

CLASS OF 2033

Upstate MD/PhD Program

May 2025

ANTHONY

I'm really looking forward to meeting you all! I grew up in Danvers, MA, and stayed nearby for college at Brandeis University in Waltham, MA. My research interests lie at the intersection of cancer biology, pharmacology, and biochemistry. Outside the lab, I love singing (especially a cappella), DJing local community events, and jamming with friends. On top of that, I love working out and going on walks along local trails. I'm thrilled to be joining the Upstate community and can't wait to get to know everyone in the program!



SHREYA

I'm thrilled to join the MD/PhD program at SUNY Upstate this June. I'm originally from Anchorage, Alaska, and I studied Biotechnology and Molecular Biosciences at RIT as part of the Upstate Accelerated Scholars Program. At RIT, I complemented my biology education and virology research with internships at Moderna and Bayer, gaining firsthand insight into the contrasting priorities and cultures of industry versus academic medicine. My research interests lie in microbiology, and I'm eager to dive into projects that bridge the lab bench and patient care. I have been a practicing palmist for the past 8 years, and have begun to dabble in face-reading as well. Besides that, I am quite active and enjoy hiking and cross-country skiing. I can't wait to explore the lakes, forests, and trails in Central New York and to meet everyone in the program!



AWS

I'm thrilled to be joining the Upstate community! I was born in Jordan and raised in Toronto, Canada. Coming from the 'chilly north', I'd say I'm well adapted to all things cold and enjoy partaking in winter sports like skiing and skating. I'm especially excited to explore the skiing scene in upstate NY. I graduated from the University of Toronto where my research interests developed around neuroscience, neuroendocrinology, and neuroimmunology. Outside of the lab and school, I enjoy training in mixed martial arts, swimming, cheering on the Raptors, and rating movies I watched on my Letterboxd. I'm also a foodie and I look forward to exploring niche food spots in Syracuse. Very excited to meet everyone and embark on this academic journey at Upstate!



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LAURA

I am excited to start my MD-PhD training at Upstate! I was born and raised in Shanghai, China, and completed my undergrad in the US at Washington University in St. Louis. I am broadly interested in the mechanisms of neurological diseases, but particularly intrigued by cancer neuroscience and neurodegeneration. Outside of research, I love reading (or listening to audiobooks), hiking (or sometimes trail running) and hanging out with animals (I've fostered 3 dogs and 4 cats over the past two years). I look forward to exploring Syracuse and Upstate New York, as well as getting to know the MD-PhD community!



MITCHELL

I am super excited to meet everyone and join the family! I am originally from Harrisburg, Pennsylvania, and completed my undergrad degree at Syracuse University. After graduating, I worked as a Behavior Specialist at Upstate's new Biobehavioral Health Unit for children with autism. For research, I am interested in psychiatric genomics but hoping to expand into the broader clinical applications of omics-based research. Outside of lab I enjoy playing and coaching soccer, rock climbing, hiking, and cooking. I have heard there is a big rock climbing community among the medical students, so I can't wait to join the group. Over the next few years, I am looking forward to deepening my roots in Syracuse, and becoming part of the Upstate community!



ABDEL

Originally from Jordan, I moved to the USA for college in 2017. I started my journey in Madison, Wisconsin where I double majored in Biomedical Engineering and Biochemistry and minored in Biology and Computer Science at the University of Wisconsin-Madison. During my undergraduate time, in addition to developing a new-found taste for cheese, ice cream and cold weather, I led an independent study to investigate the environmental effects on the circulatory and neuromuscular behavior of California Blackworms. Afterwards, I moved to Baltimore, Maryland where I did my Master's in Molecular Microbiology and Immunology at Johns Hopkins University. During that time, I explored the intersection of Bioinformatics, Machine Learning and Digital Pathology in the field of Cardiac Immunology in the lab of Prof. Daniela Cihakova. While not completely decided on my focus yet, I look forward to further delving into how Machine Learning can be integrated into biomedical research and applied to clinical care. During my free time, I am a theater aficionado and baking enthusiast. As such, I am excited to experience all that Syracuse has to offer in the way of plays, musicals and local ingredients I can infuse into my latest baking experiments. Above all, I look forward to being a part of the SUNY Upstate MD/PhD community and learning of everyone's unique experiences that brought us all here.

