

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

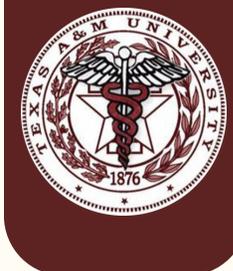
ADVISING

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! I hope the first round of exams went well or are going well for everyone. Thank you for showing up and being committed members, we're really glad you're here!

Fun fact: Around Valentine's Day, there's actually a slight increase in heart-related emergencies. There's even a real condition called Takotsubo cardiomyopathy, or "broken heart syndrome," where intense emotional stress can temporarily weaken the heart muscle.

WHAT TO BE AWARE OF:

- Volunteering
- IMs
- Book Club!
- Aggie Men's Basketball Social 2/11
- Red's Ice House Bingo Profit Share 2/18
- Suture Clinic 2/27

MCAT QUESTION

The tertiary structure of a hydrophilic sodium-hydrogen transport channel would best accommodate which of the following substances?

- A. Anions
- B. Cations
- C. Phosphoric acids
- D. Neutral compounds

anions cations



Answer: B. Proteins transporting ions through the plasma membrane are typically highly selective in the ions they transport. Both H⁺ and Na⁺ are cations, so choice B is the best option.

SPEAKER: MED STUDENT PANEL



TEXAS A&M UNIVERSITY
Naresh K. Vashisht
College of Medicine

Tonight, we'll be hearing from an MS1 and MS2 student panel from the Texas A&M University Naresh K. Vashisht College of Medicine. They'll be answering your burning questions and sharing honest insight about transitioning to medical school, what the first two years are really like, and advice for navigating the pre-med journey.

GET IN TOUCH!

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FEEDBACK FORM:

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

UPCOMING EVENTS

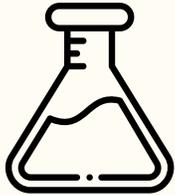
2 FEBRUARY 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 7-8PM: WHITE COAT WAY	4 5-6:30PM: PHOEBE'S HOME	5 8AM-7PM: MAMAKA BOWLS PROFIT SHARE	6 8-9AM: THE WATERFORD 5-7PM PMP SOCIAL	7 8-9AM: FOOD BANK
8	9	10 7-8PM: GENERAL MEETING 9:45PM: IM BASKETBALL	11 5-6:30PM: PHOEBE'S HOME 8PM: AGGIE WRESTLING SOCIAL 10PM: IM VOLLEYBALL	12	13 8-9AM: THE WATERFORD	14 8-9AM: FOOD BANK
15	16	17 7-8PM: WHITE COAT WAY	18 5-6:30PM: PHOEBE'S HOME 6-9PM RED'S ICE HOUSE PROFIT SHARE	19	20 8-9AM: THE WATERFORD	21 8-9AM: FOOD BANK
22	23	24 7-8PM: GENERAL MEETING 9:45PM: IM BASKETBALL	25 5-6:30PM: PHOEBE'S HOME	26	27 8-9AM: THE WATERFORD 6-7PM: SUTURE CLINIC	28 1PM: LAKE BRYAN SOCIAL 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.

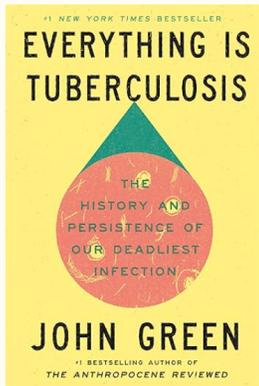


Pre-Med Meeting Attendance	3 points
Workshop Attendance	2 points
Wear Pre-Med Shirt to Meeting or Workshop	1 point
Social Event Attendance	3 points
1 Hour of Group Volunteering	2 points
1 Hour of Individual Volunteering	1 point
Attend Mentor/Mentee Session	1 point
Repost Pre-Medical Society Post	0.5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

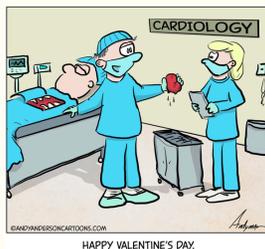


FLARE: FLARE is the app we use to communicate and track points in Pre-Med Society. To request points, go to the Pre-Med Society page, click the three dots in the top right corner, then select "View Points." From there, click the "+" icon in the top right corner to submit your request. Don't forget to 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.



Read bookclub's 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.



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



Lucas Wang is an MD/PhD trainee at UT Health San Antonio and the founder of Prept, a mentorship platform connecting pre-health students with vetted medical students, residents, and physicians. Prept was created to make reliable mentorship more accessible, offering support with MCAT prep, application advising, and career guidance to complement existing premed club and advising resources.

Prept Website: [Medprept.com](https://www.medprept.com)

SPOTLIGHTS

MEMBER OF THE WEEK: LOGAN BROWN

Logan has always been such an involved member, and we love her baked goods and dedication to book club!!

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: KIM CANO



The Pre-Med Society really helped me build up my resume and steered me in the right direction when it came to the application process. I don't think I would be here today without the guidance and friendships made through the Pre-Med Society.

Instagram: @kim_cano_
School: UTRGV SOM
Class: 2027

TOPIC OF THE WEEK: PERFECTIONISM

Battling perfectionism and fear of failure is something almost every pre-med student struggles with at some point. It's easy to get caught up in the idea that anything less than perfect is unacceptable, but that mindset can be paralyzing and exhausting. The truth is, mistakes are a normal and valuable part of learning. Instead of fearing failure, try to see challenges as opportunities to grow and improve. Celebrate small wins along the way and focus on progress rather than perfection. Talking openly about setbacks with peers or mentors can also help you gain perspective and realize that everyone experiences bumps in the road. Letting go of perfectionism doesn't mean lowering your standards, it means being kinder to yourself and staying motivated even when things don't go exactly as planned.



1 Remember one day the sun will explode. and no one will even be alive to remember you.