

THE PULSE

VOL. 14

SEPT 24, 2019

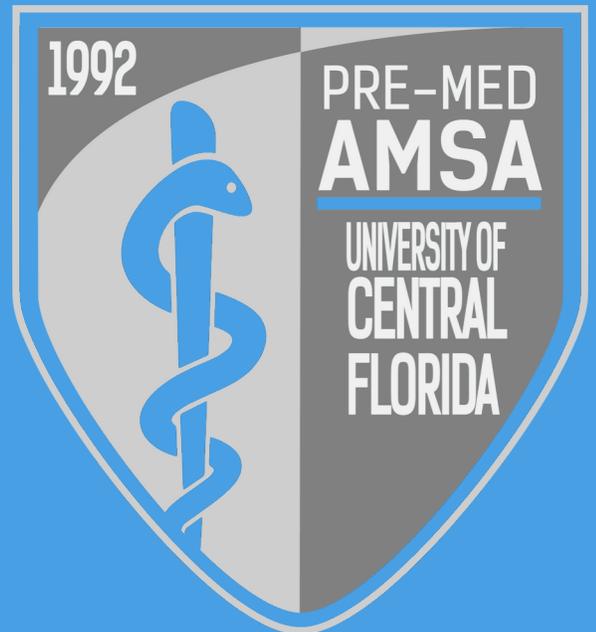


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EXECUTIVE BOARD



Sophia Dias, *President*

Melanie Molina, *Vice President*

Zach Schwartz, *Treasurer*

Johanna Villadarez, *Secretary*

Sophia Jardon, *Sergeant at Arms*

Anna Jurlina, *Chief of Staff*

FOLLOW US

@PREMEDAMSAUCF

to earn +1 point per
social platform!



EMAIL CHIEFOFSTAFF@PREMEDAMSA.COM
FOR POINTS!

Join the #fAMSA!

1. Register through National AMSA:

<https://www.amsa.org/members/join/>

2. Pay \$75 to National AMSA. This gives you access to membership resources, club shirt, and attendance priority to club events. You do not need to pay a separate fee to UCF's AMSA. After their first year, returning members will pay \$35 a year to the UCF chapter. Returning member dues can be paid to Zach via cash, check, or venmo (@premedamsaucf).

3. Email proof of registration (AMSA ID or receipt from National AMSA) to our treasurer, Zach, at treasurer@premedamsa.com



PRE-MED AMSA AT UCF SPIRIT NIGHT

**JOIN US AT BURGERFI UCF ON
TUESDAY, SEPTEMBER 24, 2019
AT 12:00 NOON
4100 N. ALAFAYA TRAIL STE 125
ORLANDO, FL**



BURGERFI®

**BURGERFI WILL DONATE 15% OF NET SALES
FROM 12:00PM-10:00PM
TO THE AMERICAN CANCER SOCIETY**

events

RSVP via Knight Connect is **REQUIRED** unless otherwise specified. Follow us on social media for more updates!



BurgerFi Partial Proceeds

Tues, 9/24 (12-10pm) | BurgerFi on Alafaya

Come out and support our Relay for Life team! Show printed or electronic flyer to cashier before paying (posted on our IG story and highlight). Send photo of receipt to Anna at chiefofstaff@premedamsa.com to earn **3 AMSA points**.

Headshot Opportunity

Wed, 9/23 (5-6pm) | HPA 106

A great opportunity to get a headshot for any upcoming interviews, resumes or applications! *RSVP on KnightConnect.*

Earn **2 points** attending, **+1 point** for sharing headshot on social media and tagging us [@premedamsaucf](https://www.instagram.com/premedamsaucf).



V.A. Card Games

Thurs, 9/26 (5:45-8pm) | Orlando VA Lake Nona

V.A. BINGO

Mon, 9/30 (5:45-8pm) | Orlando VA Lake Nona

To attend, apply online on AMSA website under "Get Involved: Calendar." If you have been accepted, our Chief of Staff, Anna, will reach out to you. Earn **3 points** for attending, **+1 point** if you wear AMSA gear!



Coffee with the C.O.M.

Tues, 10/1 (5:30-7:00pm) | UCF College of Medicine

Join us as we visit the UCF College of Medicine! We will tour the campus and hear from current medical students about their experience at UCF COM. If you are interested and have paid your dues, please email Johanna at secretary@premedamsa.com and she will get back to you with confirmation and more info.

Earn **4 points** for attending. Please come dressed professionally!



Brighter Lipstick, Bigger Earrings

Wed, 10/2 (6-8pm) | The Princeton Review at UCF

Join us on campus to make earrings for cancer patients! A local teacher, Pamela Sawyer, has put this event on for AMSA for a few years. It's a fun way to earn non-clinical service hours and serve a great cause. To attend, you must *RSVP via KnightConnect* and stay for the *entire length of the event*.

Earn **4 points** for attending, **+1 point** for wearing AMSA gear.



tip of the day

A natural sleep-wake cycle is an important aspect of getting better sleep. Adjusting the time you sleep or wake up by as little as an hour can be the difference between you feeling energetic or tired when you wake up. Individuals should aim to build a sleeping schedule that is identical throughout the week to feel refreshed when they wake up!

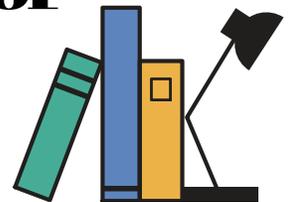


Have a tip?

Submit your tips, stories, or recommend we write an article on one of your AMSA friends! Email us at newsletter@premedamsa.com!



MCAT Question of the Day



Stable expression of harmful recessive traits across generations most likely occurs in populations with a high level of:

- A. emigration
- B. natural selection
- C. inbreeding
- D. random mating

