



THE CADUCEUS

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

September 12th, 2023
Volume 40, Issue 2

OFFICERS

President

Mia Weidenbach
miaw@tamu.edu

Vice President

Tori Frank
vfrank@tamu.edu

Treasurer

Eric O'Brien
itsericobrien@tamu.edu

Philanthropy Chair

Bethany Beal
bethanybeal@tamu.edu

Secretary

Michelle Dickey
mldickey@tamu.edu

Community Service Chair

Rafael Fortes
r02082003@tamu.edu

Events Coordinator

Courtney Holmes
courtneyh2024@tamu.edu

Membership Director

Bailee McEwan
bailee-mcewan@tamu.edu

Historian

Haley Russell
haley russell@tamu.edu

Technology Chair

Shaina Gomez
shainaa.aa@tamu.edu

Visit our website for more information: aggiepremed.com

TONIGHT'S MEETING

• Welcome to the Texas A&M Pre-Medical Society's second general meeting of the year!! At tonight's meeting, the current officers will be discussing their positions and we will be hearing from Bailee McEwan, our membership director, about the peer mentorship program! Afterwards, we will hear from our partners at Kaplan: Building a Successful MCAT Study Plan.

ANNOUNCEMENTS

- In order to officially become a member (and earn points), you **MUST** fill out the **membership form** (at bottom of page) and **pay dues!** Dues can be paid by cash, check, or online payment.
- **VOLUNTEERING:** You **must be a member** to volunteer. Plenty of new opportunities available (thank you Raf!). *Find out more about volunteering in the Volunteering GroupMe!*
- Peer Mentorship: Mentor and Mentee applications are open and will close on September 19th! Find out more at tonight's meeting. Scan the QR codes to access the applications.
- Philanthropy: Join us at the Walk to End Alzheimer's on October 21st! Scan the QR code to join the team. We will share more information about our Philanthropy Committee at our third general meeting.



Join our
Walk
team!
<---



Mentor App
<---
Mentee App
--->



POINT OPPORTUNITIES

Pre-Med Meeting Attendance	3 points
Social Event Attendance	3 points
In-Person ECHO Meeting Attendance	2 points
Zoom ECHO Meeting Attendance	1 point
Intramural Game Attendance	2 points
Hour Of Group Volunteering	2 points
Hour of Individual Volunteering	1 point
Wearing Pre-Med Shirt at Meeting	1 point

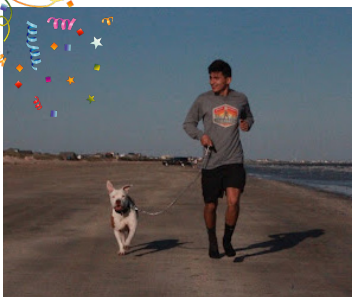
MEMBERSHIP

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.

Member Spotlight:

Be an active member to be featured on The Cad & our Instagram!!



Membership Form QR



Congratulations to
our Member of the
Week,

David Sanchez

Thank you for being
an active member!



Girls when I say that I am a doctor.



Girls when they find out About my \$200,000 debt, 80 hour work weeks, and My complete lack of a social Life outside of work.

DUES AND MERCHANDISE

Membership Dues Per Year	\$60*
Membership Dues Per Semester	\$40*
Additional Member T-Shirt	\$15
Old T-Shirts	\$5
Fleece	\$35
Pre-Med Society Pullover	\$35
Decal Stickers	Coming Soon!!!
* Dues Include A New T-Shirt *	
\$5 of the semester and \$10 of the yearly dues go directly to the Alzheimer's Association!	

Practice MCAT Question

Pulmonary alveolus (plural form:alveoli) is an integral component of the mammalian respiratory system, which of the following characteristics describes this component?

