

class of
2020

Department of Biology
YEARBOOK

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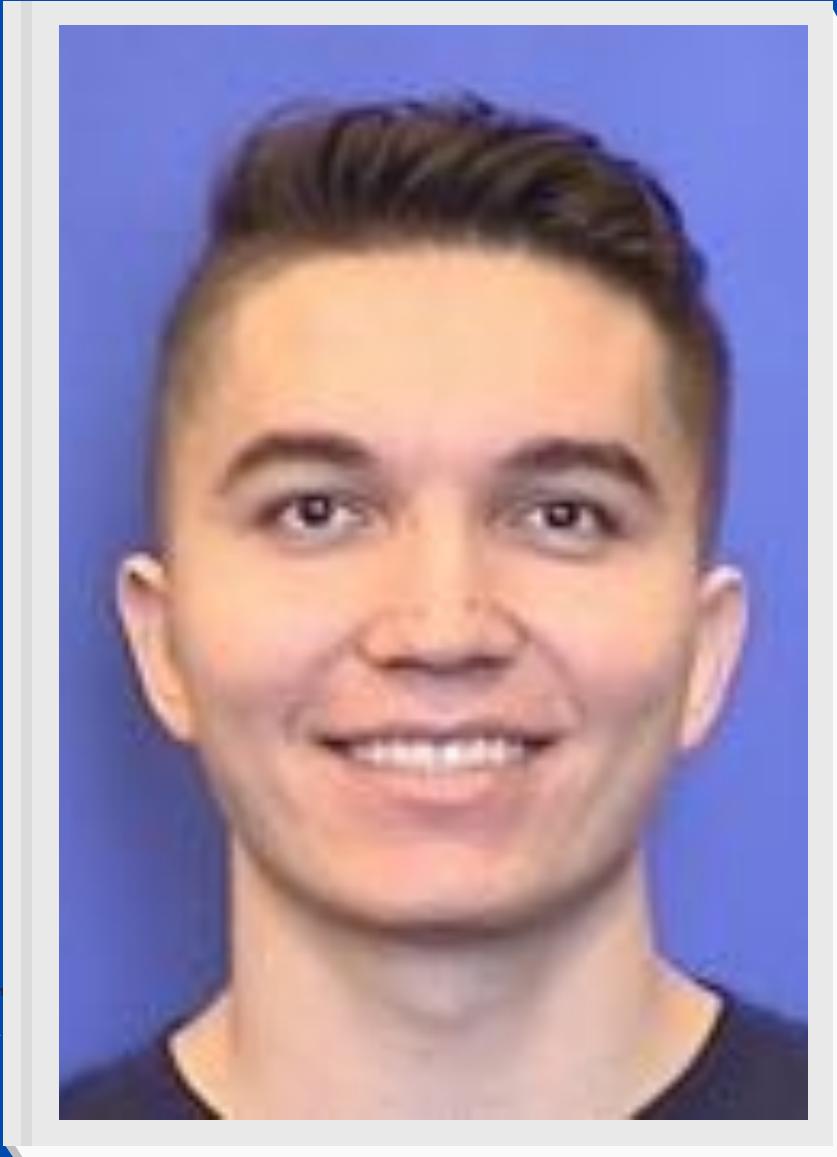
BACHELOR OF ARTS

Biological

Sciences



Fozil Allayev



Be bold, be courageous, be
your best.
-Gabrelle Giffords

Byron Arevalo



To accomplish great things, we must not only act, but also dream, not only plan, but also believe.
-Anatole France

Nuradean Ashkar



Fall forward. Every failed experiment is one step closer to success. You've got to take risks.

-Denzel Washington

Abby Broomfield



Favorite Class: Microbiology

Favorite Quote: "Nothing in life is to be feared, it is to be understood. Now is the time to understand more, so that we may fear less."

Extracurricular's: Varsity Softball, Volunteer EMT, Varsity Student Athlete Advisory Committee, SUMS, PTCB

Future Plans: Pursue her Doctor of Pharmacy and Masters in Biomedical Ethics in a dual degree program at LECOM School of Pharmacy

Message to incoming first-years:

Never take anything for granted. We are only given so much time to attend such an amazing school, and you never know

- * when that time will be over, so make it count for all of us. Not only have I gained memories and friendships from classes from this department, but I have gained a family, and always hold on to that.

Cardez Brown



Favorite Class: Creative Writing classes

Favorite Quote: "I play it cool and dig all jive. That's the reason I stay alive. My motto, as I live and learn, is: Dig And Be Dug In Return." - Langston Hughes

Accomplishments: Older, returning student. First person in his immediate family to graduate college.

Message to incoming first-years: One of the most important lessons taught to me here was understanding how every class interconnects and relates with each other. What you can learn in one class can help you better understand. I used to treat each one as a separate entity. I would take in the information and regurgitate it out. Knowing how to use critical thinking and being able form your own arguments with your own voice based on all the knowledge you gather will not only help you succeed here but in life; because your life isn't based on just one thing, but on all that you accomplish.

Amoy Bryan



Favorite Class: Human Physiology

Favorite Quote: "I can do all things through Christ who strengthens me."

Future Plans: Teaching

Message to incoming first years: Never give up and don't be afraid to ask for help. Support is there for a reason so use your resources.

Melissa Bucklin



Favorite Class: BME Anatomy

Favorite Quote: "People will forget what you said, people will forget what you did, but people will never forget how you made them feel. Be kind, be courteous, love others and be happy."

Extracurricular's: EDRA, PAL. Better Day Buddies of Friends of Strong, UR Strong Artists Alleviating Radiation Therapy, UR College Diabetes Network, UR Protestant Chapel Community

TA Experience: PHLT 101, PHLT 102

Future Plans: Working as supervisor of the Emergency Department Research Associate (EDRA) Program at U of R's Strong Memorial Hospital for her gap year, and is currently applying to Physician Assistant (PA) School.

Message to incoming first-years:

Don't blink because college will fly by. Savor every moment, explore classes and clubs to find what you're passionate about. Work hard, but also don't forget to have fun. Always strive to make a difference in the lives of others.

Miralem Buljina



Favorite Class: Eukaryotic Gene Regulation

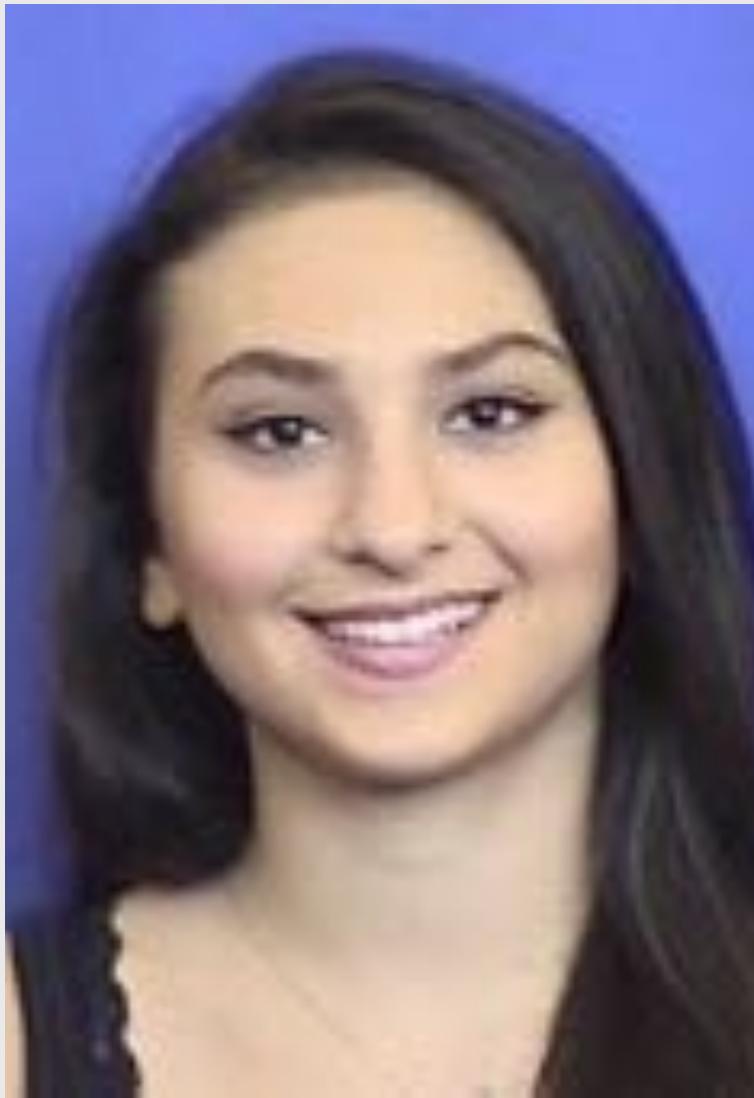
Favorite Quote: "Live as if you were to die tomorrow. Learn as if you were to live forever." - Ghandi

Extracurricular's: Soccer

Future Plans: Podiatric Medical School

Message to incoming first-years: Make sure to stay on top of your work but also have fun at the same time. Making friends your first year is crucial and the four years go by fast.

Tea Cappiello



It's wisdom that will put all the inevitable failures and rejections and disappointments and heartbreaks into perspective.

-Arianna Huffington

Sulnerys Carmona



Favorite Class: Capoeira

Favorite Quote: "Success is not final. Failure is not fatal. It is the courage to continue that counts."

- Winston Churchill

Extracurricular's: Archery

Future Plans: Taking a year off

Message to incoming first-years: Have fun but remember to study harder.

Austin Carr



Favorite Class: Animal Behavior

Favorite Quote: "The best preparation for tomorrow is doing your best today." - H. Jackson Brown Jr.

Extracurricular's: Varsity Football

Future Plans: Physician Assistant School

Message to incoming first-years: Your four years will come and go faster than you can ever imagine. Make the most of every opportunity you get, don't let anything pass you by.

Julius Dupont



Start where you are. Use what you have. Do what you can.

