

# ACADEMIC RESOURCES

## TUTORING

### Academic Success Center

- Drop-in and appointment based tutoring for any subject
- Math Learning Center

### Study Hub

- Chemistry Learning Laboratory
- Biology Help Desk
- University Writing Center

### SI Sessions

\*the above titles are hyperlinked in the digital CAD\*

## ADVISING

### OPSA Website

The OPSA medical page offers resources on preparing for medical school, including application timelines, advising appointments, workshop registration, and access to the Medical/Dental Portal for managing letters of evaluation. It also includes tips on prerequisites, MCAT prep, and building a competitive application.

Assistant Director:  
rciomperlik@tamu.edu

[Click to join the Listserv](#)



# THE CADUCEUS

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

## WELCOME

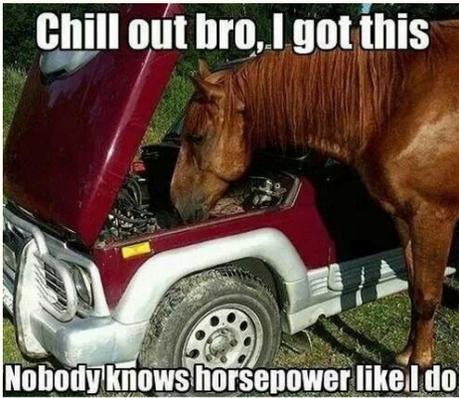
Welcome back from winter break pre-meds! I hope you relaxed, recharged, and spent time with family. Now it's time to lock in for the spring semester – y'all got this!

**Fun fact:** Most people overestimate what they can do in a day but underestimate what they can do in a semester.

Phrase to submit on Flare for an extra point: Lock in.

### WHAT TO BE AWARE OF:

- Volunteering
- The Deadly Dinner Party Book Club Meeting 1/25 @2pm
- Spirit Ice Social with Pre-Dent 1/30 @9pm



## MCAT QUESTION

One horsepower (hp) is the amount of power required to lift a 75kg mass a vertical distance of 1m in 1s. What is 2hp equivalent to in watts (W)?

- A. 75W
- B. 150W
- C. 750W
- D. 1500W

## SPEAKER: RACHEL CIOMPERLIK



This week, we'll hear from our very own Rachel Ciomperlik, who is the advisor for the Pre-Medical Society and works for the Professional School of Advising. She brings extensive experience guiding students through the pre-med journey and will be sharing helpful advice.

Email: rciomperlik@tamu.edu

Premed: "finishes a semester"  
Family members:



Answer: D. Watts is a unit of power, and power=work/time. Work is equal to the change in potential energy, which in this case is mgh. Therefore, P=mgh/t, so 1hp=mg/h/t=(75\*10\*1)/1=750W. 2hp=750\*2=1500W

## GET IN TOUCH!

### OFFICERS:

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[@tamupremed](#)  
[@tamupremed\\_alzheimers](#)

### FEEDBACK FORM:

[HTTPS://FORMS.GLE/S5EanBPWHW6BNMF29](https://forms.gle/S5EanBPWHW6BNMF29)

## UPCOMING EVENTS

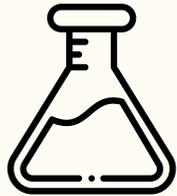
1 JANUARY 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13 7-8PM: GENERAL MEETING	14	15 3-7PM: CHAMPION PIZZA PROFIT SHARE	16 8-9AM: THE WATERFORD	17 8-10AM: FOOD BANK
18	19	20 7-8PM: WHITE COAT WAY	21	22	23 8-9AM: THE WATERFORD	24 8-10AM: FOOD BANK
25 2PM: PREMED BOOK CLUB	26	27 7-8PM: GENERAL MEETING	28	29	30 8-9AM: THE WATERFORD	31 8-10PM: SPIRIT ICE SOCIAL

For access to the Google calendar: Click [HERE](#)

# GENERAL INFORMATION

**MEMBERSHIP:** Interested in becoming a member? Fill out the [Membership Form](#) and pay dues (either on [Flywire](#) or to Carson) to have access to our Flare, volunteering, and point opportunities! The dues are \$60 per year or \$40 per semester, T Shirt included!

**POINTS:** Although points are not required to be a member, our top 20 members will get to go on our med school tour at the end of each semester! Points will be uploaded and viewed through Flare.