- A. Actively transports O₂ into the bloodstream
- B. Allows for gas diffusion to occur and the exchange of CO₂ for O₂ in the bloodstream
- C. Hollow cavities at the end of the respiratory tree
- D. B and C

Answer on last page

September

UPCOMING OPSA WORKSHOPS

Portal Workshops:

- September 29, 3pm - 4pm
- October 5, 12pm - 1pm
- October 18, 3pm - 4pm

Health Professions Interview

Workshop:

- September 26, 12pm - 1pm

For more information, questions, and/or concerns:

Professional School Advising (PSA) 979.847.8938

or visit <https://careercenter.tamu.edu/Resources/Professional-School-Advising/PSA-Workshops>

**NOTE: Volunteering opportunities are meant for members to attend as they please. Check your volunteering requirements (i.e. application, orientation, vaccines, dress code, etc.)!

**Visit aggiepremed.com for our Google Calendar and spreadsheet with a full list of volunteering opportunities!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27.	28.	Pre-Med Meeting 7-8 pm	30.	31.	1.	2.
3.	4.	ECHO Meeting 7-8 pm	6.	7.	8.	9.
10.	Boy's & Girl's Club 3-7	Pre-Med Meeting 7-8 pm Boy's & Girl's Club 3-7	Boy's & Girl's Club 3-7 LMSA & Health 4 All 1-6pm	Boy's & Girl's Club 3-7	Boy's & Girl's Club 3-6	Reason to Dream 10am-11am
17.	Boy's & Girl's Club 3-7 VOOM 4:30-6:30	ECHO Meeting 7-8 pm Boy's & Girl's Club 3-7	Boy's & Girl's Club 3-7 LMSA & Health 4 All 1-6pm	Boy's & Girl's Club 3-7	Boy's & Girl's Club 3-6	Reason to Dream 10am-11am
24.	Boy's & Girl's Club 3-7 VOOM 4:30-6:30	Pre-Med Meeting 7-8 pm Boy's & Girl's Club 3-7	Boy's & Girl's Club 3-7 LMSA & Health 4 All 1-6pm	Boy's & Girl's Club 3-7	Boy's & Girl's Club 3-6	Reason to Dream 10am-11am
1.	Boy's & Girl's Club 3-7 VOOM 4:30-6:30	ECHO Meeting 7-8 pm Boy's & Girl's Club 3-7	Boy's & Girl's Club 3-7 LMSA & Health 4 All 1-6pm	Boy's & Girl's Club 3-7	Boy's & Girl's Club 3-6	Reason to Dream 10am-11am

Understanding and Overcoming Test Anxiety

WHAT IS TEST ANXIETY?

Test anxiety is a type of performance anxiety. When there is pressure because of high expectations or the stakes are high, people can become so anxious that they are hindered from doing their best.

It is sometimes helpful and normal to have nervousness around testing. The energy can keep our minds alert and the arousal can help with focus. However, there is a threshold and sometimes too much anxiety can begin to impair brain functioning. When our emotional brain starts to feel fear and get activated, it can make it hard to remember what was studied and to maximize our prefrontal cortex functioning.

SYMPTOMS OF TEST ANXIETY

Test anxiety symptoms can range from mild to severe. It is possible to have mild symptoms of test anxiety and still perform well on exams. Others can feel so overwhelmed that they encounter panic attacks before or during exams. The Anxiety and Depression Association of America describes symptoms of test anxiety as physical, behavioral, cognitive, and emotional.

Physical Symptoms

Physical symptoms can range from increased heart rate, sweating, dry mouth, to shaking, fainting, panic attacks, vomiting and nausea.

Cognitive and Behavioral Symptoms

Cognitive and behavioral symptoms can include negative self-talk and cognitive distortions that lead students to avoid studying or testing situations. Challenges with focus and concentration as well as racing thoughts or rumination can be common.

Emotional Symptoms

Emotional symptoms can include low self-esteem, depressive symptoms, frustration, irritability, feeling overwhelmed and a sense of hopelessness.

