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PRADA April Newsletter

Please take a look below for our upcoming events, opportunities, and resources!



Upcoming MHM Event: Mood Tracking Discussion

*Friday, April 17th
12:30 pm
Zoom info below!*

Mood trackers are a great way to monitor your feelings throughout a day, week, month, or year. Now so more than ever, it is important to keep in touch with ourselves. Mental Health Monthly would love for you to create your own mood tracker and share your creativity with us over Zoom on Friday, April 17th at 12:30PM!

Links explaining the rationale behind mood journaling/tracking, with examples can be found below. Even if you don't have time to create a mood tracker before then, please join us for a discussion about mood, emotion, and inward reflection. We hope to "see" you there!

- <https://positivepsychology.com/mood-charts-track-your-mood/>
- <https://projecthelping.org/mood-journaling/>

Zoom meeting information:

Join from your computer or mobile device: <https://bostonchildrens.zoom.us/j/372645012>

Or dial in from your telephone:

Internally: x28882

Externally: 646-558-8656 (Primary)

408-638-0968 (If you are unable to dial into the primary number)

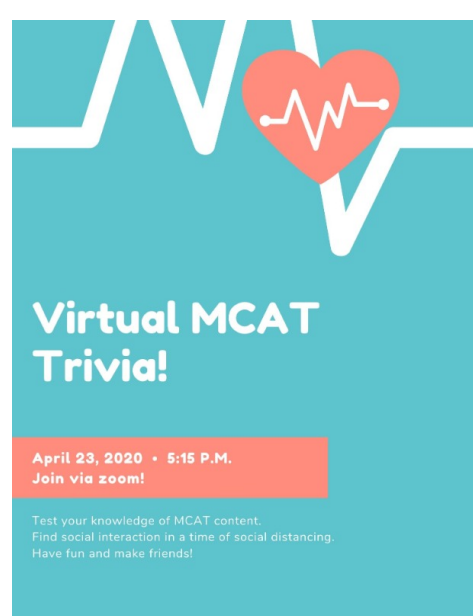
Or iPhone one-tap:

+16465588656,,372645012# or +14086380968,,372645012#

EWS link: <https://zoom.us/jc/372645012/join>

Meeting ID: 372 645 012

Contact [Chris Zaro](#) & [Steph Wall](#) with questions



Upcoming Pre-Med Event: Virtual MCAT Trivia

Thursday, April 23

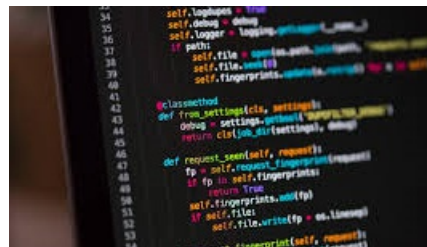
5:15 - 6pm
Zoom info below!

Like playing trivia? Bored while in quarantine and want social interaction? Join us for a virtual MCAT trivia game! Test your knowledge while answering real practice MCAT questions. We'll use Zoom's breakout room feature to randomly assign you into groups of two, show you the MCAT question, let you discuss and answer. The winning team gets a virtual high five! Let's have some fun while helping you study for the MCAT!

Please RSVP via the upcoming calendar invite!

Zoom meeting information:
Join from your computer or mobile device: <https://bostonchildrens.zoom.us/j/862499149>
Or dial in from your telephone:
Internally: x28882
Externally: 646-558-8656 (Primary)
408-638-0968 (If you are unable to dial into the primary number)
Or iPhone one-tap:
+16465588656,862499149# or +14086380968,862499149#
EWS link: <https://zoom.us/jc/862499149/join>
Meeting ID: 862 499 149

Contact [Teddy Sheehan](#) with questions



Upcoming Course: Data Wrangling and Visualization with Tidyverse and ggplot2

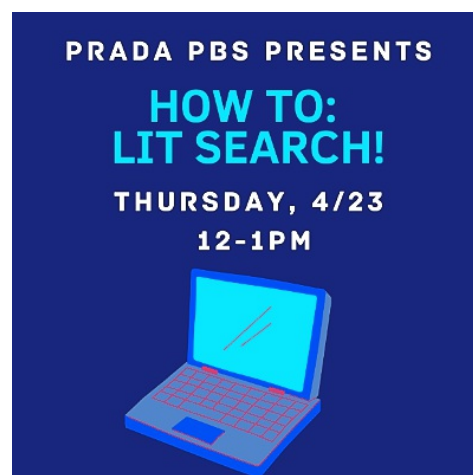
When: Thursday April 23 from 10:00 am -1 pm via Zoom
Instructor: Stephanie Schneider

