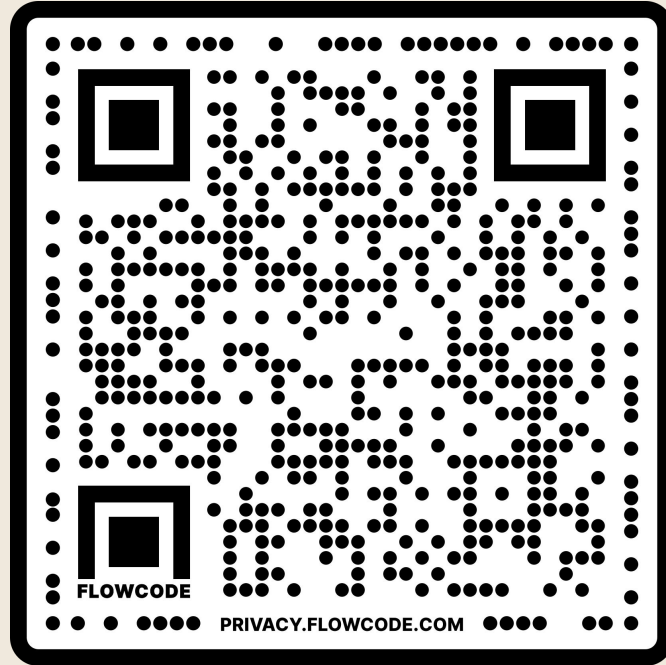


SIGN IN



A medical-themed illustration on a light beige background. On the right, a female doctor with red hair, wearing a white lab coat and blue scrubs, is running while holding a clipboard. On the left, there is a large red tulip-like flower. Scattered around are various medical icons: a syringe, a pill bottle, a pill, a stethoscope, a red cross, and a red pill. The text is centered in the middle of the image.

AMSA AT UC MERCED PRESENTS
BALANCING
ACADEMIC &
SOCIAL LIFE

Thursday, September 21, 2023 | 6:30 pm COB 116

AGENDA

01

ANNOUNCEMENTS

MCAT Q OF THE DAY

02

03

MED SCHOOL SPOTLIGHT

ACADEMIC & SOCIAL LIFE

04



01

ANNOUNCEMENTS

How to join, community service, study hours, etc.



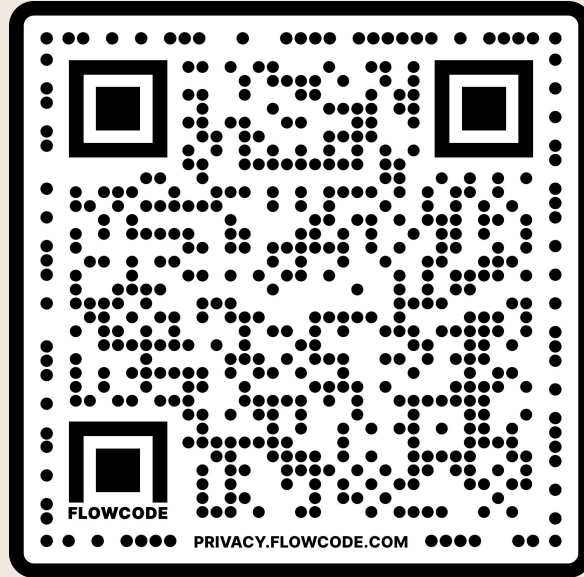
HOW TO JOIN AMSA

Steps

1. Go to <https://www.amsa.org/>
 - a. Join as a Premedical Student by selecting “premedical” and “Join Now”
 - b. Enter your information and register as an AMSA member
2. Select membership plan (\$75/four years or \$35/year) and then select “Local Chapter” (\$22/year) in addition to the AMSA National membership
3. Complete payment!

