

March 2025 Premedical Division Newsletter



Announcements

Happy Women's History Month!

Annual Conference TED Talk Sign Up

At this year's annual conference, we are excited to offer the opportunity to present a TED Talk-like speech to AMWA colleagues during the Sunday (3/30) premedical student session, from 10:30 to 11:30am. The TED talks can range in topics from independent research to medicine-rooted interests. If selected, please limit your presentation to 7-10 minutes. Likewise, before submitting your application, please ensure you've registered for the 110th Annual Conference and are able to attend the presentation times. For further questions, please contact the premedical conference chairs at conference@amwa-premed.org.

The deadline to apply is Friday March 14th at 11:59pm EST.

[Sign up 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!

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



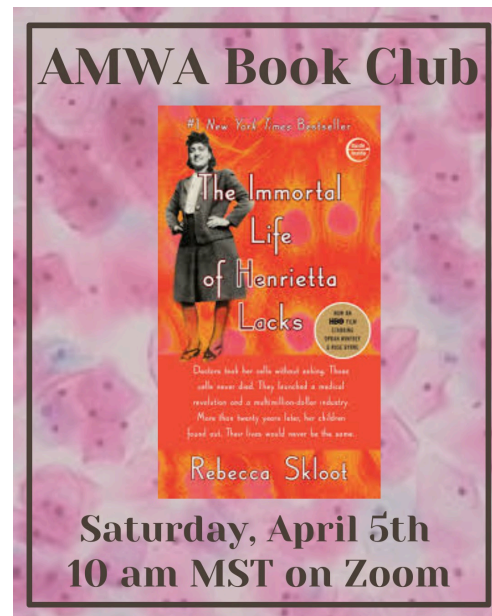
[Shop here!](#)



AMWA Book Club Live & Upcoming Meeting

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

The second meeting will be on **April 5th at 10 am MST**. They will be discussing the reading of *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. For more details be sure to join the online club on the Fable app by clicking the link below. Happy reading!



[Join here!](#)

New Medical School Taking Applications in July 2025

Roseman University's College of Medicine has *received* preliminary accreditation from the Liaison Committee on Medical Education

programs. 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

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

(LCME), and will be recruiting their first class of 60 medical students to begin July 2025.

[Read more here!](#)

Upcoming Events

Shattering Ceilings: Trailblazing Path of the First Female CEO & Executive Director of The Kaiser Permanente Medical Group

Saturday, March 15, 2024,
10:00am-11:30am PST
Zoom/Online

FREE & OPEN TO ALL!

Register at
PreMedCC.org or
scan the QR code

Dr. Maria Ansari, MD, FACC
CEO and Executive Director
Kaiser Permanente Medical Group

PreMedCC.org
AMWA
American Medical Women's Association
The Voice and Face of Women in Medicine Since 1948

zoom
MESA
Math Engineering Science Achievement

PreMedCC x AMWA

Shattering Ceilings: Trailblazing Path of the First Female CEO and Executive Director of The Permanente Medical Group

March 15, 2025 | 10-11:30 AM PST | Virtual

“Shattering Ceilings: Trailblazing Path of the First Female CEO & Executive Director of The Permanente Medical Group” is an empowering workshop designed for community college and university PreMed students. This session offers a rare glimpse into the journey of a groundbreaking leader in healthcare, Dr. Maria Ansari, MD, FACC.

As the first woman, and notably the first woman of color, to lead The Permanente Medical Group, Dr. Ansari has set an unprecedented standard in the realm of healthcare leadership. She oversees a vast healthcare system that caters to 13 million patients, managing a team of 25,000 doctors and nearly 85,000 staff. Her role at the helm of the largest physician group in the United States is not just a position but a testament to her remarkable leadership and vision in the medical field.

During the workshop, Dr. Ansari will share her insights and experiences, shedding light on the challenges and triumphs of leading a major healthcare organization. Her story is not only inspiring but also provides invaluable lessons for aspiring medical professionals about resilience, innovation, and the importance of breaking barriers in pursuit of excellence. Join us for an inspiring session that will motivate and guide you in your own journey to becoming a leader in medicine.

