

Bernadeth Piamonte (neurology resident)



Bernadeth Piamonte is currently finishing up her second year of neurology residency at Maine Medical Center in Portland, Maine. She received her BS degree in Biology from Caldwell College (now Caldwell University) in New Jersey. She completed her medical education at the University of the Philippines College of Medicine in Manila, Philippines.

Her science journey began when Bernadeth was born in Manila, Philippines in 1990. She grew up in the Northern Mariana Islands. The Northern Mariana Islands, officially known as the Commonwealth of the Northern Mariana Islands (CNMI), are a U.S. unincorporated territory and an archipelago of 14 islands in the Northern Pacific Ocean, between Hawaii and the Philippines. Since high school, she has been



interested in the sciences, particularly in neuroanatomy. Hence, she took biology as her pre-med major at Caldwell College in New Jersey because it delved more into the beauty of anatomy and logical reasoning. She enjoyed learning both the micro and macro aspects of the human body. Her parents, her high school counselors and community health leaders advised her to study biology.



One of the challenges she faced when she went to college in New Jersey was living and traveling independently as it was her first time to be away from her parents for such a long period of time. The experience taught her how to adapt to new environments and become more resilient in the face of adversity but also reminded her of how great her family support system was. She received her BA degree in Biology in 2011.

WORK AFTER COLLEGE

It was quite difficult to look for an entry-level job related to her major in biology right after college as most job openings required some level of significant research and laboratory experience. Being on a pre-med track, most of her coursework and extracurricular activities were geared in preparation for medical school and not industry or benchwork.

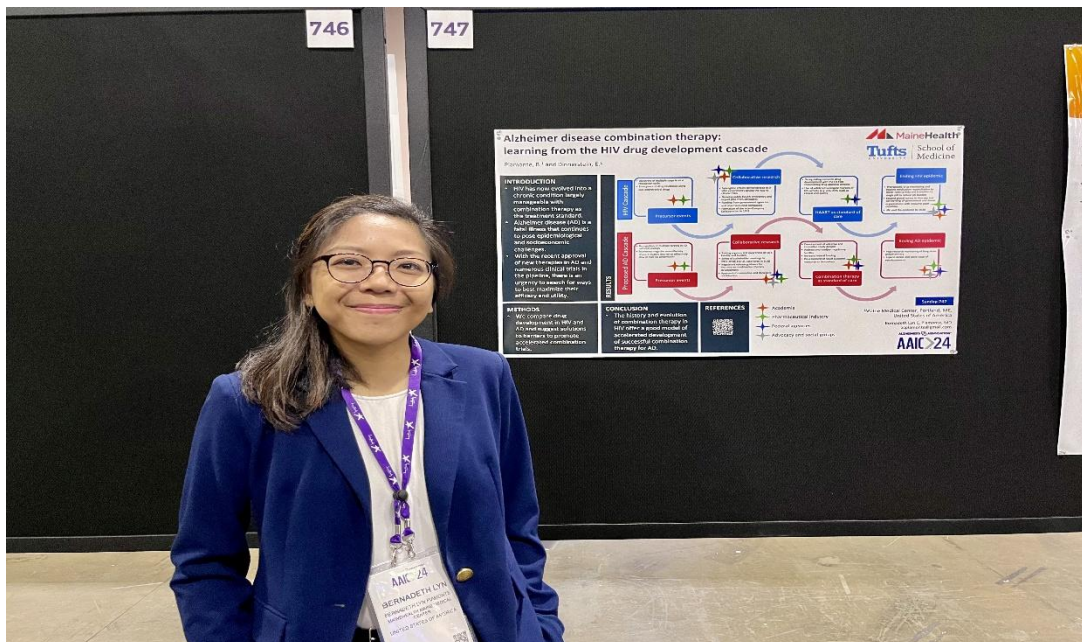
Bernadeth went to medical school about a year after she finished her BA degree. She enrolled at the University of the Philippines Medical School. Her medical



school experience in the Philippines was competitive, humbling, and fulfilling. She learned a lot, acquired new skills, made new life-long friends, and got out of her comfort zone. She is most proud of being involved in outreach groups that promote community health as well as helping organize educational platforms for more junior medical

students and learners. She loved engaging in teaching activities both as an intern's monitor during her residency training in the Philippines and as a tutor for grade school and college students alike during her undergraduate studies in New Jersey.

Her goal is to make a positive mark in medical education and cognitive neurology. She would like to take academic teaching roles on top of clinical ones at academic medical centers to help instill a love for the neurosciences in medical students and junior trainees both in a classroom and clinical setting.



WORK-LIFE BALANCE

Juggling both school and home life can be tough! Bernadeth tries her best to carve out some time from her busy schedule to prioritize well-being (e.g. reading, enjoying a nice meal, or taking a nature walk) and communicating with loved ones. Her boyfriend lives in Boston, and they see each other once a week.



MENTORING WOMEN SCIENTISTS

Bernadeth mentors younger residents at Maine Medical Center.

She mostly mentors informally when asked for advice. She thinks it is important to share one's experiences and the lessons one has learned to help provide insight and perspective.



ADVICE TO NEW GRADUATES

Bernadeth's advice to new graduates is to remain focused on what they are passionate about and cultivate their skillset. They should surround themselves with positive role models that they can emulate and learn from. Also keep a humble attitude as learning in medicine is continuous and life-long.

HOW TO GET GIRLS INTERESTED IN SCIENCE

To get young girls interested in science, Bernadeth believes that it is important that we give them access to knowledge early on through a variety of multimedia (e.g. books and videos). This will hopefully introduce them to the processes of logical reasoning and scientific methods. Also pivotal is allowing them to express innovation, inquisitiveness, and creativity in their work.

HER SCIENCE JOURNEY

1990- Bernadeth Piamonte was born in Manila, Philippines

1995 -Her family moved to Northern Mariana Island

2007-Graduated from Marianas High School

2011- Received her BA in Biology from Caldwell College

2012 -Enrolled at the University of the Philippines Medical School

2017 -Received her Medical degree from the University of the Philippines Medical School

2023- Started her neurology residency at Maine Medical Center in Portland, Maine