



# THE CADUCEUS

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

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## OFFICERS

### President

Adam Baker  
[adam1224@tamu.edu](mailto:adam1224@tamu.edu)

### Vice President

Elizabeth Brown  
[eabrown11@tamu.edu](mailto:eabrown11@tamu.edu)

### Treasurer

Eduardo Serrano  
[eduardo64xx@tamu.edu](mailto:eduardo64xx@tamu.edu)

### Philanthropy Chair

Jessica Kuzma  
[jessicamk3@tamu.edu](mailto:jessicamk3@tamu.edu)

### Secretary

Liam Ung  
[liamung@tamu.edu](mailto:liamung@tamu.edu)

### Community Service Chair

Rahul Atodaria  
[rahul2020tamu@tamu.edu](mailto:rahul2020tamu@tamu.edu)

### Events Coordinator

Megan Emiliani  
[meganje@tamu.edu](mailto:meganje@tamu.edu)

### Membership Director

Maddie Young  
[myoung2@tamu.edu](mailto:myoung2@tamu.edu)

### Historian

Rami Muhtaseb  
[muhtaram@tamu.edu](mailto:muhtaram@tamu.edu)

### Technology Chair

Brooke Seeker  
[brookeseeker@tamu.edu](mailto:brookeseeker@tamu.edu)

## TONIGHT'S MEETING

- Tonight is our Officer Panel! All the officers will be speaking about their journeys as pre-med students and what their plans for the future are. We're open to all questions you may have!

## ANNOUNCEMENTS

- Mark your calendars for our upcoming Big Event volunteering, car wash, and profit share!
- Sign up for our Softball intramurals! You can do so through IM Leagues. Our games are on Sundays at 4:45pm!
- In order to officially become a member (and earn points), you **MUST** fill out a membership form and pay dues! Dues are \$45 for the semester or \$65 for the full 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. For Phoebe's Home, you must attend an orientation before volunteering. For St. Joseph's Manor, you will need a TB Test and a current flu shot.**

## POINT OPPORTUNITIES

Pre-Med meeting attendance	3 Points
ECHO meeting attendance	2 Points
Wearing Pre-Med shirt at any meeting	1 Point
Social/intramural attendance	2 Points
One hour of volunteering	1 Point

## 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.



Our Member of the Week is Chidinma Nzedibe! Chidinma is an international student from Nigeria! She's a longtime member and frequently volunteers at St. Joe's! Keep up the great work!

## Joke of the Week



### Practice MCAT Question

Which of the following statements is TRUE of carbonyl compounds?

- A. A carbonyl compound must include a hydroxyl group.
- B. The carbonyl carbon has a partial negative charge
- C. Carbonyl carbons are by definition achiral.
- D. The carbonyl carbon is subject to nucleophilic attack.

## **UPCOMING EVENTS**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		19 Pre-Med Meeting 7:00-8:00	20 Phoebe's Home 5:00-7:00	21 TCM Resale Shop 9:00-6:00	22 St. Joseph's 2:30-4:30	23
24 Softball Intramurals!	25	26 ECHO Meeting 7:00-8:00	27 Phoebe's Home 5:00-7:00	28 TCM Resale Shop 9:00-6:00	29 St. Joseph's 2:30-4:30	30 Big Event!
31 Car Wash Fundraiser!	1	2 Pre-Med Meeting 7:00-8:00	3 Chick-fil-a Profit Share! Phoebe's Home 5:00-7:00	4 TCM Resale Shop 9:00-6:00	5 St. Joseph's 2:30-4:30	6
7	8	9 ECHO Meeting 7:00-8:00	10 Phoebe's Home 5:00-7:00	11 TCM Resale Shop 9:00-6:00	12 St. Joseph's 2:30-4:30	13

### Daily Volunteering:

MHMR on Wed, Thurs, Fri from 10-2pm. You can volunteer for as long as you'd like (credit up to 2 hours)!

NOTE: Volunteering opportunities are meant for members to attend as they please. We will offer rides to Phoebe's Home and St. Joe's, but not MHMR or the TCM Resale Shop.

ALSO check your volunteering requirements! (orientation/application/vaccines)

## **DUES AND T-SHIRTS**

\$45 for one semester\*

\$65 for the full year\*

\*includes T-shirt

New shirts are \$15

Old shirts are \$5

Athletic shirts are \$12

## UPCOMING OPSA WORKSHOPS/ EVENTS

### Medical/Dental Application Workshops

- April 22, 11:00am—12:00pm
- April 23, 3:00pm—4:00pm

### JAMP Application Workshops

- March 28, 5:30pm—6:30pm
- April 11, 2:00pm—3:00 pm

Medical Portal Workshops are required if you plan to attend medical school in Fall 2020! You'll need to attend THIS Spring 2019! (typically applies to Juniors)

# How Accountability Can Help Any Premed Goals

Premeds, when left to their own devices, often become overwhelmed with the life and responsibility of being premed. Many have done it. They often burn themselves out even before their junior year, spend too much time just trying to make everything work and even lose sight of why they want to practice medicine in the first place. However, even with many challenging factors all in play, it is possible to increase their chance for success. According to the American Society of Training and Development, people are 65 percent likely to meet goal after committing to another person and these chances increase even further when they meet with their accountability partners to check in on how they're progressing. For any premed who wants to succeed, accountability is often overlooked but key to reaching goals. The key to success is to find a partner who complements how you work and your personality.

Peer-to-peer groups.

When there is an opportunity to have a fellow student as your accountability partner, it allows premeds a chance to learn from each other and share their own lived experiences. When these groups of people come together, it's a meeting of like-minded people and individuals who are generally pursuing the same goals. They can often help each other out by offering tools and resources that each of them have found useful.

One example is the Pre-Med Peer Mentoring program at Northwestern University that is designed to bridge the gap and provide a simple way for pre-med freshman and sophomores to connect with upperclassmen mentors. It promotes unity and collaboration within the pre-med community by creating a formal program to match upperclassmen that have successfully completed their pre-med coursework with underclassmen that are hoping to do the same. Upperclassmen mentors share their personal insights in succeeding in premed classes, along with many other personal experiences as a pre-med student.

Mentors.

Some premeds would rather be held accountable on a one-to-one, personal level with a person who is experienced and has been successful along their journey to getting into medical school or practicing medicine. Many medical students say that mentoring was helpful to their success.

The most important part of an accountability partnership with a mentor is finding the right one. A mentor could be an upperclassman premed, current medical student or a practicing physician. These are all people who are in a great position to take on the role as a mentor, and many will be honored that you've asked them.

Apps.

There are some premeds who may benefit from accountability apps. When you run out of willpower, there are great tools and resources that will provide you with the accountability factor that an individual or peers might otherwise offer. Perpetual Curiosity Can Lead to Getting into Medical School.

*Article from premedlife.com*

Answer to MCAT Question: D

TEXAS A&M PRE-MEDICAL  
SOCIETY PRESENTS....

# The \$5 Car Wash Fundraiser

An event benefiting the Brazos Valley  
Alzheimer's Association



Sunday, March 31st | 11:00 am-2:00  
pm | 2200 Longmire Dr, College  
Station, TX 77845

Need your cars washed? Get it done all while  
supporting a great cause! Just drive your car to  
Sevcik's Service Center, and we'll do the rest!