



THE CADUCEUS

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

November 16, 2021
Volume 37 Issue 6

OFFICERS

President

Kailee Shockey
kailee.shockey@tamu.edu

Vice President

Tori Vargas
tori_vargas@tamu.edu

Treasurer

Kade McAdams
kademcadams@tamu.edu

Philanthropy Chair

Gabrielle Sakel
gabriellesakel@tamu.edu

Secretary

Colette Jones
colette.jones@tamu.edu

Community Service Chair

Tristan Nguyen
n0403473@tamu.edu

Events Coordinator

Barbara Gano
barbara@tamu.edu

Membership Director

Lexxi Smith
lexxi_smith1@tamu.edu

Historian

Veena Chauhan
veena_chauhan@tamu.edu

Technology Chair

Ruqaiyah Darugar
ruqaiyahdarugar@tamu.edu



TONIGHT'S MEETING

- Welcome to Texas A&M Pre-Medical Society! Dr. John, a concierge family medicine physician, will be presenting at our meeting tonight.

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!
- Congratulations to everyone who received an MCAT prep scholarship. Thanks for applying!
- Thank you to everyone who has been involved in intramurals this semester. Talk to Veena for information on the banquet this Friday!

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	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.



Congratulations to our

Member of the Week

Cameron Gabriel

Thank you for being an

active member!!

Name a more iconic trio... I'll wait



Muffled heart sounds, distended jugular veins, hypotension

Practice MCAT Question

A medical student is feeling a high level of stress due to upcoming exams and pressure from his family to engage in activities at home. He chooses to go to the gym for a workout to help himself relax. This workout is which type of stress?

- A. Eustress
- B. Distress
- C. Frustration
- D. Hassle

Answer at the bottom of next page

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**

Fleeces - **\$50**

UPCOMING OPSA WORKSHOPS

Portal Workshops

- 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
31 <i>Happy Halloween!</i>	1 <i>Start of November</i> BUILD 3-5pm	2 Basketball 5:45pm Pre-Med Meeting 7-8pm, PSYC 338 MCAT Scholarship Apps Due 11:59pm	3	4 Phoebe's 5-7pm	5 UTSW Virtual Tour Crafts 2:30-4:30pm	6
7	8 BUILD 3-5pm	9 BJ's 4-10:30pm ECHO Meeting 7-8pm	10	11 Phoebe's 5-7pm	12 Crafts 2:30-4:30pm	13
14	15 BUILD 3-5pm	16 Pre-Med Meeting 7-8pm, PSYC 338	17	18 Phoebe's 5-7pm Volleyball 7:40	19 Crafts 2:30-4:30pm IM Banquet	20
21	22	23	24 <i>No Classes</i>	25 <i>Happy Thanksgiving!</i>	26 <i>No Classes</i>	27
28	29	30	1 <i>Start of December</i>	2	3	4

NOTE: Volunteering opportunities are meant for members to attend as they please.

Check your volunteering requirements! (orientation/application/vaccines)

How the Pandemic Has Spiked Stress for Many Med School Applicants

Even in the “before times,” applying to medical school was stressful. Survey results released in the spring, just before the COVID-19 pandemic hit hard in the U.S., showed that the rigors of the medical school application process caused a significant portion of pre-meds to reconsider whether they wanted to become physicians.

The pandemic is assuredly heightening those stressors, experts say.

“I don’t think we can underestimate how COVID is impacting the mental health of the entire population, never mind students who are preparing to apply to medical school,” said Carol A. Terregino, MD, senior associate dean for education and academic affairs at Rutgers Robert Wood Johnson Medical School, one of 37 member schools in the AMA Accelerating Change in Medical Education Consortium.

“There are fewer opportunities to engage in the humanistic activities, to shadow and volunteer to demonstrate one’s passion for medicine because of the pandemic and more time to focus on metrics and study for the MCAT [Medical College Admission Test]. And that isn’t necessarily a good thing.”

Stresses in premed life

The survey, conducted by Kaplan, draws from a sample of 400 pre-meds. Among some of the takeaways:

Nearly 40% of survey respondents had considered dropping their pursuit of a career in medicine because of stress in the premed process.

26% of premeds said they experienced stress “pretty much always,” while 45% said they experienced it “frequently.”

More than half of respondents said “self-medicating” (using alcohol or other drugs) is a common problem among their premed peers who are trying to deal with stress.

“It’s hard to think of an undergrad curriculum more demanding than the pre-med track,” said Petros Minasi, Kaplan’s senior director of pre-health programs. “Aspiring doctors have lots on their plate from tackling challenging courses like organic chemistry to preparing for the MCAT to building genuine relationships with professors who they will eventually look to for letters of recommendation. Add in the huge lifestyle and academic changes because of the coronavirus pandemic, and it’s easy to understand why life as a pre-med can be more than challenging for so many. But when that stress becomes chronic and overwhelming, it’s important to seek professional help or at the very least have a discussion with a close family member, trusted friend, or experienced advisor.”

The perspective of Dr. Terregino, an AMA member, may provide some solace to stressed out medical school applicants.

“Medicine is stressful. Getting ready for medical school is stressful. But I’d offer that one can temper their stress knowing it’s more than just grades and MCAT scores that admissions committees are looking for and there is a full understanding of the limitations on experiences placed by the pandemic. Personal development also counts.”

Growth during the pandemic

There has been application surge amid the pandemic, with medical school applicants up more than 15%, according to the Association of American Medical Colleges (AAMC). The reasons behind that spike are varied, but there’s no denying that more applications mean more competition.

Managing the stress that pre-meds experience during an unprecedented application cycle relates to some of the competencies that make a good physician. Adaptability and comfort with ambiguity, for instance, are traits medical school admissions committees covet. Getting to the other side of the pandemic and entering medical school despite the tumult may reflect a flexible mindset that can carry over into treating patients, Dr. Terregino believes.

“When you go through stressful times and finally get through them, it makes you more empathic to the stresses that others experience,” Dr. Terregino said. “Students who are struggling—hopefully they are reaching out and getting the help they need. There are lessons to be learned from doing that. Then they will be there to support someone else who is in need someday.

“It’s an incredible privilege to care for patients and be a part of a patient’s life during hard times,” she added. “There’s nothing more rewarding than having that role. The fire in your belly to do just that may give you the resilience to not to give up.”

Medicine can be a career that is both challenging and highly rewarding but figuring out a medical school’s prerequisites and navigating the application process can be a challenge into itself. The AMA pre-med glossary guide has the answers to frequently asked questions about medical school, the application process, the MCAT and more.

Source: <https://www.ama-assn.org/residents-students/preparing-medical-school/how-pandemic-has-spiked-stress-many-med-school>

MCAT Answer: A