Objectives:
Understanding Tidyverse syntax: Tidyverse syntax is a bit different from base R with pipes, tibbles, and heavy opinions about row names
Wrangling data for use with analysis or plotting: Explore the functions available from the dplyr package to turn your data into the format you need it
Describe and utilize the ggplot2 grammar of graphics syntax: Create elaborate custom plots by learning the functions and structure for plotting with ggplot2

Prerequisites: Basic knowledge of R

Installation requirements: The latest versions of R and RStudio, and the packages tidyverse and RColorBrewer:
Install the required R packages by running the following code in RStudio:
Install CRAN packages
install.packages("tidyverse")
install.packages("RColorBrewer")

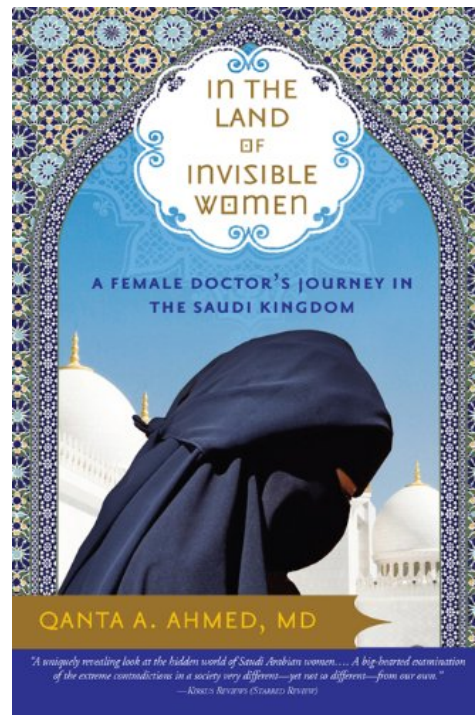
Register @ https://data_wrangling_visualization.eventbrite.com



Anna Dorste, our fabulous librarian, has offered to show us all some tips and tricks on how to conduct the most comprehensive and efficient literature search!

With clinical research on pause for the foreseeable future, now could be a great time to reach out to your PI about doing a review paper or starting the manuscript you've been meaning to get to! That being said, by no means is there an expectation that you must do something "productive" with this time. In fact, it can be even harder to be productive in this environment. Please take this as a gentle reminder to be kind to yourselves and one another... and join us on next Thursday April 23rd from 12-1pm to learn something new and helpful!

Contact [Becca Spigel](#) or [Meghan Wales](#) with questions



Upcoming Book Club Meeting

Wednesday, April 29th
12pm-1pm
email for Zoom info

The PRADA Book Club's election for our very first virtual meeting will be, [In the Land of Invisible Women: A Female Doctor's Journey in the Saudi Kingdom](#) by [Qanta A. Ahmed, MD](#). We will be meeting on [Wednesday, April 29th from 12-1pm](#).

At the meeting, we will be focusing on [chapters 1-24](#) or the first 250 pages. Feel free to read more if you wish! All are welcome to attend even if you do not get a chance read the book!

Email nora.oneill@childrens.harvard.edu for the Zoom information.

Open EBoard Positions: PHCA

Co-Chairs:

- **Position title:** 2 PHCA Co-Chairs
- **Description :** Co-Chairs are responsible for planning and running all PHCA meetings and events. They are expected to check in regularly with Group Leads and one another to track the group's progress and provide support for upcoming events. Co-Chairs will also serve on the PRADA Executive Board and are expected to work closely with PRADA's leaders to report PHCA's upcoming plans and ensure adherence to the budget.
- **Contact Information:**
- Cassie Papaleo (PHCA Co-Chair, cassandra.papaleo@childrens.harvard.edu)
- Natasha Dombrowski (PHCA Co-Chair, natasha.dombrowski@childrens.harvard.edu)

Group Leads:

