



2014 CCE Summer Internships

CATEGORY ARCHIVES: SATIATING EFFECTS AND HUMAN EATING BEHAVIOR

Week 9: Goodbyes and Reflections

Posted on **August 1, 2014** by **ss2982**

I can't believe that this week is my final week at my internship. My days were spent mostly wrapping up my work and making sure things go smoothly for Catherine and Ines after I leave.



— Goodbye Hugs With Catherine and Ines

I organized and updated the files I am in charge of and tried to fix any technical issues that may come up later. I also explained a lot of the information I know to Catherine and Ines so that they don't encounter any problems. It's going to feel weird after I am gone but I know that I still have many things to take care of before classes begin. Catherine, Ines, Dr. Kissileff and I have planned to go and grab some Gyro at 53rd St and 6th Ave next Tuesday. So Tuesday will be the day that I say my official goodbyes to everyone before we part ways. I will truly miss everyone very much.

I am amazed at how wonderful it has been working here. I couldn't have wished for a better place seeing as how the people, environment, atmosphere, and work have all been fantastic. I got some hands on experience, great advice, and lasting friendships. I now understand how eating studies are conducted and have a better grasp of how to get approval from an IRB. I am also more familiar on sanitary conditions for studies and how to have appropriate subject contact. My true accomplishment was realizing that I already possess many of the skills required to do research and using them practically. This internship helped me polish my skills and become a better researcher and analyst. I can say that I truly utilized what I learned in the classroom such as ethics, science, health, statistics, and biology. It was quite refreshing knowing that I was better prepared for this word than I realized. This has been a very informative and

fulfilling experience – one that I would definitely recommend to anyone who is interested in this field.

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Week 8: Closer to the end

Posted on **July 25, 2014** by **ss2982**

Another week went by with all the work. We are having a lot more subjects than usual and everyone is super busy. It feels really weird knowing that Sarah won't be working with us anymore, though she did drop in on Thursday. My week was spent entering data and fixing any statistical/ technical issues that came up. Catherine and Ines are doing everything else that needs to be done seeing as I will be leaving soon. The Islamic holiday Eid Al Fitr is coming up soon so I am excited and have taken two days off. It feels weird knowing that Thursday will be my last day – I will miss everyone a lot.

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Week 7: Goodbyes and Adjustments

Posted on **July 20, 2014** by **ss2982**

Another week flew by as there were many subjects being run and I had the data entry and statistical programming on my hands. They are planning on moving our office to Columbia Medical School so there is a lot going on and everyone seems to be doing their best to adjust to all the changes. Catherine and Ines work really hard running patients and I feel bad that they will have a ton of work on their hands after Sarah and I leave. The good news is that someone will be coming in soon to fill in for Sarah.

Dr. Kisileff left for vacation this Wednesday and won't be back until after I leave. I hope he enjoys himself seeing as he works so hard. I said my goodbyes to him and we had a small chat on what my future plans were. He offered me a recommendation and was quite supportive and encouraging. I will miss him a lot as this was one of the best atmospheres that I have worked in so far.

Sarah's last day was Friday even though she assured us that she will still be stepping in to the office from time to time. Everything will be so different without her and we will miss her a lot. It seems as though this week was filled with goodbyes and its reminding me of how little time I have left here. As for the time that I do have left – I plan on making the best of it. It's just me, Catherine, and Ines for now.

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Week 6: Recruitment and Adjustments

Posted on **July 11, 2014** by **ss2982**

I feel much better this week thanks to all the rest I got. This week was kind of hectic; it revolved mostly around recruitment for the main study and figuring out a bunch of other changes. Sarah and I will be leaving around the same time, which means that someone else needs to replace us. On top of that Dr. Kissileff will be leaving for a break next week and won't be back until August which means that Catherine and Ines will be on their own for a bit. To add on to the stress of everything, the hospital is going through an inspection which is putting everyone around us on edge as well. Everything must be up to expectations and lots of adjustments must be made.



— Left to right: Ines, Me, and Catherine recruiting at Columbia University.

This week we also spent time tabling at Columbia University as well as doing online advertizing to recruit additional subjects for our main study. We managed to get a lot of people to sign up and will probably do this again. Having more people means that more subjects will be screened and run, which means lots of emails and data entry to take care of. It's actually good since it will keep us busy and provide us with more experience.

Next week will probably be the last time Sarah and I see Dr. Kisileff since we finish before he comes back. He is so sweet and invited us all to go to an outing together this Sunday at the Brooklyn Botanical Gardens. Unfortunately, I can't make it since I am fasting and wouldn't be able to get to the garden in

time. Hopefully next week goes well, looking forward to the weekend.

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Week 5: Unwell

Posted on **July 4, 2014** by **ss2982**

I am still not feeling well but I did come in for the beginning of the week. My time was spent fixing documents that

had the overall instructions for the study as well as looking at other paperwork. I had to take Thursday off but got lucky since Friday was Independence Day and we didn't have to come in. Everyone is really accommodating in regards to me not feeling well and I am very grateful for such a relaxed and understanding atmosphere. Hopefully I feel better next week and can get back to work.

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Week 4: Main Study and Adjustments

Posted on **June 27, 2014** by **ss2982**

This week revolved around what adjustments to make for our main study. We spent majority of our time finishing up the pilot version of our study and running the remaining subjects. I also spent a lot of time fixing and making the graphs and charts associated with the remainder of the pilot study. It was a lot of information to observe and analyze but it all worked out in the end. Dr. Kissileff and I made a few amendments to our original study as well as the IRB proposal to reflect our findings. We also adjusted some of our statistical software to prepare for the main trials.

