



## THE CADUCEUS

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

September 13, 2022  
Volume 39, Issue 2

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

Sign-In Qr



## TONIGHT'S MEETING

- Welcome to the Texas A&M Pre-Medical Society's second meeting of the year!! At tonight's meeting, the current officers will be discussing their positions and we will be hearing from Dr. Matthew Poling, a Family Medicine Medical Doctor at Baylor Scott and White.

## 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 and are required to wear your Pre-Med Society shirt, long pants, and closed toed shoes. *Sign up to volunteer on our website!*
- Members who reach 25 points will receive a free decal sticker, and those who reach 50 points will receive a NEW t-shirt!
- Our Top 20 members will be invited to attend a medical school field trip later this semester so be sure to pay your dues and start earning your points!
- The Peer Mentorship Mentor and Mentee Applications are open and are DUE on SEPTEMBER 14th! Look for an email with more information from, or reach out to, our Secretary.

--->

Mentor

App.



Mentee

App.

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## POINT OPPORTUNITIES

Pre-Med Meeting Attendance	<b>3 points</b>
Social Event Attendance	<b>3 points</b>
ECHO Meeting Attendance	<b>2 points</b>
Intermural Game Attendance	<b>2 points</b>
One Hour Of Volunteering	<b>1 point</b>
Wearing Pre-Med Shirt at Meeting	<b>1 point</b>

## 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.

### Membership Form QR



## Member Spotlight:

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



¡¡Congratulations  
to our

Member of the Week,  
***Elaine Pham***

Thank you for being  
an active member!!



## PRACTICE MCAT QUESTION

Upon exposure to teratogens, E. coli moves to a location farther from these toxic compound. This is an example of:

- A. positive chemotaxis
- B. neutral chemotaxis
- C. negative chemotaxis
- D. spontaneous mutation

Answer at the bottom of next page.

## DUES AND MERCHANDISE

Membership Dues Per Year	<b>\$60</b>
Membership Dues Per Semester	<b>\$45</b>
Fleece	<b>\$55</b>
New T-Shirts	<b>\$15</b>
Old T-Shirts	<b>\$5</b>
Decal Stickers	<b>1- \$3 2 - \$5</b>
<b>** Dues Include A New T-Shirt **</b>	

## UPCOMING OPSA WORKSHOPS

### Portal Workshops:

- September 29, 3:00 - 4:00 pm
- October 5, 12:00 - 1:00 pm
- October 18, 3:00 - 4:00 pm

### Professional Comm. 101:

- October 13, 2:00 - 3:00 pm

### PSA Money Talks:

- September 14, 3:00 - 4:00 pm
- October 4, 2:00 - 3:00 pm
- October 27, 12:00 - 1:00 pm

### Interview Workshop:

- September 21, 11:00 - 12:00 pm
- September 27, 12:00 - 1:00 pm
- October 14, 11:00 - 12:00 pm

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>

# September

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28.	29.	<b>Pre-Med Meeting 7-8 pm</b> Peer Mentor/Mentee App. Opens	Kaplan - "Building an MCAT Study Plan" 6:30-7 pm			
4.	5.	ECHO Meeting 7-8 pm				
11.	12.	<b>Pre-Med Meeting 7-8 pm</b>	Peer Mentor/Mentee App. Closes		Arts and Crafts 2:30-4:30 pm	
18.	BUILD 3-5 pm	ECHO Meeting 7-8 pm	Phoebe's Home 5-6:30 pm		<b>Game Night Social 6-7:30 pm</b> Arts and Crafts 2:30-4:30 pm	
25.	BUILD 3-5 pm	<b>Pre-Med Meeting 7-8 pm</b>	Phoebe's Home 5-6:30 pm		Arts and Crafts 2:30-4:30 pm	

## Mental Wellbeing and Test-taking Anxiety

It's no secret that pre-med and medical school students are under a lot of pressure. The amount of academic material they have to learn is daunting, and the competition to get into good schools can be intense. Add in the pressure to maintain good grades and extracurriculars, and it's no wonder that mental well-being and anxiety around test-taking is a common issue for these students.

There are, however, things that pre-med and medical school students can do to manage their mental well-being and anxiety around test-taking. In this blog post, we'll explore some of the key strategies that can help.

### 1. Nobody's Mental Health is Static- So Don't Expect Yours to Be, Either.

First, it's important to understand that mental well-being is not a static concept. Just as our physical health fluctuates throughout our lives, so too does our mental health. It's normal to feel stressed or anxious at times, and this is especially true during periods of transition or uncertainty. The important thing is to be aware of how you're feeling and to take steps to care for yourself, both mentally and physically.

### 2. Routines Help Stabilize Your Mental State.

One of the best things you can do for your mental well-being is to develop a healthy routine and stick to it as much as possible. This means getting enough sleep, eating healthy meals, and getting regular exercise. It also means taking breaks when you need them and carving out time for activities that you enjoy. If you use a calendar to balance your studies and classes, put your self-care time or pauses to self-reflect on your mental state on your calendar just like you would for other activities that matter to you. When you have a healthy routine, you'll be better equipped to deal with stress and anxiety when they do come up.

### 3. You Cannot Do It Alone (Nobody Can).

Another key strategy for managing mental well-being is to build a support network of family and friends. These people can provide a listening ear and a shoulder to cry on when things get tough. They can also offer practical advice and help you to see things from a different perspective. Those who love and care about you will be more than happy to help support you during this crucial time in your life.

### 4. Everybody Feels These Pressures at Some Point.

Finally, it's important to remember that you are not alone in feeling stressed or anxious about pre-med or medical school and all the challenges it entails. It is completely normal and natural to feel stressed and anxious at times during this phase of your life. There are many resources available to help you cope with the challenges you're facing. These include mental health professionals, student support services, and online forums. Did you ever stop to think about why these resources exist in such abundant supply? It's because so many people need them! That's reassuring when you feel isolated in your stress. Reach out for help when you need it and don't be afraid to ask for support from those around you.

By following these tips, you can start to take care of your mental well-being and manage your anxiety around test-taking. Remember that just like the journey to medical school, achieving balanced, strong mental health is a journey and not a destination; it's important to be gentle and patient with yourself as you navigate this time in your life.

<https://www.prospectedoctor.com/4-keys-to-maintaining-your-mental-health-during-your-pre-med-and-medical-school-years/>

MCAT Answer: C

Negative chemotaxis describes movement away from a concentration of substances. Positive chemotaxis describes the opposite phenomenon, while neutral chemotaxis is not an observed event.

Volunteering  
GroupMe



22-23 IM  
Group Me



TEXAS A&M PRE-MEDICAL SOCIETY

# GAME NIGHT

September 23rd, 2022 • 6:00 - 7:30 PM

Location TBD

SCAN QR TO RSVP



*pre-medical society*

## MENTOR & MENTEE APPS ARE OPEN!

- **Mentors** offer valuable advice to peers & gain leadership experience
- **Mentees** gain a support system and insight from pre-med upperclassmen
- **Both** have direct access to resources from OP&SA, exciting events, & more!

Mentor App: [tx.ag/premedmentor](https://tx.ag/premedmentor)

Mentee App: [tx.ag/premedmentee](https://tx.ag/premedmentee)

submit by **September 14th at 11:59pm!**

\*mentors must be of U3 status or above & have been in the society for at least one semester

\*everyone is welcome to apply to become a mentee

		1	3		2			
		3			7		4	5
		7						9
		6	5				7	
2								1
	9				1	4		
5						9		
6	1		2			8		
			9	8	5			