Welcome to the Pre-Medical Association!

General Meeting #3
Wednesday, November 3, 2010
Bilger 152
6:00 - 7:30pm

University of Hawaii at Manoa
Tonight’s Agenda

5:30 - 6:00pm  Doors open
6:00 - 6:05pm  Welcome and Introductions
6:05 - 6:20pm  Guest Speaker: Lori Muramoto
6:20 - 6:30pm  Questions and Answers
6:30 - 6:35pm  Break
6:35 - 6:45pm  Outstanding Member of the Month and Birthdays
6:45 - 7:00pm  Quick Announcements
7:00 - 7:30pm  Announcements of Events
7:30pm         SIGN UPS!
Guest Speaker

- Lori Muramoto
  - Sr. Associate Director of Admissions from RosUniversity
Questions & Answers
Break

5 minutes
Outstanding Member of the Month

November
Leila Takayama

Congratulations!!
HAPPY BIRTHDAY PMAers!!

Tyler Blair
Robinson Bucaneg
Christine Flores
Affaan Khalid
Ariel Mateo
Kathleen Min
Anne Minezaki
Sherilyn Palafox
Jay Phoutthasack
Ruby Sato
Aubrey Schaab
Diana Valencia
Erin Yokote
Kaplan Partnership

- 10% off retail course for **PAID** Members
- Practice Tests, Informational Seminars and Workshops
- Scholarships (**PAID** and **ACTIVE** Member)
  - **10** PMA members - GRE or MCAT QuizBank Scholarship
  - **15** PMA members - GRE On DEMAND or MCAT Science Review Scholarship
  - **20** PMA members - 50% off Retail Price for GRE, MCAT, DAT, OAT, PCAT Advantage On-Site Course
  - **30** PMA members - 1 Full Course Scholarship for GRE, MCAT, DAT, OAT, PCAT On-Site Course

- 14 members attended the Practice Test in September
MCAT Preview Class

- Meet a Kaplan Instructor and see what an MCAT class is like with Kaplan
- Points: 50
- PMA shirt and nametag not required
- Email Vivian.Hignite@kaplan.com or register online at www.kaptest.com/tryus
  - Name
  - Home Address
  - Phone number
  - Which session you would like to attend

Sunday, November 21, 2010
3:00 - 5:00pm
CC 310
Ground Rules

- Professionalism
  - Always remember to display professional behavior at all PMA events
  - Be respectful, kind, and courteous to others and fellow peers
  - Be open-minded and pro-active
  - Feel free to talk to an officer
- Sign-ups for events
- Waiver Form for Adopt-A-School Day Event
Past October and November Events

Community Service
- Animal Assisted Therapy
- Adopt a School Day
- Oahu Care Facility

Fundraiser
- PMA Car Wash

MSMP
- Gross Anatomy Lab/Life as a Medical Student

Medical Education
- PMA Study Night
- PAC Workshop:
  - Choosing a School
  - Personal Statement
  - Interview Skills
- Suture, Endoscopy, Laparoscopy Lab @ JABSOM

Student Relations
- Homecoming Football Game (UH vs. Idaho)
- Scary Movie Night
Recognition

● **Service Awards**
  o Platinum - highest points (1)
  o Gold - second highest points (1)
  o Silver - third highest points (>1)
  o Bronze - fourth highest points (>1)
  o Active - 3000 points

● **Leadership Awards**
  o Christopher E. Chow Distinguished Leadership Award
  o Michael J.H Chan Excellence in Service Award

● **Graduation Cord Requirements**
  o Graduating Senior
  o Paid Member
  o **2** active semesters
  o **If you are graduating this semester, please let us know**

● **Possible New Awards**
Fall 2010 Appreciation Banquet

"Enchanted Evening"

Sunday, December 5, 2010
6:00pm - 9:00pm
(Doors open at 5:30pm)
Campus Center Ballroom

Semi-formal * Guest: $10 * Bring Mask

Please RSVP to premed@hawaii.edu by Tuesday, November 30
The Pre-Medical Association
AT THE UNIVERSITY OF HAWAI'I AT MANOA

Cordially Invites You to Our
Fall 2010 Appreciation Banquet
"Enchanted Evening"

As a Guest on
Sunday, December 5, 2010
Doors Open 5:30PM
6:00 to 9:00 P.M.

