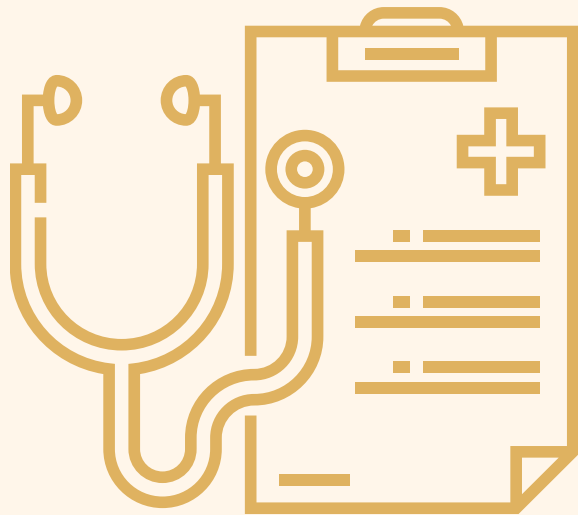


NOVEMBER 2022

VOL. 11

# THE CHECK UP



## THE OFFICIAL MAPS NEWSLETTER!

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# NOVEMBER EVENTS:

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## A RECAP

### GENERAL BODY MEETINGS

MAPS' general body meetings occur bi-weekly on Wednesdays. 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! The next GBM will held in the spring semester (date TBD)!



### STUDY KNIGHTS

Study Knights are held every Thursday from 5-7 pm in HS2 Room 345. Members spend the evening studying and being productive in a welcoming environment. Whenever you get the chance, don't hesitate to stop by!





## SUTURE WORKSHOP

The Princeton Review hosted a fun workshop where MAPS members had the chance to learn some suturing techniques!

## SUNSET SOCIAL

Sunsets around here can be breathtaking, so why not enjoy them in the company of others?

MAPS and Village Mentors spent an evening by the Reflection Pond socializing, playing games, and learning about the Village Mentors volunteer program!



## LETTERS OF REC 101

Chauntrice Riley-Stanford from Pre-Health and Pre-Law advising gave some useful tips for how to obtain strong letters of recommendation.

She advised everyone to actively participate in class, get to know the requirements of their graduate programs, and give the writer enough time to write a decent letter!



## CARDS FOR CARE

Members spent the evening making holiday cards for children at Arnold Palmer's Hospital!



## THANKSGIVING POTLUCK

Members got together for a Thanksgiving celebration at the UCF Arboretum, enjoying a night of food and games!



## CPR CERTIFICATION COURSE



Students had the opportunity to become CPR certified in this course hosted by Prepared People. Great job everyone!

# UPCOMING EVENTS

More events to keep an eye out for this semester!

## UCF COLLEGE OF MEDICINE TOUR (11/30)



The UCF COM tour has officially been rescheduled!  
The sign-up link is located in the MAPS Instagram  
Bio.

## HOLIDAY PARTY (12/02)



Come enjoy your time at our Holiday Party!  
We'll be doing fun, Christmas-themed  
activities like a gingerbread house decorating  
competition!

# 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](#)

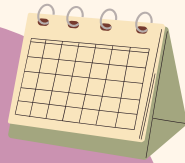


[GroupMe](#)

# KEEPING YOUR COOL DURING FINALS

Finals' season can be a lot. As classes wrap up, assignments dwindle, and final exams approach, it's easy to become overwhelmed. Here are some tips for how to keep your cool and still succeed:

## PLAN



WHETHER IT'S REVIEWING FLASHCARDS, FORMING STUDY GROUPS, OR DOING PRACTICE PROBLEMS, BUILD A PLAN AROUND YOUR STUDY STYLE!

USE A CALENDAR TO PLAN OUT DATES FOR STUDYING TOPICS.

## FIND A STUDY SPOT



FIND A SPACE THAT HAS MINIMAL DISTRACTIONS AND DON'T BE AFRAID OF SWITCHING SPOTS TO SHAKE THINGS UPS A BIT!

## EXECUTE!

IT'S TEST DAY!

