

Q&A With HABLAB Alumni



Sarah Ehrenberg

is a Pediatric Resident at Johns Hopkins. She graduated from the University at Buffalo in 2018 with a degree in Biomedical Sciences and a minor in Pharmacology and Toxicology. She attended medical school at the University at Pittsburgh and recently graduated in 2022!

What were some of your favorite classes or experiences at UB?

SE: I loved having the opportunity to take classes that weren't related to my major. Two of my favorites were Polish 101 and Latino Literature!

How would you describe your experience in the UB HABLAB?

SE: Amazing! I grew as a professional during my time there and had a lot of fun with the people I worked with.

What projects did you work on in the lab?

SE: I worked on a variety of projects while in the lab, but the best experience I had was while completing my honors thesis. For that project we looked at whether a hands on cooking program incorporating repeated exposure to select fruits and vegetables could increase school-aged children's preferences for those foods. It was really valuable to me to complete in each step of the research project – writing the IRB, obtaining consents, doing the cooking classes at a summer camp program (so fun!), analyzing the results, writing and submitting the manuscript for publication.

Did your experience in the lab impact your career choices?

SE: Definitely! I knew I wanted to go to medical school but working in the lab strongly influenced my choice to go into pediatrics.

How have you incorporated knowledge that you gained from the lab into your education and career?

SE: I think that medicine is becoming more aware of the importance of social determinants of health and behavior on health outcomes. Working in HABLAB gave me understanding of how eating behavior is formed in early childhood, and the implications of that throughout one's life. I also gained valuable research skills that helped me pursue other projects throughout medical school and now residency!

What are your future career plans and goals?

SE: I enjoy working in an acute care setting so I'm considering Pediatric Emergency Medicine or Neonatology, but am also passionate about reproductive healthcare in Adolescent Medicine. I'm looking forward to exploring all of the subspecialties throughout my Pediatric Residency and keeping an open mind before deciding on one!

Do you have any advice for new research assistants joining the lab?

SE: Don't be afraid to speak up about your ideas or ask to get involved on things you find interesting!

What is your favorite thing you did this summer?

SE: My fiancé and I adopted a cat from a local shelter! His name is Ember and even though he was found as a stray he's super friendly and loves spending time with people. I had a lot of different pets growing up so I'm really excited to have a furry friend in my house again.