



**McCULLOUGH
INSTITUTE**
for PRE-MEDICAL SCHOLARS

THE UNIVERSITY OF ALABAMA®



PROGRAM HIGHLIGHTS FROM OUR FIRST YEAR



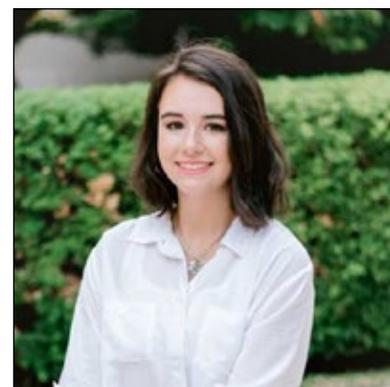
Dr. Ted Poston,
Director
McCullough Institute for
Pre-Medical Scholars
The University of Alabama

Greetings from a quiet main campus at the University of Alabama. What, in normal times, is packed with students eager to learn and embark on their careers, is now mostly still with the occasional jogger in the Quad. We have completed a tremendous first year with our excellent inaugural class of McCullough Scholars. I am thrilled with the accomplishments of our first-year students.

We began our first foundations course in Spring 2020 by studying Steven Johnson's *The Ghost Map*, a story of London's 1854 cholera epidemic and how it changed the world. We discussed the complex interdisciplinary matrix of issues that arise when disease, medicine, science, history, and philosophy meet with a major hurdle for society. Though we didn't know it at the time, our discussions prepared us for our own experience with a pandemic. One lesson I gleaned from discussions with the McCullough Scholars is that it is vital for future medical leaders to think widely and critically about the host of issues that medicine touches. It is thus with great hope that I look forward to welcoming the McCullough Scholars into the second year of the program. Enjoy reading below a sample of the McCullough Scholars stories.

Spencer Favor: As an introverted out-of-state student six hours from home, I was very nervous about starting college this year. I knew that I would handle my classes well, but I did not know how I would approach building a new life with new people after living in the same town for over ten years. I am happy to say that now, almost a year later, I could not be happier with my first year of college and I have found amazing friends and an amazing community in the McCullough Institute for Pre-Medical Scholars. I cannot even begin to say how great it felt to be surrounded by a group of like-minded students with similar interests in my first year. During my first semester, McCullough gave me an automatic group of friends. Because we are all on the pre-med track, I always had a friend in class, someone to help with homework, and someone to explore extracurriculars with. If I was having trouble with chemistry, I knew that I could send out a text and someone would come to help.

In addition to an amazing community, the McCullough Institute has also given me some amazing opportunities to learn and expand my horizons about the medical field. Through my McCullough classes, I have gained experiences in philosophy, anthropology, and history that I never would have gained otherwise. I have loved being able to explore how these other disciplines fit into medicine, which I would not be able to do in other classes. If I have learned anything so far from the McCullough program, it is that medicine is more than just science. Like the human body, medicine is a combination of countless disciplines working together, and I am really glad I get to have the opportunity to explore these.



Spencer Favor
McCullough Pre-Medical Scholar
Inaugural Class 2019
Pre-Medical Scholars



Jack Strubel

McCullough Pre-Medical Scholar
Inaugural Class 2019
Pre-Medical Scholars

Important Dates

December 15 - McCullough
Priority Consideration Date

Students who apply by this date are eligible for January Zoom interviews; students who apply later will be considered for second round offers.

January 11 - McCullough
Zoom Interviews begin

February 1 - McCullough 1st
Round offers made

March 15 - McCullough 2nd
round deadline

McCullough program will accept 2nd round offers up to this date; 2nd round offers are made on a rolling basis as slots open up; these offers will be made up to April 15th.

May 1 - McCullough Program
final rejections announced

**19th Annual McCullough
Medical Scholars Forum -
Friday, January 29, 2021**

The McCullough Institute for Pre-Medical Scholars provided me with the outstanding wisdom, friendships, and resources that have fueled my success in my first year at the University of Alabama.

Living together in the Blount dorms, the other McCullough Scholars were the first people I met on campus. These friendships between everyone in the program seemingly formed instantly, creating a collaborative environment that made Alabama feel like a new home. Furthermore, getting to know Dr. and Mrs. McCullough has been an honor, as they are both tremendous sources of wisdom that have guided the program to be where it is today.

The convocation course that we took in the fall semester introduced us to the cornucopia of resources we have on campus. Additionally, we had the opportunity to hear from various UA professors about their interesting research projects. Personally, I gained a lot from this course, and this was exemplified through my level of involvement the following semester, as I now am a research assistant in the SCEN Lab and the President of the UA Chess Club.

During the spring semester, we took the course Medical Foundations 1, which was my personal favorite course I have taken at the university so far. Learning about the field of medicine through historical, philosophical, and anthropological lenses greatly enhanced my knowledge of the subject, and most importantly, will make me a better future physician.

Additionally, the McCullough Medical Scholars Forum in the spring was an incredible opportunity to hear doctors, medical students, and other speakers talk about a variety of insightful topics, from the broad experience and process of medical school to the personal story from Dr. Daniel C. Potts and his Bringing Art to Life program.

