

ACADEMIC RESOURCES

TUTORING

Academic Success Center

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

SI Sessions

the above titles are hyperlinked in the digital CAD

Study Hub

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

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](#)



WELCOME

Welcome back! At this point in the semester, the caffeine intake is rising and the to-do lists are getting longer, but so is your resilience. Take a second to reset, refocus, and remember why you started. Let's keep pushing forward together.

Fun fact: Your skeleton replaces itself roughly every 10 years.

THE CADUCEUS

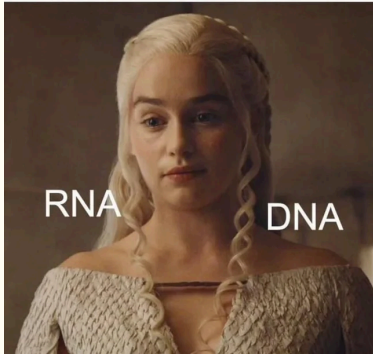
The Official Newsletter of the Texas A&M Pre-Medical Society

WHAT TO BE AWARE OF:

- Volunteering
- Spirit Ice Social with Pre-Dent 1/30 @9pm
- Mamaka Bowls Profit Share 2/5

Prof: Can you show DNA and RNA visually?

ME:

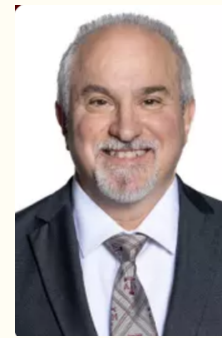


MCAT QUESTION

Which of the following most accurately describes the ribose component of a nucleotide triphosphate?

- A. It is a pentofuranose.
- B. It is a pentopyranose.
- C. It is a hexofuranose.
- D. It is a hexopyranose.

Answer: A. Ribose is a 5-carbon sugar (pentose) in the furanose ring form.



SPEAKER: DR. JAMES DISTEFANO

Dr. James S. Distefano, D.O. earned his undergraduate degree from the University of Louisiana-Monroe and completed medical school at Oklahoma State University College of Osteopathic Medicine, graduating in 1992. He is board certified in Emergency Medicine and Sports Medicine and completed a Sports Medicine Fellowship. Dr. Distefano served as a team physician at Oklahoma State University from 2005-2007 and joined Texas A&M as a team physician in 2007. In addition to his work at A&M, he practices at Cornerstone Sports Medicine.

UPCOMING EVENTS

2	FEBRUARY						2026
SUN	MON	TUE	WED	THU	FRI	SAT	
25	26	27 7-8PM: GENERAL MEETING	28 5-6:30PM: PHOEBE'S HOME	29	30 8-9AM: THE WATERFORD 9-10PM: SPIRIT ICE SOCIAL	31 8-10AM: FOOD BANK	
1	2	3 7-8PM: WHITE COAT WAY	4 5-6:30PM: PHOEBE'S HOME	5 8AM-7PM: MAMAKA BOWLS PROFIT SHARE	6 8-9AM: THE WATERFORD	7 8-10AM: FOOD BANK	
8	9	10 7-8PM: GENERAL MEETING	11 8PM: AGGIE MBBALL SOCIAL 5-6:30PM: PHOEBE'S HOME	12	13 8-9AM: THE WATERFORD	14 8-10AM: FOOD BANK	
15	16	17 7-8PM: WHITE COAT WAY	18 5-6:30PM: PHOEBE'S HOME	19	20 8-9AM: THE WATERFORD	21 8-10AM: FOOD BANK	
22	23	24 7-8PM: GENERAL MEETING	25 5-6:30PM: PHOEBE'S HOME	26	27 8-9AM: THE WATERFORD	28 8-10AM: FOOD BANK 1PM: LAKE BRYAN SOCIAL	

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

GET IN TOUCH!

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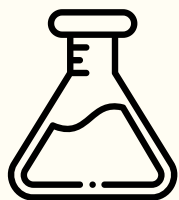
FEEDBACK FORM:

[HTTPS://FORMS.GLE/S5EANBPWHW6BNMF29](https://forms.gle/S5EANBPWHW6BNMF29)

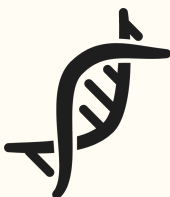
GENERAL INFORMATION

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.

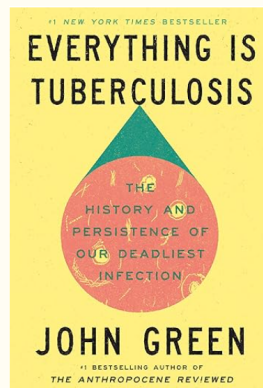


Pre-Med Meeting Attendance	3 points
Workshop Attendance	2 points
Wear Pre-Med Shirt to Meeting or Workshop	1 point
Social Event Attendance	3 points
1 Hour of Group Volunteering	2 points
1 Hour of Individual Volunteering	1 point
Attend Mentor/Mentee Session	1 point
Repost Pre-Medical Society Post	0.5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



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.



Get a head start on our next book! *Everything is Tuberculosis* by John Green uses the author's friendship with a young TB patient to explore the history, science, and global impact of tuberculosis while highlighting issues of health inequality and access to care.



Submit the word "broomball" for an extra CAD point!



ClinicalHours is a student-built platform that helps pre-health students find and track verified clinical volunteering, shadowing, and patient-care opportunities in one place. We're working to make access to clinical experience more organized, transparent, and less dependent on cold-emailing or word of mouth.

Website: <https://clinicalhours.org>
Instagram: @clinicalhours

SPOTLIGHTS

MEMBER OF THE WEEK: LIANA ALONZO

Liana has started the semester off strong! Not only did she go to Food Bank, but she also gave a ride. Keep it up!!

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



MATRICULATED ALUMNUS: JOCELYN MA



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

Howdy! My name is Jocelyn Ma and I am a M1 at Texas A&M College of Medicine. I graduated from Texas A&M in 2025 with degree in Biology and a minor in Public Health. Being the first person in my family to go into medicine, I had absolutely no idea what to expect going into this career path and Premed Society changed that. Not only did it offer vast resources and opportunities, but it also gave me a community of people and mentors. The connections I have built through this org have gotten me shadowing opportunities, chances to talk to medical students and professors, and so much more. It also allowed me to step into leadership roles and gain valuable experiences that helped me prepare for medical school!

TOPIC OF THE WEEK: SLEEP!!

Sleep is one of the most powerful performance tools you have, and it is often the first thing we sacrifice when things get busy. When you do not get enough sleep, your memory, focus, and decision-making all get worse, which means you end up studying more but learning less. On the other hand, consistent sleep helps your brain solidify what you learned, improves your reaction time, and keeps your stress levels more manageable. If you want to perform at your best, sleep is not optional, it is part of your study plan. To improve sleep quality, try keeping a consistent sleep schedule, limit screens at least 30 minutes before bed, and avoid caffeine late in the day. Creating a calm bedtime routine, keeping your room cool and dark, and getting some sunlight in the morning can also help your body fall asleep faster and sleep more deeply.

SCIENTIST: EXPLAINING IMPORTANCE OF GOOD SLEEP

ME AT 3 AM WATCHING HIM EXPLAIN:

