



## May 2025 Premedical Division Newsletter



### Announcements

#### **New 2025-2026 Premedical Division Leadership Team**

The AMWA Premedical Division is proud to introduce the leadership team for the new term!

##### **Executive Committee**

President - Dana Shuaibi  
President-Elect - Alivia Hardman  
VP of Recruitment - Ananya Bommakanti  
Secretary - Emma Krebs  
Treasurer - Bhumika Mellachervu

##### **Committee Chairs**

Advocacy Chair - Deema Jihad  
Awards Chair - Sneha Magesh  
Conference Co-Chair - Pooja Manapat  
Conference Co-Chair - Maya Beesley  
External Relations - Natalia Maya  
Global Health - Cathleen Rabideau  
Social Media - Shanell Rollon  
Program Chair - Iris Dupanovic  
Mentorship Chair - Soumya Rai  
High School Liason - Isabella Lassalle

##### **Regional Directors**

Region 1 - Shivani Patel

### 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

Region 2 - Omofolarin Debellotte  
Region 3 - Jasmine Max  
Region 4 - Kathleen Glass  
Region 5 - Aanchal Jain  
Region 6 - Jessica John  
Region 7 - Aabha Shrestha  
Region 8 - Rebecca (Becky) Stephenson  
Region 9 - Kaliece Carter

## 2025-2026 AMWA Leadership

## Recap of AMWA's 110th Annual Meeting & Access Recordings

## Post-Conference Survey for Attendees

### Heritage Month Highlights

May is Asian American and Pacific Islander (AAPI) Heritage Month and Jewish American Heritage Month!

In honor of AAPI and Jewish American Heritage Month, we want to spotlight the voices and experiences of our community members. If you identify as Asian American, Pacific Islander, or Jewish American, we'd love to hear your story!

Fill out this Google Form for a chance to be **featured on our social media throughout the month**. Whether it's a personal tradition, a reflection on your identity, or a story that shaped you, we welcome anything you'd like to share.

### May Observances

- Women's Health Month
- Mental Health Awareness Month
- Period Poverty Awareness Week (May 12th-18th)

### 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!



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

Shop here!



### Support Gender Equity with Mystery Packages

The Gender Equity Task Force, a committee of the American Medical Women's Association, is currently selling mystery bags to raise funds for various gender equity initiatives including research, grants and other efforts. They have a wealth of donated items that they are using to create mystery packages to sell for donations. The bags will come in three options-- \$10, \$20 and \$50 options. Some of the items that are in the packages are stickers, pens, jewelry, aromatherapy beads, fun enamel pens and more! As these items were donated, 100% of the proceeds raised will contribute to gender equity initiatives.

Purchase a mystery bag here!

### AMWA Book Club

Did you know AMWA created a book club geared to those interested in a career in medicine? The club will read and discuss issues of medical ethics, the culture of medicine, patients' interactions with medical professionals, and much more.

Sign up through Fable!

## Upcoming Events

### Screening of *At Your Cervix* for Sexual Assault Awareness and Prevention Week extended through May 4th

*At Your Cervix* is a groundbreaking film that exposes the often-overlooked practice of performing pelvic exams for medical education on unconscious patients without their consent. The documentary not only sheds light on this unethical training method but also presents empowering solutions to revolutionize how pelvic exams are taught in medical schools and clinics across the country.

[Dr. Lila Wallis](#), who served as AMWA president from 1988 to 1989, was instrumental in developing ethical approaches to gynecological education. In 1979, she established the Teaching Associates Program at New York Hospital-Cornell Medical Center, which involved trained individuals guiding medical students to perform pelvic and breast exams

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**

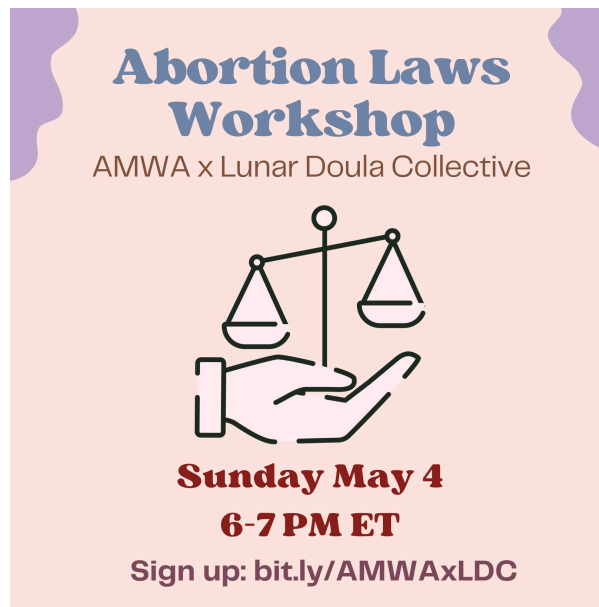
- Free 30 minute consultation
- Access to webinars, workshops, & virtual guest speakers throughout the year
- Access to the MedSchoolCoach Student Resource Center: <https://partners.medschoolcoach.com/amwa>

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

### Blueprint MCAT Prep

sensitively and painlessly. This method became the nationally accepted model in medical schools throughout the United States. !

[Screen the film here!](#)



### **AMWA x Lunar Doula Collective 4 Week Virtual Workshop Series: Reproductive Health & Justice**

AMWA is partnering with the Lunar Doula Collective for a 4-part virtual workshop series on reproductive care, abortion, and pregnancy loss—topics that are often missing from traditional pre-health and medical school curricula. This is an opportunity to explore important topics in reproductive justice, increase your knowledge, and engage in meaningful conversations!

The final workshop of the series will be on **Sunday, May 4th from 6-7 PM ET!**

Recordings will be made available to LDC and AMWA members!

[Register for the AMWA x LDC workshops here!](#)

**Reproductive Health Coalition - Navigating Reproductive Care Conversations Part 2 Training: Demonstrating Care (2-part training: May 13th, 8-9:30 PM ET & May 17th, 12-4 PM ET)**

[Register for the Reproductive Health Coalition trainings here!](#)

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

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

**Register here!**



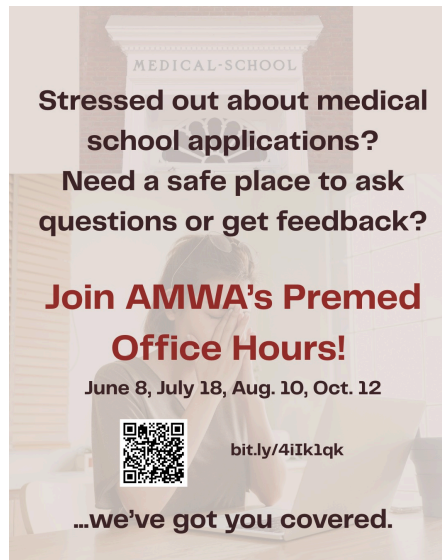
**Medical School Fair**  
**Virtual Event**  
June 7, 2025  
1-3 pm

 [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!**



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](https://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](#)

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

[More...](#)

## Event Calendar

## Opportunities

### 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!

### 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 Gun Violence Solutions Working Group

Goals and Values:

- Advocate for gun violence solutions

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,

- Educate the community about gun violence prevention
- Evaluate gun violence prevention evidence-based policies and practices

Listen to the podcast and hear people's stories on YouTube and Spotify @AMWAGVS "Unloading: Community Solutions for Gun Violence" where they illuminate diverse perspectives across the country about personal experiences with and solutions to the epidemic of gun violence.

Contact the group via email at [gunviolencesolutions@amwa-doc.org](mailto:gunviolencesolutions@amwa-doc.org) or fill out the Google form to sign up as a member or to share your own experiences or research about gun violence. Tell them about yourself and share your goals in how you want to work with us so we can make an impact to better the lives of our children, patients, and providers.

**AMWA Gun Violence Solutions Working Group**

Our goal is to educate people about gun violence prevention, advocate for gun violence solutions, and evaluate gun violence prevention evidence-based policies and practices.

Meeting date and time:  
First Thursday of every month at 8pm EST

Join Our Efforts today!

Our podcast, "Unloading: Community Solutions for Gun Violence", illuminates diverse perspectives across the country about personal experiences with and solutions to the epidemic of gun violence

Listen In Here!

AMWA  
American Medical Women's Association

**Join the Gun Violence Solutions Working Group**

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

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](http://tutorthepeople.com)

### Jaanuu Scrubs

All AMWA members receive 25% off of select items.

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

**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

### INCLUDES

## PART 1 - UPLIFTING SHARED VALUES

**REGISTER NOW**

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](#)

- 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](mailto:grouporders@jaanuu.com)

## 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'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

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

Maya Beesley  
Conference Co-Chair



Maya Beesley is currently a Research Assistant in the Matsui Lab at UT Austin's Dell Medical School in the Department of Population Health. She is in her gap year after graduating from the University of Denver in March of 2024 with a B.S. in Biochemistry with minors in Critical Race & Ethnic Studies, Biological Sciences, and Human Health Sciences and Systems. During her undergraduate studies, Maya served on the executive board of the DU AMWA branch, holding the positions of VP of Administration and VP of Social Media. She also worked in a laboratory at National Jewish Health, analyzing sex differences in pulmonary hypertension, and taught as an **Follow us on social media!** Teaching Assistant.

Facebook

Twitter

LinkedIn

Instagram

YouTube

Gender Health Collaborative (SGHC) Factsheet Committee. Her involvement, commitment, and dedication to AMWA as an organization have been instrumental in shaping the type of physician-scientist she hopes to be. She aims to continue researching sex and gender differences, as well as other women's health topics, while inspiring the next generation of women in healthcare and research. Her best piece of advice to young women is to be confident in yourself and in your experiences and not to be afraid to reach out to potential mentors in your sphere.

**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)

Interested in partnering with AMWA

Premedical Division?

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



American Medical Women's Association

[AMWA Online Store](#)

[Amazon Smile](#)

[Donate](#)

Full featured mixtape, growing from the street from the rapper Trey Songz!