

UFV Pre-med Newsletter



Welcome Message from PMSA

Thinking of becoming a doctor?

The UFV Pre-med Student Association (PMSA) aims to provide information and resources to pre-med students, as well as to promote and encourage student involvement in a variety of capacities within UFV and the community. In addition to providing interactive and informative events for students on various medical topics, we will also be hosting the Medical Speaker Series which will highlight keynote speakers such as doctors, specialists, med students, medical admission committee representatives and more.

Overall, we strive to embody as an association the key themes and values that every serious pre-med student should possess: social responsibility, altruism, innovation, achievement, diversity growth, learning, and a genuine concern for the well-being of others. So, get involved, prepare yourself with information, and better your chances of getting accepted to your dream medical school!

New PMSA Website

Check out our new website link attached to the Science Advice Centre! Here you will find upcoming UFV PMSA events, info on medical admissions, academic and non-academic requirements for medical school, realistic GPA goals and statistics, current volunteer opportunities in the community and much more:

http://www.ufv.ca/Faculty_of_Science/Science_Advice_Centre/pmsa.htm

We are also looking for someone who would like to help us with ongoing research and development of the website. Specifically, we would like to create a "Health in the News" forum where we can keep UFV pre-med students informed of news stories regarding health care, new scientific breakthroughs in medicine, and general information on medical education. If you are interested, contact us at pmsa@ufv.ca.

Contents

Welcome Message	1
New Website	2
Academics and Pre-med Preparation	
Medical Speaker Series	3
Volunteering	
Adopt-a-Trail	4
Community Outreach Projects Initiative	5
Volunteer Coordinator	6
Pre-med Social Events	7
Calendar of Events	8
Contact Info	9

*Want to get involved in the
PMSA? Send us an email and
tell us why!*

Academics and Pre-med Preparation



Dr. Collingridge, Sports Medicine, Winter2010 Medical Speaker Series

Medical Speaker Series

The PMSA organized a Medical Speaker Series last year with the help of Dr. Michael Gaetz, which featured 5 doctors and specialists from the lower mainland. The initiative was extremely successful and helpful to pre-med students who came, and so we are offering another series featuring 4 new doctors and 1 or 2 outstanding speakers we had last year in case you missed them!

The first of the series is on **Thursday, October 14th at 7pm in room A225**, when we all have the opportunity to meet and listen to **Dr. Cindy Shaw**, a family physician here in Abbotsford whose practice is entirely focused on obstetrics. She completed her Bachelor of Science at McMaster, while working two jobs, before attending medical school at the University of Ottawa, where she started a family during residency!

Knowing that the skiing here is better, she migrated west and started her family practice in Abbotsford. She quickly discovered that her real passion is the beginning of life, and for the past 14 years she has delivered hundreds of babies (over 300 last year alone!) – she just never tires of it! Dr. Shaw is also a UBC Clinical instructor for medical students and family practice residents.

We highly encourage you all to come to this event – Dr. Shaw is amazing to listen to! This event will be interactive, fun, informative and is guaranteed to make you laugh! In addition to demonstrating models and tools that she uses everyday in her medical practice, Cindy will talk about her experiences in medical school, the challenges of balancing her personal life and family with her medical career, as well as highlighting some aspects of her career as an obstetrician.

Check out the event page on our facebook group and let us know if you're coming to this amazing opportunity – which you all should be! For more info, email us at pmsa@ufv.ca or post your question on the facebook event page. See you all there!



Midterm Stress

It's that time of year – several projects, presentations, papers and midterms all at once! Your ability to prioritize is being tested to the max, and by the time your last midterm comes around, you have no idea what day it is or what happened to the last entire week of your life. Sound familiar?

One thing to consider: if you are at the point where you have 2 midterms the next day and you don't have enough time to study adequately for both, make sure you consider the nature of your classes and how they might relate to medical school. You often only get one shot at doing well in certain prerequisite courses (unless you fail, at which time your fail grade may be averaged with your second attempt – still not great!) and your overall GPA of each of 10 or so prereq courses is often a key calculation in determining whether you will get an interview or not upon application!

Academic & Non-Academic Qualifications Event

November 4th, 2010 at 7pm in room B121

This event is likely to be the single most helpful and influential event this year for all pre-med students, regardless of your year or stage in the pre-med process. Check out the website for more info on what will be covered and how it can help you. You don't want to miss this one!

Volunteering



Adopt-a-Trail

The PMSA has created a way to integrate giving back to our community, accumulating volunteer hours, and promoting health and wellness all in one – we adopted a trail!

We have adopted a 2.6km stretch of the beautiful Discovery Trail, which we keep clean twice per month. This basically means that we get two

opportunities per month to get together and go for a 5km walk! We bring our dogs (like Indie, our mascot in the picture), we supply the coffee and timbits, and any materials necessary for keeping the trail clean are provided for us.