CAUSES OF TEST ANXIETY

In the medical student population, test anxiety can be heightened due to the intense nature of the academic environment. Often times it is a combination of reasons that contribute to test anxiety. Here are some potential causes:

Perfectionistic tendencies/fear of failure. Maladaptive perfectionism is prevalent amongst the medical student population. Connecting one's sense of worth and identity to performance can cause test anxiety.

Stress around testing history. If previous test experiences have been anxiety-provoking or led to unexpected poor outcomes, this can add more anxiety with each additional testing experience.

Underlying anxiety. Often times, students have a history of anxiety that can be exacerbated around testing experiences. This anxiety can contribute to one feeling like they haven't studied enough, and it can cloud the academic journey leading to a sense of dread around studying and testing.

OVERCOMING TEST ANXIETY

Thankfully there are tools to support students in addressing and overcoming test anxiety. Each person's needs will be different based on the reasons for test anxiety. Here are some strategies:

Physical Strategies

Get enough restful sleep, especially before the test

Reduce caffeine intake

Consume nutritious foods

Get exercise and movement throughout the week

Spend time outdoors in nature

Take meaningful regular breaks while studying (not mindlessly scrolling through news, social media or YouTube)

Practice mindfulness or meditation at least once a day (Headspace is a helpful app to get started)

Practice progressive muscle relaxation

Cognitive, Behavioral and Emotional Strategies

Understand and address cognitive distortions

Remember your strengths and remind yourself of why you want to become a physician

Take a step back and reflect on who you are outside of being a medical student

Reconnect with hobbies you enjoy

Make time for social connection and reach out for social support

Ask for support and testing if you think you might have a learning disability (like ADHD)

Connect with a professional clinician who can help you come up with a successful plan, reduce negative self-talk, and feel more hopeful before exams

<https://medicine.ltu.edu/academics/resources/test-anxiety-tips>

Volunteering GroupMe



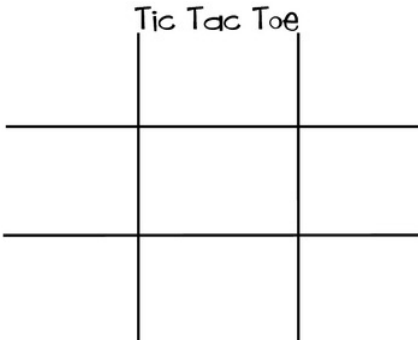
22-23 IM Group Me



PRACTICE MCAT QUESTION SOLUTION:

Correct Answer: D. B and C

The correct answer is D. Alveoli are found in the parenchyma of the lungs at the terminal end of the respiratory tree. Alveoli in the lungs of mammals are the key structure in facilitating the exchange of CO₂ and O₂ across the alveolar membrane by pumping CO₂ rich blood from the body into the oxygen rich alveoli and allowing the exchange to occur through diffusion, not active transport.



Science

Difficulty: Easy

Z	U	S	U	G	S	N	S	Z	G
H	C	V	G	M	C	N	J	E	T
J	Z	F	D	E	L	P	P	B	K
E	M	B	R	I	O	L	O	G	Y
D	S	U	S	U	O	L	G	L	X
K	Y	S	N	Z	A	O	O	E	E
O	C	E	A	N	O	L	O	G	Y
T	O	X	I	C	O	L	O	G	Y
Q	C	U	S	C	I	S	Y	H	P
I	A	S	O	Q	I	U	R	H	F

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/science>

EMBRIOLOGY
GEOLOGY

OCEANOLOGY
PHYSICS

TOXICOLOGY

Pre-Medical Society

MENTOR & MENTEE APPLICATIONS NOW OPEN

Mentors (U3 & U4) guide personal and professional development to peers.

Mentees receive knowledge and support from more experienced mentors to enhance growth.

Both have exclusive access to a med school mentor which they are paired with and amazing OPSA resources.

Applications DUE: Sept. 19th

Mentor Application:



Mentee Application:

