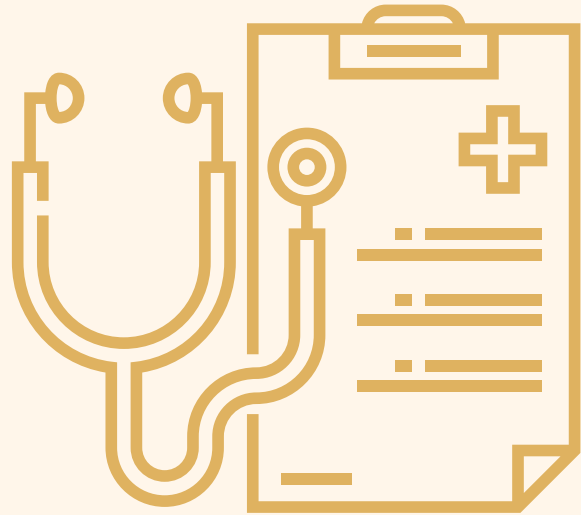


FEBRUARY 2022

VOL. 9

THE CHECK UP



THE OFFICIAL MAPS NEWSLETTER!

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FEBRUARY EVENTS



GENERAL BODY MEETINGS

MAPS' general body meetings occur bi-weekly on Wednesdays and give our members an idea of what events they can look forward to for the month. There may also be giveaways of vintage club merchandise or MCAT materials! The next GBM is March 16th at 5:30. See you there!

FIELD OF ORIGAMI

Participants enjoyed crafting origami flowers, stems, bouquets, and hearts at this event! Completed flowers were sold to support our Knight-Thon and Relay for Life teams.



STUDY KNIGHT

MAPS hosts Study Knights every Thursday from 6pm - 8pm in BA 2 Room 207. This is the place to be if you want a study buddy, help with any homework, or if you would just like to make new friends! We hope to see you at the next one!



GALENTINE'S DAY

Students celebrated an early Valentine's Day by meeting other club members and participating in activities. Attendants also received goodie bags!



GAME KNIGHT

Attendees enjoyed an evening with other club members over board games! Herd Mentality was the main game of the night, prompting attendees to get to know each other by sharing opinions.

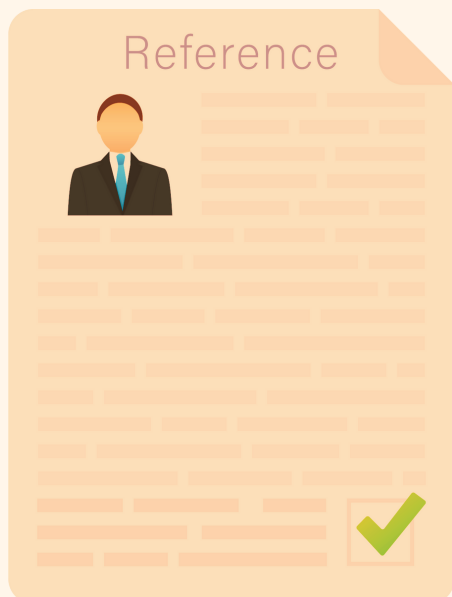


JUST DANCE NIGHT

Attendees had a blast while playing Just Dance together! As some dance, others sang along to the tunes of the night.



LETTER OF RECOMMENDATIONS 101



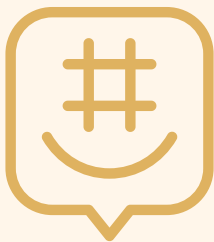
MAPS member attendees heard from the pre-health advisor Chauntrice Riley-Stanford about how they can obtain a strong letter of recommendation. Advice covered included establishing relationships with faculty, suggestions on who to receive letters from, and how to solicit letters of recommendation.

STAY CONNECTED!

Miss an event? No worries! We are most active on these platforms so keep up with us here so you don't miss the next one!



[@mapsatucf](#)



[GroupMe](#)

EXTRACURRICULARS

By medical school applications, is best to have:

- Above 200 clinical volunteering hours
 - Paid clinical experiences may be an effective substitute
- 40-100 shadowing hours
- Above 100 non-clinical volunteering hours
- Over 1 year of experience in a research setting,
 - Especially appealing to conduct an independent research project
- 3 or more leadership experiences with each lasting at least 1 year
- No matter how you choose to reach these benchmarks, remember that medical schools most want to see what you're passionate about! Volunteer for a cause you find interesting or find a way to integrate a hobby into your application!

CAREER SPOTLIGHT

OPTOMETRY

Optometrists examine, diagnose, and treat diseases of the eye and visual system. They may prescribe medications, assist patients with glasses and contact lenses, perform surgical procedures, and provide vision therapy.

Optometrists may find employment in a range of situations, including hospitals, independent offices, retail optical settings, research, and the military. Their average weekly workload is under 40 hours, though they may choose to work more or less than this amount.

An optometrist requires strong interpersonal skills, proficiency in multitasking, compassion, an eye for detail, and patience.

Aspiring optometrists must complete their bachelor's (in most cases) and pass the Optometry Admission Test (OAT) before admission to a program. Rather than applying to medical school, optometry students apply to a four-year Doctor of Optometry program. The student will take the National Board of Examiners in Optometry exam at the end of their coursework and should seek a license for the state they wish to practice in.

