

STUDENT PROFILES: NHS SENIORS FACE A FUTURE OF POSSIBILITY

By Bill Cessato

Senior year is always a busy time in the life of undergraduates. It is a time to reflect on the past four years on the Hilltop.

It is also a time to look forward to further education or future careers. At Georgetown University School of Nursing & Health Studies, students study within departments of Health Systems Administration, Human Science, International Health, and Nursing, as well as participate as athletes, volunteers, and club leaders.



Timothy Shannon (NHS'07)

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—Timothy Shannon (NHS'07), a senior in health care management and policy

Upon graduation, these men and women pursue diverse paths, including law and medical schools, health care management, public health, doctoral programs, and nursing fellowships.

Health Care Horizons took time to check in with five seniors to learn what impact NHS had on them, as well as what impact they had on the school and campus.

HEALTH SYSTEMS ADMINISTRATION

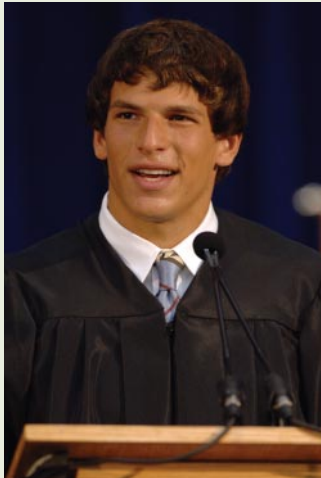
At Georgetown, Timothy Shannon (NHS'07) serves as co-chair of the NHS academic council, as an accountant at Students of Georgetown, Inc. (The “Corp”), and as chapter leader for Global Platinum Securities, LLC Investment Club. After considering a half dozen job offers from investment bankers and asset managers, Shannon decided on a health care research analyst position at J.P. Morgan. He will begin in July.

IN HIS OWN WORDS:

I found the Health Care Management and Policy Program a unique opportunity to combine my passions for business and medicine. I took a wide range of courses from Science, Technology, and International Affairs, to Financial Statement Analysis, to the Language of Health and Disease.

The deans and professors of NHS provided invaluable career and life advice. I expected to bond with a professor or two, but I never thought I would gain such deep friendships with professors and administrators during my college career. I took every opportunity to engage professors, other students, and Georgetown alums during my four years on the Hilltop. I found the MBNA career center an invaluable resource to connect with Georgetown alums in my field of interest. I am now prepared to enter a career in health care investment management.

I grew as a person at Georgetown by developing deeper relationships with an incredibly diverse set of individuals. I



David Fajgenbaum (NHS'07)



branched out beyond my comfort zone to interact on many levels with students from very different backgrounds and professors with opinions the polar opposite to my own. In addition to learning the basic skills of life away from home, I learned to respect and understand passionate people with personal views on the opposite side of the spectrum.

HUMAN SCIENCE

During his four years at Georgetown, **David Fajgenbaum (NHS'07)** played quarterback for the Georgetown football team. He also created Fajgenbaum's Strength & Nutrition Program to train middle and high school athletes and used

He also conducted research with Professor Allan Angerio on "The Role of Nitric Oxide (NO) in the Exercise Response," Professor Charles Evans on "The Role of Human Simulation in Exercise Physiology," and Professor Robin Lanzi on "The University Response to College Student Bereavement." He was a finalist for the Rhodes Scholarship.

IN HIS OWN WORDS:

I have been fortunate to study human science and get an in-depth understanding of health and disease as an undergraduate. I hope to apply this experience and knowledge in medical school as I study to become a clinical oncologist.

I have learned how to turn a passion into something that enacts change. I took my desire to help college students with a sick or deceased loved one and began Students of AMF. Then I was inspired by numerous members of the Georgetown community to 'think big.' So I created the National Students of AMF Support Network. I have learned that with passion and dedication anything can be accomplished.

The John Carroll program really catalyzed my maturation over the last several years. The faculty forced me to dig deeper with everything that I was participating in. I have also tremendously benefited from the Georgetown fellowships office, which worked with me in preparation for the Rhodes and the Marshall Scholarship competitions.

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this program to develop the Boot Camp to Beat Cancer, which has raised more than \$30,000 over the last two years.

