Student Profile: Savanna Staley

**Why you chose SIUC Department of Physiology:**

**I chose SIUC Department of Physiology to best prepare myself for attending PA school here at SIU in the future. Now that I am in PA school, I am confident that I made the right decision.**

**Favorite PHSL class and why:**

**My favorite PHSL courses were PHSL 420 – Principles of Pharmacology and PHSL 410 – Mammalian Physiology because they involved applying physiology concepts to medicine. I have used knowledge from these courses extensively in my current studies in PA school.**

**Favorite extra curricular activities (undergraduate research, clubs, etc) and why:**

**During my undergraduate here at SIU, I was involved in research in Dr. Diana Sarko’s Multisensory lab where I focused on the innervation of incisors of naked mole-rats. This was part of a bigger research project that involved neuroplasticity following tooth loss. I really enjoyed this work, and I feel that working through problems using the scientific method continues to help me develop a stronger understanding of the important role it has in medicine.**

**Secret Weapon for Success:**

**My secret weapon for success is balancing my studies with my life by working hard and giving myself grace. I work hard to overcome obstacles, and I do not give up. I give myself grace when I make mistakes, need a break, or need to take time for myself.**

**Best Advice for future Physiology majors:**

**My advice for future Physiology** **majors is** **don’t give up! Physiology is difficult, but the hard work pays off in professional school. Physiology is the best pre-health professional major because it helps develop clinical reasoning skills as well as builds a strong knowledge base. Medicine is not just about memorizing facts from a book! It is more about treating patients based on a strong understanding of the concepts and complex problem-solving skills, which is where a background in physiology is most helpful.**