

Meet the **PWA** **COACHES**



PEER WELLNESS
AMBASSADORS

2024-2025



STUDENT HOUSING &
RESIDENCE LIFE

The University of Alabama at Birmingham

Meet the Coaches!

SOWMYA SURESH



she/her

ABOUT ME

Hey guys! My name is Sowmya Suresh and I am currently a junior majoring in Bioinformatics. I am also from Hoover, Alabama. Other than PWA, I am involved in Serve 205, Women in Tech, and Birmingham's Blazin' Bhangra. I am also a part of the Honors College at UAB.

ONE INTERESTING THING ABOUT ME

A fun fact about me is that I have lived in 3 different countries (India, Thailand, and America)!

I BECAME A PWA COACH BECAUSE...

I wanted students at UAB to enjoy being at UAB as much as I do. I also understand how difficult it is to adjust to a new environment and I want help students know that they are not alone and everyone belongs at UAB. We are all also students and will likely be able to relate to you or understand what issues you may be going through, so please do not be afraid to reach out!

Meet the Coaches!

SAAD KHAN



he/him

ABOUT ME

Hi! My name is Saad and I am a Junior Neuroscience major from Montgomery, AL. In addition to being a PWA, I am also involved in Undergraduate Student Government Association, Muslim Student Association, Science and Technology Honors Program Executive Council, Honors Ambassadors

ONE INTERESTING THING ABOUT ME

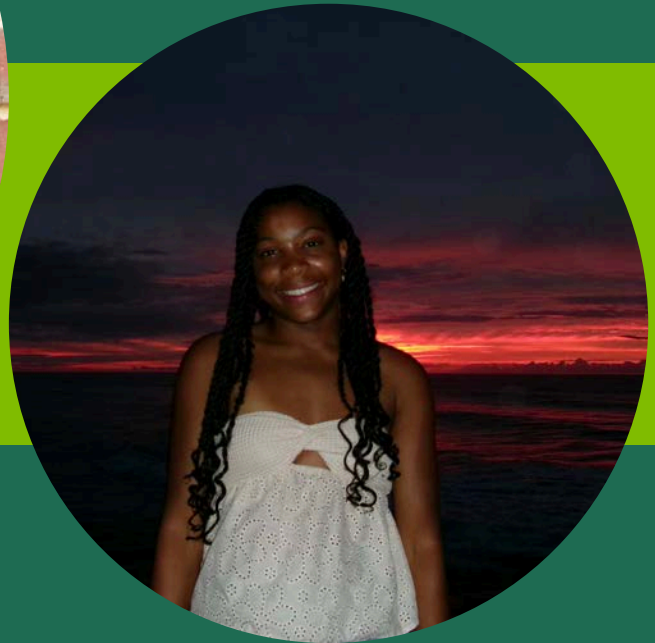
I can throw a frisbee six different ways!

I BECAME A PWA COACH BECAUSE...

I wanted to serve as a peer resource for on-campus residents to discuss their issues with! I want residents to know that Peer Chats with PWA Coaches are completely private and their personal information will not be turned into gossip!

Meet the Coaches!

MADISON JOHNSON



she/her



ABOUT ME

Hey! My name is Madison, and I am from Laurel, MS. I am a junior majoring in Biomedical Sciences. I am a current PWA coach and also involved in several organizations on campus.

ONE INTERESTING THING ABOUT ME

A fun fact about me is that I enjoy traveling, and I can play the piano.

I BECAME A PWA COACH BECAUSE...

I wanted to become a Peer Coach because I am passionate about promoting the importance of health and wellness. Peer Chats is a great resource where students can talk with PWA coaches about various concerns or challenges. PWA coaches are here for you and can provide you with resources necessary to help you succeed while at UAB.

Meet the Coaches!

CHLOE MOUTON



she/her

ABOUT ME

Hi guys! My name is Chloe, I am currently a sophomore majoring in Mathematics and Neuroscience on the pre-med track. I'm originally from New Orleans, Louisiana but have also spent time in Shreveport, LA.

ONE INTERESTING THING ABOUT ME

A super fun fact is I co parent a black and white cat, Lincoln, with my girlfriend. I am also obsessed with stingrays!

I BECAME A PWA COACH BECAUSE...

My freshman year, I served as a PWA Educator and loved every second of it- from planning programs for residents in Blazer Hall to turning my coworkers into lifelong friends. I am especially excited to be able to continue getting to know residents all over campus as a Peer Coach and I hope students take advantage of the mental health benefits Peer Chats can offer!

Meet the Coaches!

ADHVIKA MAHADEVAN



she/her

ABOUT ME

Hi! My name is Adhviika, and I'm a junior majoring in Public Health from Mobile, AL! I am also a part of Blazer Spirit Council and Tobacco Free at UAB!

ONE INTERESTING THING ABOUT ME

Fun fact: I have visited 6 countries!

I BECAME A PWA COACH BECAUSE...

