owner Patrice Rames signatures simple, classic cuisine prepared with fresh seasonal ingredients and presented with style.

**Bistro La Baia**

1700 Lombard Street

215-546-0496

[www.bistolabaia.com](http://www.bistolabaia.com)

This Italian BYOB is popular among the undergraduate crowd. The staff is pretty rude, but the food is OK.

**Melograno**

2012 Sansom Street

215-875-8116

[www.melogranorestaurant.com](http://www.melogranorestaurant.com)

This BYOB has simple elegance with its lime-colored dining room and hardwood floors. In addition to the regular menu, features a prefix menu and a \$35 Sunday dinner menu.

**Porcini**

2048 Sansom Street

215-751-1175

[www.porcinirestaurant.com](http://www.porcinirestaurant.com)

White tablecloths, off-white walls with original art and subtle opera fills the space. The hospitable owner spends most of his time patrolling the dining room and kissing regular customers on

their way in and out. The chef occasionally peeks his head out of the closet-size kitchen to see who the owner is schmoozing.

### **Tria Café**

123 S. 18th Street, 1137 Spruce St, 2005 Walnut St (taproom)  
215-972-8742, 215-629-9200, 215-557-TAPS  
[www.triaphilly.com](http://www.triaphilly.com)

A wine bar with a complementary menu of upscale Italian dishes. 12<sup>th</sup> and Spruce location very trendy, with some outdoor seating. Great place to enjoy a drink before a show on Walnut Street. The taproom is gaining popularity among Penn med students.

### **Shiroi Hana Restaurant**

222 S. 15th Street  
215-735-4444  
[www.shiroihana.com](http://www.shiroihana.com)

Shiroi Hana attracts many locally employed business people who seek out its extensive menu of authentic Japanese seafood, meat, and a few vegetarian dishes, both at lunch and dinner. Decor is typically Japanese. Expect to pay between \$12 and \$20 per person.

### **Vic Sushi**

2035 Sansom Street  
215-564-4339  
[www.vic-sushi.com](http://www.vic-sushi.com)

This hole-in-the-wall is a fantastic BYO to visit with a couple of friends. Beware, though, that the number of seats can be counted on your fingers, and there is frequently a wait at this cramped establishment. The food is

worth it. Arguably the best take-out sushi in the city.

### **El Rey**

2013 Chestnut Street  
215-563-3330  
[elreyrestaurant.com](http://elreyrestaurant.com)

Great Mexican food (you've got to try the nachos). Plus, they have a happy hour every weekday with discounted prices on margaritas and \$1 tacos.

### **(Los Catrines) Tequila's**

1602 Locust Street  
215-546-0181  
[www.tequilasphilly.com](http://www.tequilasphilly.com)

An upscale restaurant with great Mexican food and ambiance. Wide-open space.

### **Luke's Lobster**

130 S. 17th Street  
215-564-1415  
[www.lukeslobster.com](http://www.lukeslobster.com)

Luke's, which has spots in New York, DC, and Maryland, bills itself as the East Coast's most affordable lobster roll, "straight from the docks of Maine." Also serves delicious shrimp rolls and New England clam chowder.

### **Oyster House**

1516 Sansom Street  
215-567-7683  
[www.oysterhousephilly.com](http://www.oysterhousephilly.com)

Established in 1976, Oyster House is a seafood restaurant and raw bar, serving Philadelphia's freshest fish and shellfish. The restaurant is designed around a central marble raw bar where they serve the city's most extensive selection of oysters on the

half shell. The ever-changing list is focused on local varieties from the mid-Atlantic up to New England and Canada.

### **Erawan**

123 S. 23<sup>rd</sup> Street  
215-567-2542

[www.erawanphilly.com](http://www.erawanphilly.com)

Erawan serves up delicious Thai food and is located just across the bridge. A favorite of Penn students.

### **My Thai**

2200 South Street  
215-985-1878

My Thai's inauspicious surroundings belie the intimate atmosphere of what has consistently been one of the city's best Thai restaurants. The place attracts a mix of Penn grad students and neighborhood couples, and with its exposed brick walls, tapestries and candles on the tables, the romantic vibe only gets hotter with some of the restaurant's famous curry dishes.

### **Thai Singha House To Go**

106 S. 20th Street  
215-568-2390

[www.thaisinghahouse.com](http://www.thaisinghahouse.com)

Delicious Thai food that you will probably get at many school events. Limited dine-in space, but great for take-out.

### **Smile Café**

105 S. 22<sup>nd</sup> Street  
215-564-2502

[www.thai-smilecafe.com](http://www.thai-smilecafe.com)

Located beneath an art gallery, the friendly staff serves up delicious Thai

meals. In addition to having arguably some of the best Thai food in Philadelphia, the establishment is filled with art created by one of the proprietors.

### **Max Brenner**

1500 Walnut Street  
215-344-8150

[www.maxbrenner.com](http://www.maxbrenner.com)

It is a chocolate restaurant. They serve dinner, but this place is understandably best known for its desserts. If you go to dinner there or somewhere nearby, be sure to save room for chocolatey goodness.

### **Yogorino Frozen Yogurt**

233 S. 20th Street  
267-639-5287

[www.yogorino.com](http://www.yogorino.com)

Frozen yogurt, ice cream, café latte and chocolate.

### **Day By Day**

2101 Sansom Street  
215-564-5540

[www.daybydayinc.com](http://www.daybydayinc.com)

With dishes like Potato Pancakes Benedict and Baked Apple Pancakes, no wonder the weekend brunch has become so popular. The later you go, the higher the chance you'll have to wait. They serve specialties like Huevos Rancheros every Saturday and Sunday between 10am and 3pm. They also cater events!

*Center City East*

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### **Last Drop Coffeehouse**

1300 Pine Street  
215-893-9262

A favorite of artists, writers and students since it opened in 1992, the Last Drop proudly holds its own as an independent coffeehouse against the chain competitors that have started creeping into the neighborhood. It's not hard to see why: Rotating works by local artists line the walls; home-baked goodies and all kinds of coffee drinks beckon from behind the counter; great music is always playing. Last Drop also stays open late and maintains a basement space that's used for meetings of local arts and activist groups, as well as for occasional performances.

### **Reading Terminal Market**

51 N. 12th Street (Arch Street)

215-922-2317

[www.readingterminalmarket.org](http://www.readingterminalmarket.org)

If you like food, you'll love this place. Eighty merchants under one roof, with lunch dishes of every imaginable variety. There are tables set up in the center to re-group and eat. Lots of variety (Pennsylvania Dutch breakfasts, Southern soul food, and American down-home cooking) and everything is super-fresh. On any day except Sunday, you'll also catch Amish vendors.

### **Caribou Café**

1126 Walnut Street

215-625-9535

[www.cariboucafe.com](http://www.cariboucafe.com)

Highly recommended and very popular with Center City professionals, the Caribou balances medium-priced French bistro fare with a fine selection of beer, wine and music. Noted for its

food, the Caribou offers a mixture of appetizers, salads and entrees. Portions are generous but with an emphasis on deliciously prepared veggies, so you never walk away feeling overstuffed. Most entrees are under \$20 and are well worth it.

### **Effie's**

1127 Pine Street

215-592-8333

[www.effiesrestaurant.com](http://www.effiesrestaurant.com)

A favorite for relatively inexpensive, delicious food, Effie's delivers fresh, home style flavor consistently. Save room for the baklava. Be prepared to wait for a table during prime hours. BYOB.

### **Mercato**

1216 Spruce Street

215-985-2962

[mercatobyob.com](http://mercatobyob.com)

Mercato infuses slow cooking traditions of Old World Italy with an experimental style and bold take on new Italian American cuisine, placing primary importance on using ingredients that are at their peak that day.

### **Fat Salmon**

719 Walnut Street

215-928-8881

[www.fatsalmonsushi.com](http://www.fatsalmonsushi.com)

Fat Salmon serves a large selection of fusion sushi rolls as well as traditional sushi in a contemporary ambience. Sushi is phenomenal and the lunch special is a great deal.

### **El Azteca**

714 Chestnut Street  
215-733-0895

[www.aztecasrestaurants.com](http://www.aztecasrestaurants.com)

Your classic cheap, hearty portions of authentic Mexican. A good place for a rowdy group. Great happy hour M-F and a \$7.99 prix fixe lunch menu.

### **El Vez**

121 S. 13th Street  
215-928-9800

[elvezrestaurant.com](http://elvezrestaurant.com)

Inspired Mexican fare and flowing cocktails bring to life the authenticity of Tijuana, with a hot and flashy Vegas twist.

