

January 2025 Premedical Division Newsletter



Announcements

Happy New Year!

Premedical Division Leadership Applications Open Due January 20, 2025

We are excited to announce that AMWA is now accepting applications for our National Executive Board for the 2025-2026 term. This is an opportunity for members who are passionate about contributing to the success of AMWA on a national level. The term for all executive board members will span from **March 2025 - March 2026**.

Eligibility Criteria:

- Applicants **must be [national members of AMWA](#)**. Proof of membership is part of the application.
- Applicants **must not be enrolled in medical school** during the 2025-2026 term.
- **Must be able to travel to attend** the **[110th AMWA Annual Meeting in-person](#)** on March 28 - 30, 2025 in Waltham, MA.
- **Must be able to attend** the 111th Annual AMWA Annual Meeting on March 27 – 29, 2026 (virtual).

Responsibilities:

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

BeMo Academic Consulting Inc. ("BeMo") is one of the most sought-after admissions consulting firms in Canada famous for helping students of all backgrounds get into medical school and other professional

- Position-specific responsibilities are listed on the elections website.
- Attend monthly board meetings (lasting ~1.5 hours), meeting time to be announced. **Only 2 meeting absences are permissible for the entire term before consequences are discussed.**
- Promote, attend, and participate in conferences and workshops that AMWA hosts throughout the year.

Application Process:

- Visit the [AMWA Premedical Elections website](#)
- All applicants **must** carefully review the responsibilities and commitments associated with these roles.

Voting will open after the application deadline.

[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!](#)



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

programs. [bemoacademiconsulting.com](#)

DISCOUNT CODE: CLUBS

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.

Diversity Science

AMWA has partnered with Diversity Science to provide 50% off all e-courses on learning about preventing bias and improving communication. View the course list here. Use the

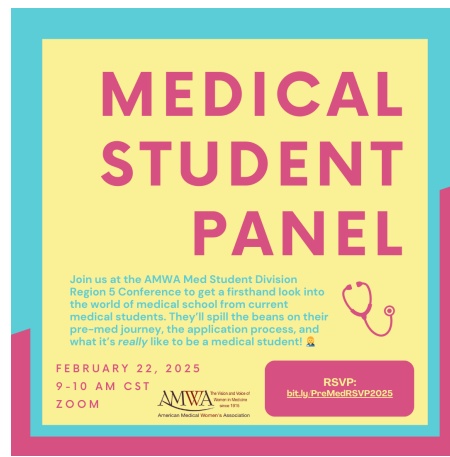
code: AMWA. www.diversityscienceacademy.org

INQUARTA -- Graduate School Admissions Consulting

Through this partnership, all AMWA members can receive a free on-line course and video assessment – “What Are My Chances? For Medical School Admissions.” Valued at \$47, this program practically pays for the AMWA Membership! [The Consultation](#)

Quokka Brew

Quokka Brew is the market's first caffeinated Jitterless Coffee. Quokka's patent-pending blend, made of organic amino acids and brain-boosting nootropics, counteracts the



Medical Student Division Region 5 Conference: Medical Student Panel for Premedical Students February 22, 2025 at 9am CST | Virtual

Are you an undergraduate student wondering what to do to make yourself a strong candidate for medical school? Or are you confused about the application timeline? Or maybe you're curious about asking for letters of recommendation or getting involved in patient care or volunteer work? Or maybe you just want to know what medical school is really like? Join us for our panel event featuring current medical students! They'll be happy to answer all your questions and give you some insider tips. Don't miss this chance to have all your questions answered and get to interact with some amazing young women in medicine! If you have any questions, please reach out to region5@amwa-student.org!

RSVP here!



Women in Healthcare
WORLD CONGRESS

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](#)

jitters and crash from caffeine—without sacrificing any of the energy. quokkabrew.com
E-mail our External Relations Chair to get our Quokka-AMWA discount code! externalrelations@amwa-premed.org.

Magoosh

Magoosh is excited to offer an exclusive 35% discount for [Magoosh online MCAT prep](#) for all AMWA members. Magoosh also provides [free MCAT prep](#) to any AMWA member who qualifies for AAMC's fee assistance program (FAP).

Free resources for AMWA members:

- Free [MCAT practice test](#)
- Free ["Must-Watch" Video Lessons](#) for the MCAT

MedSchoolCoach

10% discount to all AMWA members, not exceeding \$400.
Promo code: AMWA

- Free 30 minute consultation
- Access to webinars, workshops, & virtual guest speakers throughout the year
- Access to the MedSchoolCoach Student Resource Center: <https://partners.medschoolcoach.com/amwa>

MedSchoolCoach provides AMWA members with premed and medical school admissions consulting and exam tutoring to help students become physicians.

Blueprint MCAT Prep

[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

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

Blueprint MCAT (formerly Next Step) is a leader in representative MCAT prep.