My work this week was mostly on the computer while Catherine and Inez ran the subjects and entered the data. I was didn't feel well for half of the week, which was not fun. I had to take Thursday off and spent Friday doing more data adjustments.

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Week 3 – New Tasks and Changes

Posted on **June 20, 2014** by **ss2982**

This week wasn't the same as the others. For starters, Sarah wasn't in this week and things weren't as fast paced as usual. Because Sarah wasn't in, I didn't have the additional information/ advice that she usually gives, plus the office felt kind of empty without her. Everything worked out though as I got to spend more time with Dr. Kissileff; I learned many new things from him and took advantage of all the information he has to offer. I admire his dedication to the field and hope to be as passionate as he is about my line of work. I feel as though we are getting to know each other better after this week – which is always a good thing.

I spent a chunk of the week completing the online courses as well as reading up on other experiments. I was also running our statistical software to obtain the



— Me on the computer doing statistical analysis

demographic information for the pilot study. There were many issues while running the statistical software and many of our files needed to be updated; because of all of this it took a lot more time to process the demographic information in to the IRB protocol. Majority of the IRB form is complete and only a few additional details are missing. I never realized how time consuming one form could be; this makes me appreciate other trials more as I witness the amount of effort that goes in to everything.

The highlight of my week was when I received an email from Dr. Kissileff stating that I did a good job on figuring out what the IRB wanted for the demographic information. I was very happy and I am glad that he takes my work and opinion seriously especially since I have a habit of being very blunt, especially when it appears that something seems incorrect.

The week ended with a meeting that included everyone who works in our field in the hospital. I met many new people and we went over additional information in regards to human experimentation and general rules. We all had a descent conversation over pizza as we discussed changes and updates with the hospital and our department. After the departmental meeting, I had my usual one on one meeting with Dr. Kissileff as we went over accomplishments as well as new tasks that needed to be completed. Everything seems good and I am looking forward to Sarah coming back next week.

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Week 2 – Learning The Ropes

Posted on [June 13, 2014](#) by [ss2982](#)

My second week went just as well as the first. I am still continuing to figure out the computer programs and the data entry systems. This week flew by as I spent most of my time doing statistical analysis and data entry. I ran graphs and coded for additional variables to show up in the statistical software that we are using. I am also required to take a few online certification courses to be approved as a co-investigator for this study. I only managed to complete half of the courses as they are very time consuming, but thankfully most of it is merely a review of what I learned in my classes.

The highlight of my week was when I got to run my first subject according to our experimental design. Due to confidentiality, I am not allowed to disclose any information about the study design. I can say that I learned a lot about how experiments are performed and what we look for when analyzing a study. My previous knowledge on the field is continuing to help me here as I continue to apply many of the skills I learned in class.

Everyone is extremely nice and welcoming, particularly our graduate research assistant – Sarah. Sarah is being very patient with us as she is showing us the ropes; I don't know what I would do if I had to learn everything on my own as she had. This transition has

been a breeze because of her because she is so nice and easy to talk to. Dr. Kissileff is mostly upstairs in the other office while us four girls are downstairs in this office. We all joke around from time to time while still getting our work done. Even though there was much to get done this week, it didn't feel overwhelming because there is a good support system.

The week ended with another meeting with Dr. Kissileff as we went over all my tasks and accomplishments for the week. I am being assigned to work on editing the documents to submit to the IRB as well as read up on other grant proposals. Dr. Kissileff wants my opinion on a few studies and maybe I can provide some input on future experiments.

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Week 1: Off to a good start

Posted on **June 6, 2014** by **ss2982**

I can describe my first week very clearly, there was excitement, nervousness, warmth and above all there was a challenge. When I began Monday, we began with introductions I met Dr. Kissileff – the man behind the experiment he was extremely kind and passionate about his work. I also met our graduate research assistant– Sarah Donnelly who was also very welcoming, kind, and extremely helpful in terms of helping me getting settled in. I also met two other undergraduate students who will also be assisting with the research.

After meeting everyone, I knew instantly that we would all get along



— Catherine and Ines Preparing for running the subject.

perfectly fine – this will be my new family for the next two months.

After being acquainted with everyone, we simply dove in to the work and went through all the things that were expected of us. We went over the experiment and how to process subjects and input and analyze data in to the computer. We took a tour of the areas that we would be working in majority of the time such as the offices, kitchen, and the rooms where we would be testing subjects.



— Sarah explaining the method of making the testing food during the tour.



— Sarah and I in the metabolic kitchen.

The rest of the week was a blur as we were just as busy as the bustling city outside of the hospital's walls. I did everything from data entry to statistics to cleaning and locking up. I did not get to run and analyze any subjects even though I am familiar with the procedure, hopefully I will be able to do this soon. In regards to the rest of the work, I did what was asked and expected of me and surprised myself as to how well and quickly I was able to integrate in to the study. My previous knowledge of the field definitely paid off and I am grateful for having such

nice, intelligent, and supportive people to work with.

When I met with Dr. Kissileff again at the end of the week to go over everything that I had done and how my transition had been, we went over everything and things were very smooth. Dr. Kissileff had no complaints and I was assigned new tasks and projects to do next week. Can't wait to get back to work.

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