- **Position title:** 4-8 Group Leads for the Mental Health and Substance Use, LGBTQ+, Nutrition and Obesity Prevention, and Maternal and Child Health groups (1-2 Group Leads for each group)
- **Description :** Group Leads are expected to identify community organizations, events, and/or advocacy opportunities related to their public health topic of interest. They are responsible for leading their respective community health groups and coordinating outreach/volunteer activities among group members, including group meetings or meeting ad hoc. Group Leads also serve as the primary contact for communication with PHCA Co-Chairs and are expected to provide regular progress updates.
- **Contact Information:** Cassie Papaleo (PHCA Co-Chair, cassandra.papaleo@childrens.harvard.edu)
- Natasha Dombrowski (PHCA Co-Chair, natasha.dombrowski@childrens.harvard.edu)
- Grant Spencer (Mental Health and Substance Use Group Lead, grant.spencer@childrens.harvard.edu)
- Nora O'Neill (LGBTQ+ Group Lead, nora.oneill@childrens.harvard.edu)
- Maureen Burns (LGBTQ+ Group Lead, maureen.burns@childrens.harvard.edu),
- Joseph Tella (Nutrition and Obesity Prevention Group Lead, joseph.tella@cardio.chboston.org)

Other resources

[Remote Work Survival Kit](#) is a crowdsourced document, created in response to COVID-19, to help those who are trying to implement remote working in their organization, set themselves (or their teams) up to work from home, and diminish the impact on workplaces, staff, and teams of this, and future pandemics.

[Coronavirus Tech Handbook](#) is a crowdsourced resource for technologists, civic organizations, public and private institutions, researchers, and others working on responses to the COVID-19 pandemic. It is an evolving resource with thousands of expert contributors, geared specifically at opportunities for individuals to contribute their skills, time, or expertise toward this fight.

EBoard Spotlight: Pre-Med

Get to know the co-chairs of the Pre-Med subcommittee!

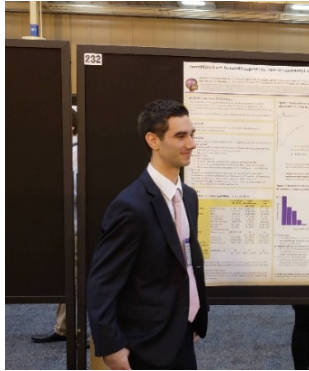
About the PreMed Committee:

We strive to organize events, provide mentorship, and help support individuals who are pursuing professional careers in medicine. Our committee facilitates a collaborative environment, one that reflects the current era of healthcare, where inter-disciplinary teams of researchers and clinicians work together to provide innovative care to patients.



Maleek A. Masood

I am an inquisitive young professional here at Boston Children's Hospital and as a result, my first year was involved with PRADA because I am a lab manager and I follow research assistants and staff. As a part of the Pre-Med Committee, I am able to coordinate events and programs that support interest in several medical professions. I enjoy creating a welcoming environment here at BCH for all our pre-med staff. I am passionate about improving healthcare practices and public policy through quality research. I enjoy traveling, motorsports, and volunteering as an EMT!



Teddy Sheehan

Teddy grew up on Oahu, Hawaii and lived there until moving away for college. He attended Northeastern University and studied behavioral neuroscience. During his junior year in college, he interned in the Loddenkemper Lab in the neurology department at Boston Children's Hospital doing pediatric epilepsy research. Since graduation in 2018, Teddy has worked as a clinical research assistant in the Loddenkemper Lab. His research includes status epilepticus in pediatric populations as well as seizure forecasting using wearable technologies. Teddy will be applying to medical school this upcoming cycle for 2021 matriculation.



Courtney DiFilippo

My name is Courtney DiFilippo and I am the co-chair for the PRADA pre-med committee. I am a clinical research assistant in the GI department at Boston Children's Hospital. I graduated from Tufts University in May 2019. I have always wanted to be a doctor since I was little and I am applying for medical school during this upcoming application cycle. I love watching medical dramas such as Grey's Anatomy and House. I also watch This is Us and recently have become obsessed with Schitt's Creek. I would love to talk to everyone about all things pre-med or about a variety of TV shows! I am excited to be a part of PRADA and the pre-med committee and to meet everyone!



Our Facebook Group

PRADA Communications is proud to see members engaging with our Facebook Group! Our group is the best place to post opportunities, connect with other members, and reap all the benefits of our community. Plus, we get to see your lovely faces! Check out our Facebook page by clicking on the icon above and send us a request to join!

About Us

PRADA is a supportive, inclusive learning community for research assistants, coordinators, and other young professionals at Boston Children's Hospital.

[Contact us](#)



Leaving BCH? Take Our

Alumni Survey

As you move on to exciting new opportunities, we would love to stay in touch! Help us extend our alumni network by filling out our survey using this [survey](#)

[Click to edit Email Preferences](#) or [Unsubscribe from this list.](#)

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