Peer chats are a free and private resource that can be utilized by any student living on campus. I wanted to become a Peer Coach because I come from a background where mental health is highly stigmatized. I want to work to erase these stigmas at UAB.

Meet the Coaches!

ANNETTE STRICKLIN



she/her

ABOUT ME

Hi everyone! My name is Annette and I'm a Senior, majoring in Nursing and Spanish from Cincinnati, Ohio. Along with being a PWA Coach, I also serve as an Honors College Ambassador, Sustainability Ambassador and UAB Ambassador.

ONE INTERESTING THING ABOUT ME

I love to spend my free time at the gym, trying new coffee shops, and hanging out with friends around Birmingham.

I BECAME A PWA COACH BECAUSE...

I became a Peer Coach because I always loved the wellness programming UAB held and wanted to be a part of it. I want to be a helpful friend, advocate, and listener for all the residents who need it. Peer Chats is a safe space for students who needs help navigating resources, advice on personal matters, and the transitions of college. Don't hesitate or be afraid to reach out.

We're here for you!

Meet the Coaches!

HANNAH TURNER



she/her

ABOUT ME

Hi! My name is Hannah, I'm a junior majoring in kinesiology, with a concentration in exercise science, and I'm from Tuscaloosa, AL. Outside of being a PWA, I am part of the Pre-Physical Therapy Society, B-Women, and Black Undergraduate Medical Association.

ONE INTERESTING THING ABOUT ME

One fun fact about me is that I am very strong. I absolutely love strength training and everything else health and fitness related. I currently bench press a plate on each side (135 lbs), which I have learned is extremely impressive, and my goal is to be able to do two plates by the end of next year! I am so in love with weight lifting, and I can't wait to continue getting stronger and continue making progress on my fitness journey!

I BECAME A PWA COACH BECAUSE...

I wanted to become a PWA because I wanted to be involved on campus in an impactful way! Emotional, physical, and mental wellness are things that I value, so I wanted to be in a position where I can help cultivate a more positive environment and promote those three aspects in as many ways as I can! I also wanted to become a PWA because I would love to be there for my peers. I know we all have our daily struggles and numerous things that go on in our lives, so I wanted to be part of a group of people that residents can feel comfortable coming to, to destress and regain a sense of peace! I would love for residents to know that they are always welcome to join peer chats! We are here to help in the most loving and caring way possible!

Meet the Coaches!

MAYOWA BABALOLA



she/her

ABOUT ME

Hi everyone! My name is Mayowa Babalola. I am a sophomore majoring in biomedical sciences from Atlanta, Georgia. On campus I am involved in International Mentors, African student association, honors ambassador, and SHP honors program!

ONE INTERESTING THING ABOUT ME

I am a big foodie and am always down to try food from all cultures!

I BECAME A PWA COACH BECAUSE...

I wanted to be a PWA Coach because I understand how hard it is to adjust to university and all the aspects that come with it. I wanted to provide a comforting and listening ear to those who needed it to enjoy life at UAB without too much stress. I wanted to be surrounded by others who desire to improve our peers' mental health and well-being at UAB. Also, I wanted to be able to learn from others around me, not only my fellow peer wellness coaches but also staff and students at UAB.

As a peer wellness coach, one of our primary roles is providing peer wellness chats, and I want everyone to know that we are readily available for you to schedule any time you feel like you need them! And we are all here to help you thrive at UAB and beyond!

Meet the Coaches!

SAMMI BUHANAN



she/her

ABOUT ME

Hi! My name is Sammi and I am a sophomore biology major from Montgomery, Alabama. As much as I love being a Peer Coach, I am also a member of Her Science, FIL-O, and LOTUS, and the UAB Marching Blazers, so you should definitely come check us out and say hi!

ONE INTERESTING THING ABOUT ME

A fun fact about me is that I have around 60 pets!

I BECAME A PWA COACH BECAUSE...

I love the idea of being able to support my community and peers in a way that practices trust and support for one another. One thing I want residents to know about Peer Chats is to not be afraid to utilize them! We are here to offer our support in any way that we can.

Meet the Coaches!

PHEVEN YOHANNES



she/her



ABOUT ME

Hi! My name is Pheven. I am a junior majoring in neuroscience from Mobile, Alabama. I am involved in on-campus organizations such as American Medical Student Association Pre-Med Chapter at UAB, USGA, and the Honors College.

ONE INTERESTING THING ABOUT ME

I love to binge watch tv shows like The Vampire Diaries, Criminal Minds, and the Mentalist. I also like playing soccer and cooking different cuisines.

I BECAME A PWA COACH BECAUSE...

I love to help others navigate the challenges of academic and personal life. Through my experiences as a student, I realized the profound impact that support and guidance from peers can have and I wanted to provide that same support and help others find their paths to success. Peer Chats offer a private, non-judgmental space where you can share your thoughts and concerns with fellow students who understand and can provide resourceful guidance and support to help you manage your academics and personal well-being.