TRY TO GET ENOUGH SLEEP THE NIGHT BEFORE AND GO DEMOLISH THAT EXAM! WINTER BREAK AWAITS!

## EXHAUST YOUR RESOURCES



TAKE ADVANTAGE OF UCF'S SARC PROGRAM AND YOUR PROFESSORS' RESOURCES/STUDY GUIDES!

## TAKE CARE OF YOURSELF



STAYING ACTIVE, GETTING REST AND EATING REGULARLY CAN GIVE YOU THE ENERGY TO STUDY EFFECTIVELY!



# CAREER SPOTLIGHT:

## MEDICAL LABORATORY SCIENTIST

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Medical laboratory scientists (aka clinical laboratory scientists or medical technologists) analyze biological specimens obtained from patients. They use a variety of lab techniques and high-end equipment to examine body fluids, tissues, and cells for any abnormalities, diseases, and infectious agents. Medical laboratory scientists provide the test results that physicians often rely on for diagnosing and treating patients.

Medical laboratory scientists must earn a bachelor's degree in either medical technology, clinical laboratory science, or another health/science-related degree (ex. biology, biomedical science, microbiology, etc.). Then, they must pass a national certification exam for MLS known as the ACSP Board of Certification (BOC) exam before practicing.

You can find medical laboratory scientists in hospitals, clinics, forensic labs, and research institutions. Since some labs can be open 24/7, their work schedules can vary. Most medical lab scientists do not interact directly with patients, but they do interact with physicians and other lab scientists daily.

Medical laboratory scientists should be effective communicators that are able to work under pressure and display reliable judgment. Performing analytical tests calls for having good hand-eye coordination and visual acuity.

# MEMBERS OF THE MONTH

Congratulations to our members of the  
month:



## ANA FIGUEIRA

Ana is a senior graduating this semester majoring in Biomedical Science. Her hobbies include writing, reading, and dancing. What she likes about MAPS is how she feels included and at home. Her goal is to go to medical school and become an OBGYN.

Congrats, Ana!

# MEMBERS OF THE MONTH



## FARAH IRANI

Farah is in her sophomore year of college majoring in biomedical science! In her free time she loves watching Netflix, hanging out with her friends, playing with her dog and listening to music. MAPS has been a very important aspect of Farah's life, as it has given her opportunities to make connections, receive volunteer hours, and be certified in various fields such as phlebotomy and CPR. In the future she looks forward to meeting new people in MAPS and having more certification events as well as volunteer opportunities!

Congrats, Farah!

# MCAT QUESTIONS OF THE MONTH

**1**

The chloride-bicarbonate transport protein involves the diffusion of bicarbonate from high to low concentration powering the diffusion of chloride in the opposite direction. Which term CAN NOT be applied to the  $\text{Cl-HCO}_3^-$  chain?

- A. Secondary active transport
- B. Antiport transport
- C. Symport transport
- D. Facilitated transport

(Source: JackWestin.com)

**2**

When excess carbon dioxide ( $\text{CO}_2$ ) builds up in the blood, the pH decreases because

- A.  $\text{CO}_2$  exclusively binds to hemoglobin which displaces oxygen
- B.  $\text{CO}_2$  reacts with water to create hydrogen ions
- C.  $\text{CO}_2$  is a strong acid
- D.  $\text{CO}_2$  is converted to carbonic acid

(Source: JackWestin.com)

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

**[HTTPS://DOCS.GOOGLE.COM/FORMS/D/E/1FAIPQLSCUWJ6UTF4C13JLOINVHAZ4GJ\\_UARKZ5D-LE-HHRH-CUVTHCG/VIEWFORM?USP=SF\\_LINK](https://docs.google.com/forms/d/e/1FAIPQLSCUWJ6UTF4C13JLOINVHAZ4GJ_UARKZ5D-LE-HHRH-CUVTHCG/VIEWFORM?USP=SF_LINK)**

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.

Become a  
member today!

Scan here if you would like to  
submit your ideas to The  
Check up



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editions

