

UH Pre-Optometry Professional Society

Fall 2024

2nd General Meeting

09/25/2024



Sign-In

- Scan the QR Code and fill out the google form to earn points for attending!
 - The password is case sensitive
 - Password: **whatspoppin?**
- If you are having any issues, please send an email to uhpops.secretary@gmail.com before the meeting ends.





President Hannah Pham

Email:

uhpops.president@gmail.com

Carrel Space:

SC North, Carrel 37

Office Hours:

Monday, 11:00AM - 12:00PM



Duties

- Preside at all General Meetings and Officer Meetings
- Create and provide information necessary for POPS members
- Conduct elections during the Spring semester
- To be familiar with the Constitution of POPS
- As being the highest status within POPS, will provide final decision on all matters of the student organization
- Plan TOA
- Submit event details to Public Relations, Historian, and Webmaster for posting on social media and the website

Duties

- Update events and officer information
- Order POPS member shirts and officer polos
- Maintain professional communication with important contacts (admissions representatives, faculty, and doctors)
- Check the POPS mailbox at the Student Organization Center in Student Center North
- Maintain the uhpops.president@gmail.com & uhpops@gmail.com emails

Member Benefits



Membership Opportunities

- Connect and network with fellow pre-optometry students
- Discover classmates to form study groups
- Engage with families within POPS and participate in monthly social events
- Take advantage of semester scholarships and discount codes

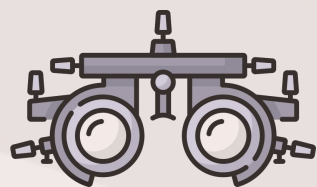
Optometric Opportunities

- Direct interaction with UHCO advisors
- Guest speakers from diverse optometry schools
- Volunteering opportunities within the field of optometry
- Jobs and shadowing opportunities
- Engagement with optometry at significant events
- OAT Resources/Study Materials



Fall General Meetings

- ~~• 9/11 | 6:30 PM - 8:30 PM - Meeting with UIW~~
- 9/25 | 6:30 PM - 8:30 PM - Guest Speaker: Dr. Brunstetter
- 10/16 | 6:30 PM - 8:30 PM - Guest Speaker: Dr. Moore
- 10/23 | 6:30 PM - 8:30 PM - UHCO
- 11/13 | 6:30 PM - 8:30 PM - UHCO AOSA



E
F P
T O Z
L P E D
P E C F D

UIW Preview Day

- Learn about the student life experience with current RSO students
- Interact with RSO faculty and tour their facilities
 - September 28th, 2024
 - 9725 Datapoint San Antonio, TX 78229
 - 9:00 am - 1:00 pm



Undergraduate Advice Workshop

- Thursday October 3rd
- Location CBB 122
 - Come and get advice from our officers about everything from classes, working, and how to balance extracurriculars





Vice President Ashlyn Pro

Email:

uhpops.vp@gmail.com

Carrel Space:

SC North, Carrel 37

Office Hours:

Tuesday, 10:00AM - 11:00AM



Duties

- Opportunities for Research, Shadowing, and Internships
- Scholarships
- Organizing Social Events
- Spring Conference
- Supporting the President



Game Night Social @ Cidercade!!

- When: Friday, September 27th @ 6:30
- Where: Cidercade
- What: Play tons of arcade games with other POPS members!! \$12 = unlimited play on all games! 18+ after 9 PM.

Link to their website:



Link to sign-up:





Log in

[Home](#) / Cidercade Houston Admission



Cidercade Houston Admission

Your cart

8:17 to secure your spot



Thu, Sep 26, 2024 @ 6:00 PM - 7:00 PM



1 x 18+ Ticket [Edit](#)

\$12.00

Subtotal \$12.00

Sales Tax 8.25% \$0.99

Total \$12.99

[Continue for \\$12.99](#)

UHCO Info Session

When?

- Tuesday, September 24th from 3PM to 4PM

Where?

- UH Career Services in SSC1 at UHCO

About?

- For undergraduate students interested in UHCO's graduate programs of study
- Answer any questions about the admissions process

Website?

- Log into Access UH --> click on University Career Services (the icon says CougarPathway) --> search "Optometry" Log into

*Please email pictures for proof of attendance within 24 hours. *



Scholarship

Name Of Scholarship (Optional)

- Deadline
 - “Date and Time”
 - No Late Entries
- Prizes
 - .
 - .
 - .
- Requirements
 - ---- points by the deadline
 - Fall + Spring = Total Points

- Prompt
 - .
- Outline
 - .

send your essay to uhpops.vp@gmail.com

Opportunity

- When
- Where
- What



Treasurers

Felix Lozano and Vi Huynh

Email:

uhpops.treasury@gmail.com

Carrel Space:

SC North, Carrel 37

Office Hours:

Felix - Monday, 4:00PM - 5:00PM

Vi - Tuesday, 1:30PM - 2:30PM



Duties

- Responsible for membership dues and forms
- Managing current budget and expenses
- Coordinate bake sales and bake nights
- Plan & Budget for Big Events like Banquet and TOA
- Please reach out to the treasury email if you have any questions or concerns at uhpops.treasury@gmail.com



