

## Quotes from participants

Theme	Supporting quotes
Opportunities for interactions with diverse community members	<p>“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.”</p> <p>“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.”</p> <p>“[I enjoy] getting to have real conversations with a population that I might not have otherwise spoken with.”</p>
Professional Development	<p>“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.”</p> <p>“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.”</p> <p>“My involvement...taught me a lot about the preventative measures with health, and also the gaps in health knowledge in schools in disadvantaged areas.”</p>
Stress Relief	<p>“When I’m tired of work and exams, volunteering and interacting with West Philadelphia residents have been a refreshing energizer.”</p> <p>“No matter how tired I was before I went, I never regretted going.”</p>
Disorganization of Community Sites	<p>“There were just a lot of issues...with sites not being prepared to take students.”</p> <p>“More organization and stability in start times and communication on requirements such as trainings, etc.”</p>
Competing academic priorities	<p>“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.”</p> <p>“I did not participate my freshman fall semester because I was still adjusting to [college].”</p>