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

See all PreMedCC events here!



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!

Student Travel Grant Application

Additional opportunities are available for AMWA students who wish to volunteer during or before the AMWA Annual Meeting who missed the early bird registration rate. Please apply [here](#). Commitment is 6-8 hours during the Annual Meeting Weekend (you will not miss sessions - though breakout volunteers will need to stay within one breakout room for the duration of the afternoon). Recipients of this grant will receive discounted conference registration (excluding gala) of: \$238 (a substantial discount from the current AMWA student rate of \$395). Note - this rate may not include food served during the meeting but we will provide food separately if required.

Student Volunteer Travel Grant Form

AMWA is the oldest national organization dedicated to advancing women physicians and improving the health of women. This year, we celebrated our 109th anniversary. Will you donate \$109, \$10.90, or \$1090 in honor of our anniversary? Your gift will help us promote career development, mentor the next generation of leaders, and champion initiatives in women's health. Be part of our community and celebration this year.

If your chapter fundraises as a branch, list your branch name and note "premed" in the comment section. The branch that raises the most money will win a basket of AMWA merchandise and books.

Donate [here!](#)

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

Featured webinar recordings:

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

[Is Cardiology the Right Career Path for You?](#)

[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

March Advocacy Branch Presentation Toolkit

[Access here!](#)

The Premedical Division Advocacy Committee has created a presentation about the misdiagnosis of women's health issues throughout history for women's history month. Local branches are encouraged to use or adapt this presentation for a meeting in March to educate members about this stark disparity.

If you do use the presentation please take pictures at your meeting and upload them to [this form](#) so that we can feature your branch on our social media!

March Period Poverty Drive

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

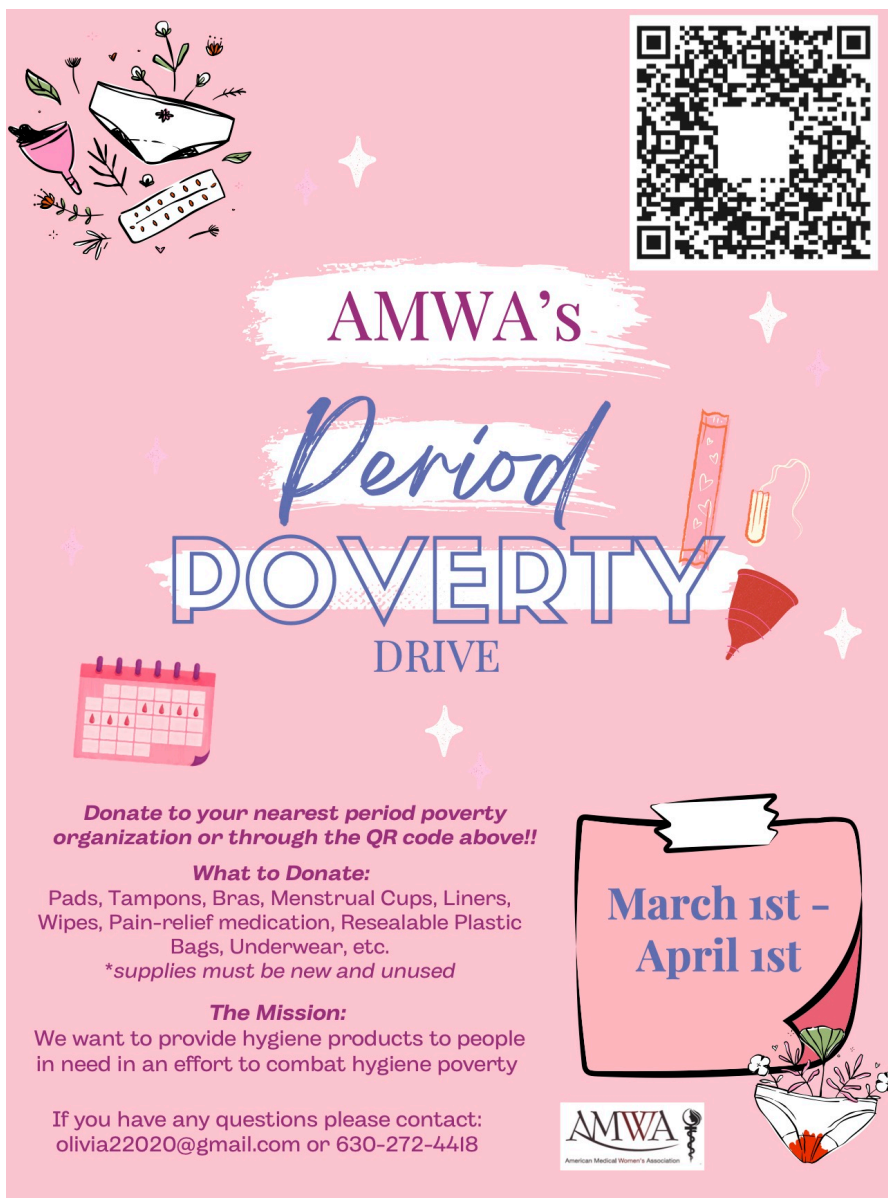
As an AMWA Premedical member, you have access to free resources regarding financial aid! Their [financial aid guide](#) focuses on taking a proactive approach to paying for college, so students can determine their financial needs, make a plan, and maximize the aid they receive through diverse (and sometimes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



