

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

## TONIGHT'S MEETING

Welcome to Texas A&M Pre-Medical Society! Tonight's meeting will include a presentation by Dr. David Spielberg who is a Pediatric Pulmonologist at the Texas Children's Hospital!

## 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 payed 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 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

### 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

**Ginny Lo!**

Thank you for being an active member!!



## THE CADUCEUS

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Texas A&M Pre-Medical Society

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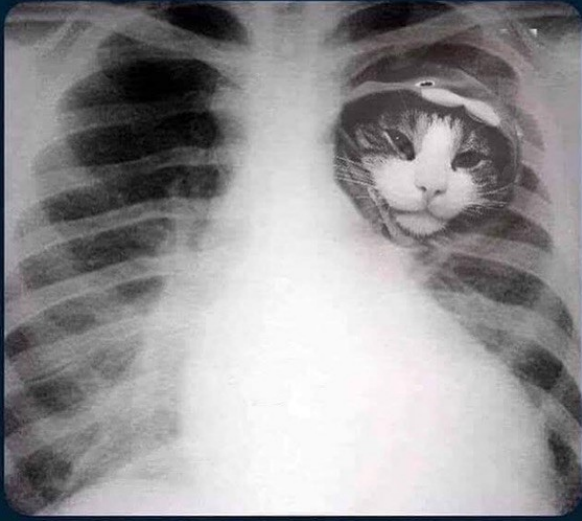
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When the doctor takes an x-ray of my heart



**Practice MCAT Question**

Sound travels fastest through:

- A. Water
- B. Air
- C. Glass
- D. The speed of sound is constant in all mediums

Answer at the bottom of next page

**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

**UPCOMING OPSA WORKSHOPS**

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

**UPCOMING EVENTS**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Soccer 6pm Indoor volleyball 8:40 pm	1 <i>Start of March</i> Football 7:45 pm	2 The Bridge Ministries 2:45-4:30pm <b>Pre-Med Meeting 7-8pm</b>	3 Boys and Girls Club 5-7pm	4 The Bridge Ministries 10am-7pm	5 Boys and Girls Club 5-7 pm	6
7 Soccer 6pm Indoor volleyball 8:40 pm	8 Football 7:45 pm	9 The Bridge Ministries 2:45-4:30pm ECHO 7-8pm	10 Boys and Girls Club 5-7pm	11 The Bridge Ministries 10am-7pm	12 Boys and Girls Club 5-7pm	13
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21 Soccer 6pm Indoor volleyball 8:40 pm	22 Football 7:45 pm	23 The Bridge Ministries 2:45-4:30pm ECHO 7-8pm	24 Boys and Girls Club 5-7pm	25 The Bridge Ministries 10am-7pm	26 Boys and Girls Club 5-7pm	27 BIG EVENT
28 Soccer 6pm Indoor volleyball 8:40 pm	29 Football 7:45 pm	30 The Bridge Ministries 2:45-4:30pm <b>Pre-Med Meeting 7-8pm</b>	31 Boys and Girls Club 5-7pm	1 <i>Start of April</i> The Bridge Ministries 10am-7pm	2 Boys and Girls Club 5-7pm	3

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

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

# How to Write About COVID-19 in Your Medical School Personal Statement

## Don't Make Your Personal Statement All About COVID

COVID-centered personal statements are sure to inundate current and future admissions cycles. The pandemic has indelibly altered public health, virology studies, the forms and pace of medical education as well as life in general.

Since your medical school admissions readers are likely also physicians treating COVID-19 patients and guiding the community toward best practices for reducing transmission, there's not a lot they haven't already heard about the virus. They likely teach on campuses that suspended instruction or shifted it online last year and are well aware your MCATs were canceled or moved. They may even know first-hand how much more help is needed around the house back home, including consoling folks who are afraid of the vaccine for a variety of reasons.

That's why it's all the more important for your medical school essay to illustrate a life that centers on you.

## Show Instead of Tell to Illustrate Your Story Personally

The applicant's life should be the main idea of the personal statement, even though COVID can play the role of literary foil. COVID is an unfortunate part of your daily life, but you can still keep your personal statement about yourself, not the pandemic. This way, you allow your reader to feel the aggravation and doom of these moments while enabling you to emerge as the story's main character. Don't just "tell" your story. "Show" your story. See what I mean.

### Example 1:

Telling – "COVID disrupted my MCAT."

Note: Can you write about this in a more personal way?

Revised to Showing: "My phone vibrated with a notification that the MCAT was canceled. And here's what I did to overcome that obstacle."

### Example 2:

Telling – "Among the public are vaccination skeptics."

Note: Who from the public have you talked to and what was the history and context of their medical fear?

Revised to Showing – "Grammy and I had a loooooong conversation about her grandmother's flu from the 1918 pandemic." Then compare and contrast the public's reaction between then and now, and the importance of vaccinations.

### Example 3:

Telling – "I've been taking care of my little brother and my father."

Note: What was asked of you? How did you respond?

Revised to Showing – "From his basement lair, my dad hollered, 'Test tomorrow! Place Values and Number Sense!' I searched upstairs for my little brother who was hiding from Math under all the laundry. My dad's in quarantine, the dairy's in the snow. And Paris in springtime means I'm Mom now while blackouts are rolling through Texas."

When you show the core competencies suggested by AAMC, you create a picture for your reader to visualize how you could be an excellent physician in a way that makes your personality shine through.

You: Resilient and adaptable at a push notification's notice.

You: Ethical and moral with the vulnerable.

You: Taking on extra responsibility. COVID is still prevalent, just decentered because yours is a story about teamwork.

## Set COVID-19 as the Supporting Character in Your Personal Statement

Set the scene with the pandemic details that help you tell your story.

If your narrative anecdote is about ice hockey team practice, let it be that. Surely there are NHL COVID protocols the team has made and adjustments to uphold, whether it's "minimize handshakes, high fives and fist bumps" or (courtesy of Highly Questionable on ESPN) "don't lick opponents in the face."

These are the details that should provide context and are important for illustrating life distinctly to ensure you haven't stated the obvious or something that other applicants have already covered. Since it's about you, personally.

Another way to include COVID in your story is to consider how it relates to your work in STEM. For instance, Scientific American rendered COVID in 3D. Maybe you have similar accomplishments you'd like to showcase. In your personal statement, include some of the technical details of the project but focus on what it was like to work with your lab partners and perhaps highlight your own sense of reliability and dependability.

A whopping topic like COVID-19 has the capacity to overshadow even the best pre-med if allowed to dominate an essay.

Customary topics and redundant statements will undercut what the Personal Comments Essay is designed by AAMC for you to be able to do. See their Application Guide to see how you can distinguish yourself from other applicants.

Make your essay all about you and write the daily life details that make your story personal. That will get you accepted, and hopefully, we can put the pandemic behind us.

Source: <https://www.prospectivedoctor.com/how-to-write-about-covid-19-medical-school-personal-statement/>

MCAT answer: C