



# THE CADUCEUS

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

April 16th, 2019  
Volume 30, Issue 7

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Visit our website for more information: [aggiepremed.com](http://aggiepremed.com)

## TONIGHT'S MEETING

- Tonight's meeting is dedicated to officer elections! We'll be hearing speeches from those who are interested in running and then we'll vote on positions.

## ANNOUNCEMENTS

- Our field trip to Long School of Medicine is this Thursday and Friday! Information was emailed out to those going.
- Our Banquet is on Thursday April 25th at the Pebble Creek Country Club. Tickets are \$10! Come out for fancy food, pictures, speeches, and the announcement for next year's officer team! Note: if you're running for an officer position, you're required to go.
- Our Kickball Tournament is on Sunday April 28th! Register and you're guaranteed two games of kickball and food. There will be entertainment and also a silent auction as well!
- 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.
- **VOLUNTEERING: You must be a member to volunteer and are required to wear your Pre-Medical Society shirt, long pants, and closed toed shoes. For Phoebe's Home, you must attend an orientation before volunteering. For St. Joseph's Manor, you will need a TB Test and a current flu shot.**

### 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 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.



UT Health  
San Antonio

Long School of Medicine

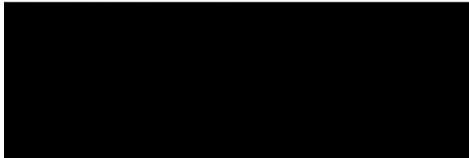
We're touring Long School of  
Medicine this weekend!

# Joke of the Week



Alphabet soup for children

Alphabet soup for doctors



## Practice MCAT Question

Which naturally occurring L-amino acid within the human body is the only one to exist as an (R) configuration?

- A. Lysine
- B. Cysteine
- C. Glycine
- D. Tryptophan

# UPCOMING EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		16 Pre-Med Meeting 7:00-8:00	17	18 Long School of Medicine Field Trip	19 Long School of Medicine Field Trip Good Friday	20
21 Easter!	22	23 ECHO Meeting 7:00-8:00	24	25 Banquet! 7:00 pm	26	27
28 Philanthropy Kickball Tournament	29	30	1 Reading Day (no class)	2 Finals Start	3	4
5	6	7	8 Finals End	9	10	11

### Daily Volunteering:

MHMR on Wed, Thurs, Fri from 10-2pm. 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 and St. Joe's, but not MHMR or the TCM Resale Shop.

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

## DUES AND T-SHIRTS

\$45 for one semester\*

\$65 for the full year\*

\*includes T-shirt

New shirts are \$15

Old shirts are \$5

Athletic shirts are \$12

## UPCOMING OPSA WORKSHOPS/ EVENTS

### Medical/Dental Application Workshops

- April 22, 11:00am—12:00pm
- April 23, 3:00pm—4:00pm

### Health Professions Essay Review

- April 26 and 29, 2:00pm—4:00pm, JJKB 209
- May 1, 2:00pm—4:00pm JJKB 209

Medical Portal Workshops are required if you plan to attend medical school in Fall 2020! You'll need to attend THIS Spring 2019! (typically applies to Juniors)

# Outgoing Senior Officer Advice

## Adam

I could go on for pages about the dos and don'ts of being a pre-medical student, but I am going to cut it down to the most crucial things I have learned and lived by that helped me while I've been an undergraduate. First of all, relax. Inhale deeply and exhale. Breathe. Calm down. By declaring yourself "pre-med", you have automatically placed a tremendous amount of pressure on yourself; your family and friends now expect something of you that is exceedingly difficult to attain, and if you allow your mind to succumb to this weight, you will collapse at some point. However, you can take solace in this: If you truly want to be a physician and cannot imagine another future where you are equally happy with your profession, you will be one. The path to get there may not be what you intended (in fact, it's very likely it won't be) and it may take longer than you planned for, but I have no doubt all of you can do it if you persevere. The irony of the current state of medicine is that there is a national physician shortage, yet it has never been harder to become a doctor than it is today. But people like you are the ones who are going to be our future doctors, the ones who go out of their way to read things like newsletters produced by small-scale organizations. To wrap it up, I hope when you all come back next fall that you're not just thinking about classes, grades, and other academic minutiae, but about trying to make a difference. That is what is going to set you apart from everyone else, and if you keep your head in the right place you will succeed!

