



## June 2025 Premedical Division Newsletter



### Announcements

#### June Observances

Pride Month

Alzheimer's and Brain Awareness Month

Migraine and Headache Awareness Month

National Gun Violence Awareness Day (June 6th)

#### 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

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



## AMWA Book Club

The people have voted and the next book we are reading for AMWA's book club is *Being Mortal* by Atul Gawande! The meeting will take place via Zoom in August. Be sure to join the virtual book club on Fable, and email [kalieceac@gmail.com](mailto:kalieceac@gmail.com) for any questions!

[Sign up through Fable!](#)

## Upcoming Events

### AMWA Gun Violence Solutions "Changing Gun Violence: How to Advocate and Be Involved in Policy" | June 4th 7:30-8:30 PM ET

Wear Orange Weekend is coming up: June 6th-8th wear orange for National Gun Violence Awareness to honor the lives of those who have been impacted by gun violence and raise interest in finding solutions together. AMWA GVS is hosting this event for people to join and learn about it. June 6th is National Gun Violence Awareness Day and kicks off Wear Orange weekend to honor survivors, promote awareness, and create change to end gun violence.

Our guest speaker, Dr. Williams, is a trauma surgeon in Dallas, Texas, and has seen the impact of gun violence. He has been involved in advocating and creating policy to change gun violence. This event will provide an opportunity to learn how to advocate, be involved in policy change, and what running for Congress as a physician entails.

[AMWA GVS Page](#)

[Sign up to join AMWA GVS through this Google form](#)

[Link to "Wear Orange" - find an event near you](#)

[Register for the event here!](#)

programs. [bemoacademicconsulting.com](http://bemoacademicconsulting.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](http://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

## AMWA Gun Violence Solutions Working Group

Would like to invite you all to join us at our online event on  
**June 4<sup>th</sup> at 7:30 PM EST**

“Changing Gun Violence: How to advocate and be involved in policy”  
With Guest Speaker Dr. Brian Williams  
<https://brianwilliamsmd.com/>

Our guest speaker, Dr. Williams, is a trauma surgeon in Dallas, Texas, and has seen the impact of gun violence. He has been involved in advocating and creating policy to change gun violence. This event will provide an opportunity to learn how to advocate, be involved in policy change, and what running for Congress as a physician entails.



Join Us on Zoom at:

<https://www.amwa-doc.org/event/changing-gun-violence-how-to-advocate-and-be-involved-in-policy/>

[gunviolencesolutions@amwa-doc.org](mailto:gunviolencesolutions@amwa-doc.org)

## AMWA's Virtual Medical School Fair June 7th | 1-3 PM ET

[Register here!](#)

### Medical School Fair Virtual Event

June 7, 2025  
1-3 pm



[bit.ly/3EXj67kx](https://bit.ly/3EXj67kx)

Meet medical school representatives, ask questions, gain familiarity with the variety of programs available, finalize your selection.

## Premed Office Hours June 8th, July 18th, August 10th, & October 12th

[Register here!](#)

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

MEDICAL-SCHOOL

**Stressed out about medical school applications?  
Need a safe place to ask questions or get feedback?**

**Join AMWA's Premed Office Hours!**

June 8, July 18, Aug. 10, Oct. 12



bit.ly/4iIk1qk

**...we've got you covered.**

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

**Featured webinar recordings:**

[AMWA – ATS WICC Panel: Women in Pulmonary and Critical Care Medicine](#)

[United Nations ECOSOC Youth Forum: No Rights Without Access: Reproductive Health, Gender Equity, and Economic Justice](#)

[More...](#)

**Event Calendar**

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## Opportunities

**Join the Premedical Division Advocacy Committee!**

**Join here!**

**Join the Premedical Division High School Recruitment and Retention Committee!**

Applications are now open for the AMWA Premed High School Recruitment & Retention Committee! Open for all Premed students, help shape the future of medicine by supporting high school students on their premed journeys. As a committee member, you'll play a key role in expanding outreach, strengthening mentorship, and building lasting connections within our national network. Whether you're passionate about mentorship, advocacy, or simply creating more inclusive spaces in medicine, we'd love to have you on the team!

