

Feb 2021

VOL. 4

THE CHECK UP

IN THIS ISSUE

Events P. 1-4

Health on A Budget
P. 5-6

Black History Facts
P. 7-8

MSAS Recap
P. 9-10

Social Media
P. 11

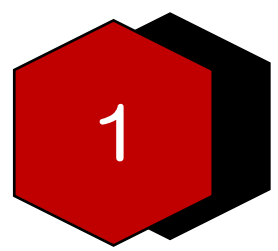
Become A Member
P. 12



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

2/3 & 2/21 @7pm

Game knights occurred twice this month where we played Scribble.io! It is a fun drawing guessing game where we got to show our creative sides in some friendly competition. 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!



Volunteering Events

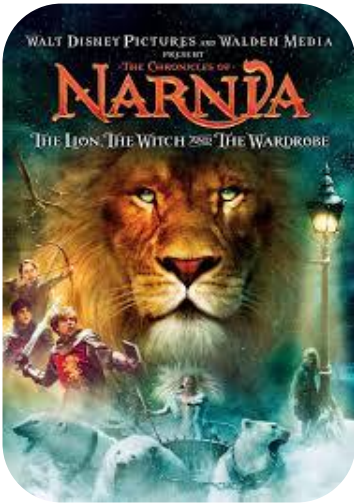
2/9 @9am & 2/18 @1pm

MAPS host many volunteering opportunities throughout the semester. For the month of February, our members volunteered with United Against Poverty and Second Harvest Food Bank. There is never a shortage of volunteer opportunities as a MAPS member!



Movie Knight

2/7 @7:30pm & 2/26 @6:30pm



MAPS often host virtual socials for our members to get together. This month we had a fun Valentine's Day movie knight earlier in the month as well as *Narnia* towards the end of the month! Both movies were great opportunities to get together and relax. Stay tuned for next month's because you don't want to miss it. Friends are always welcome!

Friend Matching 2/12 @7pm

One of the goals of MAPS is to foster a supportive, familial environment for everyone who joins. So, in the spirit of love, MAPS hosted a virtual friend matching event where our members had the opportunity to get to know each other better! It was a fun event that allowed everyone to leave with a few new friends!



blueprint

— MCAT preparation —

Medical School Application Webinar

2/15 @7pm

This month MAPS offered our members an opportunity to take part in a free webinar brought to us by Blueprint!

It was a very informative meeting where we learned more about the medical school application process as well as common mistakes to avoid when we apply.



Black History Month Poetry Reading

2/19 @6pm

In celebration of Black History Month, MAPS hosted a virtual poetry reading where our members picked out their favorite poems by black poets and shared it with everyone! It was a really nice event that highlighted just a few of the amazing black poets we know and love.



Medical School Application Symposium

2/20 @9am-5am

This month was the annual Medical School Application Symposium (MSAS)! This event is a hallmark for medical students at UCF because dozens of medical schools from all across the country were invited to speak about their schools and answer any questions that the audience had. Page 9 contains more information about the event in case you missed it!



February 20th, 2021
9 AM - 5 PM
www.ucfmsas.org

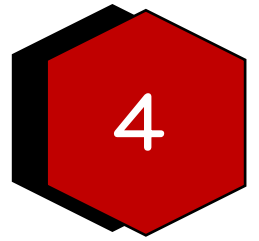


Basic EKG Certificate Course

2/21 @9am

There are many opportunities that are available to you as a MAPS member. This month, a basic EKG course was offered to our members where they were able to earn an EKG certificate!





Career Panel

2/27 @2-4pm

This month MAPS hosted the second career panel of the spring semester. A psychiatrist and pathologist were invited to share their experiences as well as answer all of the audience's questions during our Q&A session! Career panels are hosted every month, so you don't want to miss the next one.

CAREER PANEL
FEBRUARY 27, 2021
2P-4P

MARTIN M. KLAPHEKE, M.D.
SPECIALTY: PSYCHIATRY
A psychiatry residency director who got his Bachelor's in Zoology from Duke University with summa cum laude honors and medical degree from Univ. of Kentucky with distinction.

DIANE D. DAVEY, M.D.
SPECIALTY: PATHOLOGY
An assistant dean and professor of pathology who got her Bachelor's degree from Cornell and medical degree from Washington University, St. Louis.

Black History Month Jeopardy

2/27 @6pm

To keep the celebration of Black History Month going, MAPS hosted a Black History Month themed Jeopardy. During this event, our members had fun testing their knowledge on historical events seen today and back in the day!

BLACK HISTORY MONTH JEOPARDY!

★★★★★
Saturday
February 27th
6pm

Phlebotomy Certificate Course

2/28 @9am

In addition to the EKG course that was offered earlier this month, MAPS also provided our members an opportunity to take a phlebotomy certificate course! Stay on the lookout for more great opportunities coming soon.

PHLEBOTOMY CERTIFICATE COURSE

Sunday February 28, 2021
9a-4p
Virtually through Zoom

\$150
Payment link in bio+website
Deadline: Saturday February 27 @12p



Health on A Budget!

Tips and Tricks for Health on a Budget:

- 1) If you live on campus, invest in a mini fridge and microwave. (Use the common area stove and kitchen instead of the meal plan)
- 2) Shop bulk and keep track of sales! (BOGO, 2 for 5, etc)
- 3) Plan Ahead (cook extra food for leftovers and meal prep)
- 4) Eat before you go shopping (do not shop on an empty stomach)
- 5) Stick to your list!

