



## TONIGHT'S MEETING

- Welcome to Texas A&M Pre-Medical Society! Tonight Dr. Brauer will be speaking about his career as an anesthesiologist and his journey in medicine.
- Tonight is our last Pre-Med Society meeting of the fall semester.

## 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 \$65 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. If you have not attended a volunteer orientation but would like to start volunteering, please email or speak to our community service chair, Brittany, to set up an orientation.
- Our trip to UTMB Medical School in Galveston is this Friday and Saturday (November 15th and 16th)! Invites were sent out this past weekend to the top 20 members. As we move down the list, be checking your email if you were on the border as of Friday 11/8. Those invited on the trip will be receiving more details soon.
- ECHO meeting next week, November 19th, is at 5:15-6:15pm in PSYC 338!

POINT OPPORTUNITIES	
Pre-Med meeting attendance	3 Points
ECHO meeting attendance	2 Points
Wearing Pre-Med shirt at any meeting	1 Point
Social/intramural attendance	2 Points
One hour of volunteering	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.

## Our Member of the Week is Drew Powell!

Drew has been a very active volunteer and played intramurals with Pre-Med Society this semester!

Keep up the great work!



## THE CADUCEUS

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Texas A&M Pre-Medical Society

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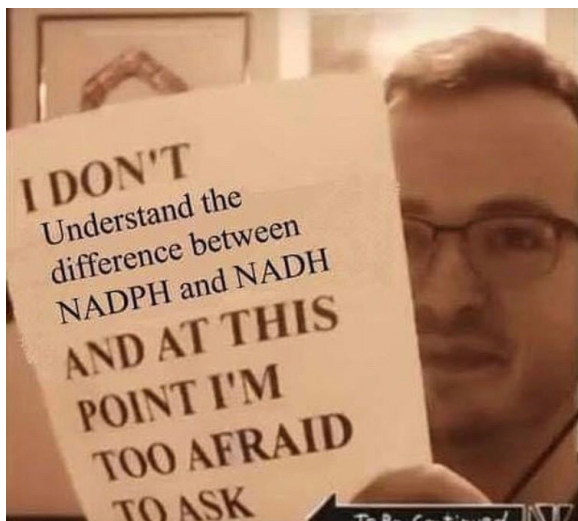
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## DUES AND T-SHIRTS

\$45 for one semester\*

\$65 for the full year\*

\*includes T-shirt

New shirts are \$15

Old shirts are \$5

### Practice MCAT Question

Which of the following forms of reproductive isolation are pre-zygotic?

- I. Hybrid Inviability
- II. Gametic isolation
- III. Zygote Mortality
- IV. Temporal Isolation

- A. I, II, and IV
- B. II and IV
- C. IV only
- D. I and III

### UPCOMING OPSA WORKSHOPS

#### Medical/Dental Portal Workshops

- November 22nd, 3:00pm—4:00pm
- January 9th, 2:00pm—3:00pm

#### Health Professions Interview Workshop

- December 5th, 2:00—3:00pm

Medical Portal Workshops are required if you plan to attend medical school in Fall 2021! You'll need to attend THIS Fall 2019! (typically applies to Juniors)

## UPCOMING EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Indoor Soccer 7:45pm BUILD Volunteering 3-5pm	29 Pre-Med Meeting 7:00-8:00	30 Phoebe's Home 5-7pm	31 Mosaic Volunteering 1-3 pm Happy Halloween!	1 St. Joseph's Manor 2-4pm	2
3	4 BUILD Volunteering 3-5pm	5 ECHO Meeting 7:00-8:00	6 Phoebe's Home 5-7pm	7 Mosaic Volunteering 1-3 pm	8 St. Joseph's Manor 2-4 pm  Points Cutoff	9
10	11 BUILD Volunteering 3-5pm Indoor Soccer 7:45pm	12 Pre-Med Meeting 7:00—8:00	13 Phoebe's Home 5-7pm	14 Mosaic Volunteering 1—3 pm	15 UTMB Trip St. Joe's 2-4 pm	16 UTMB Trip
17	18 BUILD Volunteering 3-5pm	19 ECHO Meeting 5:15-6:15	20 Phoebe's Home 5-7pm	21 Mosaic Volunteering 1—3 pm	22 St. Joseph's Manor 2-4 pm	23
24	25	26	27	28 Happy Thanksgiving!	29	30

#### Daily Volunteering:

MHMR on Mon—Fri from 10am-2pm. You can volunteer for as long as you'd like (credit up to 2 hours)!