At the University of Hawaii at Manoa
Campus Center Ballroom

The PMA Appreciation Banquet is an opportunity to recognize individuals and institutions who made valuable contributions to our organization, and members who have shown outstanding leadership and serving to the community throughout the year.

Please R.S.V.P. by November 30, 2010 to
premed@hawaii.edu

* Semi-formal attire * Extra guest is $10 * Bring mask
# Decoration Committee

**Committee Chair:** Crystal Morton

<table>
<thead>
<tr>
<th>Committee Members</th>
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<tbody>
<tr>
<td>Kristine San Diego</td>
<td>Kristi Kobayashi</td>
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<td>Amber Suzuki</td>
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<td>Tiffany Tahata</td>
<td>Davis Zheng</td>
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<td>Krystle Pastores</td>
<td>Jessica Palomino</td>
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<td>Winnie Wong</td>
<td>Brandon Chau</td>
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<td>Naaiko Yorichika</td>
<td>Jiana Camacho</td>
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<td>Karissa Herrador</td>
<td>Soo Yeon (Tiffany) Ahn</td>
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<td>Adrienne Ragasa</td>
<td>Ruby Sato</td>
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<td>Gabriella Rustia</td>
<td>Isabel Romero</td>
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<td>Kathleen Min</td>
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<td>Brent Ching</td>
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Treasurer

Isabel Realica
Financial Report

- Car Wash
  - On-site: $1209
  - 47 pre-sale tickets sold
  - TOTAL: $1579

***Please remember to turn in your cash from pre-sale tickets and any left over unsold tickets***

THANK YOU FOR YOUR SUPPORT!! WE DID IT!!
Medical Education

Jessica Yuen
Native Hawaiian Student Pathway to Medicine (JABSOM)

"...provides support to Native Hawaiian students on their path to becoming physicians."

**Includes:**
- Kaplan MCAT course
- Workshops
- Individualized advising/career counseling

**Eligibility:**
- Native Hawaiian ancestry
- Entering med school July 2012 or 2013
- College Jr or Sr by Spring 2011
- Completed at least 3 out of 4 MCAT subject courses

**Deadline:** November 30, 2010
PBL Demo

- Orientation to JABSOM's unique Problem-Based Learning curriculum
- Interact with medical students
- Tour of facilities
- RSVP by **December 3** to tabata@hawaii.edu

**Friday, December 17, 2010**
8:00 am - 11:30 am
JABSOM

http://ome.hawaii.edu/demo.htm
Summer Medical and Dental Education Program

"...is a **FREE** (full tuition, housing, and meals) six-week summer academic enrichment program that offers freshman and sophomore college students intensive and personalized medical and dental school preparation."

**Eligibility:**
- Current college freshman or sophomore
- 2.5+ GPA
- US citizen

Application is now OPEN, due **March 1**, earlier the better!

[www.smdep.org](http://www.smdep.org)
Are you applying this cycle?

Don't forget that the Imi Ho'ola application is due November 30, 2010!
Reminders and Deadlines

November 30, 2010
Imi Ho'ola Post-Baccalaureate Program
Native Hawaiian Student Pathway to Medicine

December 3, 2010
RSVP for PBL Demo

March 1, 2011
Summer Medical and Dental Education Program
Health Fair - Atherton (LIMITED: 4)

- Work with first semester nursing students at a Health Fair
- Be exposed to Community Health
- Priority will be given to pre-nursing students
- Officer(s) attending: Valynn

Monday, November 15, 2010
3:00 pm - 6:00 pm
YMCA - Atherton
(next to Yogurtland and across from Sinclair Library)
JABSOM Tour *(LIMITED: 20)*

- Visit Hawaii's very own medical school!
- See the PBL classrooms, lecture halls, and clinical skills simulation rooms and meet the medical student ambassadors
- Officer(s) attending: Modesto and Valynn

This Friday!
November 5, 2010
2:00 pm - 3:30 pm
JABSOM
EMS Ride-Alongs (Tentative, LIMITED: 4)