T.O.A. in Austin



Bake Sales @ PGH

Memberships FAQ

- How Do I Join?
 - Head to our website uhpops.org and click “Join POPS!” on the top right of the screen. Fill out the membership form then pay the dues to become a member!
If paying with cash or card, please visit during carrel hours or schedule!
 - Deadline - October 16th, 2024 | 3rd G.M!
 - To become a full member:
 - You must submit the form AND pay the dues:
 - Your name will be present on the points tab on the website
- T-Shirt Pickup
 - T-Shirts are handed out after the meeting (Available 3rd GM)
 - Alternatives:
 - Carrel hours (must email prior to coming!)

email uhpops.treasury@gmail.com for further inquiries

The screenshot shows the uhpops.org website. At the top right, there is a red navigation bar with the text "UH POPS" and a "Join POPS!" button. A blue arrow points to this button, labeled with the number "1". Below the navigation bar, the page content includes a "Join POPS!" heading with a large "1" and a blue arrow. Underneath, there are two columns of membership options. The left column lists: "Year membership with BOTH 2023-2024 & 2024-2025 shirts - \$75", "Year membership with EITHER 2023-2024 or 2024-2025 - \$65", "Semester membership with NO shirt - \$45", and "Standalone T-shirt - \$20". The right column has two red buttons: "2023 - 2024 POPS T-shirt" and "2024 - 2025 POPS T-shirt". Below these is a note: "Any issues with payment can be sorted out with the Treasurers at uhpops.treasury@gmail.com".

Further down, there is a "Submitting:" section with a large "2" and a blue arrow. It says: "Click the button to access the Membership Form" and "Once you complete the form, it will be submitted to the webmaster (uhpops.webmaster@gmail.com). Use one of the multiple payment methods to submit the appropriate amount." Below this text are three red buttons: "PayPal", "Cash App", and "Venmo".

Cash or Card?
Email us!



UHPOPS

Scan to pay \$UHPOPS



venmo

Membership Perks

- Scholarships
- Monthly Socials
- Texas Optometric Association Convention
- End of Year Banquet
- Bi-Weekly Meetings with
- Guest Speakers
- Discounted OAT Prep
- Optometry School Admission Counselors
- Optometry Job Opportunities
- Involve yourself in a community of friends and classmates



Bake Sale

- When: October 9th, 2024
- Volunteers **NEEDED**
 - Sign up will be posted!
 - Shifts from 10:30AM-4:30PM
- Bake Night!
 - October 8th, 2024 @ 5:30pm
 - Sign up will be posted!
 - Come out to prepare for our second bake sale!
 - We will be drawing, decorating the menu, and hanging out



email uhpops.treasurey@gmail.com for further inquiries





Secretary Thomas Ton

Email:

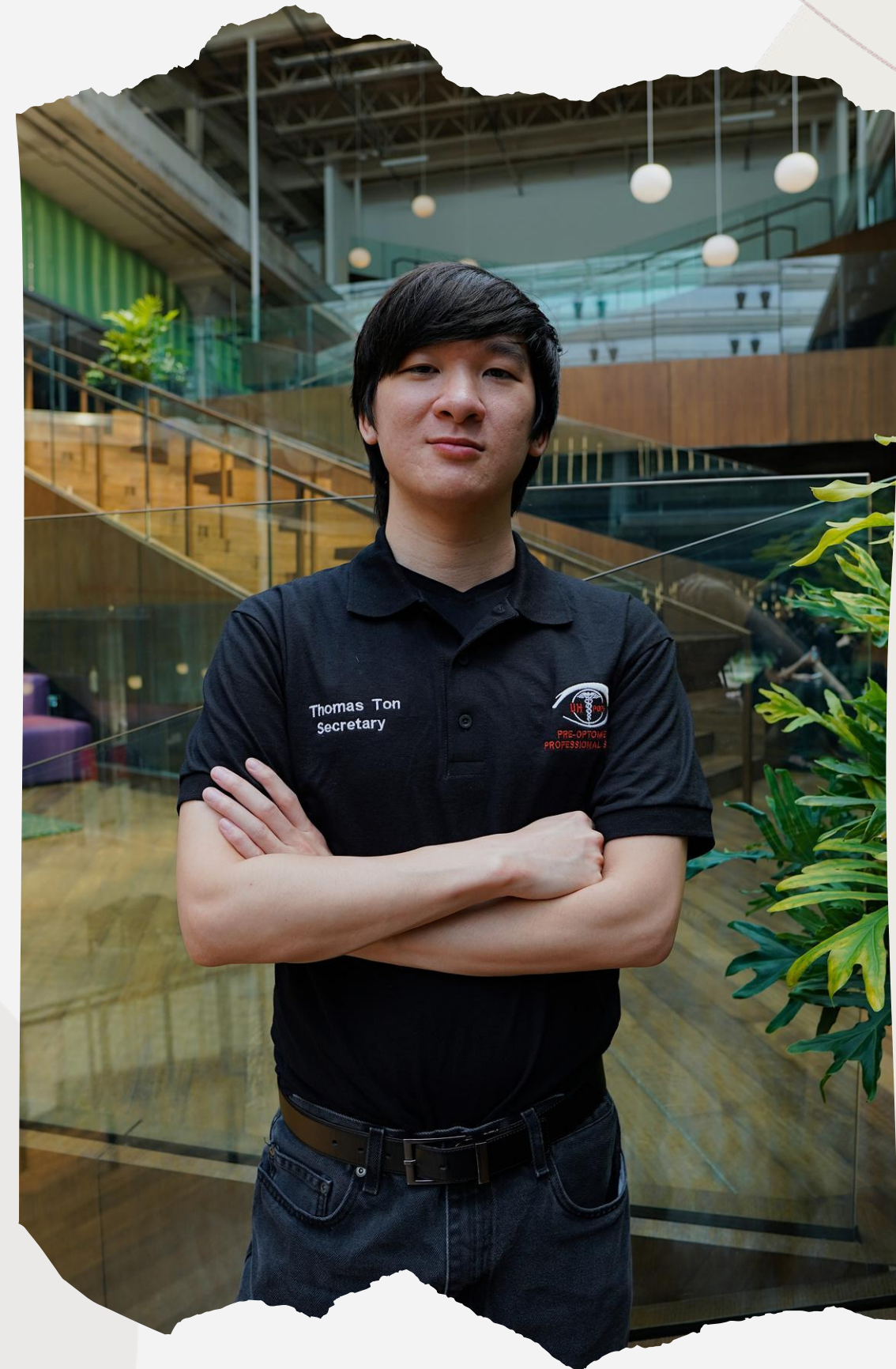
uhpops.secretary@gmail.com

Carrel Space:

SC North, Carrel 37

Office Hours:

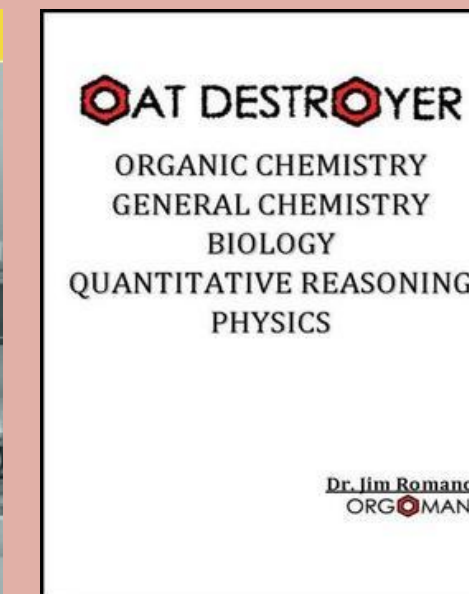
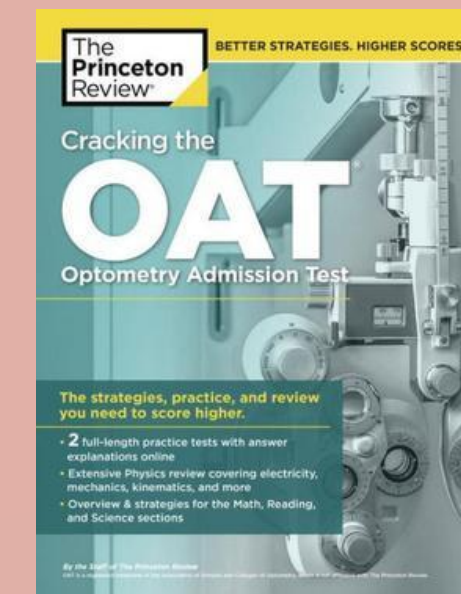
Wednesday, 4:30PM - 5:30PM