Ultimately, all of these experiences in my first year with the McCullough program have instilled in me a genuine drive to learn the art of medicine and lead by example on campus, and I am very excited for the years to come!



2019 Inaugural class of
Pre-Medical McCullough Scholars

McCullough Scholars Summer 2020

We are so proud of our McCullough Scholars and their accomplishments in and out of the classroom. This summer several of our scholars participated in medical related summer volunteer programs. Listed below are a few examples of what they learned this summer.

Joy Becher received an internship with Dr. Batora, an Internist/Primary Care Physician in Germany. Dr. Batora taught Joy how to do basic medical history on patients and how to talk to patients. The doctor also showed Joy how to do simple medical examinations (blood pressure, testing for a pulse and nerve function, palpating the abdomen, listening for air accumulation, diabetic checkups, etc.) and read an ultrasound. She also learned how to find, identify, and measure the different organs, and how to find abnormalities like an enlarged liver or spleen, cysts, air accumulations, or a fatty liver.

Sidd Mupparaju and Phoebe Guidry were both teachers for the Jefferson County Summer Institute through CAMP (College Admissions Made Possible). This program seeks to fight the Summer learning gap and help Birmingham city students at under-served schools enroll in the college of their choice. They, also, each received a scholarship as part of working for the program.

Juliana Fraundorf was invited, along with other pre-med students, to do a virtual rounding program with Dr. Abbas Naqvi. He gave the group details on a case and gave them a week to come up with a differential diagnosis. At the end of each week, Dr. Naqvi would meet the students via Zoom and question the group until they all came to the correct diagnosis. Juliana also helped manage COVID at a local summer camp by taking and recording temperatures each morning and ensuring that each child was not exposed to the virus.

Jack Strubel has been working as a Contact Tracer for the state of Texas tracing COVID-19 across the state.



Geoffrey Alintoff

Incoming Class 2020

My name is Geoffrey Alintoff, I'm from Marlboro NJ, and I am incredibly excited to be attending UA in the McCullough Institute! My favorite hobby is playing the guitar—I've been playing since I was about seven years old and enjoy playing classic rock and writing my own songs. I also love listening to music during pretty much anything I do. My favorite genres are rock, metal, and rap with my current favorite bands being U2, Boston, System of a Down, and Red Hot Chili Peppers. I also enjoy watching movies, playing video games, and hanging out with friends.

My interest in medicine peaked when I began working for my local first aid squad and gained certification as an EMT. I loved working as an EMT because it gave me a firsthand look into the field of medicine while getting to make a direct impact in my community, and it is something I would like to continue at UA. My current goal for post-undergrad studies is to attend medical school to become an interventional radiologist that works in underserved communities to help combat healthcare disparities. I cannot wait to get on campus and begin my journey at UA! I am most excited to meet new people, try new things, and begin getting more firsthand opportunities such as research.

Roll Tide!!



Mary Drews

Incoming Class 2020

I am Mary Drews, a freshman Public Health major and Spanish minor from Omaha, Nebraska. I am blessed with the most supportive family. We love to laugh together, attend Orangetheory Fitness classes, and cheer each other on through life. Each family member (including my puppy Scout and cat Lila) brings me endless joy. Throughout life, I have often pursued exactly what I feel called to. My spontaneity has led me to adopt a wide variety of hobbies, ranging from ceramics, baking, and working as a barista to running cross country, exploring local restaurants, and participating in environmental sustainability initiatives. I am elated to join the McCollough Institute's community of diverse and driven pre-medical scholars. I hope that our relationships will be full of mutual admiration for each other's successes as we work towards our common goal of becoming the next generation of socially aware doctors. I look forward to hearing first-hand accounts from medical professionals during Convocation and reading literature that will push me to think beyond the bounds of what is traditionally thought of as medicine. My future aspirations include completing UA's Accelerated Master's in Public Health program and possibly taking a quick gap year or two abroad to work in the public health field before attending medical school. I have considered careers in Hematology, Oncology or Emergency Medicine.



Caleb Vandenberg

Incoming Class 2020

Hi, my name is Caleb Vandenberg and I'm from Wausau, Wisconsin. In high school, I ran cross country and pole vaulted in track. I graduated as valedictorian and was named a National Merit Finalist. In my free time, I love to play guitar, sing, work out, and hang out with friends. I love being outdoors doing things like hiking and camping with my friends and family. My faith is important to me and I plan to get involved in a church down in Alabama this fall. I am planning to major in Biology and Spanish, both of which I am passionate about and excited to dive deeper into. I look forward to one day going to medical school and ultimately becoming a surgeon, though I don't yet know what kind of surgery I am most interested in. I would love to be able to use my medical skills to serve globally in Spanish speaking countries. I am very interested in studying abroad and am excited about potential opportunities to travel, and immerse myself in different cultures and places around the world. I cannot wait to get started at the University of Alabama this fall, get involved, and experience many new things. Looking forward to a great year! Roll Tide!

