



SEP 2ND, 2018
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OUR WEBSITE: aggiepremed.com

TONIGHT'S MEETING

- Tonight is the first Pre-Medical Society meeting of the year! We're excited to see old and new faces this year! Feel free to help yourself to some food and introduce yourself to the people next to you!
- For our first meeting, we'll be presenting an introduction video to our organization followed by officer introductions. Our primary speaker this meeting will be Rachel Ciomperlik, one of the OPSA Medical Advisors.

THE CADUCEUS

THE OFFICIAL NEWSLETTER
OF THE TEXAS A&M
PRE-MEDICAL SOCIETY

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ANNOUNCEMENTS

- In order to officially become a member, you **MUST** fill out a membership form and pay dues!
*The cost is \$45 for the semester or \$65 for the 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. *You are required to attend an orientation to volunteer at Phoebe's home. To volunteer anywhere you will also need a TB test and a current flu shot.

POINT OPPORTUNITIES

Pre-Med meeting attendance	3 Points
ECHO meeting attendance	2 Point
Pre-Med Shirt at ECHO Meeting	1 Points
Social/ intramural attendance	2 Points
One hour of community service	1 Point
Recruit a physician to speak or student to write an article	1 Point (max 3)

MEMBERSHIP LEVELS

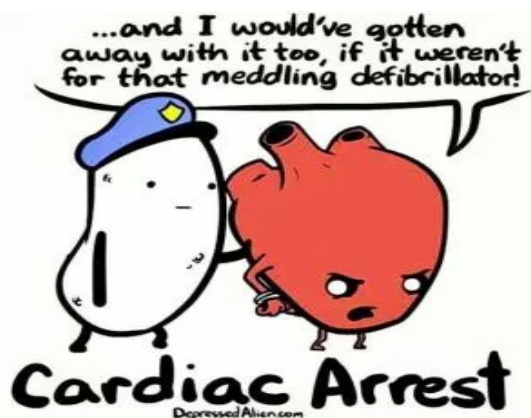
Exemplary	100 Points
Distinguished	75 Points
Honored	50 Points
Member	<50 points

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.



Meet our 2018/2019 Pre-Medical Society Officer Team!

Joke of the week:



-Practice MCAT Question-

An amide bond between amino acids can be formed via a:

- A. hydration reaction.
- B. dehydration reaction.
- C. decarboxylation reaction.
- D. redox reaction.

DUES AND T-SHIRTS

\$45 for one semester

\$65 for two semesters

*includes T-shirt

Individual shirts are \$15

UPCOMING OPSA WORKSHOPS/ EVENTS

Health Professions Interview Workshops:

- September 7th, 3:00pm-4:00pm
- September 25th, 3:00pm-4:00pm

Medical/Dental Portal Workshops:

- September 27th, 3:00pm-4:00pm
- October 18th, 3:00pm-4:00pm
- October 24th, 12:00pm-1:00pm
- November 12th, 11:30am-12:30pm
- November 28th, 3:00pm-4:00pm

For those applying to medical and dental school, you **must attend** a Medical/Dental Portal Workshop in the fall semester the year before you plan to apply. Therefore, if you plan to attend medical school in Fall 2020, you will need to attend a Portal Workshop in fall 2018/spring 2019, and apply in early summer 2019!

UPCOMING EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Pre-Med Meeting PSYC 338 7:00-8:00				
		4	5	6	7	8
	Phoebe's Home Orientation 4:00-5:00	ECHO Meeting PSYC 338 7:00-8:00	Phoebe's Home 5:00-7:00	TCM Retail Shop 9:00-6:00	St. Joseph's Manor 2:30-4:30	
9	10	11	12	13	14	15
		Pre-Med Meeting PSYC 338 7:00-8:00	Phoebe's Home 5:00-7:00	TCM Retail Shop 9:00-6:00	St. Joseph's Manor 2:30-4:30	Alabama Game Watch Party!
16	17	18	19	20	21	22
		ECHO Meeting PSYC 338 7:00-8:00	Phoebe's Home 5:00-7:00	TCM Retail Shop 9:00-6:00	St. Joseph's Manor 2:30-4:30	
23	24	25	26	27	28	29

Daily Volunteering:
MHMR Authority of Brazos Valley on Wednesdays, Thursdays, and Fridays from 10-2pm. You may volunteer as long and as often as you'd like. Don't forget to sign in!