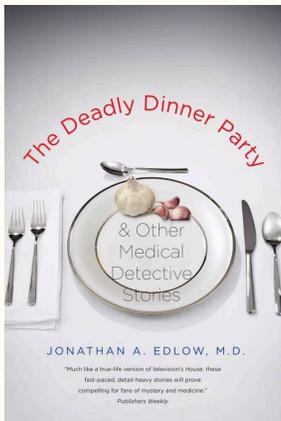


Pre-Med Meeting Attendance	<b>3 points</b>
Workshop Attendance	<b>2 points</b>
Wear Pre-Med Shirt to Meeting or Workshop	<b>1 point</b>
Social Event Attendance	<b>3 points</b>
1 Hour of Group Volunteering	<b>2 points</b>
1 Hour of Individual Volunteering	<b>1 point</b>
Attend Mentor/Mentee Session	<b>1 point</b>
Repost Pre-Medical Society Post	<b>0.5 points</b>
Intramural Game Attendance	<b>2 points</b>



**FLARE:** FLARE is the app we use to communicate and track points in Pre-Med Society. To request points, go to the Pre-Med Society page, click the three dots in the top right corner, then select "View Points." From there, click the "+" icon in the top right corner to submit your request. Don't forget to upload a picture for proof—no photo means no points!

**VOLUNTEERING:** We have a TON of amazing volunteer opportunities this year! Click [this link](#) to view the amazing opportunities and make sure to check the Flare for updates.



The next book club meeting is on 1/25 at 2pm (location to TBA). This month's book is a collection of medical mysteries. Super interesting and directly relevant to your work as a future doctor when diagnosing cases!

## Mini word search!

T Q H H R Z A T P K C Y Q P R W G  
 Q W Y C F E G D O G O G H Z T H D  
 L P Y Q T X I R Z C H A A R B B K  
 S U N E Z P A W C Q L H A O O W Z  
 Z U V R Q M U L W K C V B H C Z R  
 H J P J J N S E Y U E C Y E O G D  
 W A G U Z T U H D L F D O C M X I  
 R S F L O R I D A I X S C I I A S  
 E V P K Q D D C Y H S M S S C H N  
 K W V I A M T F N J R Y D J S N E  
 G E T I D P Z E C M N H N L S V Y  
 Y F M L W E K K R P W N D N N E L  
 B Q L U Q J R T Y R Q Y A M U B A  
 Q A D G Z F V M D G I W T M H S N  
 B W A K A X W N A R F F M Z T C D  
 E F Q J N H B R H N B N I J U A N  
 H P T Q U K C J H U E D P C P O B

- |             |            |           |
|-------------|------------|-----------|
| Sunnysideup | Disneyland | Spiderman |
| Terrific    | Florida    | Travel    |
| Comics      | Batman     | Halk      |
| Ball        | Sun        |           |

# SPOTLIGHTS

## MEMBER OF THE WEEK: CAT MOORE



Cat was an insane contributor to our IMs last semester and was also been super involved in volunteering. Keep it up!

*Want to be our next Member of the Week? Stay involved and keep being active and you could be next!*

## MATRICULATED ALUMNI: SHAINA GOMEZ



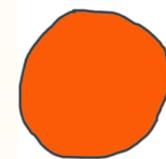
**Instagram:** @shainaa.aa  
**School:** Texas A&M University Naresh K. Vashisht College of Medicine  
**Class:** 2029

Howdy! My name is Shaina Gomez, and I am an MI at Texas A&M College of Medicine. I joined TAMU Pre Medical Society my freshman year, and it played a huge role in my growth throughout this challenging journey. Through the support of my peers and mentors, I was able to get involved in meaningful volunteer work, research, and clinical experiences. This organization helped me grow as a leader and gain confidence in myself. I learned so much from those around me and never felt alone. I was always encouraged and motivated to keep pushing myself to do more.

## TOPIC OF THE WEEK: IMPOSTER SYNDROME

Imposter syndrome is extremely common in pre-med, and feeling like you don't belong does not mean you aren't capable or qualified to be here. Many pre-meds are used to being high achievers, so when they enter an environment full of equally motivated and talented students, it's easy to start comparing yourself and assuming everyone else has it figured out. In reality, most students are quietly dealing with the same doubts and fears. Imposter syndrome often shows up when you're challenging yourself, pushing outside your comfort zone, and growing, not when you're failing. Learning to recognize these thoughts, focus on your own progress instead of constant comparison, and ask for support when you need it are essential skills not just for pre-med, but for medical school and beyond. You belong here, and struggling does not take away from your potential, it's part of the process.

### TYPES OF PEOPLE WHO CAN HAVE IMPOSTOR SYNDROME:



ALL THE SMART, SUCCESSFUL PEOPLE THAT YOU THINK HAVE THEIR TOGETHER

How you feel as a third-year med student in the hospital for clinical rotations