Duties

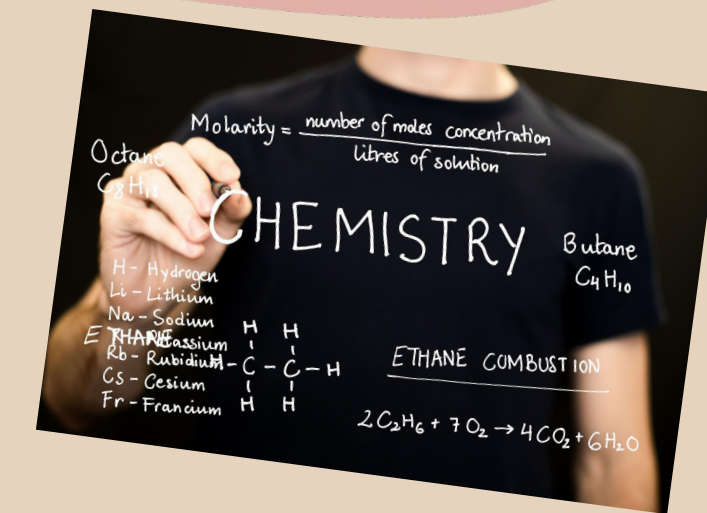
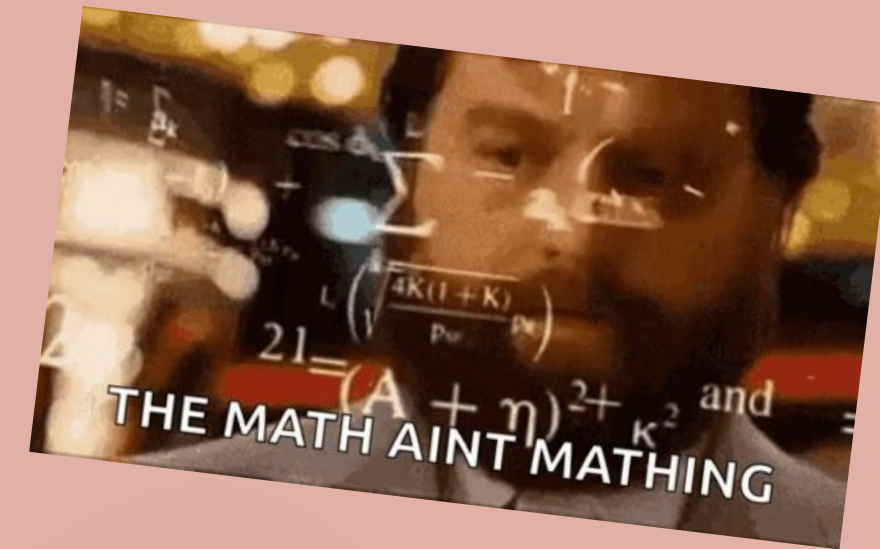
- **Manage Points**
 - Points will be updated on our website every Friday.
- **Manage the Class Registry**
 - All members will have access to the Fall 2024 class registry. Put your name down and find your next study buddy!
- **Award Member of the Month**
 - The most active member of each month will be awarded with a graduation cord.
- **Manage OAT Bank**
 - You can donate or request physical and digital materials to study for the OAT!
 - To checkout study materials, please email

uhpops.secretary@gmail.com



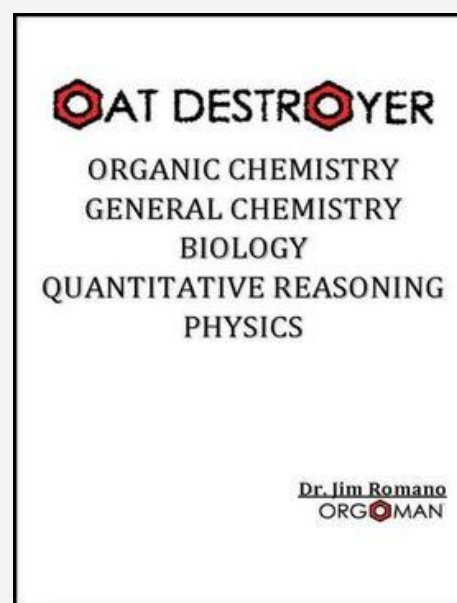
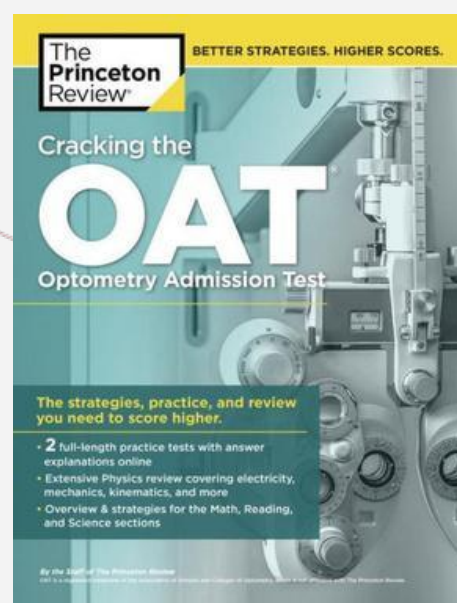
Class Registry

- All paid members will have access to the Fall 2024 class registry.
- See other POPS members that are taking your class and become study buddies!
- This form does contain sensitive information, such as names and email addresses, so please do not share the form with nonmembers!
- Please email uhpops.secretary@gmail.com for additional information



OAT Materials

- Information about OAT materials here
- Email uhpops.secretary@gmail.com for additional information
- Scan the QR code to access the OAT Physical Book Request Form:



How to Earn Points

- VOLUNTEER

- Attend Socials & Workshops
- Attend Meetings
- Intramural Sports
- Frame Donations
- Sponsorships
- Pictures
- Office Hours Bingo Sheet

Distinguished (130+ points)

Eligible for:

- TOA
- Spring Conference
- End of the Year Banquet
- Office
- Scholarship

Honorable (100+ points)

Eligible for:

- TOA
- Spring Conference
- End of the Year Banquet
- Office

Active (70+ points)

Eligible for:

- TOA
- Spring Conference

Office Hours Bingo Sheet

- **Instructions**

- Visit any five officers during their office hours
- Receive a signature from the officer
- When you have collected five signatures, turn in the bingo sheet to any officer to receive points!
 - * visiting more than five officers isn't required and won't grant extra points
 - * bingo sheet can only be used once per semester

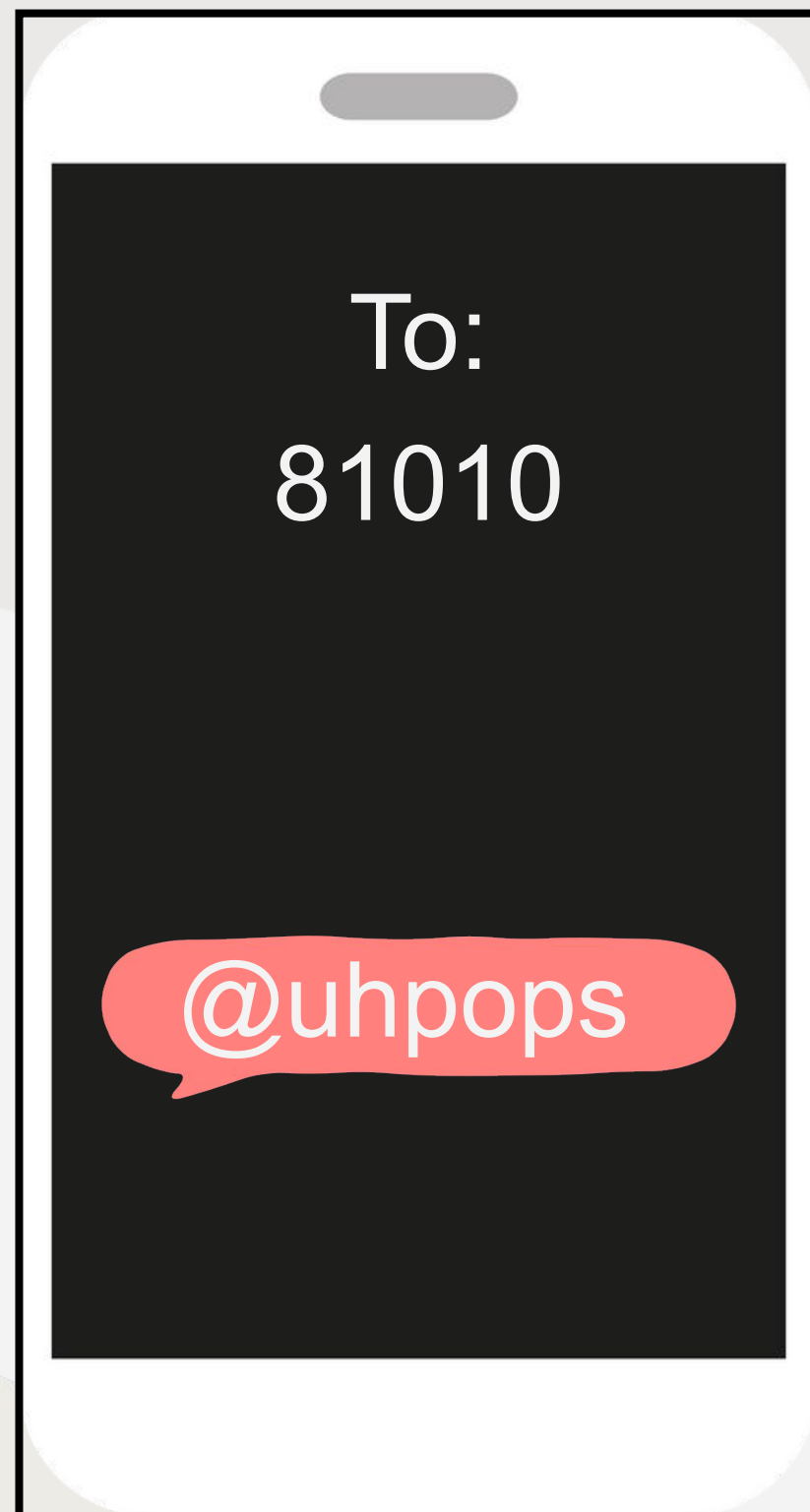
Name:
UHID:

UHPOPS Office Hours Bingo Sheet

1. Visit five different officers during their office hours and receive a signature from them on this sheet.
2. You aren't required to visit all ten officers, and you won't receive extra points if you do, but please feel free to come visit us anyways!
3. When you have received the fifth stamp, please hand over the bingo sheet to any officer to receive your points!

FALL 2024 CARREL HOURS		CARREL SPACE: #37	
Monday	Tuesday	Wednesday	Thursday
	10:00 AM – 11:00 AM Ashlyn Pro	10:30 AM – 11:30 AM Kannan Huynh	
11:00 AM – 12:00 PM Hannah Pham			12:00 PM – 1:00 PM Jacob Lim
12:00 PM – 1:00 PM Karen Espinosa	1:30 PM – 2:30 PM Vi Huynh	2:00 PM – 3:00 PM Micaela Nguyen	1:00 PM – 2:00 PM Kalyce Sims
4:00 PM – 5:00 PM Felix Lozano		4:30 PM – 5:30 PM Thomas Ton	

Join Remind



- Join our Remind group to receive updates on job opportunities, socials, volunteering events, and more!
- TEXT @uhpops to the number 81010
 - You'll receive a welcome text from Remind
- If 81010 does not work for you, try texting @uhpops to (682)-888-5131



Community Service Chair

Karen Espinosa

Email:

uhpops.volunteer@gmail.com

Carrel Space:

SC North, Carrel 37

Office Hours:

Monday, 12:00PM - 1:00PM



Duties

- Organize volunteer events
- Submit event details to the Webmaster and Historian
- Ensure communication with event coordinators
- Coordinate with Prevent Blindness Texas for PBT Internships
- Manage the uhpops.volunteer@gmail.com

Community Service Chair

Volunteer Opportunities

BEST WAY TO EARN POINTS!