In addition, he founded the Students of AMF (Ailing Mothers & Fathers) Support Network (www.StudentsofAMF.org) at Georgetown for college students with a sick or deceased loved one. In April 2006, he incorporated the National Students of AMF Support Network as a nonprofit organization.

NURSING

At NHS, **Molly McNamara (NHS'07)** has been on the Academic Council and is currently serving as its chair. She has also been involved with New Student Orientation, acting as an orientation advisor for the past three years. In addition, she participated in the Georgetown Admissions Ambassador Program, sitting on panels for high school students, as well as served as an NHS Peer Advisor for first-year students.



Molly McNamara (NHS'07)

HUMAN SCIENCE

Tanuj Banker (NHS'07), who was admitted through early assurance to Georgetown University School of Medicine, has served on the board of the *Georgetown Journal of Health Science* for the past three years, including as editor-in-chief this year. It is a peer-reviewed undergraduate publication that accepts submissions from the human science, international health, health systems administration, and nursing fields.

He has also served as a teaching assistant in Professor Allan Angerio's human biology and microbiology classes. Active in lab research—under the guidance of Professor J.P. Hyatt—Banker has studied skeletal muscle, specifically examining the role of second messengers in activating pathways that are responsible for alleviating muscle atrophy following neural injury.

He earned the Georgetown University Research Opportunity Program (GUROP) award and the Sigma Xi Society Grants-in-Aid Research award to support this

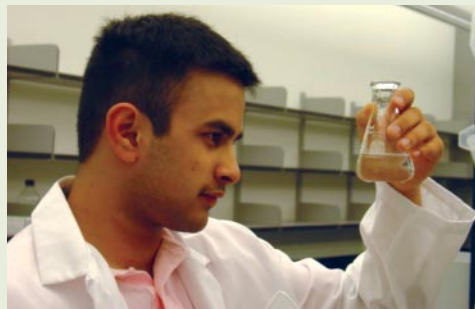
“At Georgetown, I have met interesting people from around the world, studied with professors who are leaders in their fields, and traveled to places I never thought I would go. Through these experiences, I have become more confident in my capabilities, more acutely aware of the factors which affect our community and world, and more appreciative of others’ experiences.” —Molly McNamara (NHS'07), a senior in nursing

IN HER OWN WORDS:

Georgetown has many opportunities. In addition to the strong nursing preparation and well-rounded education I received, Georgetown faculty and alumni have valuable advice and insights for my career development. I have consulted professors for recommendations and contacted Georgetown alumni for potential job opportunities.

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Currently, I am applying to pediatric hospitals in Philadelphia and New York. I hope to work for a few years and then go back to school for an MBA and pursue a career in nurse management.



Tanuj Banker (NHS'07)

research. Part of his work was presented at the annual Experimental Biology Conference. Banker is also involved in the South Asian Society and partakes in a dance show known as Rangila that highlights entertainment from the various regions of India.

IN HIS OWN WORDS:

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“The Human Science Program at Georgetown has provided me with a firm foundation for future graduate medical studies due to the department’s successful integration of human biology, from molecular to systems physiology. In addition, the Human Science Department has provided me with the unique opportunity to work closely with faculty members, including Dr. Charles Evans, Dr. Allan Angerio, and Dr. J.P. Hyatt. It is through interactions with these individuals that I was further able to refine my career plans.” –*Tanuj Banker (NHS’07), a senior in human science*

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In addition, the Human Science Department has provided me with the unique opportunity to work closely with faculty members, including Dr. Charles Evans, Dr. Allan Angerio, and Dr. J.P. Hyatt. It is through interactions with these individuals that I was further able to refine my career plans. While I have wanted to become a physician since age 3, discussions with professors influenced my decision to pursue academic medicine as I have realized that academicians share a level of dedication and enthusiasm for their work that is rarely seen in other fields.

Understanding the nature of research and science has been a vital aspect of my personal growth. As an incoming first year to Georgetown, I held a number of glaring misconceptions regarding the roles of scientists. I felt that a scientist was a person who worked quietly in isolation in a laboratory and only required skills specific to his or her field

Working with him, I was able to develop a more concise and clear writing style, characteristics that define effective scientific writing. Furthermore, classes such as the Communicating Science seminar have helped me learn that a member of the scientific community must be able to verbally communicate findings to an audience via engaging presentations and discussions.

