

UH Pre-Optometry Professional Society

Fall 2024

3rd General Meeting

10/16/2024



Sign-In

- Scan the QR Code and fill out the google form to earn points for attending!
 - The password is case sensitive
 - Password: **lollyPOPS!**
- 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

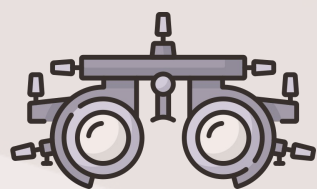
Optometric Opportunities

- 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 - Guest Speaker: Dr. Sapoznik~~
- 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



Fall Semester Scholarship!!

- **Deadline**

- November 6th at 11:59 PM
- No Late Entries

- **Prizes**

- 1st place - \$150
- 2nd place - \$100
- 3rd place - \$50

- **Requirements**

- 50 points by the deadline
- Must be a PAID POPS member

- **Essay topics**

- What does serving the community mean to you?
- Why do you aspire to be a doctor?
- How has optometry changed your life?

- **Outline**

- Submit your essay as a PDF / Word doc
- 1 page minimum / 1.5 page maximum
- 12 pt font size (Arial or times new roman)
- Single-line spacing
- Must include prompt in the title

send your essay to uhpops.vp@gmail.com

HALLOWEEN SOCIAL

- When: Tuesday, October 29th @ 6:30-8:30
- Where: Game room at Student Center South (next to Starbucks)
- What: Join us in our annual Halloween social! There will be costume contests, prizes, bowling, and pizza!!



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



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](#)

Cidercade Houston Admission

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?

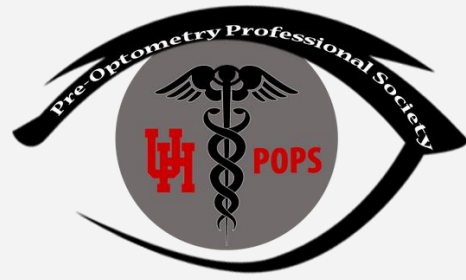
- Log into Access UH --> click on University Career Services (the icon says CougarPathway) --> search "Optometry" Log into

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



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
- 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

Membership Perks

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



T-SHIRTS!!!!!!

- T-shirts are available for pickup!!!
- Stay around after the meeting to pick up
- You can pick up T-shirts by scheduling with us or during our office hours if unable to pick up at GM's.

Carrel Space:

SC North, Carrel 37

Office Hours:

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

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



Memberships FAQ

- How Do I Join?
 - Deadline - Past (contact us for questions)
 - 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

The screenshot shows the uhpops.org website. At the top right, the URL "uhpops.org" is displayed. Below it is a navigation bar with the UH POPS logo and menu items: "About Us", "Events", "Members", "Gallery", "Resources", and a "Join POPS!" button. A blue arrow labeled "1" points to the "Join POPS!" button. Below the navigation bar, the text "Join POPS! 1" is shown. Underneath, there are two membership options, each with a corresponding T-shirt button: "2023 - 2024 POPS T-shirt" and "2024 - 2025 POPS T-shirt". Below these, there is a "Submitting:" section with a blue arrow labeled "2" pointing to a "Membership Form" button. Underneath the form button are three payment method buttons: "PayPal", "Cash App", and "Venmo".



UHPOPS

Scan to pay \$UHPOPS



venmo

Cash or Card?
Come talk to us!



email uhpops.treasury@gmail.com for further inquiries

Bake Sale

- When: November 6th, 2024
- Volunteers **NEEDED**
 - Sign up will be posted!
 - Shifts from 10:00AM-4:00PM
- Bake Night!
 - November 5th, 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:

