

Dec 2020 / Jan 2021

VOL. 3

THE CHECK UP

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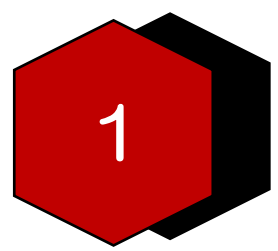
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Welcome to the official MAPS Newsletter!

The Check Up is where you can be in the know of all that has been going on in MAPS! All of the events from the past month can be found here as well as other information that you may be of interest to you.

Events



Game Knight

12/1 & 1/19 @7pm

Game knights occur every other Tuesday each month and for the months of December and January, MAPS hosted two where we played Super Smash Bros on the Nintendo Switch and Among Us! Different games will be played in the following months so be sure to join us for the next one!



Study Knights

Every Thursday @6-7pm

MAPS Study Knights are every Thursday from 6pm-7pm. This is the place to be if you need help in a class or just some company while you study. We play Jackbox on the 4th Thursday of every month so mark your calendar!

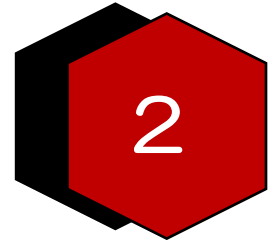
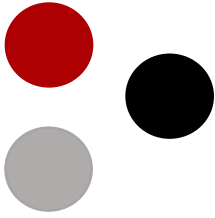


Movie Knight

12/12 & 1/23 @7pm

MAPS often host virtual socials for our members to get together. This month we watched *How the Grinch Stole Christmas* for the holiday season! Another Movie Knight was also hosted after break where we watched *Footloose*. Stay tuned for next month's because you don't want to miss it. Friends are always welcome!





A Gift for Teaching 12/15 & 1/28 @1pm

MAPS host many volunteering opportunities throughout the semester. For the month of December, our members volunteered with A Gift for Teaching. Additionally, in January we also had some members volunteer at Second Harvest Food Bank. There is never a shortage of volunteer opportunities as a MAPS member!

Career Panel

1/30 @2-4pm

This month MAPS hosted the first career panel of the spring semester. A handful of doctors with different specialties were invited to share their experiences as well as answer all of the audience's questions during our Q&A session!



JAN. 30, 2021
2pm-4pm



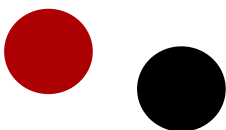
DR. RELIN YANG, MD
SHE IS AN ANESTHESIOLOGIST AND CRITICAL CARE INTENSIVIST. SHE RECEIVED HER MD DEGREE FROM MILLER SCHOOL OF MEDICINE IN MIAMI, FL. SHE ALSO HAS A MASTERS IN MEDICAL SERVICES AND A MPH IN HEALTH SERVICES FROM BOSTON UNIVERSITY.



DR. ALINA GONZALEZ-MAYO, MD
SHE IS A PSYCHIATRIST WITH OVER 20 YEARS OF EXPERIENCE. SHE RECEIVED HER BACHELORS DEGREE IN HISTORY IN UNIVERSITY OF MIAMI AND HER MEDICAL DEGREE FROM UNIVERSIDAD AUTONOMA DE GUADALAJARA IN MEXICO.



DR. TERRI H. FINKEL, MD, PHD
SHE IS A PEDIATRIC RHEUMATOLOGIST AND IMMUNOLOGIST. SHE RECEIVED HER PHD DEGREE IN BIOCHEMISTRY/BIOPHYSICS FROM STANFORD UNIVERSITY, AS WELL AS HER MEDICAL DEGREE





Productivity Tips



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After having a month-long break from classes, it can sometimes be difficult to get back into the groove of things. For that reason, we decided to give a few tips to help you start the semester on the right foot!



- Set deadlines for all the assignments due for the week
 - Include times you will get them done & study days for exams
- Break down overwhelming assignments into smaller, more manageable steps
 - For example, if you have a paper due next week, start working on the thesis today, outline your paper tomorrow, find reliable sources following day, etc.



- Assign work times for when you are most productive
 - i.e.: morning, evening, after a meal, etc.
 - Not everyone can work for 2 hours straight with a 10-minute break in between. If you thrive better by working for an hour and taking a break for an hour, that is totally fine! Plan ahead and make a schedule for whatever works best for you

- Put your phone and other distractions in a different room so you can focus for longer periods of time



- Take breaks!
 - Your brain is not meant to work nonstop. Try to fill your days with a good balance of things that you *need* to do with things that you *want* to do

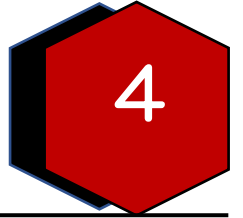


- Give yourself a reward after you finish all of your tasks
 - This could be ordering takeout at your favorite restaurant or watching a few episodes of your favorite show

- Always prioritize your health
 - You are more important than your grades. If you notice a decline in your mental or physical health, make sure to prioritize yourself because everything else can wait



Miss an event? No worries! Follow us on our social media platforms so you don't miss the next one!



@mapsatucf
@ucfmsas

Stay
connected
with MAPS!



Thank you
for coming to
this month's
Check up!

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How To
Become A
Member?



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BECOME

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TODAY!