COMMUNITY SERVICE

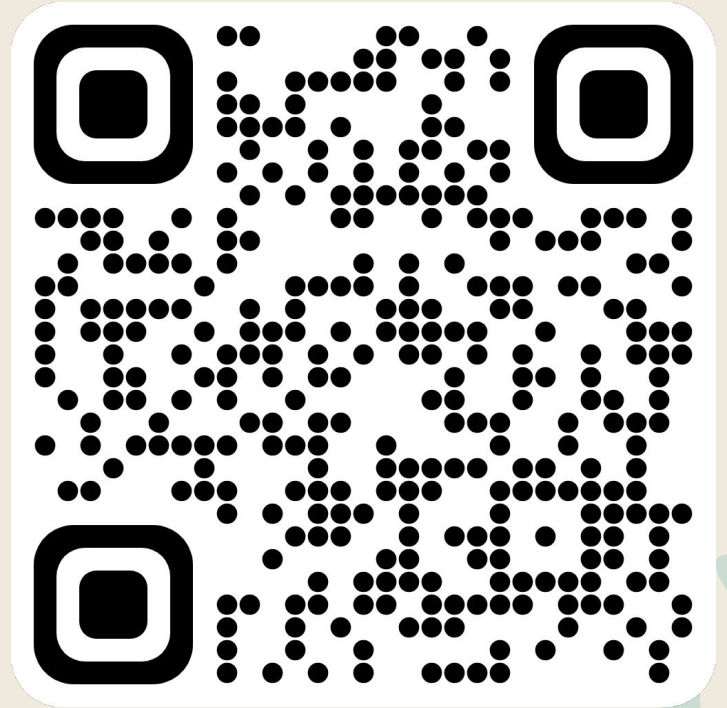
Complete volunteer work and log your hours using this form to qualify for membership tiers!



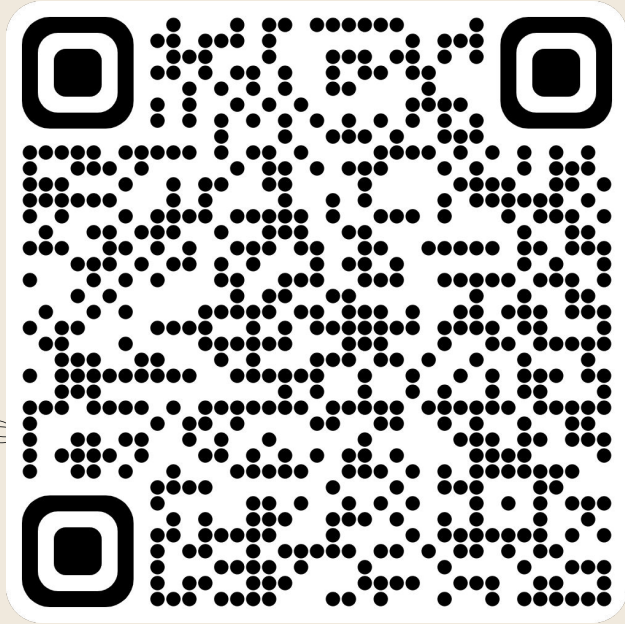
PEER MENTORING

Members will have the opportunity to reach out to any board member for mentoring/advice about anything needed.

- Board members will be staying in a designated, reserved room every Tuesday during Study Hours/Peer Mentoring starting next week.
- Fill out the Google form here and sign up for peer mentoring if you are interested!