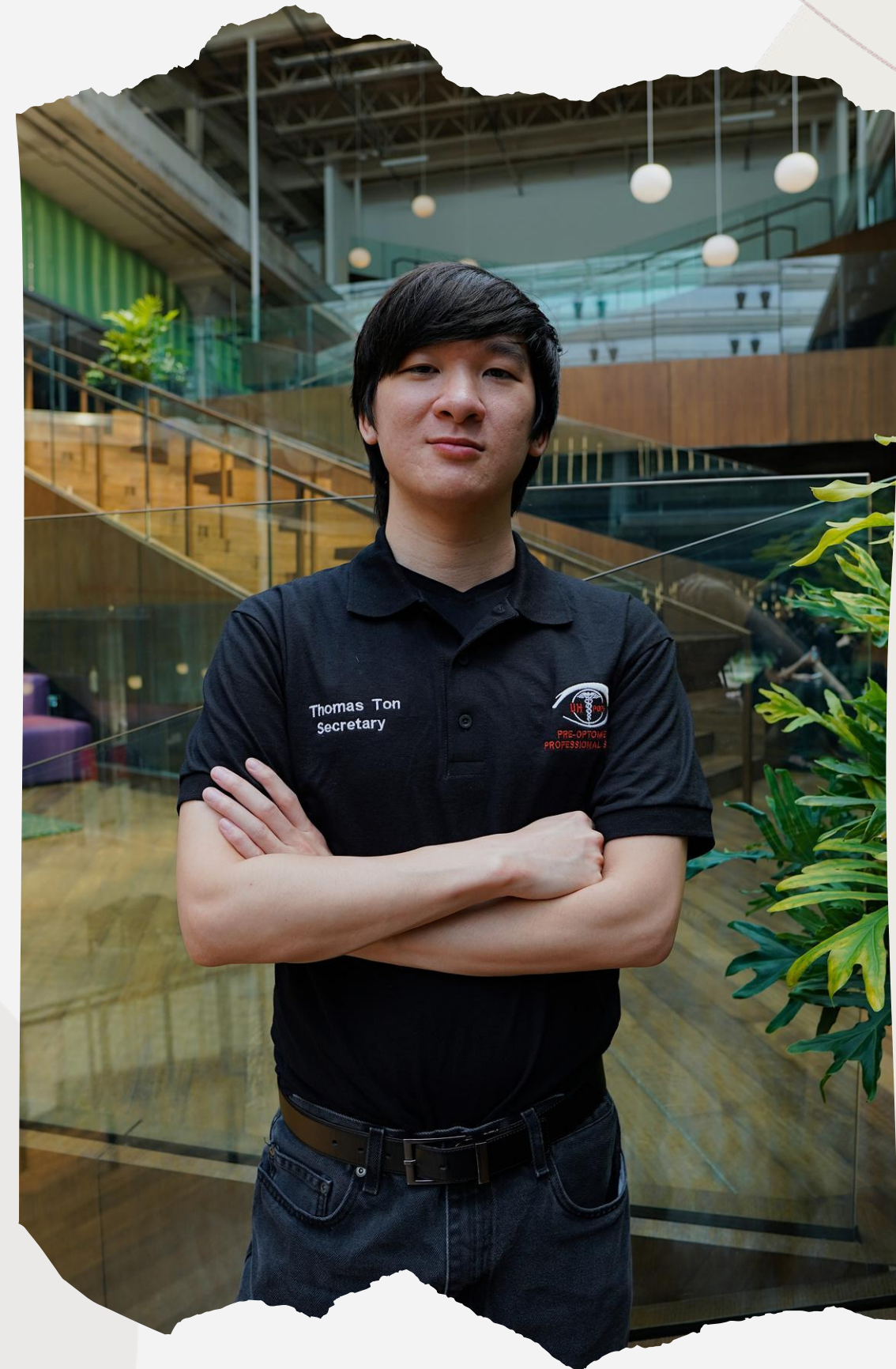
uhpops.secretary@gmail.com

Carrel Space:

SC North, Carrel 37

Office Hours:

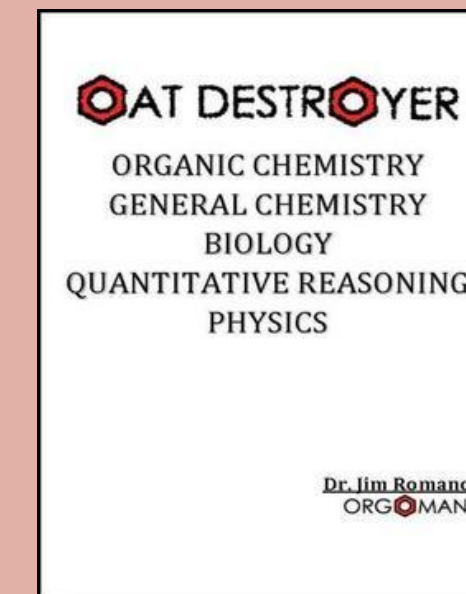
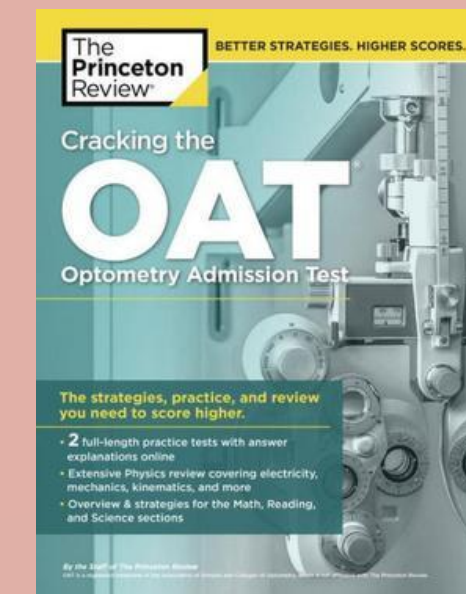
Wednesday, 4:30PM - 5:30PM



