



## May 2023 Premedical Division Newsletter

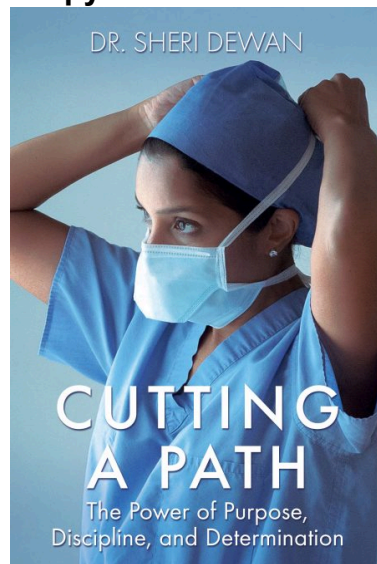


### Upcoming Events

**The Power of Purpose, Discipline, and Determination: Author  
Dr. Sheri Dewan Shares Her Journey Discussion**  
JUNE 5 | 7:00-8:00 pm ET

Register [here](#)

Order a copy of Dr. Dewan's book [here](#)



Dr. Sheri Dewan is a full-time, board-certified neurosurgeon practicing in the metro Chicago area, affiliated with Northwestern Medicine. She is one of roughly 200 board-certified women neurosurgeons in the US. She completed her neurosurgery residency at Brown University and graduate degree at Northwestern University. She is a proud board member of Women in Neurosurgery (WINS), Congress of Neurological

### Call for Premedical Division Advocacy Committee Members

Are you interested in being more involved with AMWA at the National level? Consider joining the Advocacy Committee to work directly with our leadership team and share your ideas! Reach out to [advocacy@amwa-premed.org](mailto:advocacy@amwa-premed.org) if interested!

### Order AMWA Merch!

Want to rep AMWA?  
Order a t-shirt, pin, bag,

Surgeons, & American Association of Neurological Surgeons. She specializes in spine surgery & is an advocate of Kundalini yoga for spine health.

Thanks to the AMWA Premedical Mentorship Committee for organizing this event!

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See the [Event Calendar](#) for more!

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## Opportunities

### Premedical Division Programming Committee Application

Are you interested in helping develop and maintain the AMWA Premedical Division Program?

The Program Committee will be responsible for:

- Updating the Program Toolkit, which contains program materials, among other resources, for members looking to start a branch and to support their existing branch
- Updating the Program Book, which is designed to help division members navigate various aspects of being a branch or a member
  - Updating our Be One Teach One (BOTO) Project curriculum and workshops
    - Preparing new program ideas for branches
- Committee members expectations:
  - Participation in weekly virtual meetings
- Completion of one new program (individual or group activity)

Applications are due on 06/02/23 at 11:59 PM CST!  
Please contact [programming@amwa-premed.org](mailto:programming@amwa-premed.org) with any questions.

[Click here to apply!](#)

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### New AMWA Mentoring Program

The American Medical Women's Association (AMWA) launched a [new Mentoring Program](#) for National Mentoring Month with a commitment to sustained mentorship throughout the year.

This platform provides members with a single location in which to meet, learn, share, and develop meaningful connections – and is accessible through a mobile app.

[Click here to sign up!](#)

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## Scholarships

### Membership Scholarship (Need-based fee waiver)

AMWA understands that the cost of joining professional organizations such as AMWA can be a burden when taking into consideration the cost of applying to medical school and other expenses. In an effort to be more inclusive and break down financial barriers, AMWA has created a need-based membership scholarship for students interested in joining AMWA. Recipients of the scholarship will be chosen on a rolling basis based on extenuating circumstances and personal embodiment of AMWA's goals.

[Click to learn more and apply!](#)

or more from AMWA's storefront [here!](#)

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## 2023-2024 Premedical Leadership Team

Congratulations to the newly elected leadership team!

### President

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

### Immediate Past President

Courtney Chau  
[cachau@berkeley.edu](mailto:cachau@berkeley.edu)

### President Elect

Sophia Hai  
[presidentelect@amwa-premed.org](mailto:presidentelect@amwa-premed.org)

### Vice President of Recruitment

Iris Dupanovic  
[recruitment@amwa-premed.org](mailto:recruitment@amwa-premed.org)

### Secretary

Emma Krebs  
[secretary@amwa-premed.org](mailto:secretary@amwa-premed.org)

### Treasurer

Michelle Tanumiharja  
[treasurer@amwa-premed.org](mailto:treasurer@amwa-premed.org)

### Advocacy Chair

Emma Theisen  
[advocacy@amwa-premed.org](mailto:advocacy@amwa-premed.org)

### Awards Chair

Michelle Zhao  
[awards@amwa-premed.org](mailto:awards@amwa-premed.org)

### Conference Co-Chairs

Layla Aboufares & Yara Akiel  
[conference@amwa-premed.org](mailto:conference@amwa-premed.org)

### External Relations Chair

Shrithika Logeshwaran  
[externalrelations@amwa-premed.org](mailto:externalrelations@amwa-premed.org)

[Click here to see other awards and scholarships AMWA offers!](#)

## Programs & Initiatives

### Sex and Gender Health Collaborative

AMWA Student Branches host [Ms. Diagnosed Film Screenings](#). Get involved in AMWA's [Reproductive Health Coalition](#). Learn more [here](#).