### **Lolita**

106 S. 13<sup>th</sup> Street  
215-546-7100

[www.lolitaphilly.com](http://www.lolitaphilly.com)

Look here for a more upscale version of the traditional Mexican fare. Lolita is one of a handful of restaurants on 13<sup>th</sup> street owned by the same people – others include Barbuzzo and Jamonera – all of them are great.

### **Mixto**

1141 Pine Street  
215-592-0363

[www.mixtorestaurante.com](http://www.mixtorestaurante.com)

Mixto serves up a fusion of South American and Caribbean food in a beautiful building of natural wood and exposed brick right in the heart of downtown and offers outdoor dining with a South Beach Miami ambiance during the spring, summer & fall when the weather permits.

### **Barbuzzo**

110 S. 13th Street  
215-546-9300

[www.barbuzzo.com](http://www.barbuzzo.com)

Delicious tapa-style Mediterranean fare in a very cool atmosphere. Definitely worth trying, but get there early, as the restaurant is small. Better yet, make reservations. Walk-ins can be seated at the bar or chef's counter on a first-come, first-served basis.

### **Sahara Grill**

1334 Walnut Street  
215-985-4155

A relatively new restaurant, they serve good Middle Eastern food at a good price (main entrees run \$8-15) and cater to both vegetarians and non-vegetarians. The Arabic bread, which is homemade, is particularly good. Reservations are recommended on the weekends.

### **Green Eggs Cafe**

1301 Locust St.: 267-861-0314  
1306 Dickinson St.: 215-226-EGGS  
719 N. 2nd St.: 215-922-EGGS

[greeneggscafe.com](http://greeneggscafe.com)

Come enjoy the brunch style restaurant/cafe that takes pride in serving the highest quality fare while maintaining an eco-conscious philosophy. The famous Red Velvet Pancakes are one of their many signature dishes.

### *Further North*

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### **Rose Tattoo Cafe**

1847 Callowhill Street  
215-569-8939

[rosetattoocafe.com](http://rosetattoocafe.com)

Originally a New-Orleans-inspired establishment, the Rose Tattoo has retained the look of the French Quarter with copious wrought iron railings, lush plants, strands of white lights and deep-hued carpets and walls. There are plenty of appetizers but save room for the delectable entrees.

### **Tiffin**

710 W. Girard Avenue  
215-922-1297

[www.tiffin.com](http://www.tiffin.com)

This is some of the best casual Indian food out there. Food is made with high quality ingredients and it's perfectly spiced.

### *Chinatown*

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The section of Center City between 8th and 12th and Arch and Vine constitutes Philadelphia's Chinatown. Asian restaurants abound, so exploring can be fun. There are many affordable options. Here are a few favorites or visit [phillychinatown.com](http://phillychinatown.com).

### **Banana Leaf**

1009 Arch Street  
215-592-8288

[www.bananaleafphilly.com](http://www.bananaleafphilly.com)

Great Malaysian restaurant. Also offers a Japanese menu for dinner every day except Wednesday. BYOB.

### **Nan Zhou Hand Drawn Noodle House**

1022 Race Street  
215-923-1550

[nanzhounoodlehouse.com](http://nanzhounoodlehouse.com)

Great noodle house! The noodles are perfect and unique. It really doesn't

get more authentic than this in terms of hand-drawn/hand-shaved noodle soups. A bowl here is cheap, filled to the brim, and absolutely delicious. Great place to go with a group of friends.

### **Penang**

117 N. 10th Street  
215-413-2531

This trendy restaurant did so well in a couple of Manhattan locations that the owners opened new branches in Philly and D.C. It serves Malaysian food, a blend of Indian, Thai, and Chinese styles. Food is good, and the prices are excellent. Ask your waiter for help ordering; expect lines out the door on weekends.

### **QT Vietnamese Sandwich Shop**

48 N. 10th Street  
267-639-4520

[www.qtvietnamesesandwich.com](http://www.qtvietnamesesandwich.com)

Great banh mi! Authentic, fresh, tasty, and cheap! Also serves noodle and rice dishes in a cozy and brightly decorated dining room.

### *Grad Hospital & South of South*

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### **Jamaican Jerk Hut**

1436 South Street  
215-545-8644

Featured in Guy Fieri's Diners, Drive-Ins and Dives! If you are looking for Island classics, this is the place for you. Dishes include jerk shrimp, conch salad, and roasted red snapper. Specialty drinks include sorrel and Irish moss. Live jazz and reggae on the weekends. Outdoor picnic tables for when the weather is nice. BYOB.



### **Nam Phuong Restaurant**

1101-1120 Washington Avenue  
215-468-0410

[namphuongphilly.com](http://namphuongphilly.com)

Located in South Philadelphia, Nam Phuong is famous for Vietnamese delicacies and authentic cuisine. The menu includes classics like pho as well as a seemingly endless list of more exotic dishes that you are less likely to have heard of.

### **Pho 75**

1122 Washington Avenue  
215-271-5866

Great pho with a very delicious broth, and tons of side stuff to put in (Thai basil, beansprouts, limes, etc). The coffee with condensed milk is excellent - strong and sweet. Service is fast, and the place is cheap!

### **Pho & Cafe Viet Huong**

1110 Washington Avenue  
215-336-5030

Traditional Vietnamese fare. Try the banh mi and try the summer rolls, banh uot (rice noodle sheets with minced pork, bean sprouts, and cucumbers).

### **Pho Ha**

610 Washington Avenue  
215-599-0264

This is a staple eatery for many of the Vietnamese locals and arguably serves the best pho in Philadelphia. A non-sense place where you'll be seated within 4 seconds of walking in the door and you'll receive food within 3

minutes of ordering, you can't get much better bang for your buck.

### **Vietnam Palace**

222 N. 11th Street  
215-592-9596

[vietnampalace.net](http://vietnampalace.net)

At Vietnam Palace, the cuisine is simply not limited to traditional Vietnamese menu. The menu includes many other Southeast Asian flavors. The most popular dishes include the Pad Thai, chicken, beef and seafood curry and the Phnom Penh style soup.

### **Le Viet Restaurant**

1019 S. 11th Street  
215-463-1570

[levietrestaurant.com](http://levietrestaurant.com)

Philadelphia Magazine named Le Viet "Best Vietnamese Restaurant" of 2013. A great place to go if you're looking for a more "upscale" version.

### **Igloo Frozen Yogurt**

23<sup>rd</sup> and South Streets  
267-858-4290

[www.igloodesserts.com](http://www.igloodesserts.com)

Guilt-free organic frozen yogurt. They also have ice cream, gelato, sorbet, and water ice.

### **Honey's Sit 'N Eat**

2101 South Street: 215-732-5130  
800 N. 4th Street: 215-925-1150

[honeysitneat.com](http://honeysitneat.com)

Home cooking, locally grown, farm fresh specials. Serving breakfast, lunch and dinner, they are committed to using only the finest ingredients. A favorite spot for weekend brunch, this place is also great for a casual dinner

(it's a BYOB). Not that you have a bunch of free weekday mornings, but the "bargain breakfast" can't be beat.

### **Federal Donuts**

3428 Sansom Street: 267-275-8489

1632 Sansom Street: 215-665-1101

1219 S. 2nd Street: 267-687-8258

[www.federaldonuts.com](http://www.federaldonuts.com)

Their menu only has three things: donuts, coffee, and fried chicken. With donut flavors as unique as milk chocolate-peanut butter and banana cream pie, it's worth checking out. Just make sure you get there before lunchtime, when they typically sell out.

### *Italian Market*

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[italianmarketphilly.org](http://italianmarketphilly.org),

[phillyitalianmarket.com](http://phillyitalianmarket.com)

South Philly (especially the region south of South and between 8th and Broad) is "Little Sicily", Philly's historically Italian section. It remains the place to go for Italian groceries, the old-world style outdoor "Italian Market" on 9th Street, and authentic restaurants. South Philly is no yuppie tourist mecca, rather it's the real thing for the people who live there. There are loads of neighborhood restaurants, some without signs. The streets are generally safe at night; hearsay has it that this is because they are controlled by the mob. In recent years, the Italian Market has also become the center of the Mexican community in Philadelphia. Restaurants abound in the area, and they offer authentic food at a great

price. Here are a few starters in this region:

### **Mr. Martino's Trattoria**

1646 E. Passyunk Avenue

215-755-0663

One of those well-kept dining secrets that regional foodies know and appreciate is a local establishment that's still going strong thanks to the loving consistency of its two-person, husband-and-wife staff. The BYOB, cash-only restaurant resides in a storefront in deep South Philly and comfortably seats about 40. It's a cozy place with a dark wood bar and stairs, rustic and romantic at the same time: You won't find an ounce of pretension in the place. As such, they like to keep the Italian menu simple.