All opportunities can be found in our facebook group or on our website

- In Person Events
- Virtual Workshops

How to receive points for volunteer hours

Email attendance photo + hours to

uhpops.volunteer@gmail.com

Email must be sent within 24 hours of volunteer event

Cancellation Policy

48 hour notice. Failure to contact CSC for cancellation will result in point deduction.

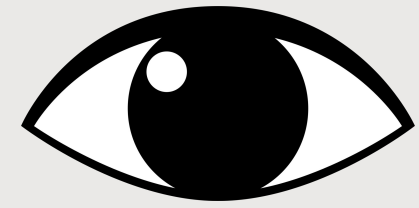
New Message - ↗ ✕

To uhpops.volunteer@gmail.com Cc Bcc

Subject **Volunteer Attendance**

Name:
Date volunteered:
Volunteer event attended:
Hours:
****attach photo****

Send ⌵ 🔗 📎 🔗 😊 📷 🔒 ✍️ ⋮ 🗑️



Major Volunteer Event

Prevent Blindness Texas

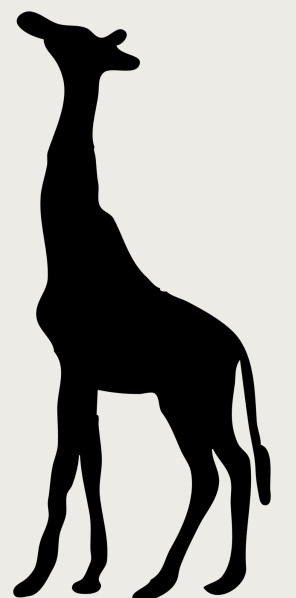
The time to register for the Annual Eye Stroll for Vision is finally here!

When: Saturday, October 12th 2024 @6:45 am

Where: Houston Zoo

Volunteers will assist with set up, registration, serving food, as well as other tasks

Please look for email following registration for waiver and release form





Internal Relations

Jacob Lim

Email:

uhpops.ir@gmail.com

Carrel Space:

SC North, Carrel 37

Office Hours:

Thursday, 12:00PM - 1:00PM



Duties

- Assist Vice President with planning socials
- Assist Public Relations with sponsors
- Plan End of the Year Banquet with Public Relations Chair and Historian
- Recruiting new members through advertising
- Organize intramural sports
- Manage POPS families
 - Please reach out to the IR Chair if you have any questions or concerns at uhpops.ir@gmail.com

Intramural Sports

- EYEBALLERS!
- Come and Join!
 - Basketball
 - Dodgeball
 - Pickleball Tourney
 - Great Way To Earn Points!

Come out and watch us!



POPS Families

- Great Way To Meet New People
- Meet People In Your Same Major
- Get Points!
 - Volunteer Opportunities

Fill Out The Family Form!





Public Relations Micaela Nguyen

Email:

uhpops.pr@gmail.com

Carrel Space:

SC North, Carrel 37

Office Hours:

Wednesday, 2:00PM- 3:00PM



Duties

- **Sponsors**

UH POPS would not be the great organization it is without our sponsors!

- **Discount Codes**

Email uhpops.pr@gmail.com for discount codes on OAT test prep materials and scrubs! For paid members only.

- Assist Internal Relations with member involvement

- Plan End of the Year Banquet with Internal Relations and Historian



Counseling and Psychological Services (CAPS)

College can be overwhelming...

Thankfully, UH provides resources to help support us.

