

Jia (Pamela) Guo – Medical Student # 10

Jia (Pamela) Guo is a first-generation Chinese-American and current 4th-year medical student. A naturalized citizen at age 15, Pamela experienced many dichotomies in her upbringing, including the difficulties of assimilation contrasted with the richness of America's diversity, and the cultural stigma in East Asian mental health contrasted with Western emphasis on wellness. These experiences have inspired her passion for mental health care. She has a special interest in peer mental health and hopes to increase awareness, acceptance, and accessibility of emerging technologies for student mental health including virtual app usage. She also hopes to contribute to a growing body of evidence-based research on mindfulness techniques for mental health and wellness.