So, take a break from studying, get outside for some exercise, give back to your community, and help the environment!

Let us know if you would like to join in!

“The best way to find yourself is to lose yourself in the service of others”

- Ghandi

PMSA Volunteer Coordinator – Fall 2010

Jaspreet Lidder is the new Volunteer Coordinator for PMSA, and she is the best resource for info regarding current volunteer opportunities at UFV and within the community. She can help connect you with volunteer organizations and get you started on the right track to developing your volunteer experience and non-academic qualifications for medical school.

Jaspreet is an accomplished pre-med student at UFV, and she is highly involved with the community in a variety of different volunteer capacities. To contact Jaspreet, or for more information on volunteering and how to get involved, send us an email at pmsa@ufv.ca or check out the volunteering section of our new website.

Community Outreach Projects

As part of our commitment to giving back to our community, we have developed a program where we participate in monthly Community Outreach Projects. Organized by the new Community Outreach Director, UFV Pre-med student Jake Hiebert, these projects help us to connect with various volunteer organizations in the community while providing us with a wide diversity of volunteer experience. Volunteering with diverse populations is considered to be a great strength (perhaps even a requirement!) on your medical school application as it demonstrates to medical admission committees that you possess the maturity and compassion to treat all future patients with equal respect and care, regardless of their condition or background.

Plus, by participating in these monthly outreach projects as a group, you might discover a passion for a particular volunteer role or organization that you didn't know about. Thus, by participating in these events, not only will you be accumulating volunteer hours while getting involved with the pre-med community, you might even get a permanent volunteer position out of the connections you make! We are also in the process of getting a UFV-recognized and certified “Community Service Award” for participating in each of the monthly community outreach projects (as well as the Adopt-a-Trail activities) – an added bonus that would definitely enhance your medical school application.

The only catch is that you have to let us know ahead of time if you intend to participate with the events. If something comes up and you can't make it, it is much easier to organize a replacement or to adjust the activity rather than accommodate 20 people showing up when we were only expecting 10. I know you are all busy, but this commitment involves only a couple hours each month, and will provide you with diversity of experience, the opportunity to get involved with your pre-med community, and an awesome award for your application. Let us know if you want in! pmsa@ufv.ca

PMSA

Email us at pmsa@ufv.ca

Join our Facebook Group:

"UFV Pre-med Student Association"

Find us on the Web:

http://www.ufv.ca/Faculty_of_Science/Science_Advice_Centre/pmsa.htm

Your PMSA Executive Committee:

Denise Hawley, President

Alycia Bradley, Vice President

Alex Shaw, Administrative Director

Rupinder Moundhi, Financial Director

Jaspreet Lidder, Volunteer Coordinator

James Vanderhorst, Event Coordinator

Jake Hiebert, Community Outreach

Director

Ben Robinson, Social Events

Coordinator

Jordan Ross, Webmaster

Sneha Thomas, Student Rep at Large



Newsletter written and edited by
Denise Hawley

Pre-med Social Events

Much like our monthly Community Outreach Project initiative for this year, we have also brought on UFV Pre-med student Ben Robinson to organize monthly social events for the pre-med community. We all need a break from studying every once and a while, so why not get together and relieve some stress!



This month's social event is a trip to Fright Nights at the PNE on October 29th. We will be carpooling out there from Abby at about 5:30pm and picking people up along the way! We will be able to buy tickets at a discounted rate, but we need to know how many to buy, so please confirm and let us know you're coming ASAP via email at pmsa@ufv.ca or by RSVP on Facebook.



Gunther von Hagens'
BODY WORLDS
The Original Exhibition
& The Brain

Our November Social Event will be a group trip to Body Worlds in Science World! We are going to collaborate with the BCSA and KPESA to perhaps get subsidized admission prices for a large group. So, if you're planning on going, hold off until we can all go and get really cheap admission! Or, even better, go twice!

Upcoming Events

- October 14th: **Medical Speaker Series feat. Dr. Cindy Shaw**
7:00pm in Room A225 (Abby campus).
Refreshments served.
- October 17th: **Adopt-a-Trail**
8:00am Meet at Abby Rotary Track Parking lot
Coffee, timbits and supplies provided.
- October 29th: **Social Event: Fright Nights at the PNE**
6:00pm Meet at Walmart, Carpool
- October 30th: **Community Outreach Project: Menno Place**
1:00pm Meet at Menno Hospital Entrance
Confirm participation prior to event
- Nov. 4th: **AQ/NAQ Event**
7:00pm Room B121
Refreshments Served
- Nov. 7th: **Adopt-a-Trail**
8:00am Meet at Abby Rotary Track Parking lot
Coffee, timbits and supplies provided

For the rest of our November events, check out our website or watch for the November edition of the Pre-med Newsletter