



APRIL 17TH, 2018
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TONIGHT'S MEETING

- Tonight is the last premed society meeting of the year! Those running for officer positions will be giving their speeches and ballots will be cast at the end. Don't forget to buy your ticket to the end of year banquet and register for the kickball tournament.

THE CADUCEUS

THE OFFICIAL NEWSLETTER
OF THE TEXAS A&M
PRE-MEDICAL SOCIETY

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ANNOUNCEMENTS

- In order to officially become a member, you **MUST** fill out a membership form and pay dues!
*The cost is \$45 for the semester or \$65 for the year.
- **VOLUNTEERING: You must be a member to volunteer and are required to wear your pre-medical society shirt, long pants, and closed toed shoes. *You are required to attend an orientation to volunteer at Phoebe's home. To volunteer anywhere you will also need a TB test and a current flu shot.**

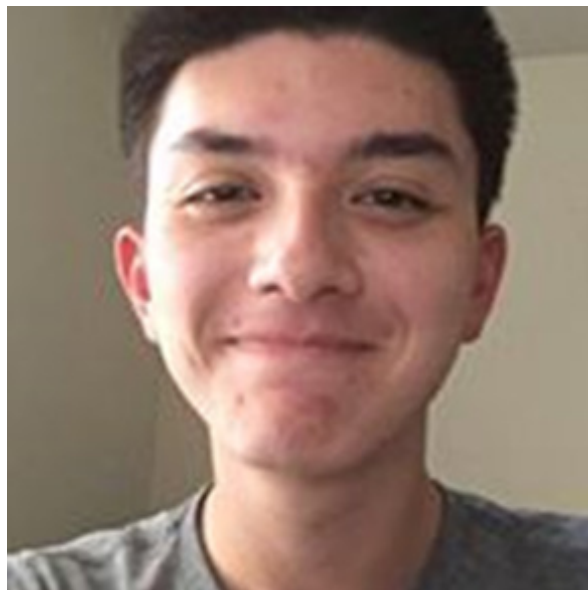
POINT OPPORTUNITIES

Pre-Med meeting attendance	3 Points
ECHO meeting attendance	2 Point
Pre-Med Shirt at ECHO Meeting	1 Points
Social/ intramural attendance	2 Points
One hour of community service	1 Point
Recruit a physician to speak or student to write an article	1 Point (max 3)

MEMBERSHIP LEVELS

Exemplary	100 Points
Distinguished	75 Points
Honored	50 Points
Member	<50 points

The points system is used to determine our members' participation within the society. The various echelons of awarded membership allow one to truly benefit from all the society has to offer and to capitalize on this involvement during the medical school application process.

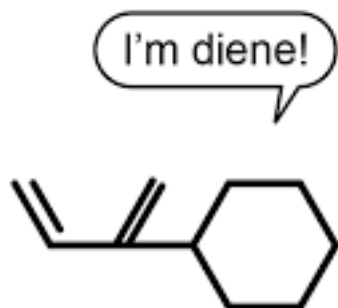


The most valuable member for this week is Liam Ung! Liam is a biology major from Katy Texas and has been very involved in Premed events and volunteering! Keep up the good work!

Pun of the week:



Before Organic Exam



After Organic Exam

DUES AND T-SHIRTS

\$45 for one semester

\$65 for two semesters

*includes T-shirt

Individual shirts are \$15

UPCOMING OPSA WORKSHOPS/ EVENTS

MCAT Dates

- *MCAT Exam* registration: MCAT testing calendar and registration are available.
- [2017 Medical/Dental Portal](#)
- Medical School applications open in May

-Practice MCAT Question-

Which of the following is not a stage of sleep?

- A) Stage 2
- B) REM sleep
- C) Stage 5
- D) non-REM sleep

*** For those applying to medical and dental school, you **must attend** a Medical/Dental Portal Workshop in the fall semester the year before you plan to apply. Therefore, if you plan to attend medical school in fall 2019, you will need to attend a Portal

UPCOMING EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Pre-Med Meeting PSYC 338 7:00-8:00	Phoebe's Home 4:00-6:00	St. Joseph's Manor 2:30-4:30	St. Joseph's Manor 2:30-4:30	
		17	18	19	20	21
Kickball Tournament to end Alzheimer's		Echo Meeting PSYC 338 7:00-8:00	Phoebe's Home 4:00-6:00	St. Joseph's Manor 2:30-4:30 End of Year Banquet	St. Joseph's Manor 2:30-4:30	
22	23	24	25	26	27	28
29	30	1	2	3	4	5
6	7	8	9	10	11	12

MHMR Authority of Brazos Valley-

When? Wednesday's, Thursday's, and Friday's 9am-2pm

Address: 623 Mary Lake Building C, Bryan, TX 77803

*You must have filled out appropriate paperwork and attend mandatory orientation on the first day you volunteer

*This is the only volunteer opportunity that we will not offer rides for. This is because you can volunteer anytime from 9am-2pm for as long as you'd like.