Our [Online MCAT Course](#) and [Live Online Course](#) options were created by experts with 524+ MCAT scores, including MDs and PhDs. Our students achieve life-changing MCAT score increases—13 points, on average! We're committed to ensuring our students have the most up-to-date materials and constantly update our [MCAT practice tests](#) to reflect the latest AAMC interface and changes.

Get access to a ton of [free resources](#)—like two MCAT practice exams, a free trial of our Online Course, and 1600+ MCAT flashcards—when you create a free Blueprint MCAT account. We are excited to offer a 10% discount to AMWA members on Blueprint's Online Course, tutoring, and Med Admissions. Also, we will be offering 15% on our Live Online course as an additional discounted offer.

Please login to access your discount codes with Blueprint.

Use code **AMWA10** at checkout for a 10% discount on Blueprint's Online Course, tutoring, and Med Admissions.

Use code **AMWA15LIVE** at checkout for a 15% discount on Blueprint's Live Online course.

Pixorize

Founded in 2018 by two Ivy League medical school graduates, [Pixorize](#) turns the most complex facts covered on the MCAT and USMLE Step 1 exams into easy-to-remember

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!](#)**

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

visual stories. Pixorize's expansive content library includes over 700 mnemonic videos in biochemistry, immunology, pharmacology, microbiology, neuroanatomy, psychology, sociology, and other sciences. Join the tens of thousands of students who have gained an edge on their exams by studying visually with Pixorize! Learn more at <https://pixorize.com>.

Through its partnership with Pixorize, AMWA pre-medical and medical student members receive exclusive discounts on Pixorize subscriptions.

For 20% off Pixorize MCAT content, use the code **AMWAMCAT4**.

EduMed

As an AMWA Premedical member, you have access to free resources regarding financial aid! Their [financial aid guide](#) focuses on taking a proactive approach to paying for college, so students can determine their financial needs, make a plan, and maximize the aid they receive through diverse (and sometimes unfamiliar) options.

[A Student's Guide to Financial Aid: How to Pay for College Responsibly](#)

In addition, we've created a [list of the Top 50 Scholarships for nursing, allied health, and medical students](#).

Kaplan

- Members receive 15% off the price of any Kaplan In Person, Live Online or Self-Paced, MCAT, LSAT, GMAT, GRE, PCAT, DAT and

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

[Mental Health Resources](#)

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

OAT course (discount excludes Private Tutoring and PCAT Self-Paced courses).

Code: UCB10

- Access to our digital study guide for all of your members.
- Members receive 15% off Med School Admissions Consulting Premium + MCAT course, Med School Admissions Consulting Premium, or Med School Admissions Personal Statement Consulting package.

15% Off Consulting Premium

Code: ADCON15

- Members receive free Medical School Admissions Help (value \$99). **Code: ADHELP**

www.kaptest.com or call us at 1.800.KapTest. Discounts may not be combined with any other offer, discount or promotion.

InGenius Prep

As an AMWA member, you receive the following benefits:

- 10% discount on InGenius Prep Medical School Application Counseling, Secondary Application Counseling, and Candidacy Building™ services
- Access to [webinars hosted by Former Admissions Officers](#) from top-ranked medical schools. Access to [e-resources written by Admissions Experts](#)
- A free consultation with an Admissions Expert, who will discuss with you your background and goals, evaluate your candidacy, provide you with concrete feedback,

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

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 Director. For questions or more information, make sure to contact your Region Director or our VP of Recruitment at recruitment@amwa-premed.org.

Member Spotlight

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.

National Health Observances of Month

Cervical Cancer Awareness Month
National Glaucoma Awareness Month
Maternal Health Awareness Day

Learn more [here](#)!

and answer any questions that you might have.

[Schedule a consultation with our team here!](#)

MCAT-Prep.com

- [Extra 10% discount on the Platinum package](#)
- [15% discount on MCAT practice tests and other courses](#)
- Gold Standard Free Practice Exam 2020- the official and abbreviated! [Link to access the free test](#)

The Princeton Review

The Princeton Review is proud to offer all current AMWA members exclusive discounts on their test prep. Simply choose the program that is best for you and the discount will be added at check-out.

- Save 15% on live prep courses – discount applied at checkout.
- All members receive 10% off comprehensive one-on-one tutoring packages – discount applied at checkout. [Please login to access the full member discount information and link.](#)
- Tutor The People: \$200 discount on bulk study packages. **Discount code: AMWA200.** tutorthepeople.com

Jaanuu Scrubs

All AMWA members receive 25% off of select items.

- Please head to: <https://partners.jaanuu.com/access-partner>
- **Passcode: AMWA123**

- Please login with your work email
 - **If you already have a Jaanuu account associated with your work email please login with those credentials**
 - **If you do not have an account please create an account using your work email**
- Text embroidery will need to be manually added by selecting +Add Personalization
- Please be sure to select your home address as your order will be shipped to you directly

Follow us on social media!

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Twitter

LinkedIn

Instagram

YouTube

If you have any questions about your login or account please email grouporders@jaanuu.com

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
Premedical Division?

Email president@amwa-premed.org



American Medical Women's Association

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