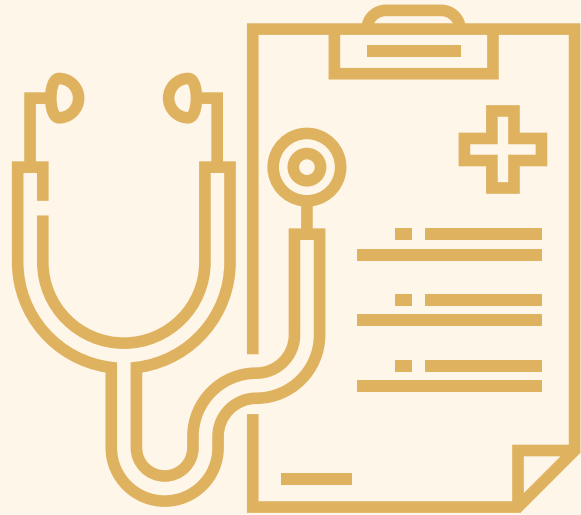


OCTOBER 2021
VOL. 6

THE CHECK UP



THE OFFICIAL MAPS NEWSLETTER!

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OCTOBER EVENTS

GIRLS WELLNESS EVENT W/ MSA



Our October events kicked off with a joint wellness event with the Muslim Student Association.

Female students de-stressed together and left with goodie

bags!

PAINT KNIGHT

To get into the spirit of Halloween, MAPS hosted a paint knight where we painted pumpkins! Attendees were given a canvas and supplies to paint their own masterpiece.



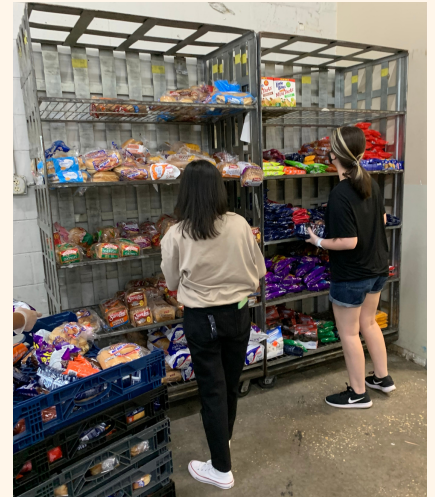
STUDY KNIGHT

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!



UNITED AGAINST POVERTY

MAPS members lent a hand during a United Against Poverty volunteer event. They are a non-profit organization making a difference in the lives of the impoverished in Orlando through grocery selections and assistance programs. Our volunteers restocked, organized, and manned assigned areas of the facility's grocery store. Thank you to everyone who attended!



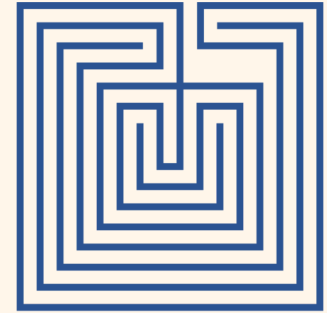
U CAN FINISH 5 MILE & 2 MILE

Volunteers assisted at the Advent Health sponsored marathon where both 2 and 5 mile races around our university were held. This was a great event to get involved within the community!



BIGGEST MEDICAL SCHOOL APPLICANT MISTAKES WEBINAR

Blueprint Prep hosted an informative webinar where MAPS members could get some useful tips on common mistakes that medical school applicants make. Subjects covered included MCAT tips, the medical school application timeline, and in-depth application advice from a current medical student.



blueprint

MCAT preparation



BINGO KNIGHT

Attendees enjoyed fun and non-competitive rounds of medical terminology bingo at Engineering I followed by a few rounds of hangman. Winners got extra points!

MEDICAL STUDENT PANEL

Future physicians from UCF College of Medicine's student council discussed experiences from their med school journeys and responded to questions.



SHADOWING 101

MAPS officers shared valuable advice on gaining and maintaining shadowing experiences, including advice on how to best present yourself when contacting a physician's office.



HALLOWEEN COSTUME PARTY

To get into the spooky season, MAPS hosted a Halloween party! Members dressed up and voted for the best costume! The winner received a \$15 gift card!

CAREER PANEL

Physicians Jacqueline Zermeno, Carolina Cerezo, and Martin Klapheke (pictured right) spoke to MAPS students about their careers and how they arrived at their current positions.



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](#)

MCAT STUDY TIPS

- Students should aim to study for at least 200-300 hours before taking the MCAT. Depending on your workload, this may take between three to six months of studying for 10-20 hours a week.
- Be sure to consider your workload when creating an MCAT study plan. For example, choosing to study for the MCAT after a long shift at your workplace may not lead to a productive study session.
- Identify your ideal score and take a diagnostic test before beginning your study plan.
- Switch the subjects you review regularly to avoid burnout, and ensure that you are doing practice questions often.
- Take multiple full-length tests if possible to gain the endurance you'll need for the 7.5 hour exam period.
- Above all, make sure to manage your stress. Leave room for your favorite activities and take breaks when you're feeling burnt out.
- To anyone taking the MCAT soon, I wish you the best of luck. You've got this!

"When you get tired, learn to rest, not quit." - Banksy

CAREER SPOTLIGHT

7

OB/GYN

An OB/GYN primarily provides care related to the feminine health, pregnancy, and childbirth. They regularly oversee pregnancies, deliver babies, perform a range of tests, such as pap smears and breast exams, and perform surgeries, such as hysterectomies. They often split their time between a private practice and a hospital. While their hours are long, irregular, and often overnight, their work is greatly rewarding.

An OB/GYN requires excellent communication skills, attention to detail, patience, dexterity, and, of course, compassion for their patients.

To become an OB/GYN, students must gain a medical degree, then continue into a four-year residency program. Most OB/GYNs choose to pursue board certification, which requires the submission of proof of experience, and written and oral examinations.

Once an OB/GYN, students may choose to continue into a fellowship. The major subspecialties of obstetrics and gynecology are gynecologic oncology, female pelvic medicine and reconstructive surgery, maternal-fetal medicine, and reproductive endocrinology, each with a three year fellowship.

Lesser known subspecialties of OB/GYN include complex family planning, minimally-invasive gynecological surgery, pediatric and adolescent gynecology, breast disease, and global women's health, the majority of which have a two year fellowship.

MEMBER OF THE MONTH

Congratulations to our member of the month:

Jennifer Gallot!



Jennifer, a senior majoring in sociology, currently serves as MAPS' media director. She enjoys gardening, watching anime, practicing Muay Thai, and is excited to enjoy Knight-Thon with MAPS.

Congratulations Jennifer!

email maps.secretaryucf@gmail.com a
screenshot of the completed word search for
extra points!

T A I W K R M E D I C I N E R O P H
C U J E F S P O O K Y R T S P A M E
H W A K I S A B E L L E W C I U S A
E R M Y W F I F Z X W R K I A R A L
C I W E S P J I Y A M I N A E X A L T
K W T B I E V A J O Y V S W L U Y H
U K A O W Z J E N N I F E R E O A F
P S O K T U R U F A B E N I E K B A
K W J D I V E R S E W O L O S R T I
D U S T N I O P T Y C E J L E W O R

Jennifer
Health Fair
Spooky
Diverse

Maps
Medicine
Check up
Points

extra point given if you
can find all the E-Board's
names

THANK YOU FOR CHECKING UP WITH US!



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