[New Fertility Program Supports Option for Women Surgery Residents](#)

[AMWA Promotes Education of Lifestyle Medicine and Food as Medicine](#)

[AMWA Joins HealthyWomen Coalition for Women's Health in Midlife](#)

### Advocacy

Support the American Women's Hospitals Service relief funds for [Pakistan](#) and [Ukraine](#) relief efforts. [AMWA AWHS partners to help Turkey and Syria](#). [Learn about AWHS](#).

[Sign the March Fourth Medical Petition to Ban Assault Weapons](#).

[AMWA commended the U.S. House of Representatives for passing life saving gun safety legislation & called on U.S. Senate to do the same](#)

[AMWA joined #KeepKidsSafe Coalition supporting Ethan's Law](#)

### Menstrual Equity. Period.

MenstrualEquity.Period is AMWA's campaign to help address period poverty at home and abroad. [Support our campaign for reusable menstrual products for girls in Suriname](#).

### Support Paid Family Leave

Contact your senators. [Support the Right to Build Families Act](#).

### Support Afghan Aid

"The need is great – but the power of humanity, even greater."  
[Hear from Afghan Women Physicians](#) (please don't post to social).

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

Updated regularly.

Check out:

[Listen to Your Patients](#)

[Diversity Dialogues Podcast](#)

[Fertility Advocacy & Seminars](#)

## 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

**Global Health Chair**  
Sneha Magesh  
[globalhealth@amwa-premed.org](mailto:globalhealth@amwa-premed.org)

**Social Media Chair**  
Jessica John  
[socialmedia@amwa-premed.org](mailto:socialmedia@amwa-premed.org)

**Program Chair**  
Alivia Hardman  
[programming@amwa-premed.org](mailto:programming@amwa-premed.org)

**Mentorship Chair**  
Adrienne Gefre  
[mentorship@amwa-premed.org](mailto:mentorship@amwa-premed.org)

**High School Liaison**  
Harshita Mongia  
[hsliasion@amwa-premed.org](mailto:hsliasion@amwa-premed.org)

**Region 1 Director**  
Mina Kaddache  
[region1@amwa-premed.org](mailto:region1@amwa-premed.org)

**Region 2 Director**  
Nede Ovbiebo  
[region2@amwa-premed.org](mailto:region2@amwa-premed.org)

**Region 3 Director**  
Ananya Bommakanti  
[region3@amwa-premed.org](mailto:region3@amwa-premed.org)

**Region 4 Director**  
Ally Koh  
[region4@amwa-premed.org](mailto:region4@amwa-premed.org)

**Region 5 Director**  
Monique Boodram  
[region5@amwa-premed.org](mailto:region5@amwa-premed.org)

**Region 6 Director**  
Asha Patel  
[region6@amwa-premed.org](mailto:region6@amwa-premed.org)

**Region 7 Director**  
Dana Shuaibi  
[region7@amwa-premed.org](mailto:region7@amwa-premed.org)

**Region 8 Director**  
Bhumika Mellachervu  
[region8@amwa-premed.org](mailto:region8@amwa-premed.org)

**Region 9 Director**  
Lillian Levy

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!

### Leader Highlight

Sophia Hai, Premedical Division President-Elect



Sophia Hai is a second-year premedical student at the University of Southern California studying a B.S. in Human Biology with a double minor in Health Care Studies and Performance Arts Studies. She joined AMWA in Fall 2021, and served in 2022-23 as the Region 2 Director for the national leadership team and the National Liaison for the USC branch. Outside of AMWA, she is a Research Assistant for Keck Medical Center's Department of Radiology as well as Emergency Medicine, she works as an EMT both on-campus and for American First Responder children's football games, and she volunteers with USC's arts and humanities initiative Visions and Voices. In her free time you'll find her drinking matcha, cooking, or watching movies! My advice to young AMWA members would be to find community in AMWA! Learning and growing with the lovely ladies of AMWA has made my premedical journey so much fun and given me a network of people to lean on throughout every step of my undergraduate career.

Fun Fact: Sophia got the opportunity to perform on a Royal Caribbean Cruise and open for a Broadway show!

[region9@amwa-premed.org](mailto:region9@amwa-premed.org)

## Member Benefits

[Premeds](#)

### Be an activist and spread awareness in May!

Observances include:  
National Physical Fitness and Sports Month  
Mental Health Awareness Month  
National Women's Health Week (May 14th-20th) and many more! Learn more [here](#).

## Follow us on social media!

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



American Medical Women's Association

[AMWA Online Store](#)

[Amazon Smile](#)

[Donate](#)

Interested in partnering with AMWA?  
Email [president@amwa-premed.org](mailto:president@amwa-premed.org)

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