NOTE: Volunteering opportunities are meant for members to attend as they please. We will offer rides to Phoebe's Home, Mosaic and St. Joe's, but not MHMR or BUILD.

ALSO check your volunteering requirements! (orientation/application/vaccines)

# A Future Doctor's Greatest Struggle

As a freshman in college, I thought about all the requirements it would take to go to medical school and, honestly, I was completely overwhelmed. I couldn't fathom how I could achieve a high GPA and MCAT while balancing a bunch of extracurricular activities. Nevertheless, as I reflect on what my greatest struggles are and have been, I'm realizing that even though I feared the MCAT, it wasn't as great of a hurdle as I thought it was; it was actually enjoyable (to a certain extent). Even applying for medical schools, although it was a pretty stressful period in my life, was not my biggest struggle. Even USMLE Step 1, which is arguably the most important test of my life, doesn't fit the criteria. So what is a future doctor's greatest struggle?

A future doctor's greatest struggle, I believe, is self-centeredness.

Medicine, by nature, is a giving profession. Doctors train for many years so that they can have the skills in order to serve patients in the future. It requires sacrifice and dedication to a cause greater than ourselves. Nevertheless, it is human nature to be self-centered. It is part of what keeps us motivated. We want to work hard and get good jobs because we want to take care of our loved ones and ourselves. Self-centeredness also keeps us alive and healthy. A doctor who spends all of his time seeing patients but not taking care of his own physical and emotional needs will eventually burn out.

I always struggled with the idea of putting my volunteer experience on my resume/CV. I felt like I was using other people to accomplish my own goals which really made me question my motives. Am I helping others because I genuinely care about them or because I need to get into medical school? The true answer may not always be so black or white, as the world is not black or white. I could help people because I care about them but also because it serves me a purpose. Does that make my service less genuine? I think we all need to decide that for ourselves.

Both in college and medical school, as I look at my own tendencies and at the habits of my peers (premedical and medical students), I've noticed something very disturbing. When a colleague or even my close friend does well on a test, receives an award or a prestigious fellowship, or becomes the leader of a club/organization, I couldn't help (in my own mind) to make their accomplishments about me.

*Why didn't I do as well on the exam?  
I applied to the fellowship too, why didn't I get it?  
I would have made a much better coordinator than him.*

It's disappointing to know that so often, these were my first reactions rather than simply being happy for my classmates. To be honest, this is something I struggle with to this day.

The issue of self-centeredness is not necessarily clear-cut. Focusing on your own needs and wants is very important as well. For example, let's say that you want to be a doctor but instead of studying for any exams, all you do is serve the homeless and volunteer at the hospital. Although your selflessness is admirable, if you don't take care of your own needs in this scenario, it will prevent you from ever becoming a doctor.

So when does self-centeredness become pathologic? I cannot clearly define the criteria, but I know it when I see it. It often happens when my view of myself depends on what I do and what I've done. As a future doctor, I refuse to be defined only by my career, accomplishments and personal success. I personally don't feel comfortable when I'm jealous of somebody when instead I should be happy for him or her. I know that looking at other people's successes and feeling inadequate is not healthy.

Once again, self-centeredness is human nature. It's not necessarily a bad thing. But when my natural instinct of self-centeredness becomes pathologic and tries to define how I react towards other people's accomplishments and goals, I must try to fight against it. I'll stop defining my worth myself by my or others' successes. When those around me succeed, I will celebrate with them rather than use that opportunity to criticize myself. I will remind myself of how thankful I should be to be in the current position I am in. At the end of the day, who cares if you become a doctor, go to the best medical school or become a world-renown physician? I think sometimes all we can do is sit back, enjoy the ride that we're on and appreciate the people around us that are also riding this roller coaster we call life.

Article Source—Prospectivedoctor.com

<https://www.prospectivedoctor.com/a-future-doctors-greatest-struggle/>