### Quotes from participants

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<th>Theme</th>
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| **Opportunities for interactions with diverse community members** | “It was really beneficial to see a different part of Philadelphia and understand the lives, perspectives, and needs of others. I feel like I was able to help in a way that was most beneficial to the people that I was working with, not necessarily just in a way that was beneficial to myself.”  
“Helping the kids and being involved in the community [was the most beneficial]. It was difficult to find a service organization that I found fulfilling until I joined Community Champions.”  
“I enjoy] getting to have real conversations with a population that I might not have otherwise spoken with.” |
| **Professional Development**               | “Getting practice talking to community members will no doubt be beneficial with patients and families at the bedside when I hopefully become a critical care nurse.”  
“I feel like I improved a lot in my personal history and physical examination skills. I also got more comfortable talking to patients and got better at administering shots and PPDs.”  
“My involvement...taught me a lot about the preventative measures with health, and also the gaps in health knowledge in schools in disadvantaged areas.” |
| **Stress Relief**                          | “When I'm tired of work and exams, volunteering and interacting with West Philadelphia residents have been a refreshing energizer.”  
“No matter how tired I was before I went, I never regretted going.” |
| **Disorganization of Community Sites**     | “There were just a lot of issues...with sites not being prepared to take students.”  
“More organization and stability in start times and communication on requirements such as trainings, etc.” |
| **Competing academic priorities**          | “There is occasionally an unrealistic expectation expressed of attendance that does not take into account that schedules change and sometimes classes are more important than meetings.”  
“I did not participate my freshman fall semester because I was still adjusting to [college].” |