-Arthur Ashe

Zachariah Erickson



Favorite Class: Cell Biology

Favorite Quote: "The only failure is not knowing how to be happy." - Celine Dion

Extracurricular's: Varsity Football, Brass Choir

Future Plans: Begin an accelerated nursing program in January

Message to incoming first-years: Keep working hard but save time for fun

Adit Ganguly



Favorite Class: Cell Biology

Favorite Quote: "Power comes not from knowledge kept but from knowledge shared." - Bill Gates

Extracurricular's: Peer Advisor

TA Experience: BIO 112, BIO 113, CHM 203, CHM 204, BIO 222, BIO 243

Future Plans: Study Molecular Cell Biology at Washington University School of Medicine

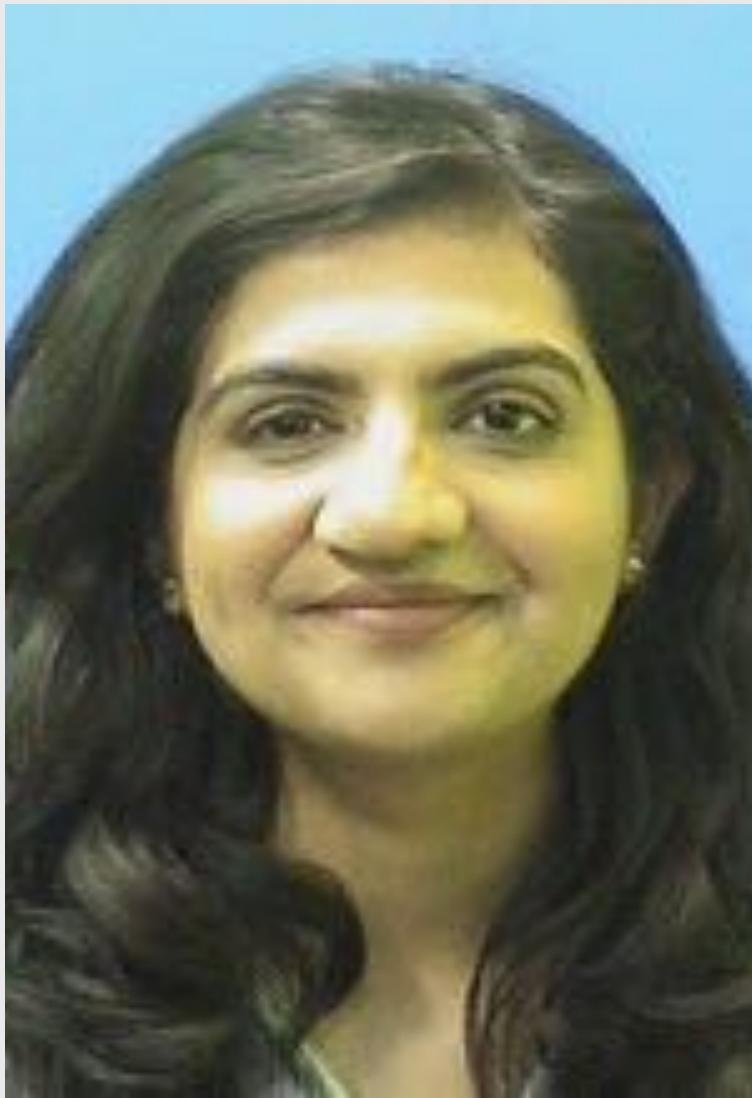
Message to incoming first-years: Good luck!

Kerrie Go



Your life is your story,
and the adventure ahead
of you is the journey to
fulfill your own purpose
and potential.
-Kerry Washington

Mahwish Hamayun



Your education is a dress rehearsal for a life that is yours to lead.
-Nora Ephron

Leon Harvey



Favorite Class: Biochemistry

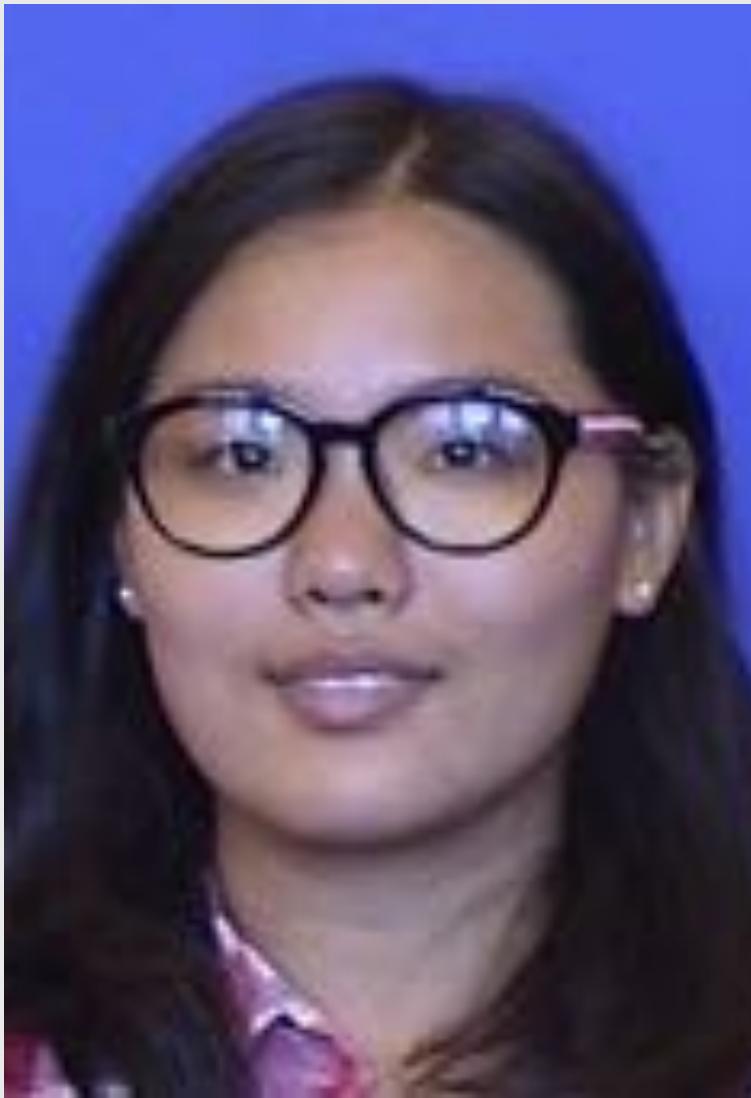
Favorite Quote: "We don't drown by falling into the water, but by staying under the water." - Edwin Lois Cole

Extracurricular's: Shotokan Karate

Future Plans: Attend graduate school at the University of Rochester School of Medicine and Dentistry

Message to incoming first-years: Keep on pushing forward, even when the situation is difficult. Do this, and you will be stronger when you come out on the other side.

Yufei He



Your path is your character defining itself more and more every day, like a photograph coming into focus.

-Jodie Foster

Ashia Hurlbutt



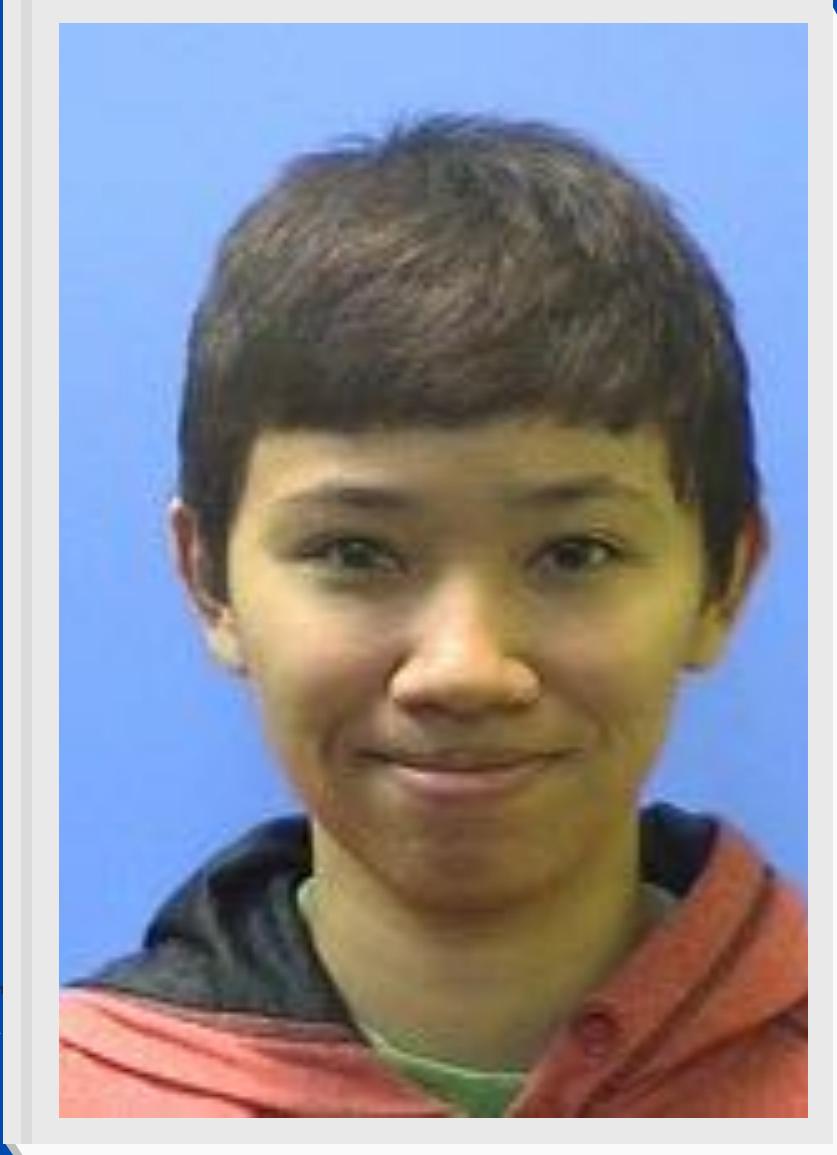
Favorite Class: Anatomy

Favorite Quote: "Life is like a book. There are good chapters, and there are bad chapters. But when you get to a bad chapter, you don't stop reading the book! If you do... then you never get to find out what happens next!"

Future Plans: Nursing

Message to incoming first-years: Just keep going. It may seem hard at times, but you just have to keep going. Four years seem like a lot, but they go by in the blink of an eye and you have to soak it up while you can.

Felicia Jones



Intelligence plus
character — that
is the goal of true
education.

-Martin Luther
King Jr.

Grant Kravetz



Real courage is holding on to a still voice in your head that says, 'I must keep going.' It's that voice that says nothing is a failure if it is not final. That voice that says to you, 'Get out of bed. Keep going. I will not quit.'

-Cory Booker

Kevin Ladd



Favorite Class: Anatomy

Favorite Quote: "How tall is Woody?" - everyone

Extracurricular's: Football, Clinical Research Assistant at the School of Nursing, Student Athletic Trainer

TA Experience: PSY 161, BME 258

Future Plans: Nursing

Message to incoming first-years: Embrace being uncomfortable, it will allow you to try new things and meet special people

Yifei Lin



Favorite Class: Biology of Aging

Favorite Quote: "I explore and I care."

Extracurricular's: UR Student Health Advisory Committee, S.A.L.S.E.R.O.S, No Jacket Required

TA Experience: BIO 110, BIO 198, BIO 222

Future Plans: Attend graduate school for genetic counseling and molecular biology/epidemiology

Message to incoming first-years: You're very lucky to choose U of R to study biology!