AMWA's
Period
POVERTY
DRIVE

March 1st - April 1st

What to Donate:
Pads, Tampons, Bras, Menstrual Cups, Liners, Wipes, Pain-relief medication, Resealable Plastic Bags, Underwear, etc.
**supplies must be new and unused*

The Mission:
We want to provide hygiene products to people in need in an effort to combat hygiene poverty

If you have any questions please contact:
olivia22020@gmail.com or 630-272-4418

AMWA
American Medical Women's Association

Medical School Jumpstart Series

[Register here!](#)

AMWA's Premedical Division is offering a 3-Week Medical School Jumpstart Series which will comprehensively prepare students for medical school applications by connecting them with admissions counselors as well as medical students who recently went through the process. The program is designed for students at any point in their premedical career. Registration will give you on-demand access to our past Jumpstart session recordings covering topics such as the personal statement, gap years, and how to be a strong applicant. You will also gain access to our live, interactive sessions: Insights with Admissions, a Medical Student Panel (MD, DO, Caribbean), and Tips for Secondaries and Interviews.

Reproductive Health Coalition Communications Trainings and Fellowship Opportunities

[Register here!](#)

Guide to DOing Medical School Podcast

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,

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!](#)

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.

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**

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](#)

- 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

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

[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

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.

Follow us on social media!

Branch Highlight

[Facebook](#)

[Twitter](#)

[LinkedIn](#)

[Instagram](#)

[YouTube](#)

If you would like your branch featured in the next issue of the newsletter, please email [branchhighlight@amwa-premed.org](#). Please include your branch name, a brief description of your branch, and a photo of your branch members. Please also include your contact information (name, phone number, and email address) to fill out your region's monthly information forms sent by your Regional Director. For questions or more information, make sure to contact your Regional Director.

American Medical Women's Association

1100 E Woodfield Road, Suite 350
Schaumburg, IL 60173

Member Spotlight

Interested in nominating a premedical AMWA member to be featured in the next issue of the newsletter? Please email associatedirector@amwa-doc.org with your nomination.



[AMWA Online Store](#)

[Amazon Smile](#)
[Donate](#)

Interested in partnering with AMWA on all of the phenomenal work our Premedical Division members do to change the future of medicine.

Email president@amwa-premed.org

March Women's Health Observances

• National Endometriosis Awareness Month

• Colorectal Cancer Awareness Month

• National Women and Girls HIV/AIDS Awareness Day
(March 10th)

• See more [here](#)