### **Paesano's**

1017 S. 9th Street: 215-440-0371

152 W. Girard Ave.: 267-886-9556

[paesanosphillystyle.com](http://paesanosphillystyle.com)

Sandwiches with Italian inspiration – as seen on Throwdown with Bobby Flay and The Layover with Anthony Bourdain. Try the Arista for one of the best roast pork sandwiches in Philly, the Bolognese (a fried piece of lasagna on a sandwich) for some indulgence, or the Liveracce (deep fried chicken livers and salami) for some adventure.

### **Taqueria La Veracruzana**

908 Washington Avenue

215-465-1440

Great, authentic Mexican food at an extremely affordable price. The famous al pastor tacos (roasted pork

with pineapple) are worth the trip. BYOB.

### **Victor Café**

1303 Dickinson Street  
215-468-3040

[victorcafe.com](http://victorcafe.com)

The Opera-lover's dream. For several generations this place has been famous for its virtuoso waitstaff. Most of these folks are members of the Philadelphia Opera Company, and every 15 minutes or so one of them puts down their tray to sing an aria. Amazing! The walls are adorned with decades of opera star photos and memorabilia. The food is worth it but come especially for the entertainment.

### *Old City*

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### **Fork**

306 Market Street  
215-625-9425

[forkrestaurant.com](http://forkrestaurant.com)

Open 7 days a week in Philadelphia's Old City, Fork is a nationally acclaimed New American bistro offering delicious food that is seasonal, fresh and inventive. The menu is printed daily and reflects international influences from around the world. Sophisticated without being stuffy. Reservations are highly recommended for both lunch and dinner and for large parties.

### **Cuba Libre**

10 S. 2nd Street  
215-627-0666

[www.cubalibrerestaurant.com](http://www.cubalibrerestaurant.com)

Started in Old City in 2000 and now a multi-city group of restaurants, Cuba

Libre strives to provide amazing Criollo (home-style) food demonstrative of Cuban traditions. "Late-night Latin entertainment" Fridays and Saturdays 11pm-2am.

### **Lovash Restaurant**

236 South Street  
215-925-3881

[www.lovashrestaurant.com](http://www.lovashrestaurant.com)

Great food and great service! This location is a bit of a trek from campus, but they also have a food truck located at 37<sup>th</sup> and Spruce.

### **Zahav**

237 St. James Place  
215-625-8800

[zahavrestaurant.com](http://zahavrestaurant.com)

Featuring a wonderful "upscale" Israeli menu, this could easily be one of the places you take your parents or a place to visit with a group of friends. A great combination of traditional and innovative, Zahav was selected as the #1 restaurant in the city by Philadelphia Magazine in 2009.

### **Cedar's Restaurant**

616 S. 2nd Street  
215-925-4950

[cedarsrestaurant.com](http://cedarsrestaurant.com)

One of several great restaurants in the downtown South St. area, it serves delicious Middle Eastern food complete with tasty desserts. Relatively small, intimate setting makes it an ideal place for a romantic date. The staff is friendly and fast, and the food is not too pricey. Recently became a BYOB.

### **Marrakesh**

517 S. Leithgow Street  
(South Street between 4<sup>th</sup> & 5<sup>th</sup>)  
215-925-5929

[marrakesheastcoast.com](http://marrakesheastcoast.com)

An exotic dining experience that transcends mere dining and brings you into another world where you are greeted by smiling faces in Moroccan garb, taking you out of your daily routine for several wonderful hours. Course after course of Moroccan cuisine served against the backdrop of Middle Eastern music. Entertainment is provided nightly in the lovely form of a talented professional belly dancer. Great place to go with a group of friends.

### **Catahoula**

775 S. Front Street  
215-271-9300

[catahoulaphilly.com](http://catahoulaphilly.com)

A casual bar and restaurant, Catahoula serves a range of bar food and New Orleans classics. Amply equipped with televisions, it is also a great place to watch a game. Stop in for a beer or a meal.

### **Dmitri's**

795 S. 3<sup>rd</sup> Street: 215-625-0556  
944 N. 2<sup>nd</sup> Street: 215-592-4550

[dmitrisrestaurant.com](http://dmitrisrestaurant.com)

Some claim it's the best seafood in the city. Fan favorites are the grilled octopus, grilled veggies, spanakopita, and the baba ghanoush. Consistently fresh, Mediterranean-styled seafood, not over-priced. Very trendy and very good.

### **The Franklin Fountain**

116 Market Street  
215-627-1899

[www.franklinfountain.com](http://www.franklinfountain.com)

An old-time ice cream shop, where the staff is decked out in early 1900s attire and offers a variety of rich flavors, as well as monstrous sundaes and sodas in 25 flavors.

## **WHERE TO BUY GROCERIES**

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### *Grocery Stores*

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#### **Trader Joe's**

2121 Market Street  
215-569-9282

[traderjoes.com](http://traderjoes.com)

The TJs you know and love with decent prices and always some new item to try. Don't expect to find many ingredients outside of the VERY basics (think chicken breasts and broccoli), but they have a seemingly endless supply of ready-made frozen stuff. Pretty good deal all around.

#### **Fresh Grocer of Grays Ferry**

3021 Grays Ferry Avenue  
215-468-1550

[www.thefreshgrocer.com](http://www.thefreshgrocer.com)

New and affordable alternative to supermarkets in Graduate Hospital! If you spend more than \$100 (a total that can be combined with other people) you can get a free shuttle ride back home (within reasonable distance).

#### **South Square Market**

2221 South Street  
215-545-4349

Definitely overpriced, but it's a good option if you live in the area and are in a bind for that one ingredient you forgot elsewhere...

### **Whole Foods**

929 South Street: 215-733-9788

2001 Pennsylvania Ave: 215-557-0015

[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

Good for those special ingredients you just can't live without, but don't forget there is a reason its nickname is "Whole Paycheck."

### **Rittenhouse Market**

1733 Spruce Street

215-985-5930

[www.rittenhousemarkets.com](http://www.rittenhousemarkets.com)

Another pricey option, but convenient for people who live in the area.

### **Dollar General**

801 N. 48<sup>th</sup> Street

215-240-7288

[www.dollargeneral.com](http://www.dollargeneral.com)

Crazy cheap, but very limited selection. Good if you want to get the basics super cheap and maybe pick up some cleaning supplies and picture frames at the same time.

### **Old Nelson's**

2000 Chestnut Street

215-496-9777

(several other locations in the city)

[oldnelsonfood.com](http://oldnelsonfood.com)

More of a deli than a grocery store, but a good place to get sandwiches and deli meats alike.

### **Sue's Produce Market**

114 S. 18th Street

This is a great "hidden gem" for produce near Rittenhouse! Prices are more reasonable than other places in the area, and if you choose carefully, you can get some fresh and interesting produce.

### **Quetta Halal Market**

500 S. 23rd Street

215-735-8185

[www.quettahalalmeats.com](http://www.quettahalalmeats.com)

Some claim this place has the finest meats in Philadelphia! Reasonable prices. Closed on Mondays.

### **Iovine Brothers**

1136 Arch Street

215-928-4366

[iovine.com](http://iovine.com)

Iovine Brothers Produce is conveniently located inside Reading Terminal Market. They are very reasonably priced (usually better than most grocery stores), and very high quality.

## *Farmers' Markets*

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Whether you are a diehard when it comes to "buying local" or you just get weak in the knees when you see a homemade Pennsylvania Dutch Whoopie pie, these Farmers' Markets have something for everyone!

### **Clark Park Farmers' Market**

43rd Street and Baltimore Avenue

[thefoodtrust.org/farmers-markets](http://thefoodtrust.org/farmers-markets)

Saturday, 10am-2pm (year-round)

Thursday, 3pm-7pm (May-Nov)

Clark Park is home to one of the largest and most well-populated farmers' market in Philadelphia, and boasts

over a dozen vendors manning tables piled high with organic fruits, heirloom vegetables, milk, eggs, cheeses, meats and more.

### **Fitler Square Farmers' Market**

23<sup>rd</sup> and Pine Streets

[fitlersquare.org/farmers.html](http://fitlersquare.org/farmers.html)

Saturday 9 am–2 pm, open all year

Relatively small and expensive, but it's a good location and you can enjoy a loaf of homemade bread from an Amish baker.