STUDY HOURS

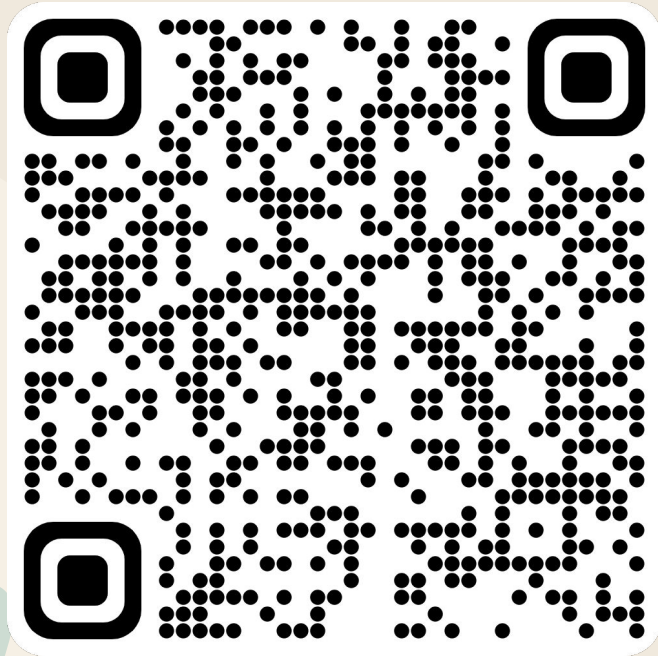


Join us in **GRAN 173** from 10:30 am - 2:30 pm on Monday, September 25, 2023!

This is a form to keep track of students who join us for study hours. Reminder that Study Hours are Mondays from 10:30 am - 2:30 pm. You are welcome to study or just hang out between classes. :)

If you have any questions, please reach out to us via email or Instagram DMs!

LATCH Labs: Research Opportunity!



Looking to get Hands-on Research experience?

The UCM Latch Lab is seeking research assistants to investigate the psychological, biological, and environmental factors that influence maternal-child health!

Scan the QR code for more information and application form.



02

MCAT QUESTION OF THE DAY



QUESTION

Hemoglobin is the protein responsible for the transport of oxygen throughout the bloodstream. The saturation of hemoglobin can be graphed based on the pressure of oxygen. As the pressure of oxygen increases, the saturation of hemoglobin with oxygen will increase in a sigmoidal fashion. This oxygen dissociation curve can be shifted depending on the external conditions in the blood.

Where would hemoglobin have the lowest saturation percentage of oxygen?

- A. Pulmonary veins
- B. Left atrium
- C. Superior vena cava
- D. Pulmonary artery
- E. Gastric artery

ANSWER

D. Pulmonary artery

Hemoglobin has released the majority of the connected oxygen to the body's tissues before going back to the lungs. Thus, right before the hemoglobin enters the lungs to receive oxygenation once more, it will be least saturated. Because of this, the blood in the pulmonary artery will have the lowest hemoglobin saturation.

03

MED SCHOOL SPOTLIGHT

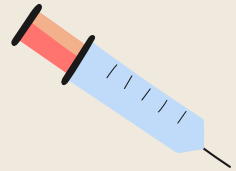




University of California San Francisco

School of Medicine

- Traditional 4-year MD program
- UCSF's 2022-2023 tuition and fees run \$47,580 for California residents and \$59,825 for non-residents
- Applicants: 9,090
- Interviews: 544
- Matriculants: 187 (71% in-state)
- Average GPA: 3.87
- Average MCAT score: 90th percentile (approximately 515)



04

ACADEMIC & SOCIAL LIFE

How to maintain a healthy balance



TRACKING ASSIGNMENTS

In college, the amount of assigned work can be overwhelming—here are some ways to keep track of them and stay organized!

- ❖ Google Sheets
 - Track assignments, due dates, etc.
- ❖ Google Calendar + Google Tasks
 - Organize events, classes, and work
- ❖ Notion
 - Overall organization; very customizable
- ❖ Bullet Journal
 - Organized + personalized





EXAMPLE OF MY GOOGLE SHEETS



CLASS	ASSIGNMENT	NOTES	DUE DATE	TIME	COMPLETE?
PSY 159	Practice Quiz		5/31/23	11:59 PM	<input type="checkbox"/>
PSY 159	Research Critique Abstract		5/31/23	11:59 PM	<input type="checkbox"/>
PSY 159	Research Critique		6/7/23	11:59 PM	<input type="checkbox"/>
PSY 159	Application Paper #1		6/12/23	11:59 PM	<input type="checkbox"/>
PSY 159	Exam #2		6/16/23	3:00 PM	<input checked="" type="checkbox"/>
PHYS 018-	Discussion Quiz #1		6/20/23	8:20 PM	<input checked="" type="checkbox"/>
PHYS 018-	HW #1		6/22/23	8:20 PM	<input checked="" type="checkbox"/>
PHYS 018-	Discussion Quiz #2		6/22/23	8:20 PM	<input checked="" type="checkbox"/>
PHYS 018-	Discussion Quiz #2		6/22/23	8:20 PM	<input checked="" type="checkbox"/>
PSY 159	Exam #1		6/23/23	3:00 PM	<input checked="" type="checkbox"/>
PHYS 018L	Measurement Survey		6/23/23	11:59 PM	<input checked="" type="checkbox"/>