INTERNATIONAL HEALTH

Meridith Mikulich (NHS’07) has taken part in many community service projects, including First-Year Orientation to Community Involvement (FOCI) and as a board member of Hoya Outreach Programs and Education, where she coordinated the “5K for Healthcare,” a fundraiser for the Washington Free Clinic. She also participated in the Georgetown Admissions Ambassador Program (GAAP) and has served as a peer advisor for first-year students in NHS.

She also conducted research on muscle atrophy with Professor J.P. Hyatt and earned a Sigma Xi Grant-in-Aid

“Not only has the International Health Department matched my interests perfectly, but I have developed wonderful relationships with my advisors, professors, and other students. In addition, the internship requirements in the department have been an incredible preparation for a career. They have given me the opportunity to gain experience working in the health field, both in the United States and abroad.” –*Meridith Mikulich (NHS’07), a senior in international health*

to be successful. However, when I began working with Dr. Hyatt on research grants, I began to understand that written communication proficiency is as important in science as it is in English or history.

Research award, as well as attended the 2006 Copenhagen Consensus Youth Forum, where she listened to several United Nations economists and discussed international development issues with them.



Meridith Mikulich (NHS'07)

IN HER OWN WORDS:

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The combination of the education I have gained through my classes and internships, as well as the advice I have received from professors has helped me to refine my interests in the health field and begin to make some decisions about my plans after graduation. Planning for life after Georgetown can be very stressful and confusing, and I feel lucky that I have so many people that I can look to for answers and support.

The path I've taken from commencement to graduation has been anything but straight and predictable. However, it has been these unexpected changes in direction, setbacks, and accomplishments that have been the greatest learning experiences for me and have shaped my outlook on life. If I could pass on some advice to incoming Georgetown students from what I've learned in my four years, I would tell them to remember the following three points:

First, you should never feel like you are going through life alone. There are so many people at Georgetown who are willing to help in any aspect of your life, and you should not be afraid to ask.

Second, everyone is human. Your classes, schedules, and activities will not always go as you plan, and there is only so much you can do to control this. Go with the flow, and you will have some of the best experiences when you least expect them.

Third, while your classes and grades are important, remember that there is life outside of Georgetown. There will be innumerable opportunities to help you prepare for a career, so remember to take advantage of the opportunities to develop your character and enjoy life.



Georgetown University Sailing Team Coach Michael J. Callahan (F'97) commented on the dedication of 2006 ICSA Team Race National Championship team member Theresa Salerno (NHS'07), in a recent interview: "Theresa joined our team as a sophomore. For the last three years, she has worked very hard—balancing a demanding schedule of team practices and regattas, clinical rotations, and schoolwork. As a Georgetown coach for the last nine years, I am impressed with her tenacity and resolve to succeed." The NHS community applauds Theresa on being part of this championship team that won the Fowle Trophy for College Sailing Team of the Year. In Sailing and NHS History: Kathleen (Skippy) White Wilkinson (NHS'57) is the first woman in Georgetown University history to win a varsity letter. She did it in sailing.

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CLASS OF 2004, CONT.

Jillian Kannengieser recently completed a master's in health policy, planning, and financing at the London School of Economics and the London School of Hygiene and Tropical Medicine. In fall 2006, she began a graduate entry program for non-nursing majors at the Yale University School of Nursing to receive her master's in nursing and become a pediatric nurse practitioner.

CLASS OF 2005

Rita Deng is currently working as a consultant on data related to the Medicare Part D prescription drug benefit in Washington, D.C. She is an active member of Young Government Leaders executive committee and part of the D.C. Health Policy Young Professionals.



Come visit us at the Robert and Bernice Wagner Alumni House, located a block from campus at 3604 O St., NW.

CLASS OF 2006

Brienne Johnson moved back to Boston and is working at Children's Hospital Boston as a nurse on the Bone Marrow Transplant Unit. There, she is also part of the pilot new-grad program that started in July 2006.