



December 2025 Premedical Division Newsletter



Announcements

December Observances

[National Influenza Vaccination Week \(December 4-8\)](#)

[World AIDS Day \(December 1\)](#)

Read more [here!](#)

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

CramBetter

Need help with your undergrad math and science classes?

AMWA has partnered with CramBetter, a 24/7 online tutoring service for college physics, general chemistry, organic chemistry, and math classes from precalculus to calculus 3.

CramBetter provides study guides and practice exams that are focused only on the material that's likely to show up on exams, and their professional tutors explain all the topics covered in class in simple terms, without the academic jargon. If you want your med school application to be competitive, getting good grades in your undergraduate classes is a must. CramBetter has an excellent track record of



AMWA Book Club

Be sure to join the club on Fable for updates and online discussions!

Sign up through Fable!

Upcoming Events



AMWA Premedical Division Region 1 Conference | Call for Abstracts

This year's **AMWA Region 1 Conference** will include a **Premedical and Medical Student Research Symposium**, providing an opportunity for students across the region to showcase their scholarly work. The symposium will feature **poster presentations** for both premedical and medical students, with alternating sessions built into the conference schedule to ensure high engagement and visibility for all presenters.

Deadline: December 21, 2025

Abstract Guidelines & Submission Information

AMWA Premedical Division MCAT & Medical School Application Workshop Series

January: Letters of Recommendation Workshop

February: Personal Statement Workshop

March: Medical School Application Workshop

improving student GPAs, especially for premed students on their way to medical school. All AMWA members can receive an exclusive CramBetter discount, just log into the Member Portal and select Member Benefits.

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 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.

August: Interview Preparation Workshop AMWA

National membership is required to attend and access all workshop perks. We hope you'll join us, for an incredible opportunity to strengthen your MCAT preparation and potentially receive one of the most comprehensive premed support programs available.

[Register here!](#)

Reproductive Health Training | Offered bi-monthly until April 2026

In the current climate, conversations around reproductive health are more complex and more important than ever. Unfortunately, this isn't something we often get to learn about in the classroom. That's why

AMWA is offering a ***virtual training tomorrow*** as part of the [Reproductive Health Coalition](#), a network working to protect access to reproductive care. This session will give you tips for having more empathic conversations around reproductive care. Whether you're a medical student, premedical student, or simply care about reproductive justice—this training will help you learn about patient-centered care!

[Register here!](#)

On demand training focuses on finding common ground, even when views on reproductive care differ. You can take this before or after the live session.

[Access on demand training](#)

Want to do more?

AMWA has launched a national campaign to ***raise awareness of sex and gender differences in healthcare***, which are often overlooked in medical education. Here's how you can help:

Visit the [Osteoporosis Hub](#) and complete the 1-minute feedback
Visit the [Brain Health Hub](#) and complete the 1-minute feedback
Visit the [Women & Rare Disease Hub](#) and complete the 1-minute feedback

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

Featured webinar recordings:

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

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 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).

[More...](#)

Event Calendar

Opportunities

Free Fall/Winter Incentive Swag Boxes for AMWA Branches

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 through December 2025 and rally your branch members to participate. After registering, 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). Additional Instructions will emailed after completing the form below.

Register your branch here!

Read more information here

Fundraising Opportunity for AMWA Branches

For each physician member before the end of the year, earn \$40 cash for your branch!

Register your branch here!

NEXT MEETING TIME:
TUESDAY, JANUARY 13 AT 8 PM ET



JOIN THE DOMESTIC
VIOLENCE PREVENTION
WORKING GROUP

Work on advocacy, education, and research projects that support survivors!

JOIN HERE TODAY:



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

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

Join the Domestic Violence Committee | Next Meeting

Tuesday, January 13th, 2026 at 8:00 PM

Scan the QR codes to join and for more information!



Join the Non-Trad Committee

Scan the QR code for more information!

AMWA Internship

Have 4-6 weeks to work on an AMWA project? Timing is flexible. It's a great opportunity to network with others and engage in interesting projects. Our internship program has been the launching pad for many leaders in AMWA!

Apply now!

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](https://pixorize.com) turns the most complex facts covered on the MCAT and USMLE Step 1 exams into easy-to-remember 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.



Join the Premedical Division Program Committee!

Want to help build national AMWA Premedical resources? Join the Premedical Program Committee to help create new initiatives like wellness programs, workshops, and branch toolkits.

What to expect:

- Be a national member & attend bi-weekly meetings
 - Collaborate on 1 program/resource by March 2025
- Questions? Reach out to programming@amwa-premed.org

Join here!

Join the Premedical Division Advocacy Committee!

Join here!

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!

👉 Read blogs on our [website](#).

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 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**

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)

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



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.

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, 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](#)

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](#)

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

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

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

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

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.

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.

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



AMWA Premedical Division Leader Spotlight

Tia Reformato-Santoro, Advocacy Chair

Tia Reformato-Santoro is a first-generation Italian American student studying Behavioral Neuroscience with a minor in Chemistry at Florida State University. She currently serves as President of the FSU Undergraduate Chapter of AMWA and was recently appointed as the National AMWA Premedical Advocacy Chair. This role has strengthened her commitment to championing women's health, equity, and representation in medicine. Tia is also an FSU University Ambassador, a STEM educator through the FSU-Teach Program, and a medical assistant in cardiothoracic surgery and emergency care. Across these roles, she has dedicated herself to cultivating welcoming, empowering spaces for women in medicine, drawing inspiration from the community and mentorship AMWA has provided her. Growing up, Tia rarely saw

women, especially first-generation students, centered in conversations about medicine. This absence fueled her passion for mentorship and early outreach, and it continues to shape her vision for advocacy. She is ensuring that women feel supported, encouraged to pursue opportunities they may never have been told were possible. Her message to young women is one she returns to often: "Some of us are the 'tomorrow' girl who doesn't realize she belongs in medicine yet. My job is to make sure she hears that she can. Through leadership, Tia strives to show future generations that their backgrounds are not barriers, but powerful foundations that can empower them to lead with authenticity and purpose."

American Medical Women's Association

1100 E Woodfield Road, Suite 350

Schaumburg, IL 60173

(847) 517-2801

associatedirector@amwa-doc.org

Fun Fact: In 2022, Tia had the chance to perform as a singer at Carnegie Hall in New York City.

Interested in partnering with AMWA Premedical Division?

Email president@amwa-premed.org

Follow us on social media!

Facebook

Twitter

LinkedIn

Instagram

YouTube



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[Amazon Smile](#)

[Donate](#)