### **Headhouse Farmers' Market**

2nd and Lombard Streets

[thefoodtrust.org/farmers-markets](http://thefoodtrust.org/farmers-markets)

Features more than 40 vendors. Check website for hours of availability.

### **Italian Market**

[italianmarketphilly.org](http://italianmarketphilly.org),

[phillyitalianmarket.com](http://phillyitalianmarket.com)

9<sup>th</sup> Street and Washington Avenue

Not exactly a typical farmers' market, but they have many produce vendors who sell fruit and veggies for CHEAP! It can be a real gamble for freshness, but if you're willing to pick through the nearly rotten stuff, you can usually find something decent for very cheap.

### **Rittenhouse Farmers' Market**

18<sup>th</sup> and Walnut Streets

Saturdays 10am-2pm year-round

Bigger selection than Fitler Square, but still pretty pricey. High quality foods.

## **CULTURAL ARTS**

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### *Festivals & Parades*

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Go to [visitphilly.com](http://visitphilly.com) for more!

### **Punk Rock Flea Market**

Multiple times each year. Visit website for location.

[www.phillyprfm.com/](http://www.phillyprfm.com/)

The Punk Rock Flea Market is the place to shop for awesome clothing, records, crafts, art, and most of all old punk junk!

### **Caribbean Festival**

Penn's Landing, Old City (August)

[phillycaribbeanfestival.com](http://phillycaribbeanfestival.com)

The Caribbean Festival seeks to expose the greater Delaware Valley area to the beauty and culture of the islands. It creates an awareness of the contributions Caribbean peoples have made to not only the local Philadelphia community, but also the country and the world. This is a family-friendly event with, as you might expect, great food and music.

### **Made in America Music Festival**

Benjamin Franklin Parkway  
(September)

[www.madeinamericafest.com](http://www.madeinamericafest.com)

The Budweiser Made in America Festival takes over the Benjamin Franklin Parkway each Labor Day weekend. With nearly 30 acts performing across three stages on the Benjamin Franklin Parkway, the two-day music festival is one of the city's can't-miss music events.

### **Mexican Independence Day Festival**

Penn's Landing, Old City (September)  
With live music, Aztec, folkloric and other dance, and great Mexican food and drink, this event rings in the Independence Day for Philly's Mexican Community.

### **Live Arts & Fringe Festival**

140 N. Columbus Boulevard  
(September)

[fringearts.com](http://fringearts.com)

The Live Arts and Fringe Festival descends upon Philadelphia to provide two weeks of dozens of shows. It is a celebration of theater, dance, performance art, music, poetry, puppetry and visual arts. Several experimental theater productions are performed at a number of locations. The shows can be thought-provoking, challenging and even down-right bizarre. Prices range from free to quite expensive, but there is really something for everyone. Check it out.

### **Oktoberfest**

Throughout Philly  
(September-October)

Be it pop-up beer gardens, kraft brew festivals, pretzel vendors or countless other celebrations of German culture and beer, Oktoberfest provides a seemingly endless supply of social events from the start of September to Halloween in any neighborhood of the city.

### **OutFest**

13<sup>th</sup> and Walnut Streets (October)

[www.phillygaypride.org](http://www.phillygaypride.org)

Be sure to check out the National Coming Out Day block party. This festival brings a medley of food trucks, street dancing, drink specials, vendors and live performers to the Gayborhood's vibrant streets.

### **Linvilla Orchards**

137 W. Knowlton Road, Media PA

[linvilla.com](http://linvilla.com)

Technically not within Philly but get a car share and go! A 300-acre family farm, Linvilla Orchards is great year-round for picking your own fruit and fresh vegetables. But it's most exciting in the fall when it transforms into Pumpkinland. Massive scarecrows and fall figures mark the beginning of the harvest season as over 100 tons of pumpkins sprout up in piles around the landscape. The celebration continues through September and October with live music and entertainment, corn and straw mazes, train rides, petting zoos, pony rides, face painting and more. The apple picking and scenic hayrides are not to be missed! Plus, their hot-n-fresh Apple Cider Donuts topped with cinnamon sugar are LEGEN...wait for it...DARY!

### **The Night Market**

Locations across the city

(May-October)

[thefoodtrust.org/night-market](http://thefoodtrust.org/night-market)

Night Market Philadelphia is the city's premier street food festival, a roving food event spotlighting Philly's best ethnic and regional restaurants and food trucks. Inspired by Asia's lively outdoor markets, the events celebrate

up-and-coming neighborhoods and showcase Philadelphia's diverse food and drinks and vibrant arts and culture scene. It rotates to different areas around the city, including South Street, Fairmount Ave, and Chinatown. It is a great way to enjoy some great food with friends but get there early to avoid long lines!

### **Odunde**

23rd and South Streets, Grad Hospital (June)

[odundefestival.org](http://odundefestival.org)

The annual Odunde Street Festival, held every second Sunday in June, brings a genuine taste of Africa to South Street and one of Philadelphia's oldest, historically African-American neighborhoods.

### **The Roots Picnic**

Penn's Landing (June)

[rootspicnic.com](http://rootspicnic.com)

Before there was Made in America, there was the Roots Picnic. This Philadelphia staple features acts from multiple genres, handpicked by The Roots themselves.

### **Philly Beer Week**

Locations across the city (June)

[phillybeerweek.org](http://phillybeerweek.org)

Philly Beer Week invites beer lovers to try special dinners and tastings, go on tours of Philadelphia's best pubs and breweries, watch home-brewing technique demos, catch a cask ale festival and more. This year, the week includes five major festivals and more than 600 events. The events provide great opportunities to sample local

brews like Yards, Victory, Triumph and Sly Fox while experiencing Philly's great neighborhood.

### **The Baltimore Avenue Dollar Stroll**

Baltimore Avenue between 42<sup>nd</sup> and 50<sup>th</sup> Streets (June-September)

[www.universitycity.org](http://www.universitycity.org)

The Dollar Stroll is an annual summer series that sees dozens of West Philly businesses setting up shop on the sidewalk and offering their wares for just \$1! The cheap thrills are accompanied by live music and street performances. Come hungry because there are lots of delicious treats to try, and a few bucks goes a long way!

### **Wawa Welcome America! Festival**

Week before and after Independence Day (June-July)

<https://welcomeamerica.com>

Philadelphia, the city where America's independence was born, is the best place to celebrate Independence Day. There are many great events leading up to the 4th, including the Taste of Philadelphia, Independence Day Parade, and the Wawa Hoagie Day (free hoagies!). It all culminates in the 4th of July Jam and Grand Finale Fireworks, including some big music names and an awesome fireworks display behind the art museum.

### **Bastille Day Festival**

Eastern State Penitentiary, 2124 Fairmount Avenue (July)

[www.easternstate.org/bastille-day](http://www.easternstate.org/bastille-day)

The annual event attracts thousands of visitors each year into the massive shadow of the penitentiary's main wall



to commemorate the storming of the Bastille by French revolutionaries. A reenactment of the French Revolution takes place, and when Marie Antoinette shouts, "Let them eat Tastykake!" 2000 Tastykakes are flung from the walls of the old prison.

### **Screenings Under the Stars**

Penn's Landing

[www.delawariverwaterfront.com](http://www.delawariverwaterfront.com)

A free movie series at Penn's Landing in July and August.

### *Museums-Galleries-Theaters*

Philadelphia has something of interest for everyone—from The Arden Theatre to the Zoo.

#### *Old City and Northern Liberties*

##### **First Fridays**

2<sup>nd</sup>/3<sup>rd</sup> Streets, around Market Street

[www.oldcityarts.org/start.html](http://www.oldcityarts.org/start.html)

Philadelphia's largest concentration of art galleries is located on 2nd and 3rd Streets just north and south of Market. Considered as a group these galleries cover a lot of styles, and their holdings usually change once a month. To make a night of it, these galleries collectively throw an open house called First Friday, the first Friday evening of each month, rain or shine, year-round. The streets fill with art lovers of all kinds who wander among the neighborhood's 40-plus galleries, most of them open from 5 until 9 p.m.

##### **The Arden Theatre**

40 N. 2<sup>nd</sup> Street

215-922-8900

[ardentheatre.org](http://ardentheatre.org)

Intimate, modern Old City theatre which features world-premieres as well as classics such as Into the Woods. Modest student discounts.