## Elizabeth

For freshmen, get involved early! I started shadowing and volunteering right off the bat starting college. Because of this, I was able to relax junior and senior year since I already had the clinical experience I needed to apply. I also started getting involved in the Pre Med Society by joining the philanthropy committee, which set me up for leadership in the Society. For sophomores, don't let your grades slip. Organic chemistry and biology 112 was a lot compared to freshman year's intro to chemistry and biology. Keep going hard. Dedicate the time to study and do well this year. It will pay off. Also don't forget to stay involved! Juniors, apply early. I cannot stress this enough. Get your application in before the end of May. Since medical schools have rolling admissions, the sooner you apply, the sooner you get an interview and the more seats are available for acceptance. Also remember through all of this to have fun. Take time to spend time with friends and grow personally. You will have no other experience like college; make some memories. Being a Pre-Med is a pretty exhausting journey, but definitely worth the investment. I hope to see you all out in the medical field as fellow doctors. Best of luck!

## Maddie

The most useful piece of advice that I can give from what I've learned over the past four years is to fully engulf yourself in the moment and take opportunities when they present themselves. Many premeds struggle with this due to always stressing about getting A's in their courses, doing well on the MCAT, and trying to participate in anything that will boost their application. While all of these are very important for achieving our dream of becoming a physician, the future is not guaranteed and today will be gone before we know it. This reality has really hit me hard lately as this huge chapter of my life is coming to a close. Texas A&M is such a special place that most of us will have to say goodbye to after 4 years and this time in life is so unique in that we are all constantly growing alongside other Aggies. Basically what I am trying to get across is, go take that random road trip with your roommates and go get a late night pizookie when you should be at the library. Also, if you are able to, STUDY ABROAD! I spent last summer in Germany taking courses in European medicine and I can confidently say that it changed me for the better. Being abroad teaches you independence, how to be appreciative of different cultures, and gives you a new perspective on your life in America. I fully believe that college is a time for vulnerability and enjoying all that life has to offer - and this is made possible by time management skills and learning how to balance your obligations. From personal experience, I can assure you that every single one of you can be involved on-campus, hold leadership positions, work part-time, have a social life, and get into a great medical school. After all, medical school admissions committees are looking for those applicants that stretched themselves during their four years in college and have more to offer than just a 4.0 GPA.

Answer to MCAT Question: B

## Megan

I had a file on my computer that was titled "medical school". In it I kept an Excel sheet where I logged volunteer hours. I had another Excel sheet where I kept track of shadowing hours along with what I learned or saw that day. I kept a resume that I would update with new leadership positions, awards, and experiences. Whenever I had random thoughts of inspiration about why I wanted to become a doctor, I would write them down in a Word document. It really saved me time when I was filling out my medical school applications, and it helped me come up with ideas of what to write about for my essays!

## Jessica

Congrats! You are almost finished with the school year. Perhaps it is the end of your first year of college or the end of your last. As premeds, we often get caught up in what everyone else is doing that we lose sight of what is best for our individual needs. Your journey to medicine is different and unique just like you. Never forget that. You are going to encounter many obstacles you must overcome in your career but it is about how you turn those obstacles into opportunities that makes all the difference. Don't give up. The struggles we face now are preparing us for the future. No one said the journey to becoming a physician is easy. It is for the determined, the strong, the brave, the courageous, and the resilient. Not the faint of heart. Don't compare yourself to your peers. That does no good except stress you out even more. You don't need that. Instead, focus on what makes you happy. Remember to never give up and to always persevere.

### MCAT Advice:

Make a "What I Missed" Document with every topic you got incorrect from practice questions and passages. Review this document every day.

Make a spreadsheet to keep track of your progress on practice exams.

If flash cards are your thing, download "Anki." It uses a spaced repetition algorithm that many medical students swear by.

Simulate Test Day as best you can when you take practice tests. Rent a study room in the library. Do not take practice tests at home.

Make a study schedule. Be detailed when you do this. Include specific chapters you will read, topics you will review, and how many practice problems you will complete.

Don't study without taking breaks. Your brain needs time to rest and to retain the information.

### Final Words of Wisdom:

Don't compare yourself to others. Follow your own path!

Always believe in yourself.

Do not be afraid to experiment with different study methods and techniques if one does not work for you. What works for someone else may not work for you.

The MCAT is a beast that CAN be conquered.

Life will always hand you the unexpected. Be flexible and know there is a reason.

Just do your best.

"Two roads diverged in a wood, and I took the one less traveled by, and that has made all the difference." - Robert Frost