

Visit our website for more information: aggiepremed.com

TONIGHT'S MEETING

Welcome to Texas A&M Pre-Medical Society! Tonight's meeting will include a presentation by Dr. Will Koeck who is a Pediatric Orthopedic Surgeon at Children's Hospital of San Antonio!

ANNOUNCEMENTS

- In order to officially become a member (and earn points), you **MUST** fill out a membership form and pay dues! Dues are \$30 for the semester or \$45 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!
- Our Top 20 members will be invited to attend a medical school tour field trip later this semester so be sure to pay your dues and start earning you points!

POINT OPPORTUNI-	
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

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

Colett Jones

Congratulations!

Thank you for volunteering with us!!



THE CADUCEUS

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

November 10th, 2020
Volume 32 Issue 6

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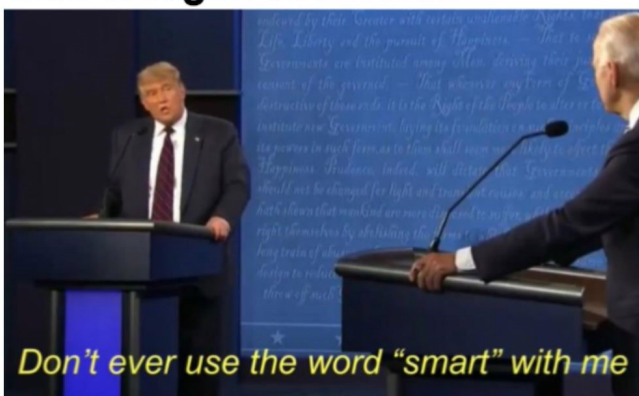
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**No one:
Premeds after getting an 88% on
their first gen chem test:**



DUES AND MERCHANDISE

\$30 membership dues for one semester
\$45 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**

Practice MCAT Question

The production of which of the following molecules will cease when oxygen is no longer supplied to the cell?

- A. Pyruvate
- B. Water
- C. Adenosine triphosphate
- D. None of the above

Answer at the bottom of next page

UPCOMING OPSA WORKSHOPS

Interview Workshops

- November 17, 3:00pm-4:00pm

Medical and Dental Application Workshops

- April 23, 2:00pm - 3:00pm
- April 24, 3:00pm - 4:00pm
- April 29, 11:00am - 12:00pm
- May 6, 10:00am - 11:00am

Portal Workshops

- November 10, 3:00pm - 4:00pm
- December 10, 11:00am - 12:00pm

UPCOMING EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 4x4 sand volleyball 5-6 pm	26 BUILD 4-6pm	27 The Bridge Ministries 2:45-4:30pm Pre-Med Meeting 7-8pm	28 Boys and Girls Club 5-7pm	29 The Bridge Ministries 10am-7pm	30 Boys and Girls Club 5-7 pm Halloween Social 6-8pm	31
1 4x4 sand volleyball 5-6 pm <i>Start of November</i>	2 BUILD 4-6pm	3 The Bridge Ministries 2:45-4:30pm ECHO 7-8pm	4 Boys and Girls Club 5-7pm	5 The Bridge Ministries 10am-7pm Ultimate Frisbee 8:15 pm	6 Boys and Girls Club 5-7pm	7
8	9 BUILD 4-6pm Indoor volleyball 8:45 pm	10 The Bridge Ministries 2:45-4:30pm Pre-Med Meeting 7-8pm	11 Boys and Girls Club 5-7pm	12 The Bridge Ministries 10am-7pm	13 Boys and Girls Club 5-7pm	14
15	16 BUILD 4-6pm	17 The Bridge Ministries 2:45-4:30pm ECHO 7-8pm	18 Boys and Girls Club 5-7pm	19 The Bridge Ministries 10am-7pm Ultimate Frisbee 8:15 pm	20 Boys and Girls Club 5-7pm	21
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NOTE: Volunteering opportunities are meant for members to attend as they please.

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

5 Ways to Optimize Your Pre-Med Experiences During the Pandemic

Have your in-person shadowing, clinical, research, and community service experiences been cancelled due to the pandemic? If so, I bet you're wondering how this will impact your application, and what you should do about it. You're not alone.

In terms of your medical school application, recognize that almost all other applicants are in the exact same situation. Medical schools will take this into account as they evaluate you.

However, there are still things you can do right now to give yourself a competitive advantage over other pre-med students:

1. Stay Connected with Your Pre-Med Advisors

Even if you feel like your pre-med advisors aren't very helpful (which is a common complaint), they are still a valuable resource. They are often the first to know about in-person opportunities in the community, as well as remote opportunities. In addition to periodically reviewing your school's pre-med website for any updates, set up a meeting with a pre-med advisor to come up with a plan of action. If you are no longer an undergraduate, reach out to your school's alumni organization and see if they can help find relevant pre-med experiences.

2. Join a Pre-Med Organization

Pre-med clubs can help grow your network, identify opportunities for shadowing, clinical, research or community service experiences, and help you develop skills. These organizations usually have connections and resources that make finding such experiences easier. Most undergraduate schools with a pre-med track have a local affiliation of these national groups on campus:

American Medical Student Association (AMSA) – AMSA is the largest physician-in-training, pre-med club in America. They focus on career development, advocacy, and medical training improvement. AMSA also provides leadership training, community service opportunities, and access to the largest network of medical students, premedical students, interns, residents and practicing physicians in the country.

Alpha Epsilon Delta Club (AED) – AED is a selective pre-med honor society. If accepted, you will have access to scholarships, conventions and a network of esteemed medical practitioners. Plus, the prestige of AED will boost your medical school application.

Health Occupations Students of America (HOSA) – HOSA is a leadership organization dedicated to developing student's skills and encouraging best medical practices. HOSA members have access to scholarships, career development opportunities and extracurricular education.

3. Leverage Your Personal Connections

You probably already know individuals within medicine through your own experiences, family and friends. If so, take advantage of these connections by reaching out to them. Have a conversation with them so they get a feel of where your passions are. Even if they don't know of specific opportunities now, they may be able to connect you to people who do.

extracurriculars!

4. Warm Up to the Idea of Cold Calling or Emailing

Cold calling and emailing are common approaches to finding healthcare opportunities. Even though the success rate is lower versus leveraging your personal connections, you can increase your chances with sheer volume.

First, target your writing. Instead of saying that “you’re wondering if they have a shadowing, clinical or research opportunity available,” go the extra mile by succinctly detailing the relevant knowledge and skills you would bring to whatever position you’re interested in. That will help you stand out from the crowd!

Second, even if the position you are looking for is not currently open, don’t take that as a “no.” Respond that you’d be interested in speaking with them about those positions now – “informationally.” These “informational discussions” often bear fruit, because when those positions do open eventually, instead of going through a traditional hiring process, the hiring manager remembers YOU, and contacts you directly.

5. Go Remote Where Help is Needed in Real Life

If in-person opportunities aren’t available, consider a remote one. Here are a few examples:

Crisis Text Line allows you to answer texts from people in crisis, bringing them from a hot moment to a cool calm through active listening, collaborative problem solving, and safety planning.

Suicide Prevention Lifeline provides confidential support for people in distress when they have nobody else to turn to

ProScribe is the recognized leader in providing the highest quality trained on-site and virtual medical scribes.

These count too, and can be just as crucial to helping patients and saving lives as in-person pre-med.

Source: <https://www.prospectivedoctor.com/5-ways-to-optimize-your-pre-med-experiences-during-the-pandemic/>

MCAT answer: D