##### **Yards Brewery Tour**

901 N. Delaware Avenue

215-634-2600

[yardsbrewing.com](http://yardsbrewing.com)

Yards is a cool craft brewery in Northern Liberties that has some great beers, including ones based on original recipes of the Founding Fathers (try the George Washington Tavern Porter). On Saturdays and Sundays between noon and 4pm, they have free brewery tours with lots of free samples! After the tour, hang out in the Tasting Room for more good drinks and foods.

##### **Taller Puertorriqueño Inc.**

2721 N. 5<sup>th</sup> Street

215-426-3311

[tallerpr.org](http://tallerpr.org)

The Taller Puertorriqueno, Inc. is the only Hispanic cultural center in the city of Philadelphia. It has books, music, literature and handicrafts. The second floor contains a gallery of art exhibits of local Hispanic and Puerto Rican artists. There are times when they are closed for special exhibits – call the Taller for more information.

##### **The Painted Bride Art Center**

230 Vine Street

215-925-9914

[paintedbride.org](http://paintedbride.org)

Tiny and funky, with theatre, dance, jazz, poetry, and performance art, this avant-garde establishment caters to a

socially-conscious young crowd with periodically off-the-wall performances. The prices are cheap, and the love is thick.

### *Center City*

#### **African-American Museum**

701 Arch Street

215-574-0380

[www.aampmuseum.org](http://www.aampmuseum.org)

Founded in 1976, this museum is the first African-American museum to be officially endorsed by the Mayor and City Council of a major city in the US. This museum features exhibits that deal with the history and heritage of African-Americans.

#### **Fabric Workshop & Museum**

1214 Arch Street

215-561-8888

[fabricworkshopandmuseum.org](http://fabricworkshopandmuseum.org)

The Fabric Workshop and Museum is the only non-profit arts organization in the United States devoted to creating new work in new materials and new media in collaboration with emerging, nationally, and internationally recognized artists.

#### **Philadelphia Museum of Art**

26th and Ben Franklin Parkway

215-763-8100

[philamuseum.org](http://philamuseum.org)

You've seen this museum before, even if you've never been to Philadelphia...Sylvester Stallone getting ready for the fight of his life...yes, the steps in front of the museum was the backdrop for that inspirational Rocky scene. Besides that, this museum is the largest in Philadelphia, our version of the Met or

the Louvre! A very nice collection of just about every type of art with impressive special exhibitions.

#### **Schuylkill Banks**

Walnut Street Bridge

[www.schuylkillbanks.org](http://www.schuylkillbanks.org)

Grab your bike, running shoes, or fishing pole to participate in a wide variety of riverside activities. You can run, walk, bike or skate along the trail, which connects to Kelly Drive and the rest of the Schuylkill River Trail. Lawn areas and benches along the trail are the perfect spot for a relaxing picnic, urban fishing and creating plein-air artwork. Schuylkill River Development Corporation and partners also put on a variety of organized events throughout the year, including boat tours, kayak tours, and free movie nights.

#### **Rodin Museum**

22<sup>nd</sup> and Ben Franklin Parkway

215-763-8100

[www.rodinmuseum.org](http://www.rodinmuseum.org)

With over 140 bronzes (including the ubiquitous "Thinker"), marbles, and plasters, the distinguished collection housed in the Rodin Museum represents every phase of Auguste Rodin's career. Located on the Parkway—which was intended to evoke the Avenue des Champs-Élysées in Paris—the elegant Beaux-Arts-style building and garden offer an absorbing indoor and outdoor experience.

#### **Franklin Institute**

20<sup>th</sup> and Ben Franklin Parkway

215-448-1200

[www.fi.edu](http://www.fi.edu)

Besides housing a host of dedicated research scientists, the Franklin Institute also features a planetarium, IMAX theatre, and engaging science exhibits, many of them hands-on. If you like dinosaurs, birds, stars, nature, technology, and more, you're in for a treat. If you decide to go to the IMAX movie, go early if you're with a group, and late if you're alone and want a free ticket.

### **The Mütter Museum**

19 S. 22nd Street  
215-560-8564

[muttermuseum.org](http://muttermuseum.org)

When you wake up in the morning just longing to see a REALLY big colon...check out the Mütter Museum located within the College of Physicians. For those fascinated with grossosities, human bones, severed limbs, and pickled organs, all displaying ghastly pathologies, you are in for a fine treat. For the faint at heart, there's a medical herbal garden open for free to the public right out front.

### **The Freedom Repertory Theatre**

1346 N. Broad Street  
215-687-1764

[www.freedomtheatre.org](http://www.freedomtheatre.org)

The oldest African-American theatre in Philly often has performances by actors and actresses who have trained through the Freedom's classes. Reasonable prices.

### **The Philadelphia Orchestra**

300 S. Broad Street  
215-893-1999

<https://philorch.org>

Concert season: late September till late May. EZSeatU membership for students (med students count!) w/ Penn ID is \$25 for access to unlimited concerts - you simply reserve and print your ticket the Tuesday before each concert and sign in at a designated table on concert day. Seating is general admission (you fill in empty seats in the orchestra level shortly before the concert). Concerts take place at the Kimmel Center, Verizon Hall. Also, be sure to check out their Free Neighborhood Concert at Penn's Landing around the 4th of July.

### **Philadelphia Shakespeare Theatre**

2111 Sansom Street  
215-496-8001

[www.phillyshakespeare.org](http://www.phillyshakespeare.org)

A theatre dedicated to Shakespeare conveniently located in Center City. Check out the web age for more info. Student tickets and season ticket discounts are available.

### **The Walnut Street Theatre**

825 Walnut Street  
215-574-3550

<http://walnutstreettheatre.org/>

The oldest continuously running theater in the United States recently designated the "State Theatre of Pennsylvania" by the PA state government. Recent productions include mainstream productions such as La Cage aux Folles and A Chorus Line as well as world premieres.

### **The Wilma Theater**

265 S. Broad Street

215-893-9456

[www.wilmatheater.org/](http://www.wilmatheater.org/)

The Wilma Theater exists to present theater as an art form, engaging audiences and artists alike. The Wilma has good student discounts, including a season ticket package of Sunday matinees at a reduced rate. You can also usher for a night and see a show for free!

*Grad Hospital*

### **The Plays and Players Theatre**

1714 Delancey Street

215-735-0630

[www.playsandplayers.org](http://www.playsandplayers.org)

A small theater embedded in the Rittenhouse Square neighborhood. Has slight student discounts. At the box-office you can only buy tickets in advance before 6pm.

*West Philly and University City*

### **Institute of Contemporary Art**

118 S. 36<sup>th</sup> Street

215-898-7108

[icaphila.org/](http://icaphila.org/)

ICA exhibitions have aimed to bring under-recognized artists to the attention of the broader world. Admission is free for all!

### **Penn Museum**

3620 Spruce Street

215-898-4000

<http://www.penn.museum/>

Yes, Penn even has its own museum! Founded in 1887, this museum houses one of the largest archaeological and ethnographic collections in the US.

### **Philadelphia Zoo**

34<sup>th</sup> Street and Girard Avenue

[philadelphiazoo.org](http://philadelphiazoo.org)

America's first zoo with over 1300 animals. See exotic and local animals; learn about worldwide efforts in animal conservation and more.

### **The Mann Center**

52<sup>nd</sup> and Parkside Ave., Fairmount Park  
215-878-0400

[manncenter.org](http://manncenter.org)

Situated in historic Fairmount Park, the Mann Center is known for its outdoor summer concerts and wide spectrum of artists and performances.

## **PLACES TO WORK OUT**

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Besides studying and exploring all the great things that Philadelphia has to offer, be sure to make time to take care of yourself! This list of gyms and other workout options is a good place to start.

*University City*

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### **Dhyana Yoga**

3945 Chestnut Street and

1611 Walnut Street

[dhyana-yoga.com](http://dhyana-yoga.com)

Check it out for all your Yoga needs!

### **Fox Fitness Center**

33<sup>rd</sup> St., between Walnut and Spruce

[recreation.upenn.edu/facilities/fox-fitness/](http://recreation.upenn.edu/facilities/fox-fitness/)

Fox is Penn's "best kept secret" when it comes to on-campus fitness center. It is definitely the cheapest gym option if you don't need anything besides cardio and weights!

### **Penn Park**

3000 Walnut Street

[recreation.upenn.edu/facilities/penn-park/](http://recreation.upenn.edu/facilities/penn-park/)

Located right behind Franklin Field, Penn's historic stadium that hosts Penn Relays every year (the nation's oldest and biggest collegiate track meet...you should check it out in April!!), Penn Park is a huge outdoor facility with 8 tennis courts, two recreational turf fields, a softball field, and some trails for running. Perfect place to make friends with your new classmates while playing a game of soccer or ultimate frisbee.

### **Pottruck Health and Fitness Center**

3701 Walnut Street

215-573-2102

[recreation.upenn.edu/facilities/pottruck-health-fitness-center/](http://recreation.upenn.edu/facilities/pottruck-health-fitness-center/)

This all-inclusive fitness center includes a pool, climbing wall, weight rooms, basketball court, and 3 or more cardio rooms. Pottruck is pretty nice, especially if you want the extra bells and whistles of a pool, indoor basketball court, and climbing wall.

### **Schuylkill River Trail/Park**

[schuylkillrivertrail.com](http://schuylkillrivertrail.com)

A great place for biking, running, or rollerblading, the Schuylkill River Trail will be about 130 miles long when totally completed! For now, it gets you as far as you could ever want to go, starting at 25th and Locust and extending past Boathouse Row to Manayunk, Valley Forge, and beyond! It is a beautiful run, especially when you make it farther out of the city. The

adjacent Schuylkill River Park at the start of the trail also has two public tennis courts and two basketball courts. For those basketball players out there who don't want to pay to play in an indoor gym, the River Park is the place to go. The courts can be crowded in nice weather, but there are usually people looking to get a game together.

## *Center City*

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### **City Fitness**

Center City, Grad Hospital, South Philly  
[cityfitnessphilly.com](http://cityfitnessphilly.com)

The Grad Hospital location is a convenient option for the South Street crew, this is a pretty nice gym with lots of cardio and weight equipment.

### **Sweat Fitness**

200 S. 24<sup>th</sup> St and other locations

215-351-0100

[www.sweatfitness.com](http://www.sweatfitness.com)

This gym is another convenient option for those crossing the Walnut Street Bridge to class. Classes are available as well.

### **Weston Fitness**

1835 Market Street

215-963-2700

[westonfit.com](http://westonfit.com)

Another standard gym in Center City with cardio, weights, and classes.

## **PERSONAL CARE**

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One person that you've probably regretfully left behind upon coming to Penn is your friendly, trustworthy

neighborhood hairdresser or barber. Realizing that for many people it takes months to find what they consider a good beautician or barber, we thought it might prove helpful to hear about those places that are frequented by other medical students. Call before you go!

### *Hair and Skin Care*

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#### **Admirations Hair It Iz**

2033 Chestnut Street, #1  
215-564-2929

[admirationshairitiz.com](http://admirationshairitiz.com)

Admirations is the Center City salon that caters to the professional person who wants that special look!

#### **Adolf Biecker Studio**

138 S. 34<sup>th</sup> Street  
215-418-5550

[adolfbieckerstudio.com](http://adolfbieckerstudio.com)

This is a great place for someone looking for a higher-end salon right on campus. Offers hair cut/style, color, waxing, nail care, and makeup services. Open every day until 6PM or later; appointments preferred, but walk-ins welcome. Offers text message deals to members!

#### **Skin Care Lounge**

1512 Sansom Street  
215-384-3000

[skincarelounge.com](http://skincarelounge.com)

Awarded Best of Philly two years in a row.

#### **Salon Tenshi**

537 N 10th Street  
215-232-8090

<https://www.salontenshi.net/>

Come to Salon Tenshi for expertise in skin and hair to get the best treatment that is right for you!

#### **Coco Jazz Salon**

3631 Lancaster Avenue  
215-222-2329

Prices are very reasonable. The salon also has a barber.

#### **Culture Hair Studio**

7201 Germantown Avenue  
[www.culturehair.com](http://www.culturehair.com)

Culture Hair Studio offers a variety of hair and skin services and was voted a Voted a "Top 200" salon in the nation.

#### **Deeper Than Hair**

5613 Walnut Street  
215-471-7707

[deeperthanhair.com](http://deeperthanhair.com)

Owner Kee Taylor is a celebrity stylist, most known for her attention to the health of her client's hair and getting damaged hair to its strongest state.

#### **Duafe Holistic Hair Care**

3129 N. 22<sup>nd</sup> Street  
267-297-7636

<http://new.duafephilly.com/>

Expertise in natural hairstyles and locs with their own hair care line. The salon offers consultations. Prices are on the higher end.

#### **Empire Beauty School**

1522 Chestnut Street  
215-253-4621

[www.empire.edu/guest-services](http://www.empire.edu/guest-services)

Results here can range from excellent to so-so but prices are VERY affordable. This place is particularly

good in the summer when the students are about to graduate because they are all salon-quality stylists. If you go once and work with someone you like, you can also request them for future appointments.

### **Headhouse Salon**

141 League Street (near 2<sup>nd</sup> St. and Washington Ave.)

[www.headhousesalonphilly.com](http://www.headhousesalonphilly.com)

Located in the Queen Village section of South Philadelphia, stylists at Headhouse specialize in precision cutting, innovative color services, great length extensions and flawless makeup application.

### **Island Design Salon**

1410 N. 52<sup>nd</sup> Street

215-472-2470

[www.islandesignsalon.com](http://www.islandesignsalon.com)

No one does braids, locking, and hair weaving like Island Design. It offers a wide range of natural hair services and carries natural product lines for locks and natural hair maintenance.

### **Jus Roz Multicultural Salon**

130 S. 45<sup>th</sup> Street

215-796-4143

Just roZ offers a range of hair styling services and eyelash extensions, all in an enjoyable and clean atmosphere. “Women need a place they can call home for their Beauty needs. Come get whipped into beautiful shape”.

### **Kevin’s Hair Salon**

52 N. 9<sup>th</sup> Street: 215-238-9798

538 Washington Ave.: 215-218-1115

[www.kevinhairsalon.com/](http://www.kevinhairsalon.com/)

This popular Chinatown spot comes highly recommended by multiple Penn Med students.

### **La Pearl**

3857 Lancaster Avenue

215-387-8232

<http://lapearlbeauty.com/>

Where they “love your hair to health”. Ask about student prices.

### **Lisflor’s Dominican Salon**

510 W. Girard Avenue

215-426-7527

“We are trained to work with all types of hair textures, we are able to offer multiples service blow dry, hair extensions, permanent make up and much more.”

### **Penn Campus Hair Skin & Nail Salon**

3730 Spruce Street

215-222-9351

[www.penncampushairsalon.com](http://www.penncampushairsalon.com)

This salon is best if you’re looking for convenience--just a short walk from Penn’s medical campus and accepts walk-ins. Offers men’s and women’s hair cut/color/style, nails, waxing, facial, and massage—all at a reasonable price.

### **Ryan Foster Inc**

7118 Germantown Ave.

215-753-7118

This salon is particularly known for skill with versatile hair types, providing chemical free styling options.

## *Barbers*

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### **Philly Cuts**

4409 Chestnut Street  
215-387-2808

One of Philly's finest barbers. Appointments suggested but walk-ins are welcome.

### **First Decisions Unisex Hair Salon**

113 S. 40<sup>th</sup> Street  
215-222-6366

This is one barber who is good and takes his time especially when he gets to know you as one of his regulars. It may be hard to get a haircut around lunch time. Also, precision cuts for women.

### **South Street Barbers**

1302 South Street  
215-985-5851

[www.southstreetbarbers.com](http://www.southstreetbarbers.com)

This traditional barber shop comes highly recommended by Penn Med students. Haircut will cost \$20-\$30. Open 7 days, accepts credit cards, bike parking available nearby.

## **SPIRITUALITY AND WORSHIP**

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Philadelphia is known as the City of Brotherly Love, and its diversity of faiths helps it live up to its name.

The University's **Office of the Chaplain** is responsible for coordination of religious activities at Penn. Located in Houston Hall at 3417 Spruce Street, the office's staff is available to students, faculty and staff for pastoral support, guidance, or informal

advising and counseling. If you need help finding a home for worship, don't hesitate to get in touch with them!

<https://chaplain.upenn.edu>

Perelman also has a few of its own student organizations to support spirituality and worship for medical students:

### **Caritas**

Caritas is a network of students who are interested in how Catholic thought interacts with medicine. We are interested in exploring issues in social justice and medical ethics. All students interested in discussing how faith interacts with medicine are welcomed.

