

# THE PULSE

NOV 8 2022

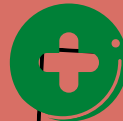


# Today Look Out For!



## AMSA GBM Today!

Don't forget to stop by for our general body meeting today 11/08/2022 at 5:30 pm in the Student Union Key West Ballroom Section A/B.



## Dr. Deborah German

Make sure to join us today to hear from our very special guest speaker! Dr. German serves as Dean of the UCF COM. Keep reading to learn more about her!



## Panda Express Partial Proceeds

Come out to Panda Express after the GBM to support our Knight-Thon team! The address is 88 N. Alafaya Trail. If you're ordering online, make sure to show the flyer or use our code 345763!

# Subtropical Storm Nicole

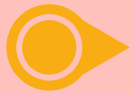
## UCF Student Procedures



**Move personal items away from windows and off the floor**



**Cover electronic equipment, books and important papers with plastic to prevent water damage**



**Shut off all computers and save any important items**



**Lock all doors when occupants are not in the room or apartment. Also, windows must be closed tightly, and any window blinds should be closed**



**Any resident who owns a car should take measures to protect it. We recommend parking your vehicle in a parking garage to allow for adequate protection. Fill up your gas tank prior to the storm, as gas supplies post-storm may become scarce**

# Events

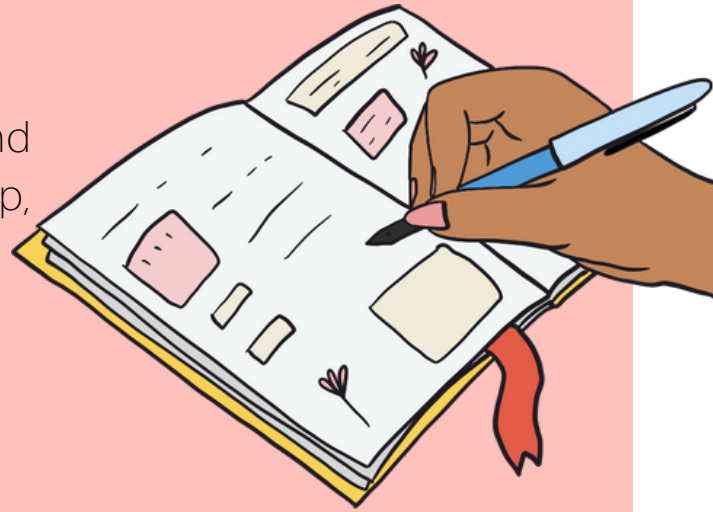
## Journaling workshop

Details: Journaling entails writing things down so you can see them more clearly and creatively! With classes and exams piling up, things can be overwhelming. Take some time to yourself with this workshop.

Date: 11/9/2022

Time: 5:30 PM - 7:00 PM

Location: BA1 207



## United Against Poverty Volunteering

Date: 11/9, 9am - 12pm

Location: 150 W. Michigan St. Suite D Orlando FL, United States 32806  
Volunteers will assist in their Member Share Grocery Program stocking shelves and produce sections, sorting incoming product or assisting in sanitation efforts. Please assure that you can be comfortable lifting items and standing for periods of time. Let's be positive impact!

6 points, +1 for AMSA merch



## Cards 4 Care Volunteering

Date: 11/10, 6-8pm

Location: HS1 207

Cards for Care is an event where you will have the opportunity to gain points and volunteer hours by writing and decorating cards for people diagnosed with chronic diseases. You will be able to write supportive and encouraging messages to those in need of support!

4 + 1 for AMSA merch

## Salvation Army Volunteering: Feeding the Homeless

Date: 11/12, 8am - 12pm

Spots are limited! Sign up here:

<https://forms.gle/gM26irudd46YYSLRA>

Location: 440 W Colonial Dr. Orlando, FL 32804

Come volunteer at the Salvation Army to feed the homeless! We will be making and delivering sandwiches and clothes to underprivileged communities. Help us make a difference for the homeless and poor! 5 pts + 1 for AMSA merch



## Suture Workshop

When: 11/12/2022 5:30 pm



## H4H x AMSA Personal Hygiene Drive Packing Party

Date: 11/14, 7-8pm

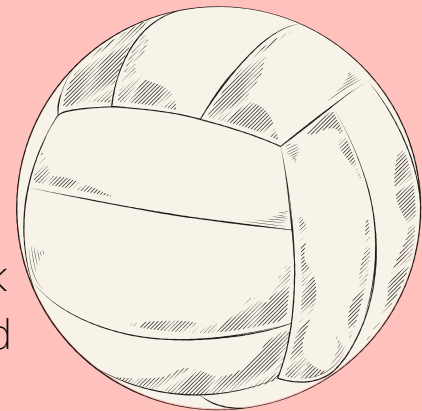
Join us in making hygiene kits from the H4H x AMSA Hygiene Donation drive to help the homeless. Through weekly health screenings, H4H Orlando will be distributing these kits to help them with their basic needs.

## IM Volleyball

Details: every Monday, starting 11/14

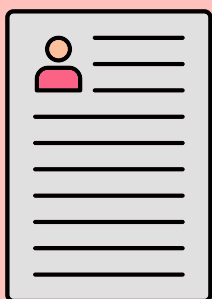
Fill out this form to be added to our roster:

<https://docs.google.com/forms/d/e/1FAIpQLSejkzpPfQSB67OJDQotuuv4SRrmq3mOvjdzTswC9d13liWeuw/viewform>



## Resume Workshop

Date: 11/15, 6-7pm. At this workshop you will be going over important aspects of a resumé. Then, you will get to review your resumé one on one with our Career Development Directors. 3 + 1 w/ AMSA merch



## Mentorship: Christmas Social

Date: 11/16/2022 7:30-9PM;

Location: PSY108

Join us with your mentee/mentor and let's celebrate the holidays together while watching a christmas film and decorating cookies!



## Holiday Party!!!

Date: 11/18/2022 6-8PM;

Location: 2405 Lockwood Blvd. Oviedo FL;  
Donate \$2 to a great cause and join us for a night of holiday celebration!

AMSA Points: 2 points, +1 for an ugly sweater, +2 to bring food

## Spectrum Fundraiser Event

Come help out at the UCF vs Navy Football game as a fundraiser for AMSA! Spots are very limited  
10 points!

Date: 11/19/2022

Time: TBD, 7-hour shift

Location: UCF Football Stadium



# Medical Memes



Submit a meme, scientific current event, or tip of the day to be featured in the next newsletter and also for an extra point!