Aniruddh Mandalapu



Favorite Class: Comics and Culture

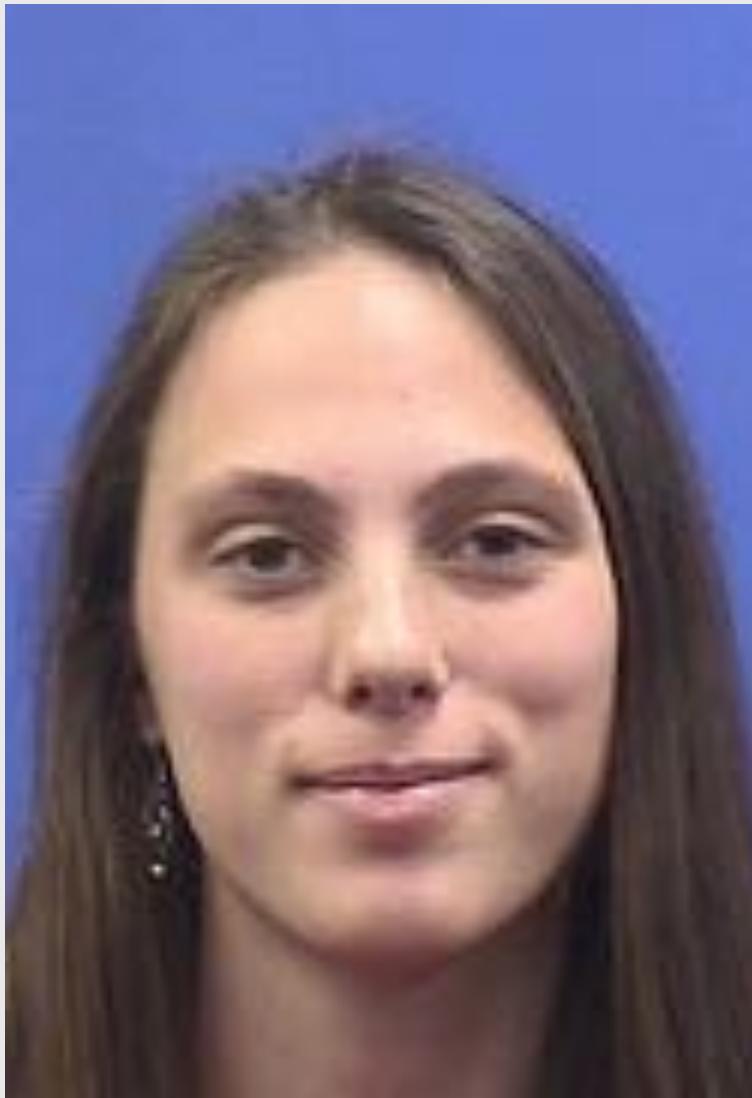
Favorite Quote: "Perfectly balanced, as all things should be." - Thanos

Extracurricular's: Orthopedic Research at URMC and UCSF, Nothing but Nets Champion, Friends of Children with Special Needs volunteer

Future Plans: Attend medical school at the University of Rochester School of Medicine and Dentistry

Message to incoming first-years: It is cold.

Audry Mattle



The beautiful thing
about learning is that
no one can take it away
from you.
-B.B. King

Joseph Maugeri



Favorite Class: Art

Favorite Quote: Something Anna Sosnoff said

Extracurricular's: Mens Rugby

Future Plans: Attend graduate school in the Natural Sciences field

Message to incoming first-years: Good luck

Jessena Maxwell



Favorite Class: General Chemistry 131

Favorite Quote: "To accomplish great things, we must not only act, but also dream, not only plan, but also believe." - Anatole France

Extracurricular's: Worship for University of Rochester Christian Fellowship

TA Experience: CHM 131

Future Plans: Taking a gap year

Message to incoming first-years: Do not give up when life is hard, just change your game plan and believe in yourself. Everything happens for a reason and we all have purpose to live

Jaeden McKenzie



Favorite Class: Biology of Mental Disorders

Favorite Quote: "Don't fear failure, but please be terrified of regret."

Extracurricular's: Minority Association of Pre-Medical Studies, Society of Caribbean Awareness

Future Plans: Get masters in Biomedical Sciences and then continue on to medical school

Message to incoming first-years: Giving up is the birth of regret. Remember that the person you are right now, is not the person you are destined to be. So keep glowing, keep growing, and most importantly, keep going.

Philip Milman



Always aim high, work hard, and care deeply about what you believe in.
-Hillary Clinton

Neha Narayan



Favorite Class: Perspectives in Biology I

Favorite Quote: "Sometimes you will never know the value of a moment until it becomes a memory." - Dr. Seuss

Extracurricular's: Delta Gamma, GlobeMed, Raas, EDRA, Biology TA

TA Experience: BIO 112, BIO 113, BIO 190

Future Plans: Attend medical school at the University of Rochester School of Medicine and Dentistry

Message to incoming first-years: Don't worry too much.

Eventually you will find your passions, how to study, and your friends. Try to spend most of your time doing what makes you happy because this time flies by!

Ethan Okoshi



Favorite Class: Biochemistry

Favorite Quote: "If we have chosen the position in life in which we can most of all work for mankind, no burdens can bow us down, because they are sacrifices for the benefit of all; then we shall experience no petty, limited, selfish joy, but our happiness will belong to millions, our deeds will live on quietly but perpetually at work, and over our ashes will be shed the hot tears of noble people." - Karl Marx

Extracurricular's: Rowing

TA Experience: BIO 110, BIO 198P

Future Plans: Live and teach in Japan for a few years, then return to the US to apply for medical school.

* **Message to incoming first-years:** Don't be afraid of challenge. Try new things! Immerse yourself in a diverse range of ideas. Keep an open mind and an open heart

Danielle Pascua



Success is the ability
to go from one failure
to another with no
loss of enthusiasm.
-Winston Churchill

Hannah Perry



Favorite Class: Principles of Genetics

Favorite Quote: "The world is always as it should be, whether I opposed it or not."

Extracurricular's: Desk Attendant at Carlson Library

TA Experience: PSY 161

Future Plans: Work at a veterinary clinic for a few years before applying to veterinary school

Message to incoming first-years:

Don't stress too much about grades! Just try your best and study what you can, but be sure to give yourself a break sometimes. College is about working hard, but it's also about making memories and exploring new parts of yourself. I wish I'd started making an effort to join groups sooner, so if there's a club you want to join, or an event you want to go to, don't be afraid to put yourself out there and see how it goes.

Sierra Prior



Favorite Class: Animal Behavior

Favorite Quote: "Sp we beat on, boats against the current, borne back ceaselessly into the past."

Extracurricular's: Club field hockey, Kappa Delta sorority, Friends of Strong, EMT, Research Assistant at CogT lab at UR CABIN

TA Experience: BIO 110 Lab

Future Plans: Taking a gap year to work as head coordinator in the CogT lab at UR CABIN. Then will move on to apply to Physician Assistant programs.

Message to incoming first-years: Be a sponge: absorb anything and everything, and be open to all new experiences.

Ashok Rana



Be aware that even before you have reached your ultimate professional destination, if you always strive for excellence, you can and should have a substantial impact on the world in which you live.

-Sandra Day O'Connor

Kelly Reese



Favorite Class: BIO 110 and BIO 210
with Dr. Goldfarb

Favorite Quote: "I have had dreams and I have had nightmares, but I have conquered my nightmares because of my dreams." - Jonas Salk

Extracurricular's: Varsity Track & Field, Varsity Student Athletic Advisory Committee, ED Research Associate, Physician Assistant and Liaison at Strong Memorial ED, Research Assistant in the Perkins Lab, Vocal Lessons at ESM, Women's Chorus

TA Experience: CHM 207

Future Plans: Attend SUNY Upstate Medical University

Message to incoming first-

years: Enjoy every moment you get to

- ★ spend with your friends! These days won't last forever, but the memories you make will shape you as a person, and will stay with you for the rest of your life.

William Schlageter



Favorite Class: Eukaryotic Gene Regulation

Favorite Quote: "I've made mistakes but my mistakes haven't made me." - Joel Quartuccio

Extracurricular's: Beta Theta Pi, Rock Climbing Club

TA Experience: BIO 252

Future Plans: Work in a lab doing protein qualification for Eurofins.

Message to incoming first-years: Take all the classes. Overload as much as you can and leave as a legend.

Shalini Shah



Favorite Class: Principles of Human Physiology

Favorite Quote: "I will love the light for it shows me the way, yet I will endure the darkness because it shows me the stars." - Og Mandino

Extracurricular's: Research, Rochester Bhangra Team, Club Tennis, Alpha Phi Theta Kappa, UR HEAL

Future Plans: Attend the University of Rochester School of Medicine.

Message to incoming first-years: Say yes to everything you can, doesn't matter if it's hanging out with friends or a class you don't know much about. Anything might become your favorite college experience or change your whole life direction. Those are the times that you will look back and cherish.

Cameron Tate



Favorite Class: Human Evolutionary Genetics

Favorite Quote: "Nevertheless, she persisted."

Extracurricular's: Research in vaccine biology and immunology at URMC, EMT, Kappa Delta Sorority

TA Experience: BME 101, BIO 110

Future Plans: Attend the Zucker School of Medicine at Hofstra/Northwell University

Message to incoming first-years: You really can do anything you set your mind to, and never let yourself convince you that you can't.

Edison Tenecela



Favorite Class: Anatomy and Physiology

Favorite Quote: "Whatever you do, do it for Chester Carlson, UR's alpha male."

Extracurricular's: Varsity Track and Field (J SQUAD), Minority Association of Premedical Students

Future Plans: Applying to medical school this year

Message to incoming first-years: Don't forget to breath, oxygen is kind of important these days.

Prem Thapa



Favorite Class: An Approach to Human Motivation

Favorite Quote: "We must not allow other people's limited perceptions to define us."

Extracurricular's: Kearns Scholar, FIrst-Gen, RSA

Future Plans: Possibly attending medical school

Message to incoming first-years: Feel free to get help and help others. Utilize available resources and make a connection with faculty members, students, and make your time at UofR worth it.

Emma Tonetti



Favorite Class: Intro to Microbiology

Favorite Quote: "Fight for the things that you care about, but do it in a way that will lead others to join you." - Ruth Bader Ginsburg

Extracurricular's: Journal of Undergraduate Research, Chi Omega

Future Plans: Work as a Research Technician

Message to incoming first-years: Take advantage of the opportunities given to you, but don't overwhelm yourself.

Eden Toporek



Favorite Class: PH 101 and BIO 399

Favorite Quote: "Just keep swimming." - Dory

Extracurricular's: Delta Gamma leadership, Hillel

TA Experience: PH 101

Future Plans: Teach at the Success Academy as a Middle School science teacher.

Message to incoming first-years: Being pre-med is not the only way to be involved in the healthcare field. Take different types of classes throughout your time to find out what you love. Things might change so go with the flow and always do what you love.

Radha Tummalapenta



Favorite Class: Technology,

Healthcare, and Mortality

Favorite Quote: "If you're always trying to be normal you will never know how amazing you can be." - Maya Angelou

Extracurricular's: RC MERT, Resident Advisor, Rochester Rangoli

TA Experience: CHM 207, CHM 208, BIO 111

Future Plans: Attend medical school

Message to incoming first-years: Though there will be

some sort of obstacle you face (academic, personal, or emotional) during your four years, don't forget to enjoy the ride!

Matthew Varano



Favorite Class: BME 101

Favorite Quote: "Practice rigorous authenticity, surrender the outcome and do the uncomfortable work."

Extracurricular's: Theta Chi Fraternity, Club Hockey

Future Plans: Taking a year off

Message to incoming first-years: Don't be afraid to step out of your comfort zone and try something new

Elizabeth Warncke



Favorite Class: Microbiology lab

Favorite Quote: "Anything worth doing in life requires effort." - Teresa A. Belmonte Esq.
(aka my mom)

Extracurricular's: Alpine Ski Team, Kappa Alpha Theta

Future Plans: MGH IHP Direct-Entry MSN in Family Track

Message to incoming first-years: It's ok to fail a test or need to retake a class, you'll learn from it and create better study habits and become more successful than next time. The way you studied in high school will be different than the way you find most successful for college and every class is different so you're going to have to be flexible and ready to adapt.

Yuedi Yu



Favorite Class: BME 258 Human Anatomy

Favorite Quote: "Whatever you do, do it well."

Extracurricular's: UR Pre-Dental Club, UR Photography, Students Helping Honduras

TA Experience: CHM 131L

Future Plans: Attending Colombia University School of Dental Medicine

Message to incoming first-years: Plan early!

BACHELOR OF SCIENCE

*Computational
Biology*

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Himi Begum



Favorite Class: Organic Chemistry

Favorite Quote: "I wish there was a way to know you're in the good old days before you've actually left them."

Extracurricular's: UNICEF, RC

MERT, Student Alumni Ambassador, Delta Gamma

TA Experience: CSC 161, CHM 203, CHM 204

Future Plans: Technology Engineering Analyst at Accenture Federal Services

Message to incoming first-years: Don't be afraid to get out of your comfort zone and try new things! Rochester is the best place to make new friends and really open yourself up to new experiences.

Tamanna Bhatia



Favorite Class: Applied Genomics

Favorite Quote: "Be fearless in the pursuit of what sets your soul on fire." - Jennifer Lee

Extracurricular's: Chi Omega, ADITI, Peer Health Advocacy Intern, Residential Advisor

TA Experience: CSC 161, PSY 101

Future Plans: Take 5 Scholar

Message to incoming first-years: Don't be afraid to try new things! Don't compare yourself with your peers -- everyone takes different paths and as long as you are passionate about your goals, you will end up making it work.

Tongyi Fei



Favorite Class: Intro to Programming For Biologists (Intro to Python)

Favorite Quote: "Carpe diem"

Extracurricular's: Volleyball, Equestrian, Japanese Students' Association

TA Experience: BIO 208

Future Plans: Kyoto-McGill University Joint PhD in Human Genetics

- Message to incoming first-years:** All the efforts you put in will turn out well in the future, so don't be afraid!

Hia Ghosh



Favorite Class: Human

Evolutionary Genetics, Intro to Python in Bio, Applied Genomics

Favorite Quote: "She owned the crack that made her stumble." - Toni Morrison

Extracurricular's: UR SEGway, Student Trustee: Gandhi Institute for Nonviolence, ResLife, Take Five Scholar

TA Experience: PHY 113, BCS 110, BIO 208, BIO 253

Future Plans: Eiter computational research or a Technology Analyst position in California

Message to incoming first-years: 1) No one has anything figured out. 2) Never be afraid to self-advocate. 3) Fail forward

Xueyao Guo



If you're willing to stand
for what you believe in
... you won't need advice
from me, because you
will be able to handle
whatever comes.
-Whoopi Goldberg

Lindsey Hall



Favorite Class: BIO 208

Extracurricular's: Phi Sigma
Sigma, Peer Advisor

TA Experience: BIO 218P, CSC
161

Future Plans: Research in
Antimicrobial Resistance

Andrea Johnson



You have to dance a
little bit before you step
out into the world each
day, because it changes
the way you walk.
-Sandra Bullock

Jeerthi Kannan



Favorite Class: Principles of Genetics

Favorite Quote: "It's not what happens to us, but our response to what happens to us that hurts us." - Stephen R. Covey

Extracurricular's: UR Christian Fellowship, Circle K, Anime Interest Floor

TA Experience: BME 201P, CSC 161

Future Plans: NIH Postbaccalaureate Intramural Research Training Award

Message to incoming first-years:

Even when it feels like the world is crashing around you and your life has ended, it hasn't. No matter what obstacles stand in your way, keep going no matter what. Make the right decisions for yourself and learn to let go of things you can't fix.

Sean Kilcullen



Favorite Class: Applied Genomics

Favorite Quote: "The meaning of life is to find your gift. The purpose of life is to give it away."
- Pablo Picasso

Extracurricular's: Sailing Club, URFOOT, Delta Upsilon

Future Plans: Attend medical school

Message to incoming first-years: Reach out for help when you need it!

Matthew Le



The fireworks begin
today. Each diploma is a
lighted match. Each one
of you is a fuse.
-Edward Koch

Sharon Lee



Favorite Class: BIO 257

Favorite Quote: "And all the colors I am inside have not been invented yet." - Shel Silverstein

Extracurricular's: Asian American Alliance, research at URMC

Message to incoming first-years: Try to surround yourself with people who you can be fully yourself around and grow together with. Have an amazing 4 years!

Colleen Maillie



Favorite Class: Applied Genomics

Favorite Quote: "I feel like it's actually everybody's responsibility to use whatever platform they have to do good in the world, and to try to make our society better, whether you're an accountant or an activist or an athlete or whatever it is."

Extracurricular's: Varsity Field Hockey, Nativity Prep Middle School Tour

TA Experience: BIO 219

Future Plans: Attend Scripps Research Institute for her Ph.D. in Biomedical Sciences

Message to incoming first-years:

Ask all your questions to the people you are most intimidated by and admire the most. They will be eager to support you and the network you build at Rochester will be one of the most important things you graduate with.

Matthew Murante



Don't be afraid of fear.
Because it sharpens you,
it challenges you, it makes
you stronger; and when
you run away from fear,
you also run away from
the opportunity to be your
best possible self.

-Ed Helms

Nadim Quazi



Favorite Class: Psychology of Gender

Favorite Quote: "If you're afraid to fail, then you're probably going to fail." - Kobe Bryant

Extracurricular's: Sigma Phi Epsilon Fraternity, Medical Center research

TA Experience: MTH 140, MTH 162, PHY 113

Future Plans: Taking a year off

Message to incoming first-years: Make the most out of your college experience. Work hard, but don't forget to keep making memories.

Jacob Rozowsky



Favorite Class: Applied Genomics

Favorite Quote: "Not everyone can become a great artist, but a great artist can come from anywhere."

Extracurricular's: Sigma Phi Epsilon Fraternity, 2020 Class Council, Student Alumni Ambassadors, Meridian Society, Chemistry TA

Future Plans: Fulbright US Student Program. Affiliate with the Center for Neuroscience at the Indian Institute of Science in Bangalore.

Message to incoming first-years: Suspend your disbelief

Avishek Sanjel Chhetri



Favorite Class: BIO 257L, ECO 263

Favorite Quote: "Love the life you live and live the life you love."

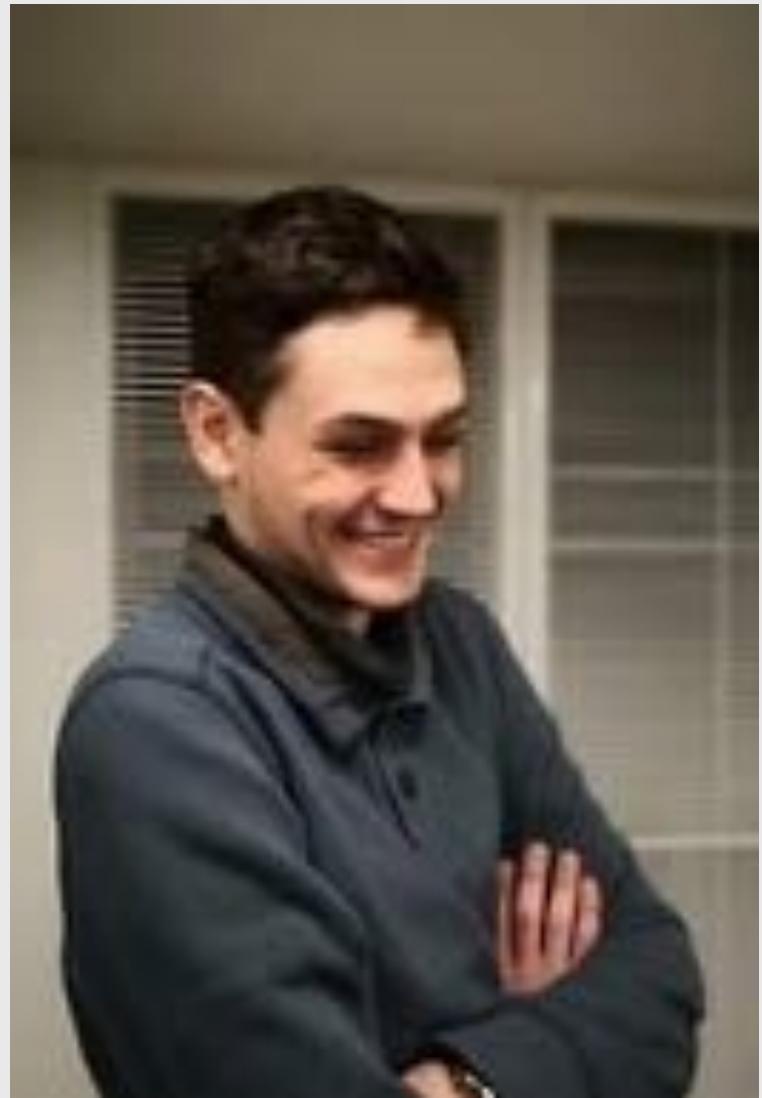
Extracurricular's: Club Basketball, Clinical Assistant, Resolution Fellow

TA Experience: BIO 110, CHM 132

Future Plans: Taking a gap year to work as a Clinical Assistant at Kuchir Dermatology before attending medical school.

Message to incoming first-years: Enjoy the time you have with your friends in college. Also, remember college is a marathon, not a sprint, so you should strive for consistency from the beginning

Gilbert Smolyak



Favorite Class: BIO 252

Favorite Quote: "Life is what happens to you when you're busy making other plans." - John Lennon

Extracurricular's: VP of Undergraduate Chemistry Council, MERT, AEPi

Future Plans: Attend SUNY Upstate for Medical School

Message to incoming first-years: Take advantage of every resource you can.