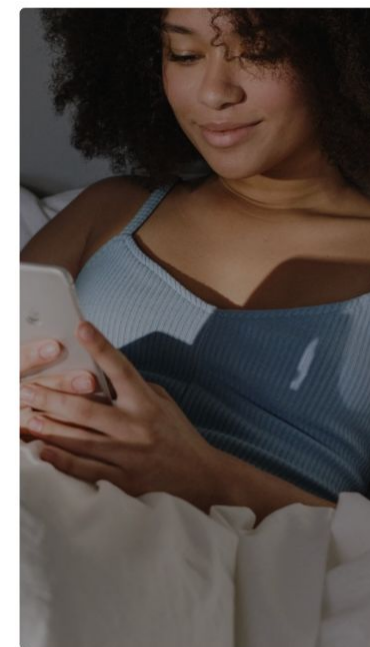
Located at

4349 Martin Luther King Blvd., Health 2 Building,
Rm. 2005 Houston, TX 77204

Crisis Support Contact: 713-743-5454 or 988

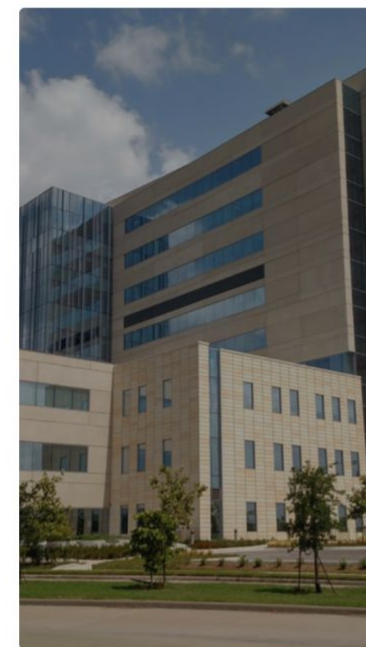
Website: <https://www.uh.edu/caps/>

Ways to Connect with CAPS



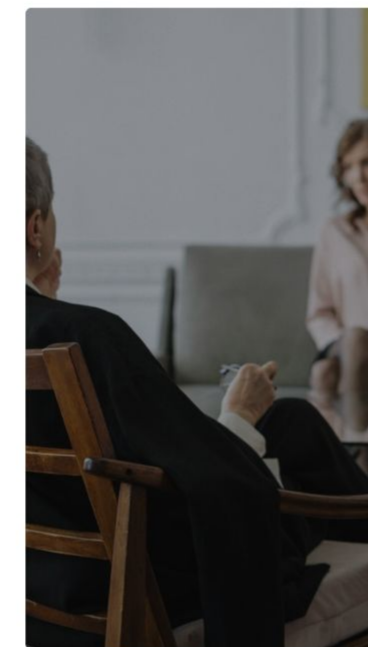
24/7 Crisis Services

If you or a UH community member needs mental health crisis support please call 713-743-5454 anytime. If you have a life-threatening emergency, dial 911.



Access (Triage) Visit

Call 713-743-5454 or visit CAPS at **Health 2** between 10am and 4pm. We will work with you to come up with a plan for change that capitalizes on resources and matches you with a service to address your needs.



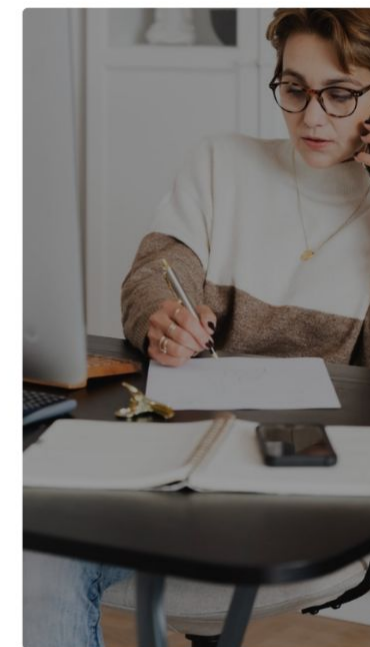
Let's Talk

CAPS clinicians provide brief and focused mental health consultation for in the moment concerns. Get connected by joining our **zoom** or see our complete list of times and locations by visiting our **Let's Talk page**.



Outreach Request Form

Request a CAPS representative to deliver a presentation, host a workshop or attend an event.



Contact CAPS

Business Hours 8am-5pm, Please call 713-743-5454, Follow us on social media **Instagram** and on **Twitter**.

Thank You to Our Sponsors!





Historian Kannan Huynh

Email:

uhpops.historian@gmail.com

Carrel Space:

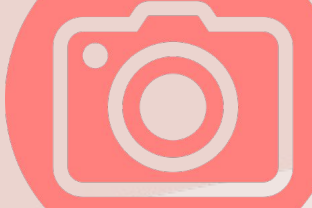
SC North, Carrel 37

Office Hours:

Wednesday, 10:30AM - 11:30AM



Duties



- Document and take photos and videos for events, meetings, trips, and more.
- Maintain social media.
- Plan End of the Year Banquet with Internal Relations and Public Relations chairs.

How to Earn Points

- For photo points: email uhpops.historian@gmail.com
 - You **MUST** Cc uhpops.volunteer@gmail.com
 - This is so our Community Service Chair can record your hours for volunteering events.

Must be sent 24 hrs of the event (1 warning after 24 hrs)

Make sure they are unique!



