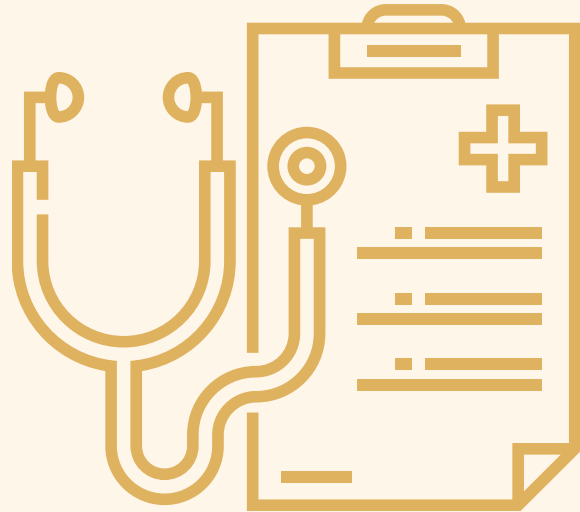


JANUARY 2023

VOL. 12

# THE CHECK UP



## THE OFFICIAL MAPS NEWSLETTER!

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# JANUARY EVENTS: A RECAP

## GENERAL BODY MEETINGS

MAPS' general body meetings occur bi-weekly on Wednesdays at 5:30 pm.

GBMs inform our members about upcoming events and allow them to hear from different speakers. They can also include giveaways of vintage club merchandise or MCAT materials!



## STUDY KNIGHTS

Study Knights allow members to spend an evening studying and being productive in a welcoming environment! This semester, Study Knights will be held after our GBMs, so keep an eye out for them!



## ICE CREAM SOCIAL

At this first social of the semester, members had the chance to catch up after break over ice cream!



## INTRO TO DIVERSITY IN DERMATOLOGY AND MEDICINE

Marie Vu, a fourth year medical school spent the evening discussing her medical school journey, dermatology, and diversity in the medical field.



# UPCOMING EVENTS

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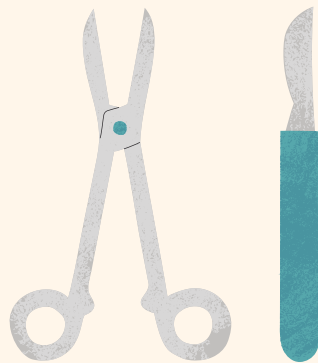
We have a lot of exciting events in store for this semester! More information about events can be found on our social media platforms!

## SECOND GBM (2/8, 5:30 PM)

Join us for our Second GBM of the semester in the Student Union Key West Ballroom 218C! Upcoming opportunities and events will be discussed. We will also be welcoming Phillip Maxwell, PA-C to come talk to us about all things PA! The GBM will be followed by our Study Knights event.

## MILITARY SUTURE WORKSHOP

(2/9, 6:30 PM)



Practice your suturing skills in this fun workshop!

(Location: HSI Room 110)

# UPCOMING EVENTS

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## THE IMPORTANCE OF RESEARCH & HOW TO DO IT (2/10, 5-6 PM)



Research involvement can be an integral part of one's medical school application. This event will cover why research is important and how to get started.  
(Location: Harris Corp Engineering Center, Room 0118)

## BOBA SOCIAL @ ICE & BITES (2/13)

Come out from 5-7 pm at Ice & Bites Cafe for our Boba Social! We hope to see you there!



# UPCOMING EVENTS

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## GIRL'S NIGHT WITH KRMR (2/22, 7PM)



MAPS and KRMR will be hosting a fun girls' night featuring mocktails, speed friending, and karaoke.

This is an event you don't want to miss!

(Location: TBD)

# STAY CONNECTED!

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



[@mapsatucf](#)



[GroupMe](#)

# VOLUNTEERING: CLINICAL OPPORTUNITIES

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Volunteering is a great way to make a meaningful impact in local communities. For many pre-health students, clinical volunteering allows one to help others while gaining exposure to healthcare settings. Here are some places around town that offer clinical volunteering opportunities. Links for more information about their programs are provided!



[LINK FOR NEMOURS CHILDREN'S HOSPITAL](#)



[LINK FOR ORLANDO HEALTH](#)



[LINK FOR ADVENTHEALTH](#)



CELEBRATING 25 YEARS

[LINK FOR SHEPHERD'S HOPE HOSPITAL](#)



[LINK FOR THE VA HOSPITAL](#)



# CAREER SPOTLIGHT:

## INTERNIST

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An internist or an internal medicine doctor diagnoses and treats illnesses of internal organs like the heart, lungs, liver, kidneys, and digestive organs in adults. Hypertension, diabetes, and pulmonary disease are examples of the types of ailments they work with. It's common for general internists to be patients' primary care doctors (or the first doctor they visit when they have a health concern). Due to this, they're often well-versed in preventative and wellness care.

Internists need to earn a bachelor's degree before attending a four-year medical school where they then earn either an MD or DO degree. After medical school, internists spend around 3 years in residency. They must pass licensing exams and finally, the board certification exam administered by the American Board of Internal Medicine before they can practice. Further specialization in fields such as endocrinology, gastroenterology, and nephrology require additional training through a fellowship.



An internist should display problem-solving abilities, good communication skills, leadership skills, and a life-long commitment to learning. People who appreciate variety in their work might enjoy being a general internist since they deal with a wide range of organs and systems.

Internists can be found in offices, outpatient clinics, and hospitals. Their ability to work in different settings means the typical shift for an internist also varies. Office internists might work from 8am to 5pm while hospital internists can have early morning shifts, late night shifts, and anything in between.

# MCAT QUESTION OF THE MONTH

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**1** What aspect of language is relevant to the learning of definitions?

- A. Syntax
- b. Semantics
- c. Pragmatics
- d. Morphology

(Source: JackWestin.com)

**2** Which of the following is the basic precursor molecule for the synthesis of steroid hormones?

- A. Cholesterol
- B. Amino acids
- C. Glycerol
- D. Hexose sugars

(Source: JackWestin.com)

**FILL OUT THIS GOOGLE FORM TO SUBMIT YOUR ANSWERS AND EARN UP TO 3 POINTS!**

[LINK TO FORM](#)

OR



**SCAN HERE!**

# 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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