

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 panel by current medical students studying at various medical schools.

## 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

**Naveed Khimani!**

Thank you for being an active member!!



## THE CADUCEUS

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Texas A&M Pre-Medical Society

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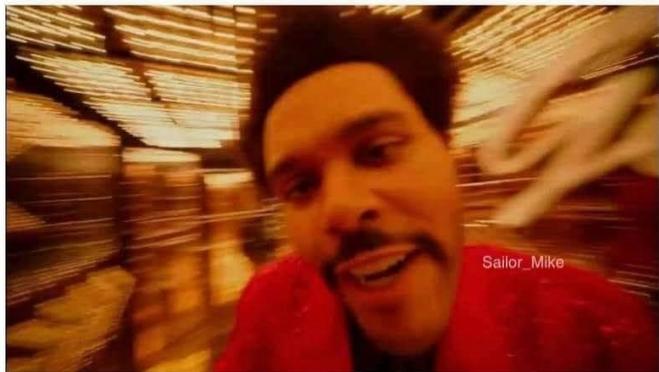
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How people with low iron feel when they stand up



### Practice MCAT Question

On a particular chain of islands, 14 species of finches arose from a common ancestor. This is an example of:

- A. Evolutionary bottleneck
- B. Genetic drift
- C. Commensalism
- D. Adaptive radiation

*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 Indoor volleyball 8:40 pm	1 <i>Start of February</i>	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	8	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 <b>Valentine's Day Social 7-8:30pm</b>	13
14 Indoor volleyball 8:40 pm	15	16 The Bridge Ministries 2:45-4:30pm <b>Pre-Med Meeting 7-8pm</b>	17 Boys and Girls Club 5-7pm	18 The Bridge Ministries 10am-7pm	19 Boys and Girls Club 5-7pm	20
21 Outdoor Soccer at Penberthy fields 6pm Indoor volleyball 8:40 pm	22	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
28 Indoor volleyball 8:40 pm	1 <i>Start of March</i>	2 The Bridge Ministries 2:45-4:30pm	3 Boys and Girls Club 5-7pm	4 The Bridge Ministries 10am-7pm	5 Boys and Girls Club 5-7pm	6

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

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

## 7 Ways Pre-Meds Can Make the Most of Their Summer Break

Here are different things you can do during your summer vacation that will strengthen your medical school application and broaden your life experience. As pre-med students, we know that summer vacation can be a bit of a double-edged sword. After finally being free from coursework, those three months off can be a little daunting if you don't have a plan. It doesn't have to be.

### Study for the MCAT

Since it's pretty common for pre-med students to take the MCAT during the summer between the junior and senior year (or shortly after graduating if you are taking a gap year), setting aside these three months to study for the MCAT full-time or part-time is a great first step toward achieving your goal score. With no other coursework in the way, you'll be able to keep your focus on the MCAT, and while this may not be the most glamorous option for summer break, you can always take your books by the pool!

### Shadow Physicians

We all know shadowing is important, but it's not always easy to get shadowing times that are conducive to a student's schedule. So, why not load up your summer with shadowing hours across several clinics, hospitals, and specialties. I've heard of students shadowing once a week for a few weeks, or even shadowing 9-5 for one week, whichever works best for you and your interests. Another bonus is that you may be in your hometown for summer vacation, meaning you can leverage your existing relationships with your family physicians to find shadowing opportunities!

Can't get into a clinic or hospital yet because of Covid-19? Try virtual shadowing from the Virtual Clinical Education series from MedSchoolCoach. You can earn one hour of extracurricular credit for each medical specialty you shadow!

### Participate in a Summer Research Program

Otherwise known as research experiences for undergraduates (REUs), these programs are hosted at colleges and universities across the country. Students selected to one of these programs will typically receive a stipend and housing near the location for the duration of the summer. You can find more information about REUs here: <https://www.nsf.gov/crssprgm/reu/>. These are a great way to expose yourself to new places and research methods without getting locked into a long term arrangement. Plus, you'll make some great friends in the process!

### Volunteer in Various Settings

Whether your volunteer work is clinical or not doesn't matter! As long as you find someplace where you are making an impact and you are enjoying yourself, stay there and cherish it. Students often put too much pressure on themselves to find clinically related volunteer work. However, you can learn just as much, if not more, from non-clinical volunteerism. A summer spent at the local soup kitchen or the neighborhood parks and recreation program is a summer that's that good for the souls as well as med school applications.

### Take Summer Classes

If you can manage it financially, taking advantage of summer classes is a great way to get ahead on your coursework, reduce burn out during the semester, and keep your mind fresh during the break. However, just because they are summer classes doesn't mean they count any less! Make sure to do your best in these courses as well. Every grade counts!

### Create Your Own Research Opportunities

Why stress about finding a lab or research center to hire you when you can explore research interests of your own? Don't be afraid to get creative and find ways to engage with the community that surrounds you. You could create a brief survey to identify highlights and or gaps in certain community programs or offer to collect satisfaction data from patients that visit your local doctor's office. Once you have your data, you can go out and find solutions.

### Explore Something Totally New

Want to take a productive, yet enjoyable break? Try investing your time in a new healthy hobby or kick start a new passion project! Whether you start playing a new team sport or you start a small side hustle, you can have an amazing summer break that impacts you personally, and therefore makes you a better person and better future physician. Any experience can be of value, you just need to look for it!

Take these 7 ideas and see what speaks to you. Start thinking about your summer plans as a pre-med a little early and you'll be better able to hit the ground running when May arrives. See you then!

Source: <https://www.prospectivedoctor.com/7-ways-pre-meds-can-make-the-most-of-their-summer-break/>

MCAT answer: D