Email Format

- Enter your full name
- Event name and date
- Attach your own unique photos and videos
- You **MUST** Cc
uhpops.volunteer@gmail.com

Template

New Message – ↗ ✕

To uhpops.historian@gmail.com, uhpops.volunteer@gmail.com Cc Bcc

Subject POPS Event Photo

Your Name

Pops Event

Date of Event

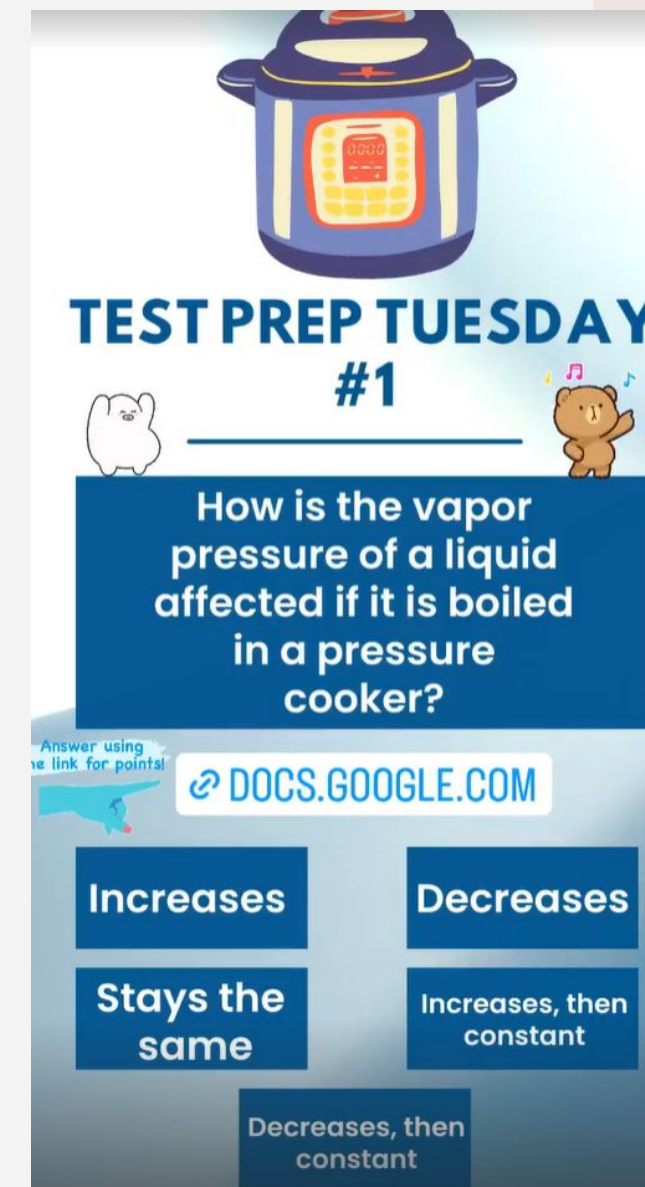
Hours

you can click on either of these buttons to attach photos/videos

Send ▾

Test Prep Tuesday

- Starting October 1st, there will be practice questions posted every two weeks until November 5th.
- These questions will be answered on a google form.
 - Google form will be accessible through:
 - **Instagram**
 - **Linktr.ee**
- Answers will be announced at General Meetings!



The image shows a digital question card for 'Test Prep Tuesday #1'. At the top is an illustration of a blue and yellow pressure cooker. Below it, the text reads 'TEST PREP TUESDAY #1' in blue. There are two small cartoon characters, a white dog and a brown bear, flanking a horizontal line. The question is: 'How is the vapor pressure of a liquid affected if it is boiled in a pressure cooker?'. Below the question is a link to a Google Docs form: 'DOCS.GOOGLE.COM'. At the bottom, there are five blue buttons with white text: 'Increases', 'Decreases', 'Stays the same', 'Increases, then constant', and 'Decreases, then constant'. A small note at the bottom left says 'Answer using the link for points!' with a hand icon pointing to the link.

TEST PREP TUESDAY
#1

How is the vapor pressure of a liquid affected if it is boiled in a pressure cooker?

DOCS.GOOGLE.COM

Increases Decreases

Stays the same Increases, then constant

Decreases, then constant

Social Media

- Linktr.ee
 - You can scan the QR code or head to linktr.ee/uhpops
- Connect with us on Instagram and Facebook
 - IG: @uh_pops
 - FB: UHPOPS



Linktr.ee





Webmaster Kalyce Sims

Email:

uhpops.webmaster@gmail.com

Carrel Space:

SC North, Carrel 37

Office Hours:

Thursday, 1:00PM - 2:00PM



Duties

- Design a user-friendly website
- Update the website consistently
- In charge of the annual t-shirt design competition
- Communicate with the Historian to post on social media



UH POPS

[About Us](#) ▾

[Events](#) ▾

[Members](#) ▾

[Gallery](#) ▾

[Resources](#) ▾

[Join POPS!](#)

Our Website

- Job Opportunities
- Upcoming Events on Homepage
 - Links posted on the Events calendar
- Update Member Points
 - Every Friday night
- Application Forms
 - Membership form and Family form under the “Join POPS” tab
- Missed a Meeting/Workshop?
 - Slides can be found under the “Meetings” tab
- Optometry Info

Optometry School Matriculants Spreadsheet

- Paid members will have access to past GPAs, OAT scores, etc.
- Gain insight into application process
- Help members identify target schools

Meet our new UH POPS Mascot!

Sir Otto, First Optometrist Of The Otters, Ukulele Enthusiast, Baller Of The Diamond's Four Bases



Quest Speaker

Dr. Tyson Brunstetter

