



OCT 16TH, 2018  
VOLUME 29, ISSUE 4

## TONIGHT'S MEETING

- Our speaker tonight is Dr. Russell Rowe! He is a board-certified dermatologist and diplomate of the American Board of Dermatology from Waco, TX. He's a Baylor College of Medicine graduate and completed his residencies in family practice and dermatology in Fort Benning, Georgia and Washington, D.C. respectively. Additionally, he served in the U.S. Army and now currently practices full time in Waco.

## ANNOUNCEMENTS

- Philanthropy Committee applications close TONIGHT! The committee itself is a fun group to be a part of and is a great leadership opportunity! It's also a stepping stone into the officer team so consider joining!
- Be sure to sign up for the Walk to End Alzheimer's! You can get up to 5 points for volunteering with us, or you can just attend the walk!
- Come out to our intramurals! We're doing flag football! You're not required to play, but it'll be more fun if you do!
- 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.



The Most Valuable Member of the Week is Tori Vargas! Tori is a Freshman Kinesiology major and has been highly involved in our organization! She's a regular St. Joe's volunteer and was the MVP for our flag football game last week! Be sure to congratulate her!

## THE CADUCEUS

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

### OFFICERS

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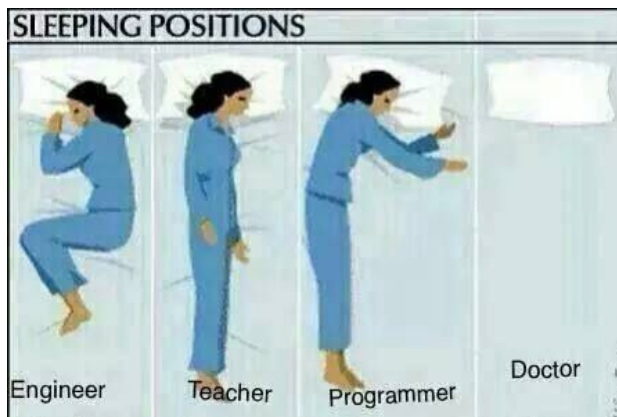
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## Joke of the week:



## -Practice MCAT Question-

Which of the following is not true regarding the notochord?

- A. it is derived from the endoderm
- B. it is distinct from the neural tube
- C. it is important for the development of the central nervous system
- D. vertebra embryos contain a notochord

\*\*\* 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

## DUES AND T-SHIRTS

\$45 for one semester

\$65 for two semesters

\*includes T-shirt

Individual shirts are \$15

## UPCOMING OPSA WORKSHOPS/ EVENTS

### Medical/Dental Portal Workshops

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

### Health Professions Interview Workshops

- December 6th, 3:00pm-4:00pm

### Sophomore Informational

- October 25th, 5:30pm-6:30pm

| Sunday   | Monday | Tuesday  | Wednesday                  | Thursday  | Friday   | Saturday                        |
|--|--------|--|----------------------------|---|--|---------------------------------|
|  |        | <b>Pre-Med Meeting</b><br>7:00-8:00<br>Philanthropy<br>Apps Close! | Phoebe's Home<br>5:00-7:00 | TCM Resale Shop<br>9:00-6:00<br>Flag Football<br>9:45-10:45pm | St. Joseph's Manor<br>2:30-4:30                            |                                 |
|  |        | 16   | 17                         | 18  | 19   | 20                              |
|  |        | <b>ECHO Meeting</b><br>7:00-8:00                                   | Phoebe's Home<br>5:00-7:00 | TCM Resale Shop<br>9:00-6:00<br>Flag Football<br>9:45-10:45pm | St. Joseph's Manor<br>2:30-4:30                            | <b>Walk to End Alzheimer's!</b> |
| 21   | 22     | 23   | 24                         | 25  | 26   | 27                              |
| <b>Halloween Social!</b><br>Member Point<br>Cutoff for Field<br>Trip |        | <b>Pre-Med Meeting</b><br>7:00-8:00                                | Phoebe's Home<br>5:00-7:00 | TCM Resale Shop<br>9:00-6:00<br>Flag Football<br>9:45-10:45pm | <b>TCOM Field Trip!</b><br>St. Joseph's Manor<br>2:30-4:30 | <b>TCOM Field Trip!</b>         |
| 28   | 29     | 30   | 31                         | 1   | 2  | 3                               |
|  |        | <b>ECHO Meeting</b><br>7:00-8:00                                   | Phoebe's Home<br>5:00-7:00 | TCM Resale Shop<br>9:00-6:00<br>Flag Football<br>9:45-10:45pm | St. Joseph's Manor<br>2:30-4:30                            |                                 |
| 4  | 5      | 6  | 7                          | 8   | 9  | 10                              |

**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 Resale Shop.

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

## Dealing with Pre-Med Stress

Summer is a good opportunity to catch your breath and practice a little self-care. Being a pre-med is stressful, but there are healthy habits you can start practicing now that will help you manage stress next semester, and later when you're in medical school.

- 1.) Cook at home. It's tempting to save time by always buying meals on the go, but cooking for yourself can actually be a stress relieving activity. And it's often the healthier choice. Plus, it will save you money! Try listening to music, a podcast, or an audiobook while you cook, or turn it into a social activity by cooking with your roommate or significant other.
- 2.) Compare less. Comparing your grades, scores, and activities to others can be toxic. Everyone's path to medical school is different, and medical schools want to see what your passions are and what drives you, not that you've checked every box. What makes you different from your peers can be what makes you a great applicant and future doctor. If you're not sure what your personal motivations or passions are, spend some time journaling (also a great stress reducer – see number 5!) about your goals and interests. It's okay if they are not related to medicine.
- 3.) Find a physical activity you love. It's important to do something active to relieve stress and stay healthy, so if you know you'll never get the motivation to go to the gym, try other things you might enjoy. It can be adventurous like rock climbing, kayaking, or skiing, but it can also be as simple as going for a bike ride or a walk with a friend.
- 4.) Try meditating. To get your mind off the next thing on your to-do list, try practicing meditation. There are lots of different forms of meditation, and even spending just a few minutes a day in silence can be a great way to clear your mind. There are free apps and online videos that can help you get started.
- 5.) Write it down. Try taking a few minutes to note everything that's on your mind, whether it's related to school or not. What you write doesn't have to be complete sentences or even words—some people enjoy doodling or sketching when they're stressed. It can be a relief just to get everything out of your head and see what you're thinking about. Then as a next step, you can organize your thoughts into things you can take action on now, and things you can focus on later. This can give you some perspective and help you prioritize next steps.
- 6.) Talk about it. Sometimes it helps to talk to someone, whether it's a friend, relative, mentor, or counselor. This is especially true if you find yourself relying on alcohol or other unhealthy stress management methods. Everyone struggles sometimes, and it's good to have a support network of people who can help you talk through issues and encourage you through rough times.
- 7.) Sleep and drink water. Getting enough sleep and staying hydrated can help you study and retain information more effectively. Prioritizing sleep isn't always easy, but having a designated bedtime may push you to manage your time more productively, and help you to create and stick to a realistic schedule.

Learning to take care of yourself now is an important step to becoming a good physician. You will do a better job of taking care of others if you're taking care of yourself. It's always easier to set new habits when you aren't in the most stressful season, so carve out some time this summer to do what's best for you.

article from [students-residents-aamc.org](http://students-residents-aamc.org)