Senior Advice

If you have chosen to go into the field of medicine I know that your passion must consume you. I know this because choosing such a demanding job is not something just anyone can do. I could preach to you in this paragraph about how you need to volunteer, shadow, earn leadership positions, and keep your grades up but these are things I know every single advisor has already told you. The main advice I have for you guys is to hold onto your passion. There will be days when you want to give up or feel like you just aren't smart enough to be a doctor. This happens to everyone. What separates those who become physicians from those who don't is the perseverance to get back up after you fall. Something I like to do when I'm feeling low is to think about how I will feel in the moment I save a life. Because as a doctor that's what you get to do someday...how awesome is that? For most of us the journey to becoming a physician will be the most challenging event of our lives. However, I'm here to remind you it will be worth it. So if you're reading this: you will dissect cadavers one day, you will master giving a physician exam one day, and you will be a healer one day. Good luck!

-Holli

The three of us could fill a book with advice for y'all but we have a limited number of pages. I could tell you to volunteer, shadow, run for leadership positions, live a life, etcetera, but you've heard it before. So I'm going to give you some detailed advice.

Finding shadowing opportunities is hard, especially if you don't already have a network of contacts to draw on. Don't let that stop you. Ask our speakers if you can shadow them. Send out physical mail if need be. Physical letters actually work if you send out enough of them. Pull up your local hospitals website and find the directory page. Choose several fields you're interested in and send a letter to the office of every doctor on the list. It only takes one yes. Once you form a relationship with one doctor, they can help you find more.

If you're a freshman or a sophomore, I urge you to look up SHPEP. It's an amazing PAID internship where you learn from professors and doctors at a medical school, shadow and attend workshops. I was lucky enough to get in my freshman year and can't praise the program enough.

Never forget your passion. Being pre-med is difficult; being a medical student even more overwhelming. It's your passion that give you the strength and willpower to manage it. My suggestion is this: write down memorable moments from when you shadowed or practiced hands-on skills. Make it easier so that when you want to break down and cry, you can smile instead. There was, or will come, a harps-strumming,angels-singing, this-is-exactly-where-I'm-supposed-to-be moment. The memory of it, and the desire to feel that way again, can help you through anything that comes your way.

Never forget your non-medical passion. Burnout is real and it is okay to take time for yourself. Mental health days will help you recover and bounce back quicker. It's okay to sit in your PJs, eat ice cream, and ignore the giant stack of textbooks every once in a while. It's okay (and wonderful), to go out and do something you love. It'll help you stay sane while impressing medical schools. They want a person, not a just a student.

Finally, don't rush things. You will become an amazing physician. You will be a compassionate, skilled cornerstone of your community and do amazing things. So enjoy this hectic, stressful, glorious journey. Time flies by and you're only going to be an undergraduate at A&M once. Have fun, enjoy yourself, because one day you'll be looking back on this time fondly.

-Jackie

Truthfully, Holli and Jackie have offered some of the best advice, and tough lessons that I've had to learn through this path to medical school. If we had infinite space I would reiterate all of it, because it is so, so important. Unfortunately, that isn't the case, so I'll share some other lessons I've learned along the way.

IT IS OKAY FOR THINGS NOT TO GO ACCORDING TO PLAN. I promise. I find that pre-meds, we have a tendency to set a goal and a life plan, and expect things to work out in that exact way. Spoiler alert, it rarely happens that way. Life has a funny way of throwing you curveballs that cause you to have to reevaluate your "master plan" and learning to go with the flow will help you in the long run. If someone had told me freshman year that I would be taking a gap year to complete a Master's in Medical Sciences, instead of going directly into medical school, I would have told them they were wrong. Yet here I am, ready to move and begin a new chapter in my life before I get to the really big one. It took some time, but I'm okay with it. Not everyone's journey is the same, so don't compare them.

Additionally, it is so easy to get caught up in having to do a certain number of things, to be "the perfect medical school applicant." While these are important, you can find your passion outside of medicine and continue to pursue that as well. You may actually gain valuable experience from it, if you play team sports, you learn teamwork and maybe even some leadership skills, both of which are valuable as a physician. A big example I use is research. Many of us feel as though research is required to get into medical school, while it can help boost your application, it isn't necessary. I recommend that you at least try it for a semester, if you don't feel passionate about it, then it's okay to not do it. Chances are, what you have listed on your resume, will be discussed in an interview and it will be obvious if you did not enjoy it. Otherwise, life is short, so do things that make you happy as well! Find creative ways to integrate what you care about into aspects that are more rigidly required for applications, so if you love to read, try reading to children in an after school program, you're giving back and inspiring others with your passion! Lastly, this is a major cliché, but be yourself!! It is so easy to get caught up in being the carbon copy of someone else, especially as a pre-med, since we're all trying to do the same things to get to the same place. Stay genuine, like Jackie said, med schools want a person!

TL;DR, go with the flow, things likely won't go exactly as planned, keep up with your passions, be uniquely you!

Best of luck, this journey is long and hard, but so rewarding!! I believe in all of you.

-Shaelynn