



April 2024 Premedical Division Newsletter



Welcome our new 2024-2025 Leadership Board!

Presidential Committee

Sophia Hai, President
Dana Shuaibi, President-Elect
Iris Dupanovic, VP of Recruitment

Executive Committee

Emma Krebs, Secretary
Bhumika Mellachervu, Treasurer

Committee Chairs

Sarisha Mahajan, Advocacy Chair
Kaitlyn Chan, Awards Chair
Shivani Patel, Co-Conference Chair
Pooja Manapat, Co-Conference Chair
Sneha Magesh, External Relations Chair
Cathleen Rabideau, Global Health Chair
Jessica John, Social Media Chair
Apurva Vaddamani, Program Chair
Adrienne Gefre, Mentorship Chair
Isabella Lassalle, High School Liaison

Regional Directors

Mina Kaddache, Region 1 Director
Shanell Rollon, Region 2 Director

Community Clinic Spotlight

Sabal Palm Elementary Tallahassee, FL

Hub for students and families to receive care for health and wellness services

- Community Partnership School in collaboration with Children's Home Society of Florida, Leon County School District, Florida Agricultural Mechanical University (FAMU) and FSU Primary Health
- Offers tutoring, mentoring, and leadership programs for students
- Offers parent engagement and support including GED,

Ananya Bommakanti, Region 3 Director
Zoë Schuler, Region 4 Director
Harshita Mongia, Region 5 Director
Ellie Feldpausch, Region 6 Director
Yining Liu, Region 7 Director
Alivia Hardman, Region 8 Director
Kasturi Sinha, Region 9 Director

Upcoming Events

National Pre-Health Community Conference
Saturday, May 18th - Sunday, May 19th | Virtual
Register [here](#)

Like AMWA, the National Pre-Health Community is dedicated to empowering students to achieve their career aspirations, and we think that this conference is a great opportunity for AMWA members!

Planned sessions include:

- Speakers from the fields of neurology, neuroscience, ophthalmology, & dentistry!
- 2 Q&A panels: a Medical Student Panel & a Physician Assistant Student Panel
- Sessions to approach an MCAT study plan & Situational Judgment Tests

Event Recordings Available in AMWA Learning Hub
Access [here](#)

Featured webinar recordings:

[Empowering Voices: Addressing Domestic Violence in Marginalized Communities](#)

[Student Membership Info Session](#)

[Northwestern Pritzker School of Law Presents: The Law Degree for Healthcare Professionals: Master of Science in Law](#)

[National Injury Prevention Day "Unifying Voices" Kick-Off Webinar](#)

[Pre-Med Student Division & Pandia Health Present: #PeriodsOptional](#)

[More...](#)

[Event Calendar](#)

Opportunities

Join the Premedical Advocacy Committee

If you are a premedical AMWA member interested in advocacy and hoping to get more involved with us at the national level, this committee is perfect for you! This committee will become a place where your advocacy ideas can be implemented in a group setting with the support of a national

financial, and computer education/seminars
- Mobile dental bus offering bi-annual cleanings for free
- Vision services including a full eye exam and prescription glasses for free

National Mentorship Program

Register [here!](#)

Medical Mentor

AMWA is collaborating with a group that has a program to assist students, especially women and people of color, to get in to medical school. You must have applied to medical school at least once and not gotten in.

View their website [here](#).

Read more [here](#).

The National LGBTQ+ Curriculum

[The National LGBTQ+ Curriculum](#) is an in-depth library of on-demand LGBTQ+ education modules covering a variety of topics, including history, mental health, primary care, and gender-diverse health, all with the goal of improving LGBTQ+ affirming care delivery for healthcare providers. The Curriculum is on-demand and completed at your own pace. Participants are awarded 4 CEU credits

organization. If this sounds exciting to you, please fill out this application in order to be considered for the committee. Please forward any questions or concerns to advocacy@amwa-premed.org.

Application

Join the Premedical Global Health Committee

We will focus on bringing awareness to and fundraising for a variety of global health issues facing global communities today. We are looking for committed and passionate premed students to help with our efforts to maximize our impact.

Committee members will be expected to attend bimonthly meetings, produce visually appealing and educational infographics, organize education events, participate in outreach, and come ready with ideas for how to make this committee exceed its goals. We are really hoping to put together a group who is creative, committed, and passionate about all things global health. You must also be nationally registered to join the committee.

I am really looking forward to having an impactful year and I hope you are just as excited to join me! Please reach out to globalhealth@amwa-premed.org if you have any questions!

Application

Join the Premedical Program Committee

The Program Committee will be responsible for:

1. Updating the Program Toolkit, which contains program materials, among other resources, for members looking to start a branch and to support their existing branch
2. Updating the Program Book, which is designed to help division members navigate various aspects of being a branch or a member
3. Updating our Be One Teach One (BOTO) Project curriculum and workshops
4. Preparing new program ideas for branches

Committee members expectations:

- Participation in weekly virtual meetings
- Completion of one new program (individual or group activity)

This is an excellent leadership experience where you'll be contributing to AMWA's mission. If you have any questions, please contact programming@amwa-premed.org.

Application

Join Sex and Gender Health Collaborative (SGHC)

Join AMWA's SGHC this summer to help integrate sex and gender information into graphics and fact sheets to be used in medical education. Participation is flexible, with 10-20 hours estimated per topic.

Improve your research skills, gain knowledge about the importance of sex and gender in medicine, and contribute to a movement that aims to transform medical education! Together, we can make a difference and improve health outcomes in women and gender diverse patients!

Interest Form

and an OutCare Certificate upon completion.