- Opportunity to ride on an ambulance and follow EMTs and Paramedics
- Two shifts
  - Morning Shift: 7:00am - 3:00pm
  - Afternoon Shift: 3:00pm - 11:00pm
- Two spots for most active members and two spots for randomly selected members
Community Service

Liana Kobayashi
Light the Night *(LIMITED: Full)*

- Cheer Walkers on!
- Community Service Committee (CSC) members in charge: Marissa Agena (helped by Caitlin)
- Officer(s) Attending: Valynn

**Saturday, November 6, 2010**
6:00pm-8:30pm
Ala Moana Beach Park
Magic Island
NextStep Shelter Dinner (LIMITED: 20)

- Two shifts
  - 3:30pm - 6:15pm: Prep food (First United Methodist Church)
  - 6:15pm - 7:30pm: Serve Food (NextStep Shelter)
- Possibly provide a variety Show
- Donations: Desserts (Cookies, brownies, cake, etc.)

Sunday, November 7, 2010
3:30pm-7:30pm
First United Methodist Church and NextStep Shelter (near JABSOM)
SA Transitional Home Arts & Crafts

- Make holiday placemats for residents and children at SA transitional housing
- Officer(s) attending: Liana and Valynn

**Tuesday, November 9, 2010**
6:00pm
YMCA - Atherton (pink building next to Yogurtland)
SA Transitional Home Clean-Up Day

- Partnership event with the Atherton YMCA
- Cleaning the Salvation Army community house for women transitioning out of alcohol and drug abuse.
- Yardwork and maybe some other indoor cleaning, depending on weather.
- Please bring your own gloves and gardening supplies if you have any! We were told "we have a few rakes, a shovel, and a wheelbarrow. It would be best to have your group bring gloves, large trash bags to carry the leaves to the mulch pile, more rakes, and a good sense of humor (because there's lots of leaves piled up!)

- CSC Member(s) in Charge: Ruby Sato & Brandon Chau
- Officer(s) attending: Liana

**Saturday, November 13**
10:00am-12:00pm
Member Event: Sam's Club/Walmart Run

- This is an opportunity for members who dorm to pick up some food items that may normally be inconvenient for them to get. If you are interested in this event in future months but cannot attend on this date, please note this on the sign-up sheet. Also, if you're able to drive people, please sign up as well.

- CSC Member(s) in Charge: Mark Ohigashi

- Officer(s) Attending: Liana, Valynn

**Saturday, November 13**
After Salvation Army clean-up (around 12:30pm)
SA Transitional Home Lunch & "Talk Story" with Residents *(LIMITED: 25)*

- Cook lunch for the women and their children of the Salvation Army Transitional House. They have kindly agreed to share with us their past medical experiences while we all eat together.
- Officer(s) Attending: Jess, Liana, Nik, Valynn

**Sunday, November 14**
12:00pm-2:00pm
Manoa (near Waioli Tea House)
Christmas Wish Package Making

- Collecting shampoo, toothpaste and brush, soap and plastic container and wash cloth, baby wipes, first aid kits ($1.09 at Walmart in the travel section), combs and or hair brushes.

- CSC Member(s) in Charge: Diana Valencia, Sunja Kim

- Officer(s) Attending: Liana, Isa, Justin

**Saturday, November 20**
10:30am-2:00pm
Ward Center
Student Relations

Justin Tao
PMA Shirts

- PMA Polos and Shirts are in!
- $8 for either polo or t-shirt if you received the other
Points

- Spreadsheet of points now located online (homepage)
- 5-digit code written on the membership forms used as the identification number
- Will be under Current and Prospective Members Tab
Banquet Mask Making

- Design and make your mask with fellow members for the Enchanted Evening Ball
- Supplies will be provided but feel free to bring some of your own to share with everyone!

**Tuesday, November 30, 2010**
5:00pm - 7:00pm at CC 309
Comment Box

Do you have any questions or suggestions?

Submit

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No general meeting!

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"Enchanted Evening"

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6:00pm - 9:00pm
(Doors open at 5:30pm)
Campus Center Ballroom

Sem-formal attire * Guest: $10 * Bring Mask

RSVP to premed@hawaii.edu
(Tuesday, November, 30, 2010)
Good luck on upcoming exams or congratulations if your are done!

Have a wonderful Holiday Season!

SIGN-UPS!

=)