A Cheap and Healthy Meal

Breakfast Edition: Banana Pancakes!



Only 3 Ingredients!

1 serving

Ingredients :

- 1) 1 banana
- 2) 1 large egg
- 3) Nonstick cooking spray

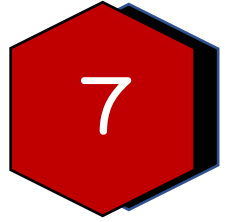


Directions:

- 1) Preheat stove on medium heat and spray pan with nonstick cooking spray
- 2) Crack the egg into bowl and add banana. Mash the banana and mix thoroughly with the egg
- 3) Pour into pan and heat until bubbles form and then flip.
- 4) Serve with syrup or butter

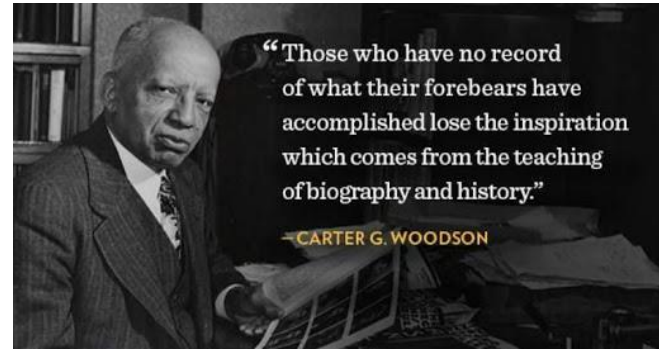
*hint: add a dash of vanilla for extra sweetness

If you want to add any other fruit (blueberries, cut up strawberries, etc.) add it in after mashing the banana



Black History Facts!

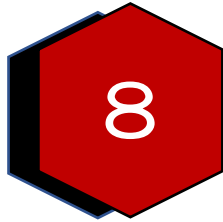
Black History Month was created by Carter G. Woodson who was an African American writer and historian. After W.E.B. Du Bois, he was the second African American to receive a doctorate from Harvard. He is also known as the “Father of Black History.”



Marsai Martin currently holds the title as youngest Hollywood executive producer at 15 years old. She was an executive producer for the comedy film *Little*, however, she is most known for her role as Diane Johnson in the comedy series *Black-ish*.

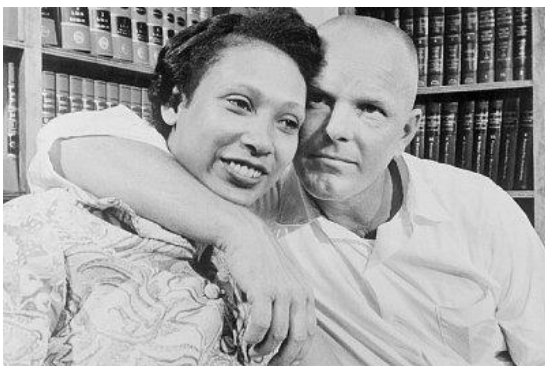
The most famous lines in Martin Luther King Jr.’s “I Have A Dream” speech was improvised! Although MLK worked on his speech the night before with many advisors, the most highlighted part that helped transform his speech into being known as one of the greatest speeches of American History was when he was truly speaking from the heart.





The real Betty Boop was actually inspired by a Black jazz singer from Harlem named Ester Jones! Also known as Baby Ester, Jones used “boops” and other scat sounds as a trademark in her performances.

Oprah Winfrey became the first African American to become a billionaire AND own and produce her own show. Born in a poor, urban neighborhood, her net worth now is estimated at 2.7 billion USD and is still growing!



Loving Day marks the celebration of the Supreme Court's decision to finally legalize interracial marriage in 1967! This picture here shows Richard and Mildred Loving who fought for the rights to be together.



Not able to attend MSAS? Don't fret! Here are some general takeaways to remember when

applying to medical schools:

LOR: Professors, doctors, mentors, etc who can vouch for you are extremely impactful

MCAT/GPA: Helps show if you can handle the rigor of med school

Community service: Med schools want to see how you give back to your community

Shadowing: Med schools want to make sure you know what you're getting yourself into

Medical schools choose applicants by using a holistic approach which is just a fancy word for saying that they want to know all the different aspects of who you are. The 8 major categories that they look for (in no particular order) is: shadowing, research, life experience, MCAT/GPA, community service, leadership, honors/accolades, and letters of recommendation

Research: Many med schools emphasize research and want applicants who show an interest in that

Life experience: They want to know the kind of experiences that shaped the person you are today

Honors/Accolades: Med schools want to see if you've received any academic achievements that make you stand out

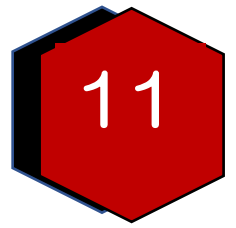
Leadership: Doctors need to have leadership capabilities & med schools want to see how you show leadership

Do activities that you enjoy doing not what you think medical schools would like better!

Personal statement should be why you want to be a physician not why you're equipped or trying to sell yourself.

Apply AS SOON AS POSSIBLE!!! The application pool isn't as big if you submit your application early which increases your chances of getting accepted!

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!

[Join Our GroupMe!](#)






How To Become A Member?



12



[https://www.
mapsatucf.
org/member](https://www.mapsatucf.org/member)

i
s
i
t



BECOME

A

MEMBER

TODAY!