Subspecialties in optometry are an evolving field. Current recognized specialties include cornea and external disease, glaucoma, neuro-ophthalmic disorders, and vitreoretinal diseases. These require a two year clinical fellowship and successful completion of a specialty examination. Less mainstream specialties include family optometry, pediatric optometry, low vision optometry, geriatric optometry, and behavioral optometry.

MEMBER OF THE MONTH

Congratulations to our member of the month:

Akhila Darmarla!



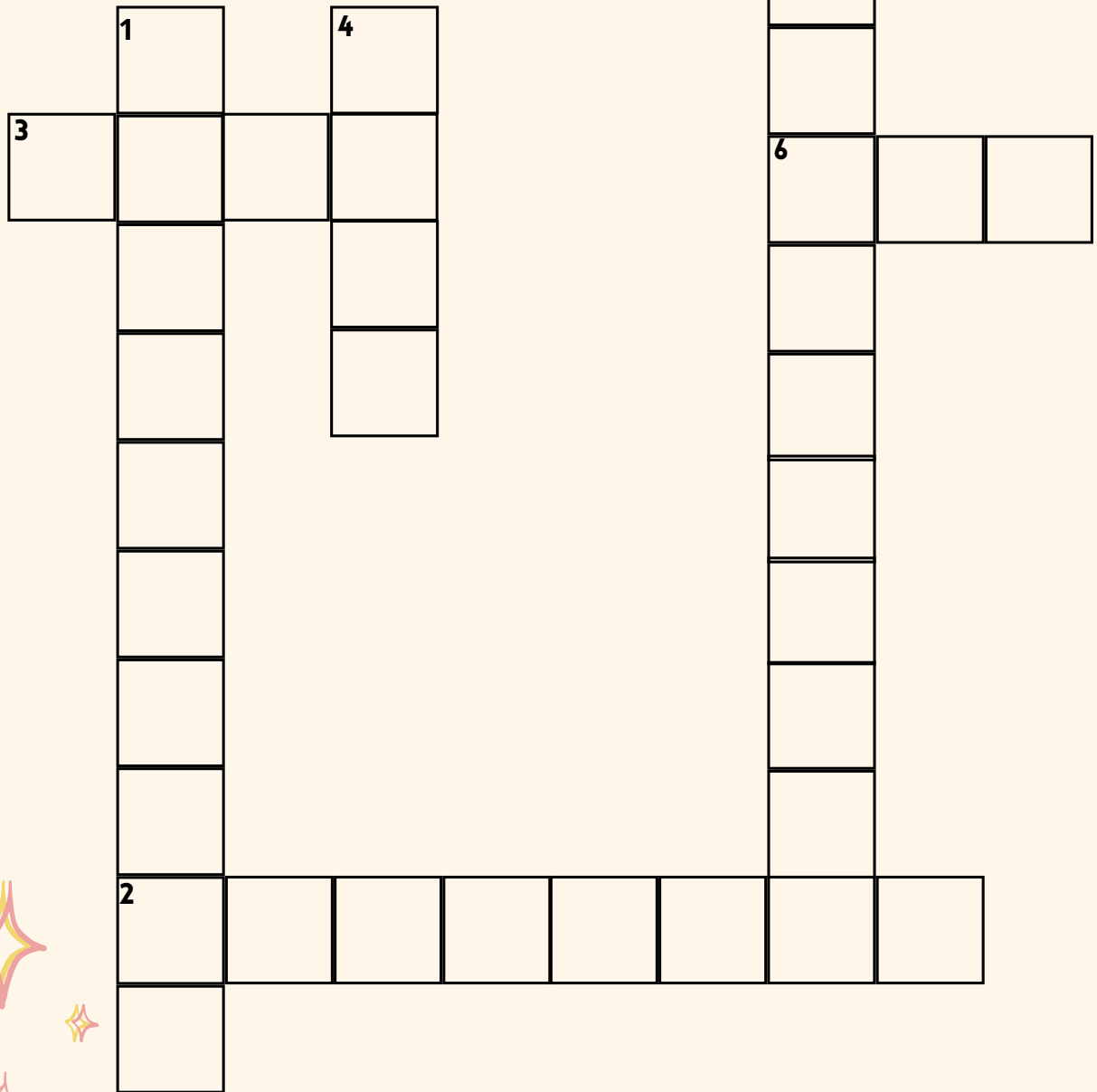
Akhila is MAPS' Health Outreach director. She is a current freshman and biomedical sciences major. In her free time, she loves enjoys doing her make-up and playing tennis. She's excited to see what MAPS has in store for our upcoming March Madness Mondays.

Congratulations, Akhila!

EMAIL

MAPS.SECRETARYUCF@GMAIL.COM

THE COMPLETED PUZZLE. YOU GET
1 POINT FOR EVERY QUESTION
YOU ANSWER CORRECTLY!



1. What annual MAPS event is taking place March 22?
2. What is the name of the Newsletter Editor of MAPS?
3. We recently raffled up to \$2,000 worth of credit to where?
4. How many committees are available for members to join at MAPS?
5. What does the "M" in "MAPS" stand for?
6. What certification are we currently offering that lasts 2 years?

THANK YOU FOR CHECKING UP WITH US!



Interested in submitting your ideas to The Check Up? Need advice on a specific situation?

See next page.

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