



December 2024 Premedical Division Newsletter



Announcements

Premedical Division Leadership Applications Open

Due January 20, 2025

[Apply here!](#)

New AMWA Premedical Division Merch!

The AMWA Premedical Division has launched a new online store with official AMWA merchandise so you can represent and show your support for AMWA!



[Shop here!](#)

Partnerships

Saalt

This year and in continuation with our Period Poverty Awareness Week, we are also partnering with Saalt, a sustainable period product company! They are offering AMWA members 15% off their products with the code AMWA15 or at this link: <https://www.saalt.com/AMWA15>. Ten percent of sales using this code will also go back to the AMWA premedical division, so you can help us and the environment all in one!

BeMo

See below for some amazing tips from our dedicated



AMWA Book Club Live on Fable

Hey AMWA Members! AMWA created a book club geared to those interested in a career in medicine. We will read about and discuss issues of medical ethics, the culture of medicine, patients' interactions with medical professionals, and much more.

[Join here!](#)

Upcoming Events



AMWA's 110th Annual Meeting March 28-30, 2025 | Waltham, MA

Register [here](#)

We are excited to announce that AMWA's 110th Annual Meeting will be held in conjunction with the Women in Healthcare World Congress March 28-30, 2025 near Boston, MA!

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...](#)

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!

Check out BeMo's helpful resources below:

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

Opportunities

Guide to DOing Medical School Podcast Listen on [Spotify](#) and [Apple Podcasts](#)!

Missouri Assoc. of Osteopathic Physicians & Surgeons is producing a Guide to DOing Med School podcast for those starting or interested in osteopathic medicine. It's completely free and on Apple Podcasts and Spotify.

The Premed Scene [Check it out here!](#)

The Premed Scene is a student-run organization where we provide informative content relevant to today's medical setting and allow for peer interactions, and all of our opportunities are entirely free! As a team, we strive to expand access to guidance globally to all pre-health students. Today, we have over three thousand pre-health students as members.

[Newly-Designed Interactive Forum](#)

They also have webinars, podcasts, a blog, and a medical newsletter, in addition to recordings from our previous virtual shadowing sessions.



AMWA & Partners Healthy Lifestyle Revolution

[Learn how to participate here!](#)

Women are essential in shaping health practices and community wellness, and this campaign highlights how women physicians are driving healthy lifestyle choices for better health outcomes. We encourage everyone to share their personal tips and experiences using [#AMWASStepsToWellness](#) in 30 second videos, photos, or graphics.

Please use "I statements" to promote sharing rather than just giving advice to others. Your efforts can motivate others, especially on busy days. Every effort matters, so be compassionate towards yourself as you reflect on what has been working for you! **Join**

[#AMWASStepsToWellness!](#)

Join the Premedical Advocacy Committee
[Apply here!](#)

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.

Mental Health Resources

Find resources [here](#).

Premedical Member Benefits

[Premeds](#)

Be an activist and spread awareness in December!

Observances include:

World AIDS Day (December 1)

National Influenza Vaccination Week (December 2-6)

Learn more [here](#).

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 organization. If this sounds exciting to you, please fill out this application in order to be considered for the committee.

If you have any questions, please contact advocacy@amwa-premed.org.

Join the Premedical Global Health Committee

Email globalhealth@amwa-premed.org.

Join the Premedical Programming Committee

Email programming@amwa-premed.org.

Western University - Schulich School of Medicine in Ontario, Canada Research Study Access survey [here!](#)

This research study seeks to understand how students from Asian sub ethnic communities perceive stereotypes and biases, and how this relates to diversity in medical school admissions. The researchers are asking anyone who identifies as any Asian sub-ethnicity AND is a premedical student (i.e. planning to apply to med school)) to complete our very short (2 min), anonymous, online survey. No identifying information is being collected. Your participation in this study is voluntary. Your decision to participate will not impact your academic standing or professional school applications. By completing this survey and agreeing to the online consent form, you are providing consent to use your data in our study. Please access the consent form and online survey at the link.

For any questions about the study, please contact me or the Principal Investigator Dr. Amrit Kirpalani: amrit.kirpalani@lhsc.on.ca

Awards & Scholarships

Scholarship Guide for Women

[**Read here!**](#)

This comprehensive guide on scholarships for women from Onlinecolleges.me is designed to empower female students by making higher education more accessible and affordable. It highlights various scholarship opportunities available specifically for women pursuing higher education. It includes detailed sections on eligibility criteria, application tips, and strategies to increase the chances of receiving these awards. The goal of Onlinecolleges.me is to assist women in overcoming financial barriers that may hinder their academic and career ambitions, thus promoting gender equality in all professional fields.

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!

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 lead the project.

Branch Highlight

Florida State University



Last month, the AMWA Premedical Division branch at Florida State University participated in the Walk to End Alzheimer's through the Alzheimer's Association!

Follow us on social media!

If you would like your branch to be featured in a newsletter, make sure to fill out your region's monthly information forms sent by your Region

[Facebook](#)

[Twitter](#)

[LinkedIn](#)

[Instagram](#)

[YouTube](#)

American Medical Women's Association Member Spotlight

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

Interested in partnering with AMWA
Premedical Division?

Email president@amwa-premed.org



American Medical Women's Association

[AMWA Online Store](#)

[Amazon Smile](#)

[Donate](#)