Hannah Stuart



Favorite Class: Applied Genomics

Favorite Quote: "Persist"

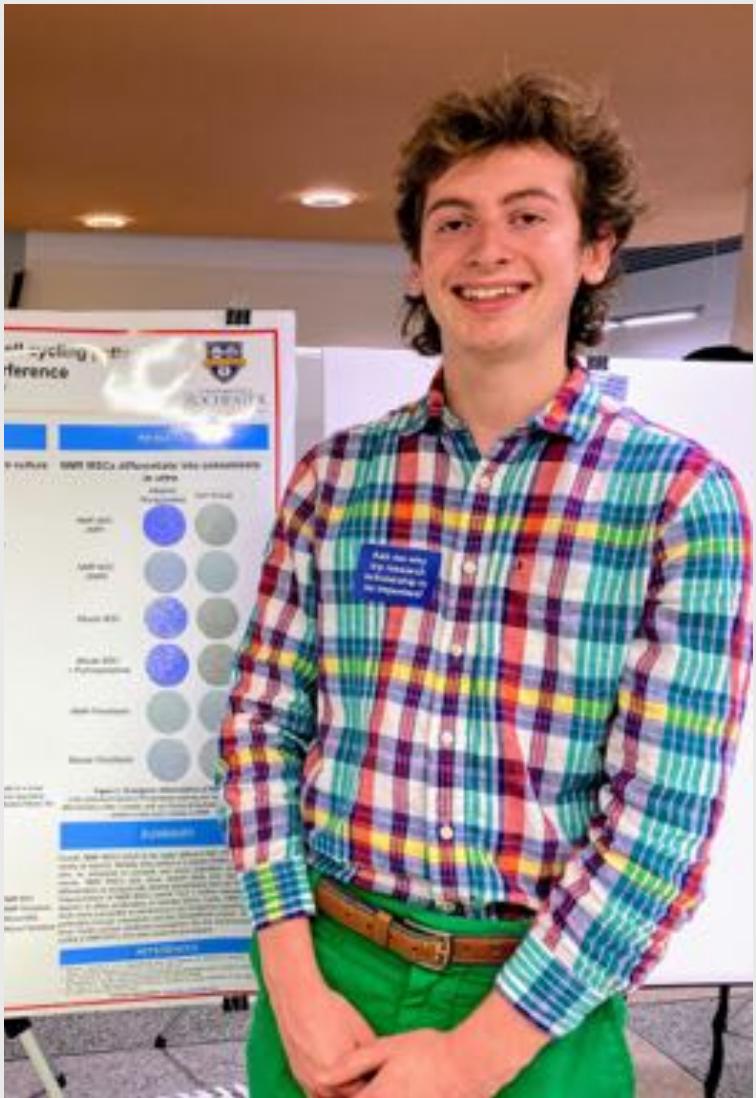
Extracurricular's: CETL Study Zone Leader, Phi Sigma Sigma, Study Abroad, URFOOT Leader

TA Experience: BIO 110, BIO 198P

Future Plans: Do computational tech work at the Dana-Farber Institute in Boston before going to graduate school.

* **Message to incoming first-years:** If you aren't enjoying what you are doing, don't be afraid to change it up and try new things.

Alexandre Trapp



Favorite Class: BIO 278 and BIO 210

Favorite Quote: "So we beat on, boats against the current, borne back ceaselessly into the past." - F. Scott Fitzgerald

Extracurricular's: EMT, RC MERT, Volunteer at Strong Memorial

TA Experience: BIO 112, BIO 218P, CHM 131S, BIO 278

Future Plans: Work at the Gladyshev Lab at Brigham and Women's Hospital before going to graduate school.

Message to incoming first-years: Get involved in research! It's by far the most rewarding experience I've

- had as part of the undergraduate curriculum, and it's a great opportunity to directly contribute to the various biomedical endeavors at this University..

Austin Varela



Favorite Class: Applied Genomics

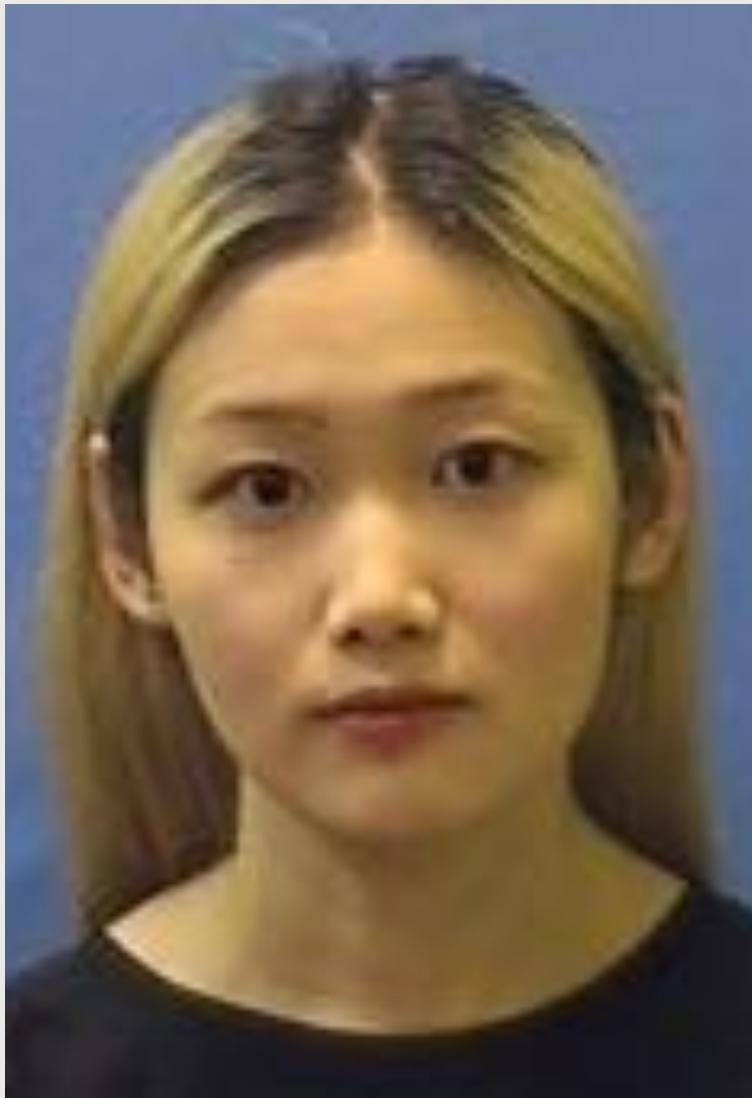
Favorite Quote: "The good thing about science is that it's true whether or not you believe in it." - Neil deGrasse Tyson

Extracurricular's: Technology Services director of the Computer Interest floor, Volunteer at DandyHacks

Future Plans: Attend Weill CORnell Graduate School

Message to incoming first-years: Do not be afraid to try new things! College is about exploration so that you can discover how you want to lead the rest of your life.

Bo Zhou



Favorite Class: CSC 261 - Database Systems

Favorite Quote: "Knowing is not enough; we must apply. Willing is not enough; we must do." - Johann Wolfgang von Goethe

Future Plans: Attend UC Berkeley for their Masters of Engineering - Bioengineering

Message to incoming first-years: Plan ahead.

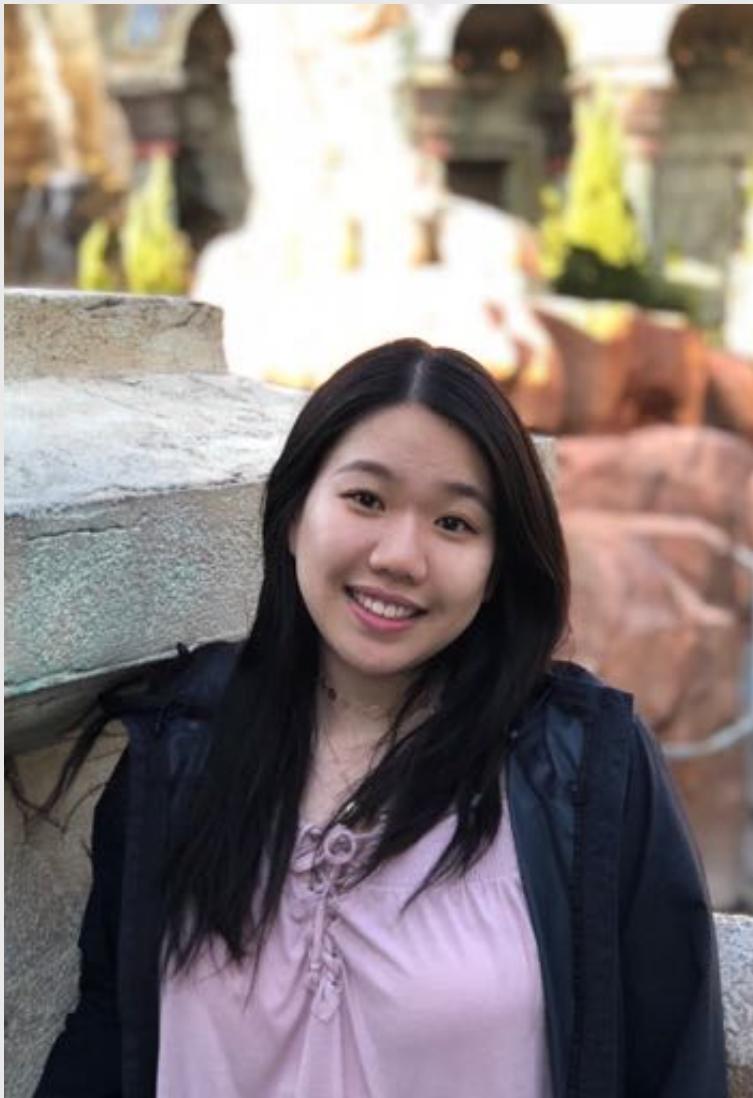
BACHELOR OF SCIENCE

Cell and

Developmental

Biology

Connie Chang



Favorite Class: BIO 210

Favorite Quote: "It's our choices that show what we truly are, far more than our abilities." - J. K. Rowling

Extracurricular's: StrongART, UR SOCKS, Partners in Reading

TA Experience: CHM 131

Future Plans: Attend the John A. Burns School of Medicine

Message to incoming first-years:

College is the time to grow your interests and your person. Take advantage of the opportunities UR offers! Take that class you've always been interested in! Major/minor in a field completely different than your original major! Find an on campus job or research under a professor. Study abroad even for a summer (highly, highly recommend this)! There are so many things you can learn; you just need to take the chance to broaden your horizons.

Nathaniel Connolly



Favorite Class: Cell Biology

Favorite Quote: "What lies behind us and what lies before us are tiny matters compared to what lies within us." - Ralph Waldo Emerson

Extracurricular's: Delta Kappa Epsilon - Beta Phi Club
Basketball

Future Plans: Take a year off

* **Message to incoming first-years:** Pursue your goals, work hard, and do your best. You'll do great!

Alessandra DiMauro



Favorite Class: Principles of Biology I

Favorite Quote: "The good thing about science is that it's true whether or not you believe in it." - Neil deGrasse Tyson

Extracurricular's: Research lab, Alpha Phi, Writing Fellows, Society of Undergraduate Biology Students

TA Experience: WRTG 245

Future Plans: Attend graduate school at Washington University for Cancer Biology

Message to incoming first-years: Meet as many people as possible.

Taylor Dontino



Favorite Class: Developmental Biology

Favorite Quote: "Believe in yourself and you're halfway there." - Theodore Roosevelt

Extracurricular's: Research Assistant, Volunteer at Strong Memorial, UPBM Poster Session participant, member of Senior Giving Campaign Committee 2020

Future Plans: Applying to medical schools next cycle.

Message to incoming first-years: Don't be afraid to try new things and meet new people!

Ethan Fisher



The only
impossible
journey is the one
you never begin.
-Anthony Robbins

Bianca Hall



Favorite Class: An Approach to Human Motivation

Favorite Quote: "It's probably because I'm Jamaican."

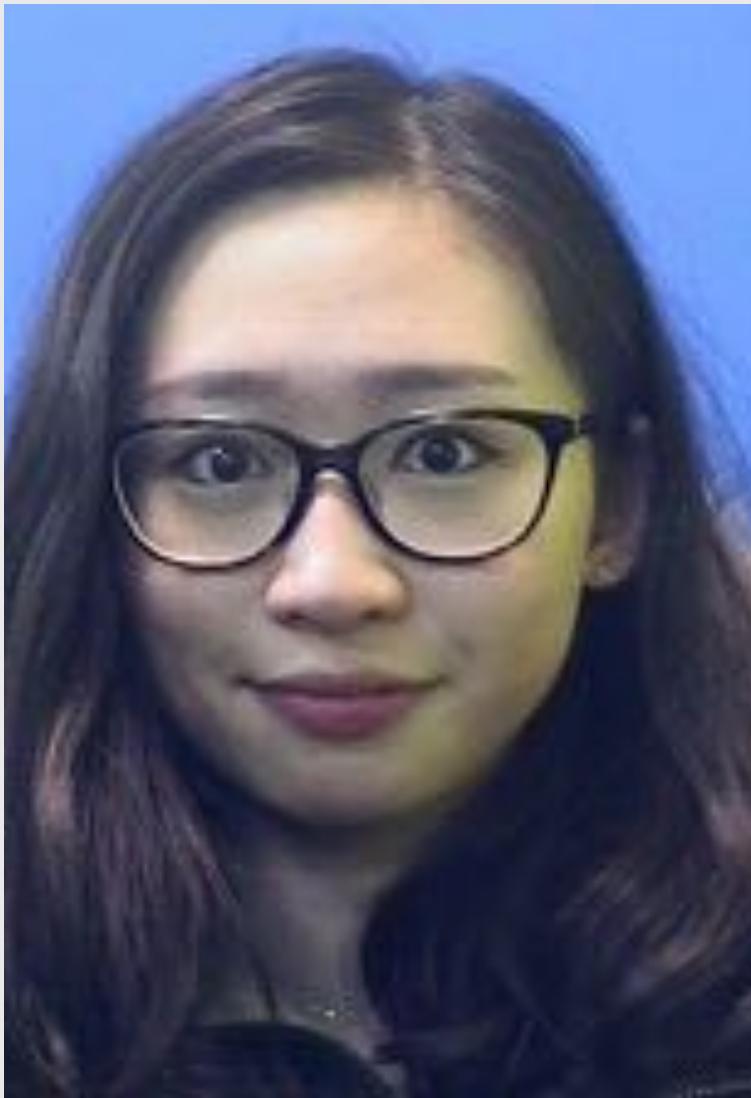
Extracurricular's: UR Water Polo, Campus Center Building Manager, Student Alumni Ambassador

TA Experience: BIO 217L

Future Plans: Continue at Rochester in the Fall as part of the E5 program. Will apply to PT schools in the UK afterwards.

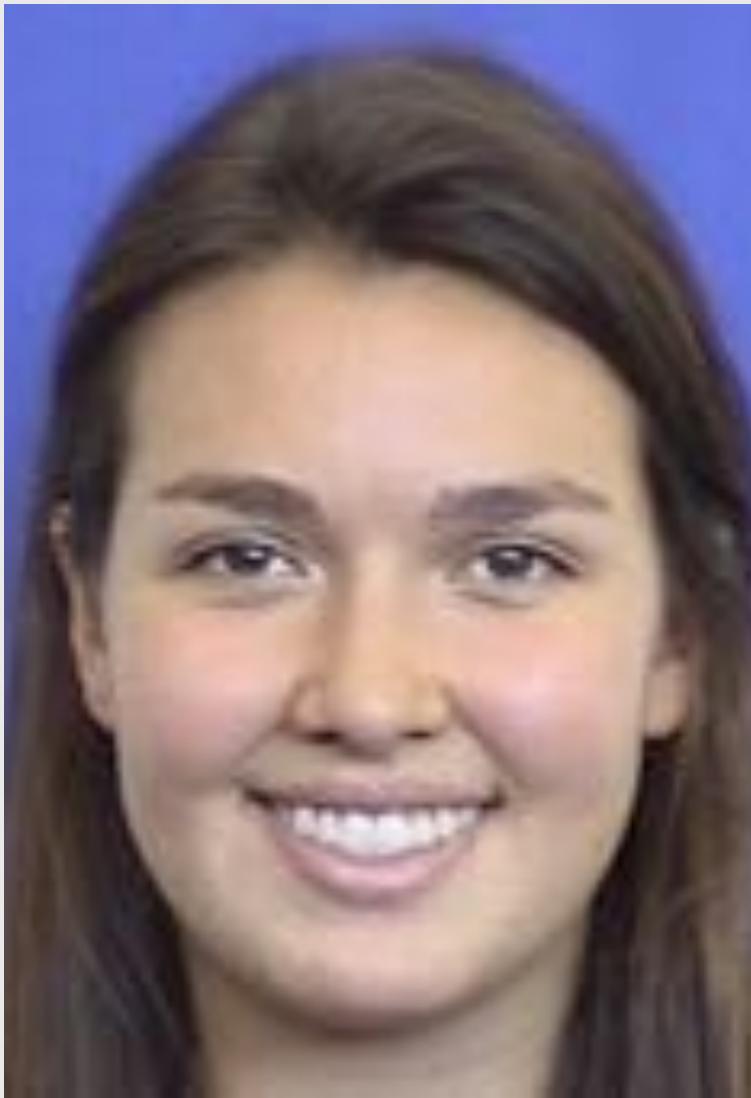
Message to incoming first-years: Anytime you're making an important decision, write down what you think you should do and then pretend you don't have to do it and make another decision.

Xiaojie Huang



Take pride in how far you've come. Have faith in how far you can go. But don't forget to enjoy the journey.
-Michael Josephson

Marina Kern



Favorite Class: Eukaryotic Gene Regulation

Favorite Quote: "The best is yet to come."

Extracurricular's: Women's Varsity Lacrosse

Future Plans: Work for two years before attending medical school

Message to incoming first-years: Enjoy every moment and don't take anything for granted!

Baoxin Liang



Favorite Class: Developmental Biology

Favorite Quote: "If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." - Martin Luther King Jr.

Extracurricular's: Research Assistant, Hospice volunteer, Chinese Student Association

TA Experience: BIO 226

Future Plans: Taking a bridge year prior to entering medical school.

Message to incoming first-years:

Some of you may struggle to find UofR as a home during your first years. And it's okay, but just remember, just like it takes time to get to know someone, it takes time to adjust to a new environment. Give the school a chance even if you feel you can't connect with it during your first year, because I guarantee that you'll find something about this university that you'll learn to love and appreciate in the long run.

Olivia Matvey



Favorite Class: Developmental Biology

Favorite Quote: "I have no doubt that in reality the future will be vastly more surprising than anything I can imagine. Now my own suspicion is that the Universe is not only queerer than we suppose, but queerer than we can suppose." - JBS Haldane

Extracurricular's: Club Softball coach/captain, Team Leader for LEAP, Jazz Band, Research Assistant

Future Plans: Attend graduate school

Message to incoming first-

years: At least try to do the readings. Oh, and some things simply do not matter as much as you think they do and that's okay.

Vennela Pandaraboyina



Favorite Class: Molecular Cell Biology

Favorite Quote: "The woods are lovely, dark and deep, But I have promises to keep, And miles to go before I sleep, And miles to go before I sleep." - Robert Frost

Extracurricular's: 2020 Class Council, Sigma Delta Tau, The Campus Times, Health Education and Advocacy Leaders, Student Alumni Ambassador

TA Experience: CHM 131, PSC 202

Future Plans: Apply to medical school

Message to incoming first-years: Reach out to your peers - some of my fondest memories are studying with my friends, helping each other learn.

Diamond Pinder



Go confidently in the direction of your dreams. Live the life you have imagined.
-Henry David Thoreau

Khaled Refaai



Favorite Class: Physiology

Favorite Quote: "With great power comes great responsibility." - Uncle Ben

Extracurricular's: Research Assistant in the Culver and Sia Lab, PATHS, Research Assistant in a Clinical Microbiology lab, Biology Community Engagement Practicum

TA Experience: CHM 204, PSY 181, BIO 217

Future Plans: Attend Medical School

Message to incoming first-years: NEVER SKIP LECTURES, even recorded ones.

Colleen Rouse



Things turn out best
for people who make
the best out of the
way things turn out.

-Art Linkletter

Sierra Sancomb



Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition.

-Steve Jobs

Jianing Song



Favorite Class: Human Physiology lab

Favorite Quote: "Heal the past, live the present, and aim the future."

Extracurricular's: Rice Crew (dance crew), Circle K International, Cosmopolitan (Pianist of the band)

TA Experience: BIO 204P, CHM 204

Future Plans: Work in the Dental field

Message to incoming first-years: Interact more with your professors in person, as you will find them more interesting than you think they are.

Caroline Thomas



Favorite Class: BIO 226

Favorite Quote: "The trick is learning to check your ego at the door and learning to check your gut instead." - Oprah Winfrey

Extracurricular's: Habitat for Humanity, Peer Health Advocate, CDrew Pre-Health Society, Research Assistant at Perkins and Ovitt Lab.

TA Experience: BIO 111

Future Plans: Attend UConn School of Dental Medicine

Message to incoming first-years: Be open and take advantage of the unique opportunities that come along with being a YellowJacket. But don't be afraid to stand up, push the limits, and always make time for yourself.

BACHELOR OF SCIENCE

Ecology and

Evolutionary

Biology

Michaela Burrell



Favorite Class: BIO 263 and BIO 259L.

Favorite Quote: "We cannot change the cards we are dealt, just how we play the hand." - Randy Pausch

Extracurricular's: Varsity Track & Field

TA Experience: BIO 104K, BIO 117P, BIO 111, EES 103

Future Plans: Attend Graduate School
Message to incoming first-years:

College will be a big transition. It will be scary and overwhelming, but it will also be exhilarating. You will make mistakes. Lots of them. Don't let that hold you back or think that you cannot accomplish great things. Imposter syndrome is real; don't let it control you.

Seize every opportunity presented to you. This is a time for experimentation (both in life and in lab) and you will grow.

* But, despite all of the room for academic achievement, remember that this is also the time to build friendships and make memories that you will hold dear for the rest of your life!

Henry Ernsberger



Favorite Class: Principles of Paleontology

Favorite Quote: "There is perhaps no better demonstration of the folly of human conceits than this distant image of our tiny world. To me, it underscores our responsibility to deal more kindly with one another, and to preserve and cherish the pale blue dot, the only home we've ever known." - Carl Sagan

Extracurricular's: UR

Simulation Gaming Association, UR Kendo, Anime Interest Floor

Future Plans: Gap year and then Graduate School

Message to incoming first-years: Don't worry if things don't go as planned. You got here, and you'll get through what you face, too!

Jessica Fabrizio-Stover



Favorite Class: Senior Ecology and Evolutionary Biology Lab

Favorite Quote: "I know every mile, will be worth my while. When I go the distance, I'll be right where I belong." - Hercules

Extracurricular's: Kappa Delta Sorority, CETL Tutor, Research Assistant at the URMC Center for Musculoskeletal Research, Order of Omega

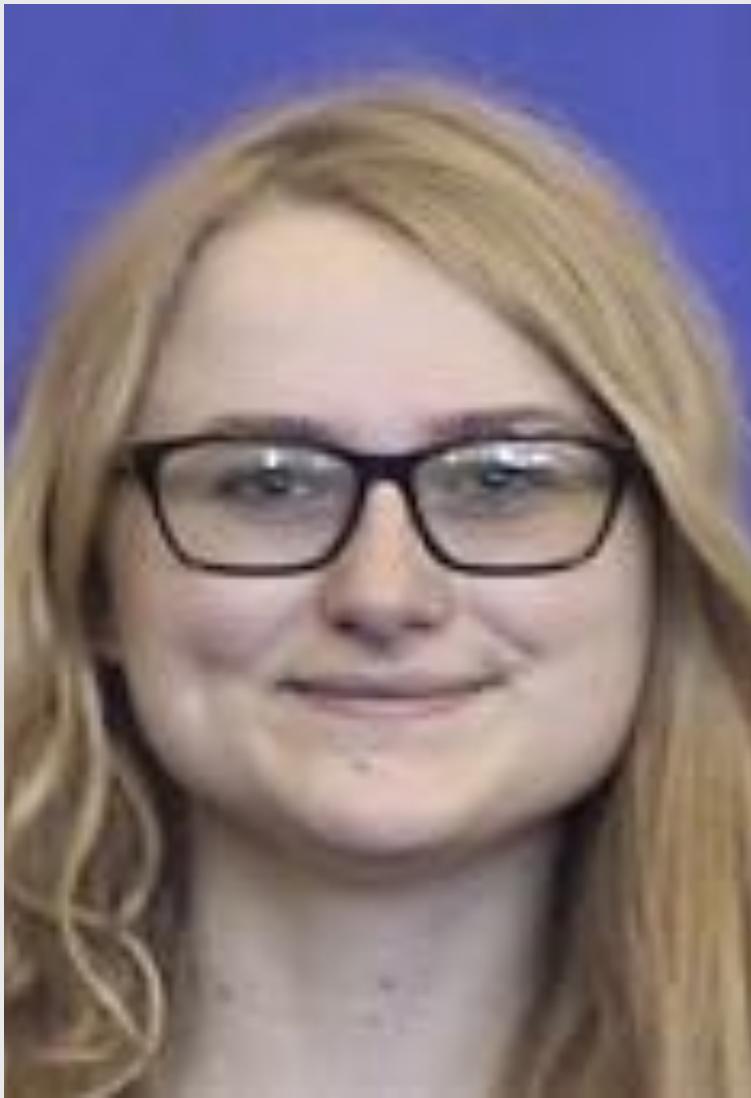
TA Experience: BIO 111, BIO 205

Future Plans: Take a year to complete a US-based conservation corps program before going to graduate school.

Message to incoming first-

years: Try everything. In the best case you will find a new passion, in the worst case you will end up with a good story.

Alexis Ferguson



If you can imagine it,
you can achieve it; if you
can dream it, you can
become it.
-William Arthur Ward

Moriah Kunes



Favorite Class: Intro to Environmental Science

Favorite Quote: "Give a girl the right shoes, and she can conquer the world." - Marilyn Monroe

Extracurricular's: Women's Varsity Basketball Team

TA Experience: Animal Behavior

Future Plans: Attend Princeton for her Ph.D. in Geoscience

Message to incoming first-years: Everyone fails, don't let it define who you are.

Kenna Lauer



Favorite Class: BIO 111, BIO 225, EES 103

Extracurricular's: Women's Varsity Basketball, East Pen Pal Program

Message to incoming first-years: Don't be afraid to ask for help. College can be mentally and physically draining. It's hard, but there is beauty in the struggle. You come out of it stronger and learn so much about yourself in the process. Don't ever think you are weak or any lesser if you need someone to talk to--whether that's to work through personal struggles, stress, or a tough Webwork problem. Some of the best people that I have met on this campus are those that I may have never met if I hadn't reached out for help.

Emily Mason



Favorite Class: Too many to choose from!

Favorite Quote: "This too shall pass."

Extracurricular's: Alpha Phi Omega, Creative Arts Club

TA Experience: CSC 161

Future Plans: Attend Graduate School.

Message to incoming first-years: Don't procrastinate

- getting involved in on-campus clubs/groups! It makes college a completely different and better experience.

BACHELOR OF SCIENCE

Molecular

Genetics

.....

Shania Ali



Favorite Class: Spain - Past, Present, and Future

Favorite Quote: "Don't let anyone tell you what you can and can't do or achieve. Do what you want to do and be who you want to be." - Emma Watson

Extracurricular's: GlobeMed

TA Experience: BIO 112, BIO 198, BIO 202

Future Plans: Medical School at the University of Rochester School of Medicine and Dentistry

Message to incoming first-years: Do what brings you joy but also don't be afraid to step out of your comfort zone!

Alila Amangali



Favorite Class: Eukaryotic Gene Regulation

Favorite Quote: "A wise man once said nothing at all."

Extracurricular's: Women's Varsity Tennis, Hall Council, Society of Undergraduate Biology Students, UR Society of Eastern European Students

TA Experience: BIO 110L

Future Plans: Graduate school at NYU for Bioinformatics and Systems Biology

Message to incoming first-years: Enjoy your year to its fullest - you will have plenty of time to worry about school and future in the next years!

Advait Athreya



Favorite Class: Cell Biology

Favorite Quote: "It matters not how strait the gate, how charged with punishments the scroll, I am the master of my fate, I am the captain of my soul." - William Ernest Henley (*Invictus*)

Extracurricular's: Journal of Undergraduate Research

TA Experience: BIO 110L, CHM 132, BIO 198P

Future Plans: Graduate School at MIT in Computational and Systems

Message to incoming first-years: Please take good care of the school

Mateo Bejarano



Now go, and make interesting mistakes, make amazing mistakes, make glorious and fantastic mistakes. Break rules. Leave the world more interesting for you being here. Make good art.
-Neil Gaiman

Alison Ben-Mayor



"We may live in an age of instant messaging, instant gratification and Instagram, but there is no way to short circuit the path to success."

—Tory Burch

Brandon Dexter



Favorite Class: Principles of Biochemistry

Favorite Quote: "Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway." - Earl Nightingale

Extracurricular's: RC Mert, Beta Theta Pi

TA Experience: CHM 132

Future Plans: Medical School

Message to incoming first-years: Just wait...

Maxxum Fioriti



Favorite Class: Malawi Immersion Seminar

Favorite Quote: "It's not what you look at that matters, it's what you see." - H. D. Thoreau

Extracurricular's: Rock Climbing Club, Ultimate Frisbee Club, Beta Theta Pi

TA Experience: BIO 198, CHM 203

Future Plans: Graduate School at the University of Pennsylvania School of Medicine in Biochemistry and Biophysics

Message to incoming first-years: Find a group of people to support you and keep your head held high.

Roisin Flanagan



Favorite Class: Biology of Aging

Favorite Quote: "To strive, to seek, to find, and not to yield." - Alfred, Lord Tennyson

Extracurricular's: TOOP, Todd Theatre, No Jackets Required

TA Experience: BIO 243

Future Plans: Research for a few years before Graduate School

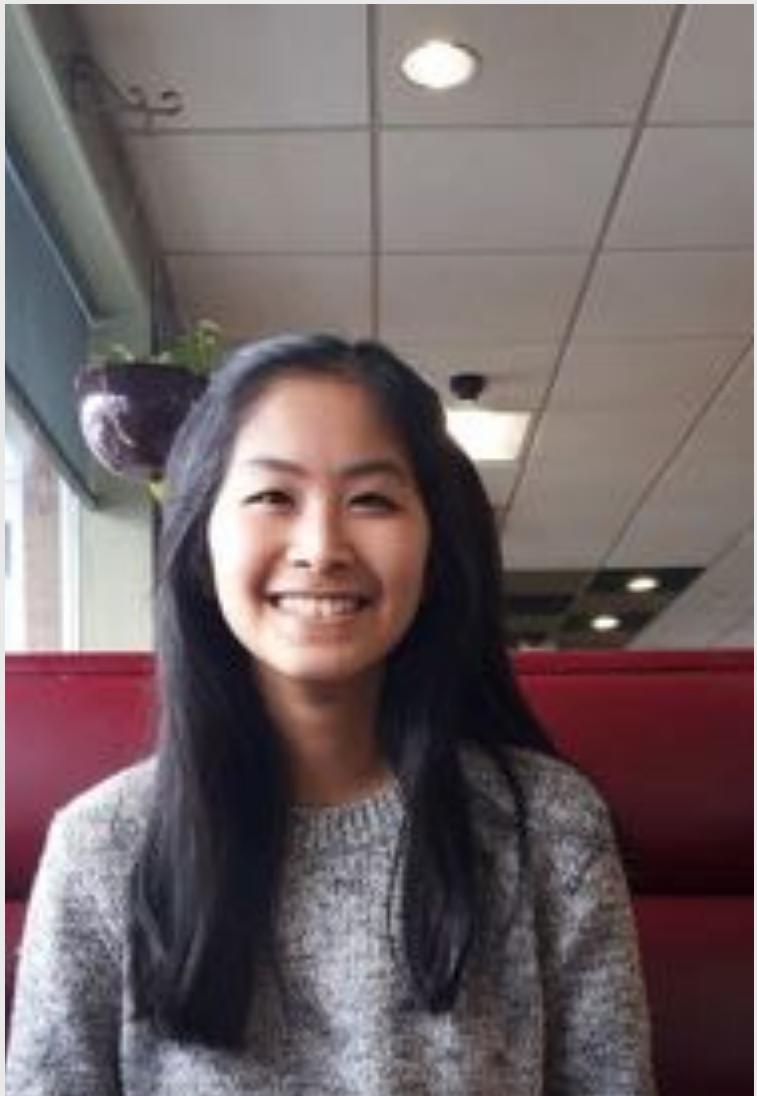
Message to incoming first-years: This time is supposed to be fun. Do what you love, because that's what you are going to be naturally curious about and work hard in.

Amanda Guido



"You don't go to university so you can punch a clock. You go to university so you can be in a position to make a difference."
—Janet Napolitano

Jasmine Han



Favorite Class: Incarceration Nation

Favorite Quote: "Kindness: it costs nothing but means everything."

Extracurricular's: LEAP tutor, TOUR Coach, Research Assistant URMC, Volunteer (Strong Memorial/Highland Hospital), Hospice volunteer, Res Life, Workshop Leader

TA Experience: BIO 110, BIO 202

Future Plans: Medical School

Message to incoming first-years: Don't be afraid to make connections with your peers and professors as it can help expand on what you want to do in the future! Also, definitely get involved in the Rochester city and its community because there is so much to learn from them!

Hui Yu Juan



Favorite Class: Middle

Eastern Dance

Favorite Quote: "Once you figure out who you are and what you love about yourself, everything else just kinda falls into place."

Extracurricular's: Friends of Strong, Shadowing, Sihir, Research Assistant at the Dickerson Lab

TA Experience: BIO 110

Future Plans: Medical School at VCU School of Medicine

Message to incoming first-years: Branch out and meet new people, it's honestly such a gift to be surrounded by so many wonderful friends I now call my family.

Camila Lage Chavez



Favorite Class: Principles of Biochemistry

Favorite Quote: "Don't live the same year 75 times and call it a life." - Robin Sharma

Extracurricular's: MERT

TA Experience: CHM 131, BIO 110, BIO 250, BIO 101, BIO 243

Future Plans: pursing a Take 5 year in globalization and international relations before heading to medical school.

Message to incoming first-years: Get to know your professors, never be afraid to ask questions. You are exactly where you are supposed to be.

Kalina Lapenta



Favorite Class: Molecular Biology

Favorite Quote: "If you don't know where you are going, any road will take you there." - Lewis Carroll

Extracurricular's: Research Assistant in the Biteur Lab and the Yule Lab

TA Experience: CHM 131

Future Plans: Working as a Research Technician for 2 years to further explore scientific interests before applying to graduate schools

Message to incoming first-years: Try as many different things as you can -- you really never know what could stick and where it could take you!

Ryan Liebegott



"Education makes a people easy to lead, but difficult to drive: easy to govern, but impossible to enslave."

—Henry Peter Brougham

Zhengfeng Liu



Favorite Class: Eukaryotic Gene Regulation

Favorite Quote: "Everything is dynamic."

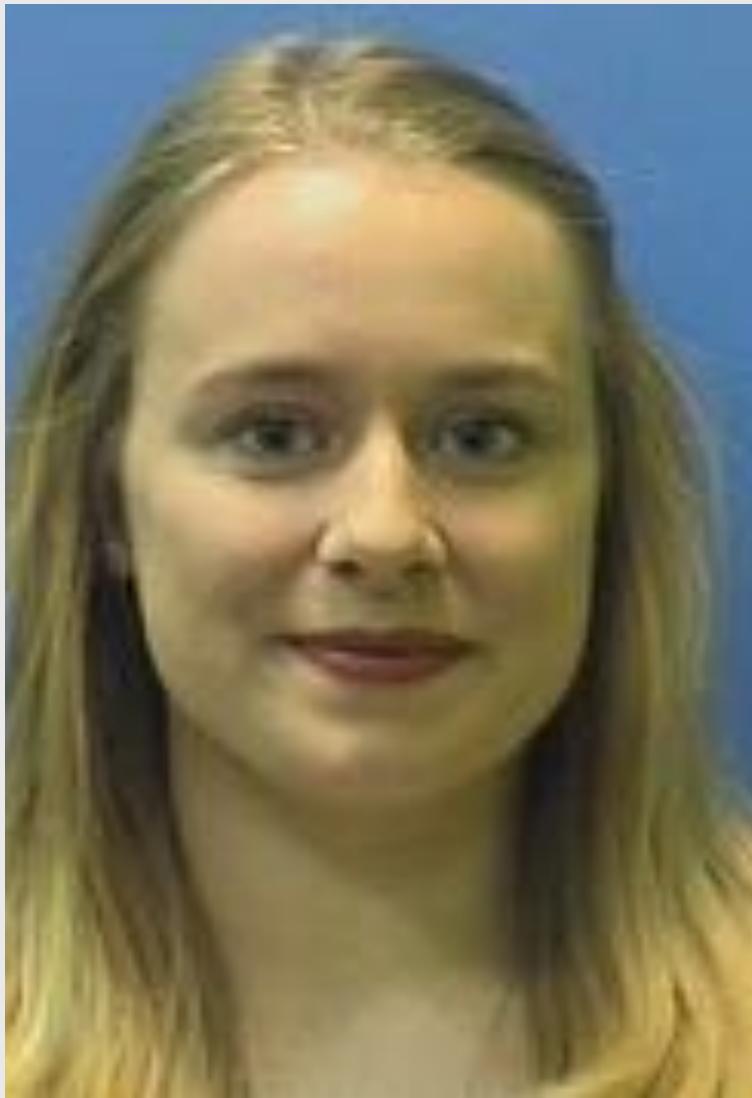
Extracurricular's: Ultimate Frisbee

TA Experience: BIO 110/112 Lab, BIO 268

Future Plans: Graduate School at the University of Pennsylvania in Biology

Message to incoming first-years: Don't panic to Genetics and Biochem, believe in your TA's.

Celina Manley



There is nothing more beautiful than finding your course as you believe you bob aimlessly in the current. Wouldn't you know that your path was there all along, waiting for you to knock, waiting for you to become. This path does not belong to your parents, your teachers, your leaders, or your lovers. Your path is your character defining itself more and more everyday like a photograph coming into focus."

-Jodie Foster

Brian Miller



You are educated. Your certification is in your degree. You may think of it as the ticket to the good life. Let me ask you to think of an alternative. Think of it as your ticket to change the world.

-Tom Brokaw

Dalia Mitchell



Favorite Class: Biochemical

Mechanisms of Cellular Processes

Favorite Quote: Everybody is a genius.

But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid." - Albert

Einstein

Extracurricular's: Psi Chi, Meridian

Society, Student Alumni Ambassador,

Campus Times, Art therapist at Gig's

Playhouse, Medical Illustrator, Friends of Strong, Strong Memorial HIV Community Advisory Board and Protocol Review

Committee member, Journal of Undergraduate Research

TA Experience: PSY 101, CHM 132, CHM 203, BIO 250, PSY 181, SA 181, BIO 278

Future Plans: University of Texas Southwestern Medical School

Message to incoming first-years: Take

advantage of all of the amazing opportunities available to you! There is incredible research mentorship at UofR, and so many ways to get involved on campus both in and out of the classroom

Jessica Nguy



Favorite Class: Advanced Cell Biology

Favorite Quote: "Do not go gentle into that good night. Rage, rage against the dying of the light." - Dylan Thomas

Extracurricular's: SALSEROS

TA Experience: ECO 207

Future Plans: Work as a research associate in the biotechnology industry

★ **Message to incoming first-years:** Learn everywhere you go. Life is too short to only learn from your own mistakes.

Charles Quatela



"Do all the other things,
the ambitious things--
travel, get rich, get famous,
innovate, lead, fall in love,
make and lose
fortunes...but as you do, to
the extent that you can, err
in the direction of
kindness."

-George Saunders

Alexander Riedelsheimer



Favorite Class: Ecosystems, Conservation, and Human Society

Favorite Quote: "Give me a pound." - Guru Pitka

Extracurricular's: Varsity Men's Squash

Future Plans: Open a bar

Message to incoming first-years: Have fun, don't be stressed.

Zachary Smith



Favorite Class: Molecular Cell Biology

Favorite Quote: "It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all, in which case you have failed by default." - J. K. Rowling

Extracurricular's: Club Ice Hockey

TA Experience: BIO 210

Future Plans: Graduate School at the University of Rochester Medical Center in Biochemistry and Molecular Biology

Message to incoming first-years: Time management is the key to success and happiness.

Sabrina Sun



Favorite Class: Cell Biology

Favorite Quote: "Genes are deterministic but they are not destiny." - Jennifer Ouellette

Extracurricular's: Rochester Rangoli, Charles Drew Pre-Health Society, UR StrongART

TA Experience: BIO 110 Lab, CHM 132

Future Plans: Clinical Assistant at Generation Next Fertility

Message to incoming first-years: Don't be afraid to take chances and make mistakes! College can be intimidating, but some of the most memorable and rewarding moments of my undergraduate career have resulted from overcoming immense obstacles and pushing past my fears.

Prerna Vatsa



Favorite Class: Eukaryotic Gene Regulation

Favorite Quote: "Life is a mystery to be lived, not a problem to be solved."

Extracurricular's: Badminton Club, Indulgence, Bhangra, SUBS, UR StrongART

TA Experience: SA 121

Future Plans: Looking to get her masters, but may work for a lab/company first

Message to incoming first-years:

Make sure you make the most out of your college experience. You have a platform to do anything and everything you could think of so make good use of this opportunity. Before you know it you will be looking back and cherishing your memories of these amazing 4 years.

Alyssa Rose Williams



Favorite Class: Cell Biology

Favorite Quote: "He's not the sun, you are." - Christina Yang, Grey's Anatomy

Extracurricular's: She's the First, Friends of Strong

TA Experience: BIO 110L

Future Plans: Taking a gap year and working as a human subjects research coordinator at the Wilmot Cancer Institute before heading to Medical School.

Message to incoming first-years: Don't be discouraged by a class or two, the upper level classes are worth the wait!

Jenny Yau



Favorite Class: Cell Biology

Favorite Quote: "Justice delayed is justice denied." - William Gladstone

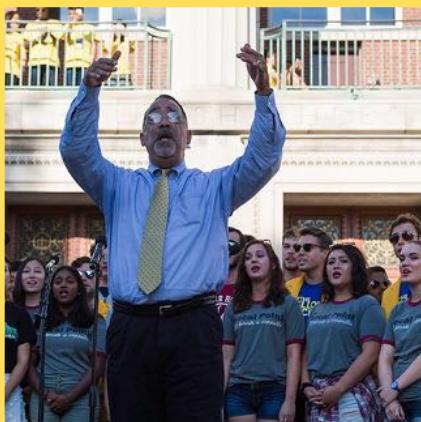
Extracurricular's: Sigma Psi Zeta Sorority, EDRA program
TA Experience: BIO 112, BIO 198, BIO 202

Future Plans: Take 2 gap years before medical school to work as a clinical research coordinator at the Facial Plastic and Reconstructive Surgery department/Dermatology department at the Massachusetts Eye and Ear Infirmary in Boston.

Message to incoming first-years:

Class of 2024, know that the grind continues and the exams never stop. But, remember to enjoy every step of it. It may feel slow at times but four years really does fly by. TRY EVERYTHING:) Love hubbel, hate lander.

THANK YOU FOR THE *memories*



Class of 2020 Move-in Day

**Congratulations and Best Wishes
To the Class of 2020 from the
Faculty and Staff of the Department of
Biology**

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