

## THE CADUCEUS

The Official Newsletter of the  
Texas A&M Pre-Medical Society

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## TONIGHT'S MEETING

- Welcome to Texas A&M Pre-Medical Society! Rachel Ciomperlik is our guest speaker tonight for our first meeting of the fall semester! Rachel works in the Office of Professional School Advising (OPSA) here at A&M.



## ANNOUNCEMENTS

- In order to officially become a member (and earn points), you **MUST** fill out a membership form and pay dues! Dues are \$45 for the semester or \$60 for the full year. Dues can be paid by cash, check, or through online credit card payment.
- VOLUNTEERING:** You must be a member to volunteer and are required to wear your Pre-Med Society shirt, long pants, and closed toed shoes. Sign up to volunteer on our website!
- Our Top 20 members will be invited to attend a medical school tour field trip later this semester so be sure to pay your dues and start earning you points!

### POINT OPPORTUNITIES

Pre-Med meeting attendance	3 points
ECHO meeting attendance	2 points
Intramural game attendance	2 points
Social event attendance	3 points
One hour of volunteering	1 point
Wearing Pre-Med shirt at any meeting	1 point

### MEMBERSHIP

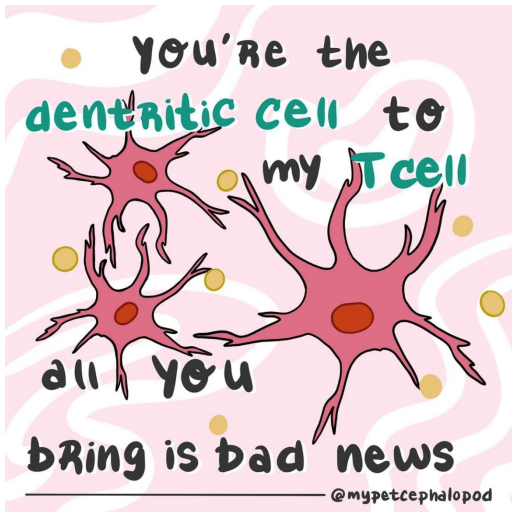
Exemplary	100 Points
Distinguished	75 Points
Honored	50 Points
Member	<50 Points

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.

In Fall of 2019 we had a great trip to UTMB's Medical School in Galveston!

We hope to do more in-person trips this year, so start earning your points for this semester!





**DUES AND MERCHANDISE**

\$45 membership dues for one semester  
 \$60 membership dues for the full year

*Dues include a New T-Shirt*

New T-Shirts - \$15  
 Old T-Shirts - \$5  
 Athletic Shirts - \$12  
 Hats - \$15

**Practice MCAT Question**

An EMT sees himself as a bit of a rebel, but is highly sociable and is able to keep calm in an emergency. This person would likely score in the lower range of which of the following traits?

- A. Conscientiousness
- B. Extraversion
- C. Neuroticism
- D. Psychoticism

*Answer at the bottom of next page*

**UPCOMING OPSA WORKSHOPS**

Portal Workshops

- September 30, 1:00pm - 2:00pm
- October 6, 12:00pm - 1:00pm
- October 19, 3:00pm - 4:00pm
- November 18, 2:00pm - 3:00pm
- December 16, 11:30am - 12:30pm

Medical Portal Workshops are required if you plan to attend medical school in Fall 2023!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 <i>Start of September</i>	2	3	4
5	6	7 <b>Pre-Med Meeting 7-8pm PSYC 338</b>	8	9	10	11
12	13	14 ECHO Meeting 7-8pm Virtual	15	16	17	18
19	20	21 <b>Pre-Med Meeting 7-8pm PSYC 338</b>	22	23	24 Game Night Social 6-7:30pm John Crompton Park	25
26	27 BUILD 3-5pm	28 ECHO Meeting 7-8pm Location TBD	29	30	1 <i>Start of October</i>	2

NOTE: Volunteering opportunities are meant for members to attend as they please.  
 Check your volunteering requirements! (orientation/application/vaccines)

## Medical Students Are Suffering from Imposterism, New Study Shows

Imposter syndrome is real in medical school and it's high among pre-meds too.

“Every time I was called on in class, I was sure that I was about to embarrass myself. Every time I took a test, I was sure that it had gone badly. And every time I didn't embarrass myself — or even excelled — I believed that I had fooled everyone yet again. One day soon, the jig would be up ... This phenomenon of capable people being plagued by self-doubt has a name — the impostor syndrome. Both men and women are susceptible to the impostor syndrome, but women tend to experience it more intensely and be more limited by it,” writes author, businesswoman and Chief Operating Officer at Facebook Sheryl Sandberg on her thoughts about this defining reality for so many people.

Recently, more and more people have been pulling the curtain back about suffering from feelings of being a fraud. And, the public uptick of what seem like so many people who are drowning with confidence about their lives and proudly wearing it on their sleeves, especially when given platforms that reward the instant gratification of such displays, doesn't make things any better. After all, how many other people are feeling like they're going to be found out or that they're fooling people?

Quite a lot, according to a new study published in *Family Medicine* that peels back the layers of the saying “Fake it until you make it.” In fact, it appears that it's taking a huge toll on people, including medical students. Imposter syndrome is linked to feelings of distress in medical students.

### The phenomena

The study, led by Susan Rosenthal, MD of the Sidney Kimmel medical College at Thomas Jefferson University, called out the fact that amid soaring rates of depression, anxiety, and burnout among medical students, finding ways to support them in the way they need continues to be a challenge. So, Dr. Rosenthal and her team set out to take a deeper look into how prevalent the imposter phenomenon was among first-year medical students, as well as if there was a connection between a student's personality traits and imposterism. Their definition of imposter phenomena: inappropriate feelings of inadequacy among high achievers.

Involved in the study were 257 students attending a medical school in Pennsylvania who completed four different surveys – Clance Impostor Phenomenon Scale, Jefferson Scale of Empathy, Self-Compassion Scale, and Zuckerman-Kuhlman Personality Questionnaire – immediately before beginning their first year of medical. Then, at the end of their first year, they took the survey measuring Impostor Phenomenon once more. The findings are quite alarming. Eighty-seven percent of the entering students reported high or very high degrees of Imposter Phenomenon. Furthermore, women were more likely to have more experiences of Imposter Phenomenon than men. The link between Imposter Phenomenon and distress among medical students was clear.

### An important takeaway

It's worth noting that the study also revealed that the degree of imposterism in students before starting medical school was unexpectedly high. “We believe this may be due in part to intense pressure and competition for admission experienced by medical school applicants, and should be explored further,” the author wrote. “Since IP was associated with personality traits linked to depression, anxiety, and burnout, early identification of IP in our learners may lead to more timely intervention to prevent distress and burnout in future physicians.”

Source: <https://www.premedlife.com/news/medical-students-are-suffering-from-imposterism-new-study-shows-11999/>

MCAT Answer: C

TEXAS A&M PRE-MEDICAL SOCIETY PRESENTS

# GAME NIGHT

September 24th, 2021 • 6:00-7:30 PM

John Crompton Park

201 Holleman Drive W., College Station

**BRING YOUR FAVORITE BOARD/CARD GAME!!!**

*We'll have snacks!*

**SIGN UP:**



[HTTPS://FORMS.  
GLE/RTLISG3LTXC  
2NBEG8](https://forms.gle/RTLISG3LTXC2NBEG8)

Pre-Med Society IMs 21-22