**Applications close at 11:59 PM PST, June 6**

Questions? Reach out anytime at [hsliaison@amwa-premed.org](mailto:hsliaison@amwa-premed.org)

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.

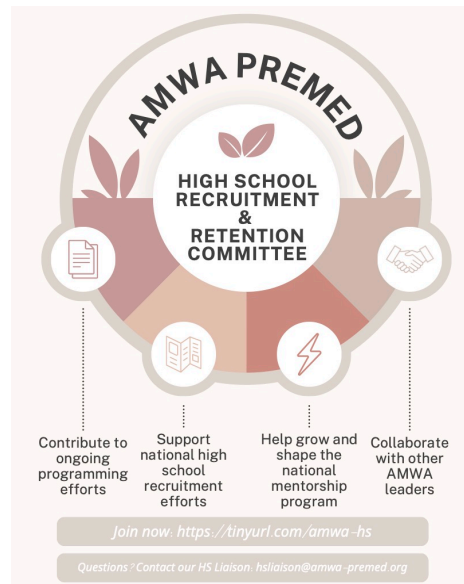
Please login to access your discount codes with Blueprint.

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



**Join here!**

## Anki Giveaway

We're partnering with Anki Remote to support your study success! Three lucky AMWA PM members will win an extended battery Anki Remote (one of each color). Simply fill out a short form explaining how Anki Remote would improve your study habits.

👉 [Enter the giveaway here](#)

Didn't win? No worries—you'll still receive a **\$15 promo code** just for entering (codes will be sent individually once sign-ups begin and names are received).

Plus, all AMWA PM members can enjoy an **ongoing \$10 discount** on Anki Remote products year-round with the promo code **AMWA10** on the Benefits Page.

## Submit a blog post!

Share Your Story on the AMWA Premed Blog! Blog submissions are now open to **all national AMWA Premed members!** Whether you're just starting your journey or deep into your pre-health path, we'd love to hear from you.

You can write about:

Your premed journey

Clinical, shadowing, or research experiences

Balancing academics and life

Women in medicine

Public health or healthcare disparities

Application/interview advice

Medical ethics or anything you're passionate about as a pre-health student!

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

## June Blog Feature:

### “Bridging the Gap: Understanding and Addressing Healthcare Disparities” by Omofolarin Debellotte

This month, AMWA PM highlights an insightful piece by Omofolarin Debellotte exploring the roots of healthcare disparities and actionable steps we can take to promote equity in medicine. A must-read for future physicians passionate about social justice in healthcare.

👉 [Read the full blog on our website.](#)

[Submit your blog here!](#)

### Mentorship Program

We are excited to continue our National Mentorship Program! Please fill out the survey to the best of your ability, so we can pair you with a medical student mentor that has matched your experiences and expectations.

[Mentorship Program Application \(For mentees\)](#)

### Premedical Branch Engagement

Engage in AMWA's mission to improve the health of women and earn valuable swag and merchandise for your branch! Partner in clinical and reproductive initiatives from May - July 2025 and rally your branch members to participate. In August, you will receive a box of AMWA swag (stickers, lapel pins, logo zip bags, logo cups, books written by AMWA members) to use for fall recruitment efforts or fundraising! Swag box valued at \$200 and Extra Swag valued at \$100 (total \$300).

[Register your branch here](#)

### Join the Reproductive Health Coalition and become a Reproductive Healthcare Coalition Fellow

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](http://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,



**REPRODUCTIVE  
HEALTH COALITION**

# NAVIGATING REPRODUCTIVE CARE CONVERSATIONS



**Our conversations on Navigating Reproductive Care are open to any of the following categories of Medical Professionals:**

Doctors • Residents/Fellows • Nurses/NPs

Medical Students • Nursing Students • Undergraduates

Public Health Advocates

## PART 1 - UPLIFTING SHARED VALUES

**REGISTER NOW**

**INCLUDES**

Virtual Training (2 hrs)

2+ Additional Trainings

Certificate issued upon completion

Qualification to join the RHC Speaker's Bureau

**INCLUDES**

Training on Messaging Techniques (2 hrs)

Virtual Trainings (1.5 hrs + 3 hrs)

Virtual Debrief (1 hr)