Follow these simple steps to access your free curriculum today:

1. **Fill out the application.**
2. **Access the curriculum anytime on the account dashboard.**
3. **Complete the curriculum within 90 days**

AMWA Volunteer Opportunities

We are excited to announce volunteer and internship opportunities at AMWA, the oldest multi-specialty organization dedicated to advancing women in medicine and improving women's health. This call is open exclusively to our National AMWA members, and we invite you to be a part of our over a century-long legacy of advocacy, mentorship, and leadership development.

Internship Program Overview:

- Commitment: 5-10 hours per week for a minimum of 4-6 weeks.
- Eligibility: Organized, driven individuals with the ability to take initiative.
- Application Process: Apply through [[this form](#)]
- Rolling Applications: We accept applications on a rolling basis.

For any questions or further information, please feel free to contact us at volunteer@amwa-doc.org.

We look forward to your applications and to having you join our team of dedicated volunteers and interns.

Mental Health Resources



Apply by May 31st!

SHAPE THE FUTURE OF
MEDICINE WITH US!

Find resources [here](#).

Member Benefits

[Premeds](#)

BeMo Tips

See below for some amazing tips from our dedicated sponsor, BeMo. BeMo has helped over 70,000 students and has a success rate of over 90% in getting students into their dream program.

Applying to Med School This Year? Time to Start NOW!

The common mistake most applicants who get rejected make is that they start working on their applications way too late and when they do, they have no STRATEGY on how to stand out.

If you are serious about making your application stand out, you can't miss this one...

[Click here](#) to secure your spot now for our webinar on how to make YOUR application STAND OUT!

During this training event we're going to show you:

- Top 5 reasons 90% of med school applicants get rejected - and how to avoid them
- How to select med schools to maximize your chance of acceptance
- How to write compelling personal statements & secondary essays
- How to make your work/activity entries stand out
- Specific examples from past successful applicants
- How to choose referees to request excellent letters of recommendation
- Discussion with our panel of admissions experts
- And much more!

Awards & Scholarships

Scholarship Opportunity for Black Women in STEM

BestColleges is excited to announce our newest scholarship opportunity - The 2nd annual BestColleges Scholarship for Black Women in STEM. As you may know, Black women remain underrepresented in STEM fields, despite the growing demand for talent in these industries. This year, we'll be giving away **five \$6,000 scholarships** to Black women who are currently pursuing careers in STEM.

As of March 15th, our scholarship is open to Black women who are currently enrolled or intend to enroll in a degree program in science, technology, engineering, and mathematics (STEM) fields. You can find the details and application [here](#)! Applications are due July 15th, 2024 at 11:59 PM ET.

AMWA Awards and Scholarships

All AMWA premedical individual and branch award applications will open on August 1st, 2024. See more details [here](#).

Programs & Initiatives

Advancing Women in Medicine

[Networking](#)

[Mentorship](#)

[Speakers Bureau](#)

Advocate for Equity

[Position Papers and Statements](#)

[Take Action Now](#)

[Antiracism Resources and Initiatives](#)

[Gender Equity Task Force](#)

[Gun Violence Solutions](#)

[Join the Advocacy Committee](#)

See the [AMWA Advocacy Timeline](#) for latest initiatives.

Improving Healthcare

[American Women Hospital's Service](#)

[Physicians Against Trafficking Humans \(PATH\)](#)

[Global Health](#)

[Medical Humanities](#)

[Public Health Campaign](#)

[Reproductive Healthcare](#)

[Sex and Gender Health Collaborative](#)

[Women's Health](#)

[View the full list of AMWA initiatives!](#)

Check out:

[Diversity Dialogues Podcast](#)

[AMWA News](#)

[AMWA Blog](#)

More From Your Division

AMWA Premedical Brochure

Are you taking advantage of all that the AMWA Premedical Division has to offer? Have questions about AMWA and what it means to be a member? Interested in becoming more involved with AMWA?

Read and share our [brochure](#) to learn all about our division. Learn about our task forces, committees, blog, virtual shadowing, workshops, mentorship program, and more!

Member Spotlight Form

Please fill out this [form](#) to nominate a Premedical AMWA Member to be spotlighted by our National Premedical Division!

We want to recognize and celebrate all of the phenomenal work our premedical members do to change the future of medicine.

Feature your work on the Premedical Division Blog

The Premedical Division welcomes talented writers who are passionate about sharing their experiences as premedical students - and helping others, too! If you would like to contribute to our Premedical Blog, please fill out [this form](#).

[Click here](#) to read our premedical blogs!

Project Idea Form

If you have a project idea (e.g. advocacy campaign) that you would like National AMWA to pursue, please fill out [this form](#)! You will also have the opportunity to read the project description.

[Facebook](#)

[Twitter](#)

[LinkedIn](#)

[Instagram](#)

[YouTube](#)

American Medical Women's Association

1100 E Woodfield Road, Suite 350

Schaumburg, IL 60173

(847) 517-2801

associatedirector@amwa-doc.org

Interested in partnering with AMWA?

Email president@amwa-premed.org



American Medical Women's Association

[AMWA Online Store](#)

[Amazon Smile](#)

[Donate](#)

Check out BeMo's helpful resources below:

- [AMCAS Work and Activities Ultimate Guide](#)
- [7 Medical School Requirements You Need to Know](#)

And remember, as a club member, you receive a FREE 1-hour consultation session of your choosing with a BeMo Expert. This can be a free MCAT session, CASPer prep session, application brainstorming session or interview prep session. [Click here](#) to book a quick call with our Admissions Associates who will help you learn more and schedule your personalized free session.

Be an activist and spread awareness in April!

Observances include:

National Minority Health Month

Alcohol Awareness Month

National Public Health Week (4/1-4/7)

Learn more [here](#).