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THE CADUCEUS

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

OFFICERS

President

Holli Reynolds
holli7@tamu.edu

Vice President

Shaelynn Duhamel
shaelynnduhamel@tamu.edu

Treasurer

Jaclyn James
james1995@tamu.edu

Philanthropy Officer

Megan Emiliani
meganje@tamu.edu

Secretary

Grant Read
grant.read@tamu.edu

Community Service Chair

Niara McDonald
nem2015@tamu.edu

Events Coordinator

Elizabeth Brown
eabrown11@tamu.edu

Membership Director

Adam Baker
adam1224@tamu.edu

Historian

Dana Luu
dana.luu23@tamu.edu

Technology Chair

Maddie Young
myoung2@tamu.edu

OUR WEBSITE: aggiepremed.com

TONIGHT'S MEETING

• For tonight's meeting Dr. Cindy Anthis will be speaking. Dr. Anthis is a board certified Family Practice Physician. She completed her undergraduate in Physical Education at Baylor University in Waco then graduated from Baylor College of Medicine in Houston and completed her residency training in Family Medicine in Portsmouth, Virginia. Dr. Anthis joined Kelliwood Family Practice in 2001 then she and her husband worked for three years in Nigeria at the Christian Mission Hospital. Dr. Anthis returned to Kelliwood Family Practice in 2007 and enjoys the full scope of Family Medicine with special interests in Women's Health and Preventative Medicine.

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.
- **Our Field trip will be 11/11 to Baylor College of Medicine**
- **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 when flu season comes around you will have to have 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.



Our most valuable member this week is Travis Wood!! Travis has been very involved with volunteering and events! Keep up the Good Work!

Pun Of The Week:

www.Conjunctivitis.com

...thats a site for sore eyes.

-Practice MCAT Question-

At room temperature, what is the quotient of the concentration of hydroxide ions to the concentration of hydrogen ions in a solution of pOH 3?

- A) 10^2
- B) 10^4
- C) 10^6
- D) 10^8

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 Workshops:
 - October 4, 11:00am - 12:00pm
 - October 20, 4:00pm - 5:00pm
 - October 31, 1:00pm - 2:00pm
 - November 9, 3:00pm - 4:00pm
 - November 13, 12:00pm - 1:00pm

- **To register for a workshop, go to www.HireAggies.com** - Log in and register with HireAggies (right above the gray box in the middle of the page). Update your profile, then choose Events=> Workshops. Insert the keyword "OPSA" and all workshops will appear! Please only register for one!

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
		First Pre-Med Meeting PSYC 338 7:00-8:00 7	Phoebe's Home 4:00-6:00 8	St. Joseph's Manor 2:30-4:30 9	St. Joseph's Manor 2:30-4:30 BUILD 9-11am 10	Trip to BCM for top 20 members 11
12	13	Echo Meeting PSYC 338 7:00-8:00 14	Phoebe's Home 4:00-6:00 15	St. Joseph's Manor 2:30-4:30 16	St. Joseph's Manor 2:30-4:30 17	18
19	20	Pre-Med Meeting PSYC 338 7:00-8:00 21	Phoebe's Home 4:00-6:00 22	St. Joseph's Manor 2:30-4:30 23	St. Joseph's Manor 2:30-4:30 24	25
26	27	Echo Meeting PSYC 338 7:00-8:00 28	Phoebe's Home 4:00-6:00 29	St. Joseph's Manor 2:30-4:30 30	St. Joseph's Manor 2:30-4:30 1	2

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.

Advice From Medical School Admissions Deans

Feeling discouraged from being a doctor may be one of the most difficult hurdles as a premed. You may feel unmotivated or wanting to give up and change career paths at times. I certainly have had these feelings so I understand and know what it takes to persevere. Many things can cause these feelings but luckily they have simple solutions that can be applied easily.

External Pressures

External pressures are common and they come in many forms and in varying degrees. You may feel pressured by your family or society to amount to something great or to be able to offer financial support. Many cultures place an emphasis on these two criteria and it places a big weight on your shoulders. Of course you want to amount to something great and give back to your family and you will, in due time. Remind your family of this by letting them know that a career as a physician takes time and dedication. Let them know the anticipated amount of years for certain milestones such as graduation and expected entrance into medical school. The more knowledgeable they are, the more understanding they will be. Additionally, being knowledgeable about your chosen career also says a lot about your dedication to being successful. You can also show them that you're staying on top of all things necessary to become a physician. Volunteer, study, shadow a doctor, or network with other pre-meds. This way, they can literally see that you are doing all the right things and that you're serious about becoming a doctor.

Internal Pressures

Internal pressures are a bit more challenging to tackle because you may need to change your attitude about certain things. Nonetheless, it is possible to do so. You may feel at a disadvantage because of your age, sex, ethnicity, socioeconomic status, or academic status. You may also begin to think about the amount of years needed to become a doctor and you may not always feel patient enough to keep going. "Do I really want to spend another X amount of years in school?", "Do I really want to retake this class to get a better grade?", "Can I really do this?", "Do I really want to wait this long to live out my dream?" The answer is yes; yes, you do because it will all be worthwhile in the end. This is the basic principle of delayed gratification. Ultimately, you will be a very happy person and you will make your family proud once you complete your goals. Not to mention the benefits and prestige that comes from being a physician. Just think about all of the doctors in the U.S today, and how they were in your shoes at some point in time. The dream is certainly achievable and if they can do it, then so can you. Don't ever let anyone tell you that you can't achieve something, not even yourself.

It's Normal to Feel This Way

I think it's safe to say that a career as a physician is worthwhile and we all know that nothing worth having comes easy. Feeling discouraged every once in a while is normal and it's easy to tackle once you recognize and understand where these feelings are coming from. If you feel discouraged or unmotivated very often, then perhaps you can find solace by speaking to an advisor or by joining a network of pre-med students. This way you will see that you are not alone and that your feelings are normal.

(source: <http://www.premedlife.com/feature-articles/eyes-on-the-prize-3-ways-to-stay-sane-while-applying-to-medical-school-5275/>)