NOTE: These volunteering opportunities are meant for members to attend as they please. We will offer rides to Phoebe's Home and St. Joseph's, but not MHMR or the TCM Retail Shop.

If you need help finding a location, contact an officer!

Making it to Medical School: A Short Guide to Life as a Pre-Med

Being accepted into medical school is going to change your life forever, and that is why you need to start preparing yourself today. The steps that you take in the next few years could have a major impact on your career for many decades to come. Here are some tips and tricks that undergraduates can use to prepare themselves for the challenges ahead.

Study What You Love

In the past, pre-med students had to choose from four or five specific majors if they wanted to make it into medical school. According to the AAMC, that has all changed in the last few years. Many of the leading medical schools are now accepting applicants who have studied social sciences, humanities, and statistics. Your major is generally not as important as your MCAT scores, GPA, references, and extracurricular activities.

Double-Check All Pre-Med Requirements

No matter what major you decide on, you will still need to complete a handful of specific classes. Every medical school is slightly different, but most of them have at least a few similar course requirements for subjects such as biology, organic chemistry, sociology, and psychology. You will also need some experience in a clinic or hospital, and those volunteer programs are extremely difficult to get into in certain towns and communities.

Complete Your Course Requirements Early on

Some students wait until the last minute to sign up for their required courses, but that could hurt you in the long run. Completing those classes in your first two years will give you ample time to familiarize yourself with some of the most important concepts well before you take the MCAT. You will also have the option of exploring different medical specialties during your last two or three years of pre-med. You can then pick and choose from different medical schools that excel in those specialties.

Create a Long-Term MCAT Study Schedule

The AAMC claims that students should spend at least 300 hours studying for the MCAT, but there is no perfect schedule that works for everyone. Some students benefit from enrolling in MCAT prep courses like Altius MCAT Prep or someone similar while others work best in study groups. At the very least, you should begin taking a look at the material by the second semester of your sophomore year. Waiting any longer than that will only result in unnecessary stress.

As a pre-med student, you are laying the foundation for your career in the healthcare industry. The steps that you take in the coming months and years will improve your chances of landing the job of your dreams.

(article from premedlife.com)

You

by: Ali Mendelson MD

Every morning I entered the room: Dark, silent, the antithesis of the lively hallway, filled with the lights and sounds of the hospital coming alive. Absent were the voices of coworkers greeting each other over street-cart coffee and doughnuts, trading stories of their children's adventures and mishaps, and divvying up the day's work.

He lay as he always did. Facing the door. Legs drawn up to his stomach as if he was afraid to take up more room than allotted by a higher power. Eyes closed. Wheelchair at the bedside, ensuring that the plastic bag containing everything he owned remained safely within arm's reach.

Every morning I knelt at the bedside, gently touched his arm, and said, "Good morning, Mr J." And waited. Waited until my knees began to ache. If I was lucky, he would open his left eye and gaze at me sadly.

I didn't blame him. I met him at the end of a long hospitalization. He had no family. No friends. Recently released from almost a lifetime in prison, with no means to survive in the "real" world. A system meant to protect us from criminals broke a man who I didn't believe could hurt a fly.

It fell on us to find him a place to go. Banned from shelters that didn't believe that he could care for himself, refusing to give up newfound freedom for the confines of a nursing home, and too blinded by depression to see the light in any option. Depression that seemed refractory to any combination of medication. Depression that was ingrained in his identity, possibly from life in a gray cell, but likely exacerbated by the stress of leaving the comfort and routine of prison for a life on the streets of New York City. Depression so bad that I spent many mornings pleading with him to go to dialysis, unsure if he was truly refusing because he didn't feel well and suspecting that he was seeking an easy way to end his pain.

Every morning I felt helpless. It felt as if nothing I had learned in medical school could relieve this man's suffering. So I brought him cupcakes from the deli below my apartment building. It was the only thing I could find that made him smile, a little, I think.

And one morning I asked him, "After all you've been through, what do you think makes a good doctor?" Still lying on his side, legs curled up, wheelchair and belongings safely secured at the bedside, he looked me straight in the eyes for the first time and said, "You."

(article from jama.com)