

GSA Officers
&
PhD Student Liaisons
2019-2020

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Welcome & Tips for First Year PhD Students

Dear First Year PhD Student,

Congratulations on officially starting your PhD. TJU's GSA would like to welcome you into your first year of your PhD. As GSA's VP of Internal Affairs AY19-20, I am responsible for coordinating your liaisons and events for you to meet with them outside of your one on one meetings. If you have any questions or concerns please email me at snj007@jefferson.edu.

Some tips for your first year:

- Reach out to your designated liaisons for help in navigating academics, student life as a PhD, and opportunities for fun on & off campus.
- There are tutors available for GC550, do not be afraid to use this resource.
- Rotations help you determine what lab is right for you. Lab fit is important besides liking the work that the PI's lab focuses on and your thesis work. Make sure to really enjoy the people in your lab as you will be spending a majority of time with them over the next years. Make sure that your work schedule fits with that of the lab or that the lab is willing to accommodate your 'odd' hours.
- Have honest conversations with your PI about things both lab and outside of lab related, it helps to have open communication between the both of you. Remember your PI is not a mind reader.
- PhD is not stress free. Develop stress relieving strategies that work for you. Make sure to make time for yourself. You will grow a lot in the years to come.
- Ask questions, lots and lots of questions. Navigating through your PhD should not be ambiguous. Need answers? Just ask.
- I personally found this Nature articles very helpful.
 - Twenty things I wish I'd known when I started my PhD:
<https://www.nature.com/articles/d41586-018-07332-x>
- Need more advice? Feel free to email your liaisons, or any senior student questions.
- And, remember to have fun! On that note, GSA hosts a bunch of events during the year for you.

See you soon!



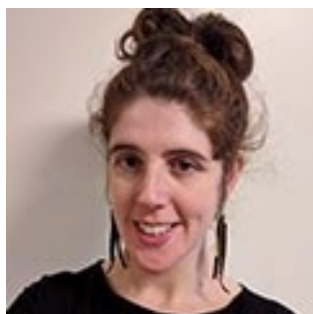
Graduate Student Association

*Be sure to join the TJU
GSA Facebook Group
and here is our webpage
for more information! →*



GSA Officers & PhD Student Liaisons AY 2019-2020

GSA Officers



Tess Cherlin

President, (PhD)

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Tess graduated from Syracuse University with a BS in Biochemistry in 2011. She taught high school Biology in New Orleans, Louisiana and then worked as a Research Technician at Xavier University of Louisiana until 2015. Tess is currently a 5th Year PhD Candidate in the Genetics, Genomics, and Cancer Biology Program and studies cancer biology and computational medicine in Dr. Isidore Rigoutsos' Lab.



Lindsey Mayes

Secretary, (PhD)

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Lindsey grew up in Downingtown, Pa and earned her BS in Biotechnology from Penn State. After college she completed an MS at Jefferson in Biotechnology. Lindsey decided to continue her education at Jefferson and is currently a 5th Year PhD Candidate in the Biochemistry and Molecular Pharmacology program where she studies inflammation and cell death in the Alnemri lab.



Eric V. Brown

Treasurer, (PhD)

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Eric grew up in South Jersey and studied Biology and Chemistry as an undergrad at York College of Pennsylvania before going on to receive an MS in Biomedical Sciences from Rowan University. Eric is currently a 5th Year PhD Candidate in the Neuroscience program working in the laboratory of Angelo Lepore studying spinal cord injury.

GSA Officers (cont.)



Brandie Morris

VP of Academic Affairs, (PhD)

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Brandie is originally from Connecticut and graduated from Johns Hopkins University in 2015 with a BS in Neuroscience. She is currently a 5th Year PhD Candidate in the Neuroscience program and performs her research in the Jefferson Weinberg ALS Center under Dr. Piera Pasinelli.



John Han

VP of Career Development, (PhD)

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John grew up in Ambler, Pa outside of Philadelphia. He earned his B.S. in Biology at Shippensburg University with a minor in Biochemistry. He is a 3rd Year PhD student in the Cell Biology and Regenerative Medicine (CBRM) program. John works in the laboratory of Dr. Nancy Philp studying the metabolic coupling in the retina.



Nicki Heinsinger

VP Community and Cultural Affairs, (PhD)

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Nicolette grew up in Philadelphia suburbs in West Chester, Pa. She graduated from Georgetown University in 2016 with a BS in Biology and a minor in Psychology. She is currently a 4th Year PhD Candidate in the Neuroscience department studying spinal cord injury under the mentorship of Dr. Angelo Lepore.

GSA Officers (cont.)



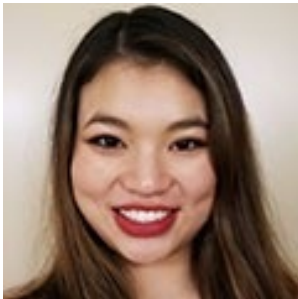
Alison Moss

VP of Social Events, (PhD)

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Alison graduated from the University of Texas in Austin with a BS in Biomedical Engineering in 2015. She is currently a 5th Year PhD Candidate in the Biochemistry and Molecular Pharmacology PhD program and works in Dr. Vadigepalli's lab studying computational and systems biology in the heart and brain.



Shira Johnston

VP of Internal Affairs, (PhD)

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Shira grew up right outside of Northeast Philadelphia. She earned her BS in Chemical Engineering and a minor in Psychology as a Social Science from the University of Rochester in 2017. She is currently a 3rd Year PhD student in the Cell Biology and Regenerative Medicine (CBRM) program. She works in the lab of Dr. Makarand Risbud studying the Role of Hypoxia Inducible Factors (HIFs) in Nucleus Pulposus Cell Adaptation.



Ashley Liautaud

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Ashley grew up in Butler, NJ. She moved to Philadelphia where she earned her BS in Health Science at Philadelphia University. She is currently a Master's student in the Pharmacology program and works at the Jefferson Headache Center as a research coordinator.

Neuroscience (NS)

4th Year Liaisons



Katelyn Russell

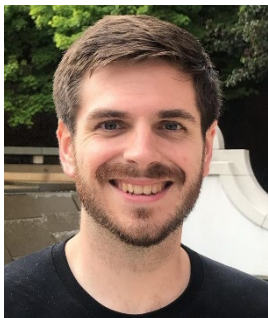
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2nd Year Liaison



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Biochemistry & Molecular Pharmacology (BMP)

4th Year Liaison



Tyler Florio

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3rd Year Liaison



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Cell Biology & Regenerative Medicine (CBRM)

4th Year Liaison



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3rd Year Liaison



Stanley Conaway

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2nd Year Liaison



Grace Tartaglia

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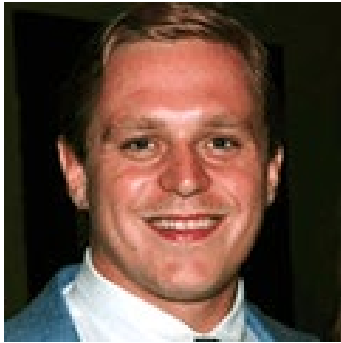
Genetics, Genomics & Cancer Biology (GGCB)

4th Year Liaisons



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2nd Year Liaison



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Immunology & Microbial Pathogenesis (IMP)

4th Year Liaison



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3rd Year Liaisons



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