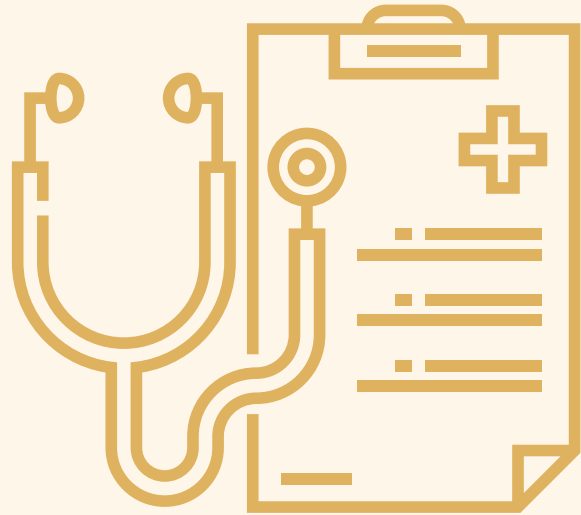


NOVEMBER 2021

VOL. 7

THE CHECK UP



THE OFFICIAL MAPS NEWSLETTER!

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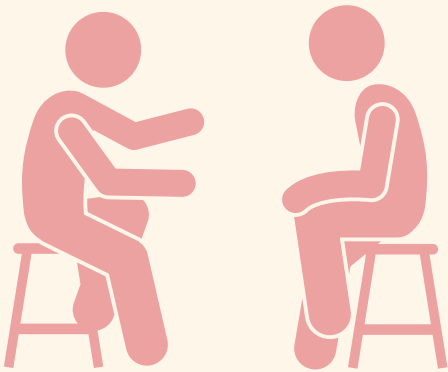
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NOVEMBER EVENTS

SCHEDULING ADVICE WORKSHOP



MAPS hosted a scheduling event this month where members were able to get help with scheduling their classes for the upcoming semesters!

BLAZE PARTIAL PROCEEDS

MAPS hosted a fundraiser at Blaze Pizza to support our Relay for Life and Knight-Thon teams. Participants got to support our club, earn points, and enjoy pizza!



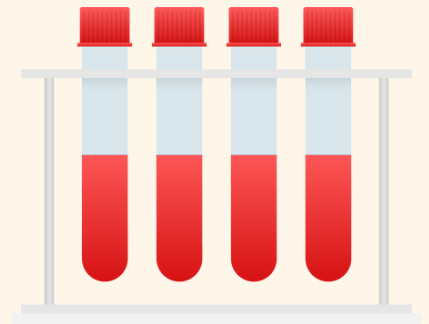
STUDY KNIGHT

MAPS hosts Study Knights every Thursday from 6pm - 8pm in HPA II Room 345. 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!



PHLEBOTOMY CERTIFICATE

MAPS hosted a phlebotomy course to develop knowledge of drawing blood correctly. Students also had the opportunity to receive a certificate after completing the course!



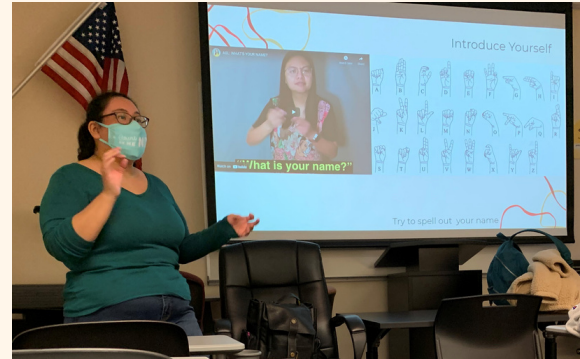
JEREMIAH'S PARTIAL PROCEEDS

MAPS hosted a fundraiser at Jeremiah's Italian Ice to support our Relay for Life and Knight-Thon teams. Another one will be hosted in January so definitely come out. Support never tasted so good!



ASL 101 WITH MAPS

MAPS hosted a sign language informational workshop. Attendees gained valuable information on basic and medical sign language, as well as deaf culture.



SELF DEFENSE CLASS

MAPS hosted a self defense class with UCFPD where members were able to learn how to defend themselves in different situations. It was very informative and a great way to learn about different ways to protect yourself!



YOGA SESSION

This semester MAPS hosted a yoga session where we got moving and learn new yoga positions! Yoga is a great way to strengthen your mind and body!



Friends giving

FRIENDSGIVING

MAPS hosted a friendsgiving event where our members got together and shared what they were grateful for. It was a great way to get into the Thanksgiving spirit!

DIFFERENT PRE-MED CLINICAL EXPERIENCES

In this event, members learned of all the different ways to get clinical experience. Paid and unpaid experiences were discussed, along with how to secure these opportunities.



MOVIE KNIGHT

Attendees relaxed with fellow MAPS members while enjoying Dr. Seuss', "How the Grinch Stole Christmas." Popcorn was also provided to make it a true movie night!



WIND DOWN WITH MAPS



MAPS attendees got together to relax before finals with hot chocolate and s'mores! We were able to play board games, and get active with beach volleyball.

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](#)

GAP YEAR - PROS AND CONS

PROS

- Time to address weaknesses in your application, such as a lack of shadowing or clinical experience
- Can gain relevant experience and save up to pay school loans with a job in the medical field
- Allows your senior year transcript to appear on your initial medical school application
- Prevent burnout
- More time to study for MCAT

CONS

- Already lengthy path to becoming a doctor will take longer
- Failing to use your gap year wisely can hurt your application
- A stable career and life built during a gap year may deter from following through with med school applications

CAREER SPOTLIGHT

ANESTHESIOLOGY

Anesthesiologists ensure relative patient comfort during surgery through general and regional anesthesia, and sedation. They are also concerned with minimizing post-surgical discomfort and monitoring patient recovery. Before and after surgical procedures, anesthesiologists cooperate with physicians of other specialties to create patient care plans. Anesthesiologists most frequently work in hospitals, private offices, and clinics and work between 40-60 hours a week.

An anesthesiologist requires communication skills, attention to detail, problem-solving abilities, excellent performance under pressure, and dexterity.

To become an anesthesiologist, students must gain a medical degree, then undergo a four year residency program. Board licensure is required before one can begin their career.

Anesthesiologists may choose to practice within one of the field's seven subspecialties: adult cardiac anesthesiology, critical care medicine, hospice and palliative medicine, neurocritical care, pain medicine, pediatric anesthesiology, and sleep medicine.

Subspecialists are required to complete a one year internship in anesthesia and a fellowship program in their chosen specialty.

MEMBER OF THE MONTH

Congratulations to our member of the month:

Livía Alves de Oliveria



Livia is a biomedical sciences major. She enjoys drawing, painting, dancing, and investing. As our

Relay for Life and Knight-Thon director, she's excited to see her preparations for these events come to life in the spring. Congratulations, Livia!

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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