3+ Additional Trainings

RHC Fellowship Certificate upon completion

## PART 2 - DEMONSTRATING CARE

**REGISTER NOW**

**WANT TO DO MORE?**

**APPLY NOW TO BE A REPRODUCTIVE HEALTH COALITION FELLOW**

Complete both Part 1 and Part 2 of the training

[Click here](#) for the complete list of fellowship requirements

**Join the coalition**

## 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](#)

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**

## 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!](#)

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### Check out:

[Diversity Dialogues Podcast](#)

[AMWA News](#)

[AMWA Blog](#)

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## News

AMWA leaders attended events surrounding the [78th World Health Assembly](#) (WHA78) in Geneva, Switzerland, held under the theme “One World for Health.”

AMWA-PATH release [position statement](#) supporting the Trafficking Survivors Relief Act of 2025 (HR 1379)

AMWA joins the Regulatory Relief Coalition (RRC)'s Improving Seniors' Timely Access to Care Act (also know as the Seniors' Act).

AMWA as part of the Reproductive Health Coalition (RHC) signs onto [statement on Cuts to Medicaid](#). The RHC shares that comprehensive healthcare access through institutions such as Medicaid ensures the health, well-being, stability, and security of our nation for generations to come

AMWA as part of the Reproductive Health Coalition signs onto [statement on Title X Cuts](#). The Title X federal program provides comprehensive and confidential family planning, reproductive, and sexual health care services.

AMWA sent [letter to new CMS Administrator, Dr. Mehmet Oz](#), to advocate for addressing obesity as a chronic disease, particularly with respect to medication access. The letter shared the women’s health group / women’s leadership group sign on letter.

[AMWA's Statement](#) on Women's Health Initiative Funding Cuts

AMWA joins Coalition for Health Funding (CHF) [sign-on letter](#) to House & Senate to reject cuts to the Dept. of HHS

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  - 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

If you have any questions about your login or account please email [grouporders@jaanuu.com](mailto:grouporders@jaanuu.com)

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Cardiology Journals [Endorse](#) Reporting on Sex and Gender in Research

AMWA joins the [Maternal Health Medicaid Letter](#), urging Congress to reject Medicaid cuts.

AMWA at the [UN Commission](#) on the Status of Women

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## 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

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](mailto: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.

#### Leader Spotlight

Omofolarin "Folarin" Debellotte  
Region 2 Director



## Follow us on social media!

Facebook

Twitter

LinkedIn

Instagram

YouTube

Omofolarin "Folarin" Debellotte is a premedical student, and nurse advocate with 4 years of experience in healthcare leadership, and a graduate of NYU Tandon School of Engineering and Long Island University. Folarin made history as the first African American valedictorian of the Phillips School of Nursing at Mount Sinai Hospital—a milestone that reflects her commitment to breaking barriers in medicine. She is a PHEP Scholar at New York Medical College and a Planner Scholar at Mayo Clinic College of Medicine, furthering her dedication to medical education, research, and healthcare innovation. Folarin's clinical experience spans internal medicine, hospice and palliative care, nursing leadership, and patient advocacy, with a deep focus on addressing social determinants of health in underserved communities.

[associatedirector@amwa-doc.org](mailto:associatedirector@amwa-doc.org)



[AMWA Online Store](#)

[Amazon Smile](#)

[Donate](#)

Interested in partnering with AMWA Premedical Division?

Email [president@amwa-premed.org](mailto:president@amwa-premed.org)

As the Founder of the Partum Project, Folarin has spearheaded initiatives that provide vital resources like bill assistance, free mammograms, and low-cost medications to those in need. She also serves in multiple leadership roles within SNMA, where she helps organize panels and admissions workshops to support underrepresented students in medicine. Reflecting on her journey, Folarin shares, "AMWA has shown me the power of community, mentorship, and representation in medicine—it reminds me that no dream is too big when you have a strong support system behind you." Her advice to young women aspiring to careers in medicine is simple but powerful: "Trust your journey. Even when the path isn't straight, your resilience will carve the road forward." Through leadership, advocacy, and innovation, Folarin is committed to creating systemic change in healthcare, striving for a future where access, equity, and opportunity are realities for all.

When she's not studying or working in healthcare, Folarin loves exploring nature, visiting beaches, and believes the ocean is the ultimate reset button for the soul.