Example of a Google Calendar/Calendar Blocking

The image displays a Google Calendar interface for the week of October 1st to 7th, 2023. The calendar is set to GMT-07. The interface includes a header with the date, navigation arrows, and a 'Week' view selector. The main grid shows events for each day, with colors indicating different categories or priorities. A task list on the right side of the screen shows tasks related to the calendar events.

Time	SUN 1	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
9 AM		PSY 143, 8:30am	CHEM 001, 8am	PSY 143, 8:30am	CHEM 001, 8am	PSY 143, 8:30am	
10 AM		Work 10am - 1:30pm	COGS 001 D, 9:30am	Brunch 10 - 11am	Brunch 10 - 11am		
11 AM			Brunch 10:30 - 11:30am		Work 11am - 12pm	Biweekly Staff Meeting 11am - 12pm	
12 PM			COGS 001 12 - 1:15pm	CHEM 001 D 11:30am - 1:20pm	COGS 001 12 - 1:15pm	FSL Meetings 12 - 1pm	
1 PM							
2 PM		Lunch 1:30 - 2:30pm	PSY 125 O 1:30 - 2:45pm	Work 1:30 - 5pm	PSY 125 L 1:30 - 2:45pm	Lunch 1:15 - 2:15pm	
3 PM		Work 2:30 - 5pm	Work 3 - 5pm		Work 3 - 5pm		
4 PM							
5 PM			T.R.U.S.T Training/ Meeting 4:30 - 7pm		Dinner 5 - 6pm		
6 PM	Social Media Team 5:30 - 6:30pm	Dinner 5:30 - 7pm		Self Care Team 5:30 - 6:30pm			
7 PM	Dinner, 6:30pm			Dinner 6:30 - 7:30pm	AMSA #3 GBM 6:30 - 7:30pm		
7 PM	Fellowship Meeting 7 - 8pm						

TASKS
My Tasks ▾

- Add a task
- Read Chapter 5 Chem 001
Today
- Finish Pre/Post Survey
Today
- Finish Google slides
Mon, Oct 2, 11:00 PM



HOW WE DESTRESS

Here's some ways we healthily destress as your board members!

Shweta: Running, listening to podcasts, watching movies

Alana: Listening to music, taking baths, tending to my plants

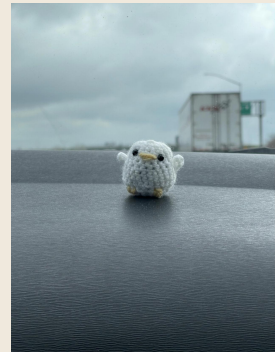
Natalie: Exercise, crochet, reading, socializing, doing my nails

Liz: Drawing, Reading, Playing Video Games

Ritika: Working Out, Listening To Music, Hanging Out With Friends



+



Examples



TIPS FOR SUCCESS: ACADEMICS

1. Make a to-do list to keep track of all the assignments you need to get done.
2. Prioritize. What needs to be done sooner? Is there anything you can do later on?
3. Be honest with yourself. Ask for help if you need it!
 - You might feel like a question is silly, but it's better to ask it rather than not knowing the answer to it.
4. Don't forget to eat and drink water!!
 - You need to fuel your body in order to concentrate on your work— always pack snacks in your backpack when you know you won't be home for a while.



TIPS FOR SUCCESS: ACADEMICS



5. Make sure not to take on more than you can handle.

- Sometimes there are several things you want to do or be a part of, but focus on what is more important to you.

