

# 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

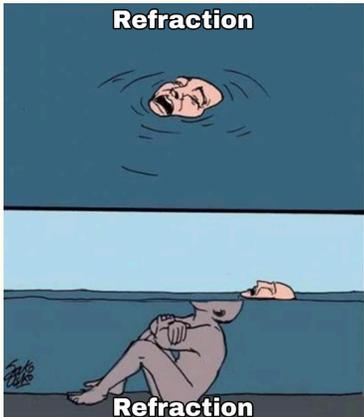
## WELCOME

Spring break is just a couple of weeks away, so keep pushing through, you are closer than you think! Stay focused and finish strong as we head into the final stretch before a well-deserved break.

Fun fact: your heart beats about 100,000 times per day and pumps roughly 2,000 gallons of blood through your body daily.

### WHAT TO BE AWARE OF:

- Lake Bryan Social
- Book Club!
- Suture Clinic 2/27
- Med School Fair 3/5
- Phlebotomy Workshop 3/5



## MCAT QUESTION

Knowing that the speed of light in the vitreous humor is  $2.1 \times 10^8$  m/s, what is the index of refraction of the vitreous humor? (Note: The speed of light in a vacuum is  $3.0 \times 10^8$  m/s.)

- A. 0.7
- B. 1.4
- C. 2.1
- D. 3.0

1. Answer: B.  $n=c/v$ . The index of refraction of a medium is equal to the ratio of the speed of light in vacuum to the speed of light in the medium, thus in this case is equal to  $(3.0 \times 10^8 \text{ m/s}) / (2.1 \times 10^8 \text{ m/s}) = 1.4$ .

## SPEAKER: DR. SETH SULLIVAN



Dr. Seth Sullivan is a board-certified infectious disease physician who treats adult and geriatric patients. He earned his MD from University of Missouri-Kansas City and completed his residency and infectious disease fellowship at Mayo Clinic College of Medicine. Board certified in Internal Medicine and Infectious Disease, he has served as Regional Chief Medical Officer since 2023 and is a Fellow of the Infectious Diseases Society of America and the American College of Healthcare Executives. He is affiliated with Baylor Scott & White Health and enjoys spending time with family, exercising, and reading.

## GET IN TOUCH!

### OFFICERS:

#### President

Michelle Dickey  
mldickey@tamu.edu

#### Treasurer

Carson Luton  
carson\_luton@tamu.edu

#### Philanthropy Chair

Ainsley Evans  
ainsley.evans@tamu.edu

#### Community Service

##### Director

Ryan Keener  
Ryankeener321@tamu.edu

#### Vice President

Elizabeth Ponder  
elizabethpond2004@tamu.edu

#### Secretary

Lauren Carlisle  
lauren\_carlisle@tamu.edu

#### Membership Director

Anushil Balaji  
Anushilb@tamu.edu

#### Events Coordinator

McKenzie Saathoff  
msaathoff23@tamu.edu

#### Historian

David Coleman  
drc05@tamu.edu

#### Technology Director

Rose Jaramillo  
rose.lizzy@tamu.edu

#### Peer Mentorship Chair

Alexander Rincon  
alexrincon@tamu.edu

### FEEDBACK FORM:

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

- ✉ [tamupremed@gmail.com](mailto:tamupremed@gmail.com)
- ✉ @aggiepremed
- 📷 @tamupremed
- 📷 @tamupremed\_alzheimers

## UPCOMING EVENTS

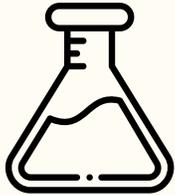
2/3 FEBRUARY/ MARCH 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
22	23	24 7-8PM: GENERAL MEETING 9:45PM: IM BASKETBALL	25 5-6:30PM: PHOEBE'S HOME	26 9-11AM: LAUREN'S STUDY SOCIAL	27 8-9AM: THE WATERFORD 6-7PM: SUTURE CLINIC	28 8-9AM: FOOD BANK 12PM: LAKE BRYAN SOCIAL
1 2-3PM: BOOK CLUB	2	3 7-8PM: WHITE COAT WAY 9:45PM: IM BASKETBALL	4 5-6:30PM: PHOEBE'S HOME	5 10AM-3PM: MED SCHOOL FAIR 4-6PM: PHLEBOTOMY WORKSHOP	6 8-9AM: THE WATERFORD	7 8-9AM: FOOD BANK
8	9	10	SPRING BREAK :)			14 8-9AM: FOOD BANK
15	16	17 7-8PM: WHITE COAT WAY	18 5-6:30PM: PHOEBE'S HOME 6-7PM: ARTD TUTORING	19	20 8-9AM: THE WATERFORD	21 8-9AM: FOOD BANK

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.

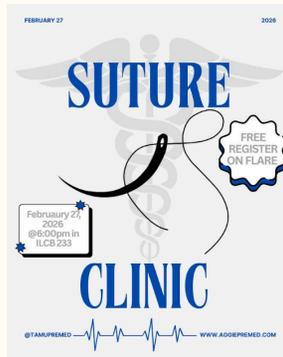
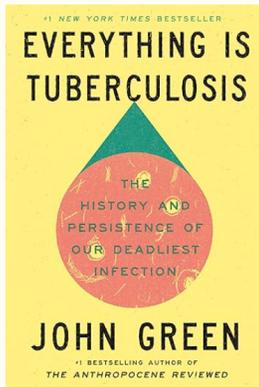


Pre-Med Meeting Attendance	<b>3 points</b>
Workshop Attendance	<b>2 points</b>
Wear Pre-Med Shirt to Meeting or Workshop	<b>1 point</b>
Social Event Attendance	<b>3 points</b>
1 Hour of Group Volunteering	<b>2 points</b>
1 Hour of Individual Volunteering	<b>1 point</b>
Attend Mentor/Mentee Session	<b>1 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.



**BOOKCLUB IS MEETING SUNDAY, MARCH 1<sup>st</sup>, 2 PM @ THE BREW COFFEEHOUSE**  
*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.

Type "Lake Bryan" in the description box for the extra CAD point in Flare!

# SPOTLIGHTS

## MEMBER OF THE WEEK: VEDH GONTUKA

This one is probably very long overdue. Not only is he our current points leader, but we can always count on him to show up, be engaged, and bring a great attitude every time. He also brought us home the Broomball win :)

*Want to be our next Member of the Week? Keep being active and you could be next! Members of the week get featured on the Instagram and earn a \$15 giftcard.*



## MATRICULATED ALUMNUS: TORI FRANK



**Instagram:** @foritrnk  
**School:** Naresh K. Vashisht College of Medicine  
**Class:** 2028

TAMU Pre-Medical Society was instrumental in my success as an applicant and as a young professional. Having been an active member for all 4 years of my undergrad experience, PMS offered me so many highly valuable resources for every step of the pre-med process, including how to optimize my success through extracurricular involvement, adopting advanced time management skills, teaching me how to be an effective leader, and so many more. Moreover, being a part of PMS brought me the community of support I needed to make it through the rigorous process of the pre-medical journey.

## TOPIC OF THE WEEK: GAP YEARS

Taking a gap year is completely normal, and there is nothing wrong with choosing this path. Almost three-quarters of medical school matriculants report taking at least one year off between college and starting medical school. A gap year can be a valuable opportunity to gain clinical or research experience, strengthen your application, and clarify your goals. It can also provide a much-needed break from school to prevent burnout. One year really does not make a significant difference in the long run, and if you do not feel ready, it is better to use that time wisely rather than spend money applying prematurely, as preparing thoughtfully now can save both stress and financial resources later.

*Applying to medical school*

*Second week of medical school*