### **Maimonides Society**

The mission of "Maimo" is to provide a framework for Jewish life at Perelman. We collaborate with other graduate schools, the Lubavitch House, and Hillel at Penn to host social events. We also host educational events that cover topics at the intersection of Judaism and medicine. We're happy to answer all your questions about kosher food options, religious services, and the Philly Jewish social scene. We welcome students of all levels of religious observance!

### **Muslims in Medicine**

MnM aims to build a network of Muslims and friends in all stages of their careers and training. Together we can navigate the challenges and joys of practicing medicine while Muslim and give back to the surrounding community. We work



closely with the Penn Muslim Student Association, as well as other graduate schools to cultivate our students' Muslim life at Perelman.

### **Penn Med Christian Fellowship**

PMCF is a student-run organization at Penn for Christians of ALL backgrounds and for those interested in Christianity. We have weekly meetings and organize opportunities for community service and mentorship with Christian doctors and healthcare professionals.

Following is a list (but in no way complete list!) of places of worship that have been recommended by Perelman Med students. Visit the websites or call ahead for more information.

#### *African Methodist Episcopal*

### **Mother Bethel African Methodist Episcopal Church**

419 S. 6<sup>th</sup> Street

Mother Bethel AME Church is the founding church for its denomination established in 1794 by Richard Allen, a former slave. It was also an important Underground Railroad Station and has a museum of its history.

#### *Baptist*

### **Beulah Baptist Church**

50<sup>th</sup> and Spruce Streets

### **Bright Hope Baptist Church**

12<sup>th</sup> Street & Cecil B. Moore Avenue

### **Enon Tabernacle Baptist Church**

Enon West: 230 W. Coulter Street

Enon East: 2800 W. Cheltenham Avenue

### **Mt. Carmel Baptist Church**

58<sup>th</sup> and Race Streets

### **Sharon Baptist Church**

3955 Conshohocken Avenue

### **White Rock Baptist Church**

53rd and Chestnut Streets

#### *Buddhism*

### **Chenrezig Tibetan Buddhist Center**

1417 N. 2<sup>nd</sup> Street

### **Nalandabodhi Philadelphia**

1212 S. 47th St (at Children's Community School)

#### *Catholic*

### **Penn Newman Catholic Center**

3720 Chestnut Street

### **St. Agatha & St. James Roman Catholic Church**

3728 Chestnut Street

### **St. Patrick's Roman Catholic Church**

20<sup>th</sup> and Locust Streets

#### *Episcopal*

### **Church of St. Andrew & St. Monica**

3600 Baring Street

This is a small, warm church in Powelton Village with a large Caribbean and African congregation.

### **Church of the Holy Trinity**

1904 Walnut Street

One of the nation's first Episcopal churches, this church is known for being very liberal and is the church home of many graduate students in the area. There are biweekly activities

geared towards the LGBT community and young adults.

### **St. Mark's Church**

1625 Locust Street

### *Hinduism*

### **Samarpan Hindu Temple**

6515 Bustleton Avenue

### *Islam*

### **Masjid al-Jamia**

4228 Walnut Street

### **Muslim Students Association**

[www.upennmsa.org](http://www.upennmsa.org)

The Muslim Student Association has a room of its own in the Spiritual and Religious Life Center at Penn (SPARC). Located in the 2nd floor of Houston Hall, the MSA Prayer Room is open from 10:00 am until 9:00 pm so that Penn's Muslims may perform their daily prayers. Additionally, during the month of Ramadan, the MSA holds daily iftaars and Maghrib prayers in this room.

### **The Association of Islamic Charitable Projects (AICP)**

45<sup>th</sup> and Walnut Streets

### **Quba Institute & Masjid**

4637 Lancaster Avenue

### *Jehovah's Witnesses*

5619 Walnut Street: 607 N. 43<sup>rd</sup> Street:  
1237 Federal Street: 2033 Ellsworth Street:

[jw.org](http://jw.org)

Jehovah's Witnesses hold meetings for worship twice each week. At these meetings, which are open to the

public, there is an examination of what the Bible says and how its teachings can be applied in life. Most of the services include audience participation, much like a classroom discussion. Meetings begin and end with song and prayer. You don't have to be one of Jehovah's Witnesses to attend the meetings. Everyone is warmly welcomed. Seats are free. No collections are ever taken. Please call for meeting times.

### *Judaism*

### **Congregation Beth Ahavah**

615 N. Broad Street

Congregation Beth Ahavah is a gay and lesbian synagogue that holds services in the Reform tradition (but congregants come from all backgrounds, and there is actually a fair amount of Hebrew liturgy used). It is small and has a very "haimish" feel to it. There are about 150 members total, including a number of physicians and medical students. Events, classes, panels, and workshops are offered throughout the year.

### **Hillel**

215 S. 39<sup>th</sup> Street

[www.pennhillel.org](http://www.pennhillel.org)

Penn Hillel offers a variety of services throughout the year, including Conservative, Reform, Orthodox and Sephardic services every weekend. Themed services (Carlebach, Women's, Interdenominational, etc.) also occur occasionally.

### **Lubavitch House**

4037 Pine Street

### **Temple Beth Zion/Beth Israel**

18<sup>th</sup> and Spruce Streets  
Daily services, Shabbat, holiday services, and classes are offered. A core group of members are young and include professionals and students alike.

#### *Lutheran*

### **University Lutheran Church of the Incarnation**

3637 Chestnut Street

“UniLu” is a small, welcoming and friendly church made up of community members and students from Penn, Drexel, Temple, University of the Sciences and other schools.

#### *Mormon*

### **Philadelphia 1<sup>st</sup> Ward**

3913 Chestnut Street

#### *Non-denominational*

### **Chinese Christian Church & Center**

1101 Vine Street

CCCnC is a non-denominational Christian church in the Philadelphia Chinatown neighborhood made up of people of all ages from all over the region.

### **Freedom Church**

Prince Theater, 1412 Chestnut St.

<https://freedomchurchphilly.org/>

### **Grace Covenant Church**

34<sup>th</sup> & Walnut Sts., Meyerson Hall

The doors are wide open to people from all backgrounds. Whether you are a spiritual seeker just beginning to ask questions about God or a committed Christian wanting to deepen your faith, Grace Covenant Church is a place you can call home

and find spiritual help, hope, and encouragement.

#### *Pentecostal*

### **Deliverance Evangelistic Church**

2001 W. Lehigh Avenue

### **Mt. Airy Church of God in Christ**

6401 Ogontz Avenue

#### *Presbyterian*

### **Emmanuel Church in Philadelphia**

4723-41 Spruce Street

At Emmanuel, you'll meet lots of students and working young adults. The congregation is largely Asian-American but absolutely open to all. Services are geared towards young adults and students. A free shuttle service is available to students on campus.

### **First African Presbyterian Church**

42<sup>nd</sup> Street and Girard Avenue

215-477-3100

The pastor extends a warm welcome to all Penn students on behalf of the congregation at First African. This church has built a relationship with Penn students through serving as the site for United Community Clinic. The church has a number of other services for its members and has made a strong commitment to community service.

### **New Spirit Community Church**

The Common Place, 5736 Chester Ave.

[www.thecommonplacephilly.org](http://www.thecommonplacephilly.org)

### **Tenth Presbyterian Church PCA**

17<sup>th</sup> and Spruce Streets

The large congregation offers several fellowship groups and participates in a

variety of ministries, including work with AIDS patients, the homeless, and prison workers. There is also a city-wide medical group called Medical Campus Outreach.

### **Woodland Presbyterian Church**

42<sup>nd</sup> and Pine Streets

Woodland is a community church with a diverse congregation. The Sunday morning worship service includes preaching from the Word of God, congregational prayer and praise, and the music ministry of the Praise Band.

### *Seventh-Day Adventist*

### **West Philadelphia Seventh Day Adventist Church**

4527 Haverford Avenue

### *Unitarian Universalist*

### **First Unitarian Church of Philadelphia**

2125 Chestnut Street

215-563-3890

It's a friendly, liberal congregation of Center City students and professionals, as well as friendly folks from across the city. It's particularly welcoming to gays, lesbians, and unbelievers, and those who find mainline churches too restrictive in their dogma or resistant to reason.

### *Religious Services in Spanish*

### **Baptist**

First Spanish Baptist Church

2344 North Hancock Street

215-634-5310

Second Spanish Baptist Church

4917 Frankford Avenue

215-537-9505

### **Catholic**

Iglesia Asuncion De La Virgen Maria

174 Diamond Street

215-765-4052

Iglesia San Bonifacio

Diamond and Hancock Streets

215-739-6376

Capilla La Milagrosa

1903 Spring Garden Street

215-972-8116

Iglesia San Pedro El Aposto

15<sup>th</sup> Street and Girard Avenue

215-627-2386

Iglesia Santa Veronica

533 W. Tioga Street

215-228-4878, 215-225-5677

### **Episcopal**

St. George and St. Barnabas Episcopal Church

61<sup>st</sup> Street and Hazel Avenue

215-747-2605

### **Independent**

Living Word Community

142 N. 17<sup>th</sup> Street

215-563-1322

Living Word Community in Center City Philadelphia is a bilingual, diverse, and loving family who believes in God, the Bible, and acknowledges salvation through Jesus Christ.

### **Methodist**

Iglesia Metodista de Resurrección

142 N. 17<sup>th</sup> Street

215-563-1322

Sunday worship service at 2:30pm is held in Spanish.

## **TRANSPORTATION**

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While all may not agree, Philly is a bike-friendly city. It's cheap and healthy – a rare combination. Consider joining a cycling group to meet new people!

### *Bike Shares*

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Philadelphia offers the **Indego Bike Share** at over 70 locations throughout the city: [www.rideindego.com](http://www.rideindego.com)

### *Bike Repair and Service*

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#### **Breakaway Bikes**

1923 Chestnut Street

215-568-6002

<https://www.breakawaybikes.com/>

#### **Bicycle Therapy**

2211 South Street

215-735-7849

<https://www.bicycletherapy.com/>

#### **Keswick Cycle**

4040 Locust Street

215-387-7433

<https://www.keswickcycle.com/>

### *Penn Transit Services*

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Penn offers a number of shuttles and buses operating in University City, West Philadelphia, and Center City that are free for riders with a valid PennCard or hospital ID. Their website offers a lot of useful information about how to get around Philly in a safe,

quick, and cheap manner, so it would be worthwhile to give it a look! Login to Campus Express and click on “My Transportation” to find out more: [www.campusexpress.upenn.edu](http://www.campusexpress.upenn.edu)

### *SEPTA*

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Getting around Philadelphia without a car can be very easy. Walking is always a great option, but when your feet are tired, SEPTA can take you most places.

To find the most up to date schedules and routes, go to [www.septa.org](http://www.septa.org).

#### *Bus Lines*

**Bus routes 21, 40 and 42** run between Center City and West Philadelphia making stops throughout campus. The 21 and 42 run along Walnut Street in Center City towards University City. Once the route 21 crosses the Walnut Street Bridge, it continues along Walnut Street. The route 42 turns left at 34<sup>th</sup> Street and makes stops right outside of HUP and CHOP. The route 40 runs along Lombard Street in the Graduate Hospital area going towards HUP, crosses the South Street Bridge, and makes stops along Spruce Street in the University City area.

#### *Bus Route Maps and Schedules*

<http://www.septa.org/maps/>

#### *Subways*

The Green Line Trolleys run from City Hall to West Philly and provide access to school and a number of neighborhoods in West and Southwest Philly. (Note: Trolleys run underground between 40<sup>th</sup> and 15<sup>th</sup>,

but above ground from 40<sup>th</sup> west...don't be alarmed.)

The Market Frankford (“Blue”) Line, better known as the El (elevated train), runs east and west along Market Street for the length of the city and can get you around extremely quick.

The Broad Street (“Orange”) Line runs north and south along Broad Street and is the easiest way to get to the Sports Stadiums and Arenas.

### *Regional Rail Lines*

The **Regional Rail Lines** ([www.septa.org/service/rail](http://www.septa.org/service/rail)) take you to some Philly neighborhoods beyond Center City, the surrounding suburbs, and the Philadelphia Airport. All of the lines stop at 30<sup>th</sup> St. Station, with the exception of the Airport line. Some Regional Rail Lines also connect to New Jersey Transit (which has student discounts!).

### *Paying For SEPTA*

Visit **SEPTA's Fares page** for current fare prices and options: [www.septa.org/fares](http://www.septa.org/fares)

Penn Transit Services also offer a semester-long pass, called the Penn Pass, that will get you anywhere within the city. Go to **Campus Express** to find out more information about purchasing a Penn Pass: [www.campusexpress.upenn.edu](http://www.campusexpress.upenn.edu)

### *Car Shares, On Demand, Etc.*

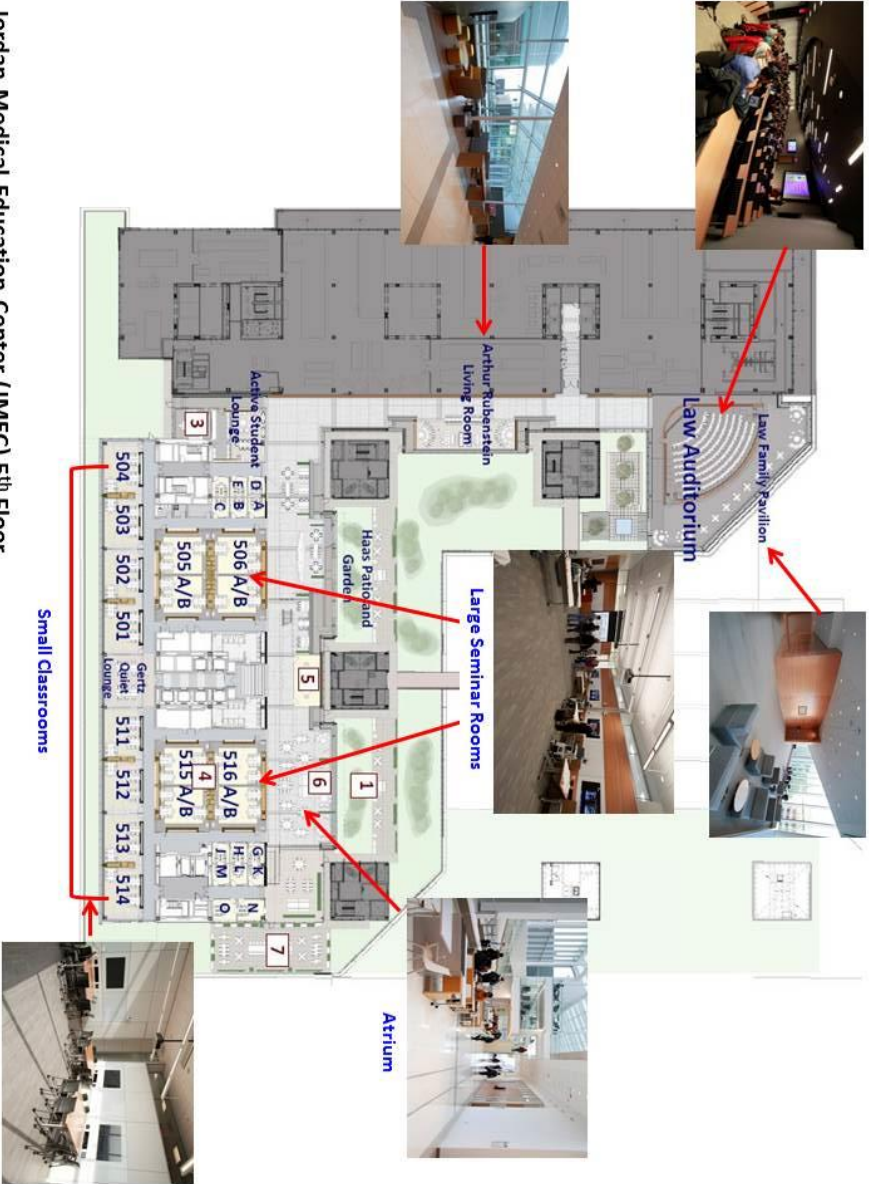
The University has collaborated with several companies to meet students' transportation needs. Visit the Penn Travel website for up-to-date info: [www.upenn.edu/penntavel](http://www.upenn.edu/penntavel)





# JMEC MAP

Jordan Medical Education Center (JMEC) 5th Floor





**Program for Diversity & Inclusion in the Center for Student Life**

Perelman School of Medicine at the University of Pennsylvania

Jordan Medical Education Center, 6th Floor

3400 Civic Center Boulevard, Philadelphia, PA 19104

[www.med.upenn.edu/pdi](http://www.med.upenn.edu/pdi)



[penndi@penmedicine.upenn.edu](mailto:penndi@penmedicine.upenn.edu)

Tel: 215.898.4409 | Fax: 215.573.3663

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This guide is also available electronically at

[www.med.upenn.edu/diversityguide](http://www.med.upenn.edu/diversityguide)