6. Learn to manage your time better.

- Time management will help you get things done more efficiently, while also having time to yourself as well.

7. Make sure the classes you are enrolled in aren't all difficult classes.

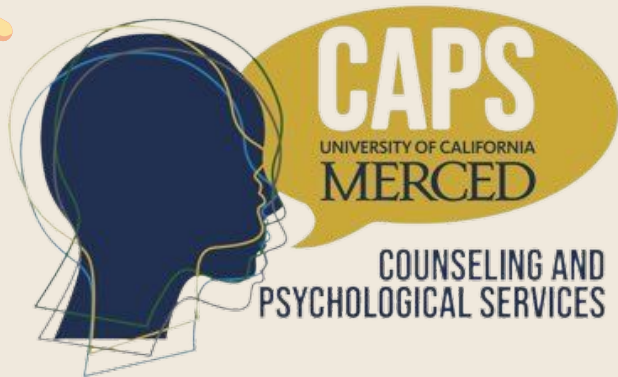
- It's better to have a combination of easy and hard classes so you don't feel overwhelmed throughout the semester.
- Remember to go to your professors and TA's office hours if you need help with any concepts!

TIPS FOR SUCCESS: SOCIAL LIFE

1. Set up your priorities & try to schedule them accordingly.
2. Work in the library or a quiet place.
3. Take care of your body! Remember it's okay to take breaks so go for a walk or look for an activity to do!
4. Join a club! You'll find people with similar interests as you!
 - a. Talk to people sitting around you here!
5. Remember that being a student is a full-time job, but that doesn't mean you can't have a social life too!



ON-CAMPUS RESOURCES



Contact:

Phone: (209) 228-4266

Email: counseling@ucmerced.edu

Location:

New Wellness Center at the end of Bellevue Rd

Hours:

Monday through Friday from 8:00 am-4:30 pm.

Available to support the emotional well-being of UC Merced scholars.

Contact:

Phone: (209) 316 - 8136

Email: basicneeds@ucmerced.edu

Location:

Terrance Center 131- next to the Residence Education office inside of the den.

Hours:

Monday - Thursday: 12PM-4PM

Friday - Sunday: Closed

Provides access to nutritious and healthy food for all graduate and undergraduate students.



ON-CAMPUS RESOURCES



Contact:

Phone: (209) 228 - 7252

Email: learning@ucmerced.edu

Website: learning.ucmerced.edu

Location:

Kolligian Library, West Wing (Room KL 222)

Hours:

Monday - Friday: 8:30AM-5PM

Saturday - Sunday: Closed

Provide learning support, which empower UC Merced students to be successful.

Contact:

Phone: (209) 228 - 4147

Email: UCMCARE@ucmerced.edu

Website: care.ucmerced.edu

Confidential Campus Advocate: 209) 386 - 2051

Location: Kolligian Library, Suite 107

Hours:

Monday - Friday: 9AM-5PM

Saturday - Sunday: Closed

Support an understanding of gender-based violence through prevention education and trauma-informed CARE advocacy using an intersectional framework.



University of California, Merced

**Calvin E. Bright
Success Center**

learning.ucmerced.edu

THE CARE OFFICE PRESENTS

T.R.U.S.T TRAINING

CARE has created a four-class series to delve into various components of healthy relationships, aiming to equip students with an understanding of what makes a healthy relationship, how to recognize forms of abuse, and the importance of adopting healthy communication styles.

REGISTER FOR
T.R.U.S.T WITH THE
QR CODE BELOW!



REGISTER NOW USING THE QR CODE!
THE MEETINGS WILL BE HELD EVERY TUESDAY AT
5PM STARTING OCTOBER 3RD AT 55B 120.

Open to all students,
ANY QUESTIONS? EMAIL UCMCARE@UCMERCED.EDU



CARE
Campus
Advocacy
Resources &
Education

CARE Is Hosting
A new cohort of
T.R.U.S.T in
honor of DVAM

THANKS!



Next Meeting: Thursday, October 5th, 2023

Do you have any questions?

@amsa.ucmerced

amsaucmerced.com