Duties

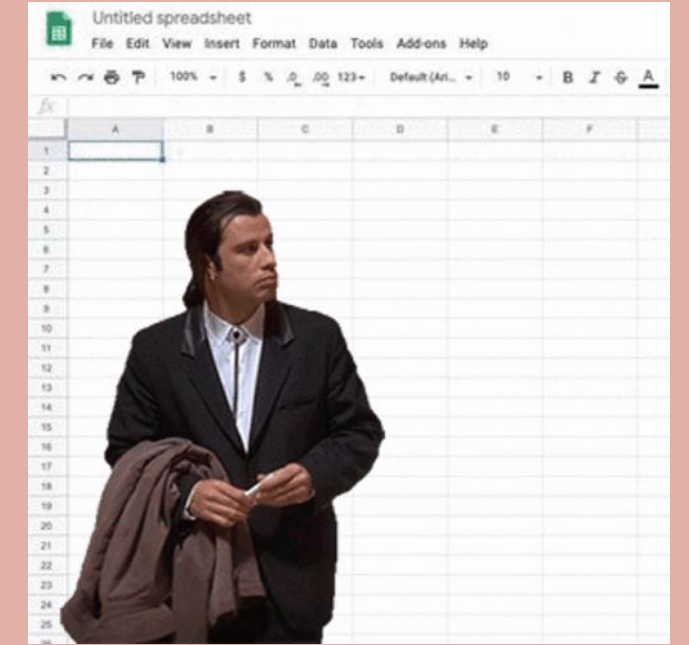
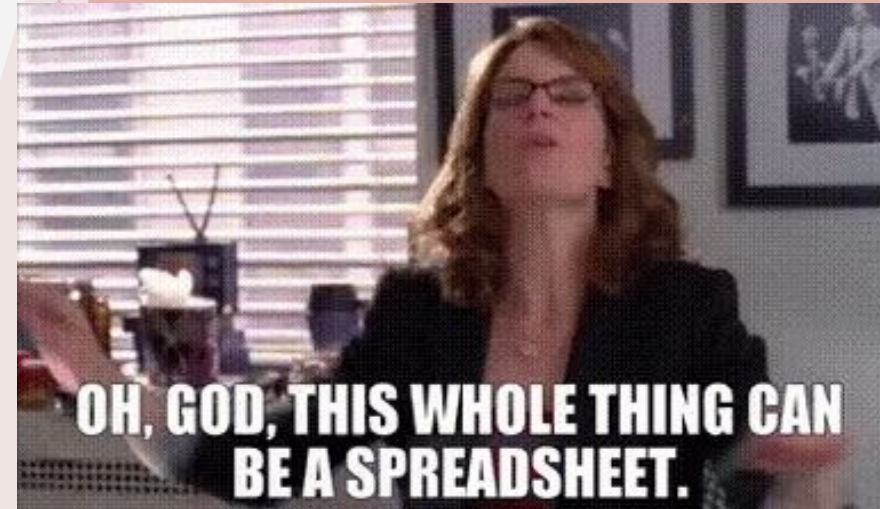
- **Manage Points**
 - Points will be updated on our website every Friday.
- **Manage the Class Registry**
 - All members will have access to the Fall 2024 class registry. Put your name down and find your next study buddy!
- **Award Member of the Month**
 - The most active member of each month will be 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



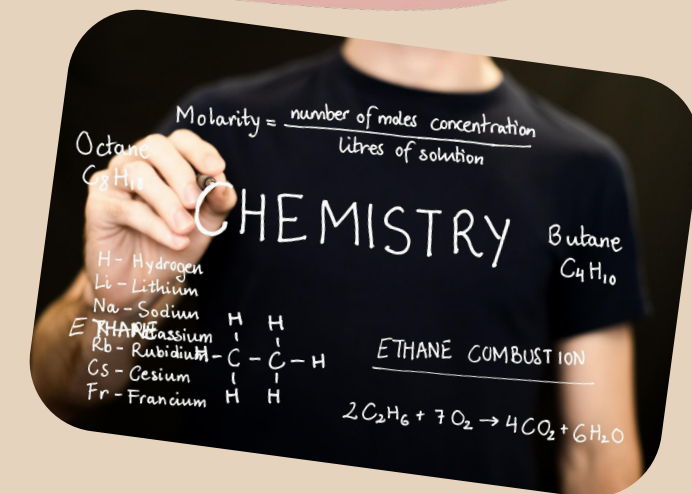
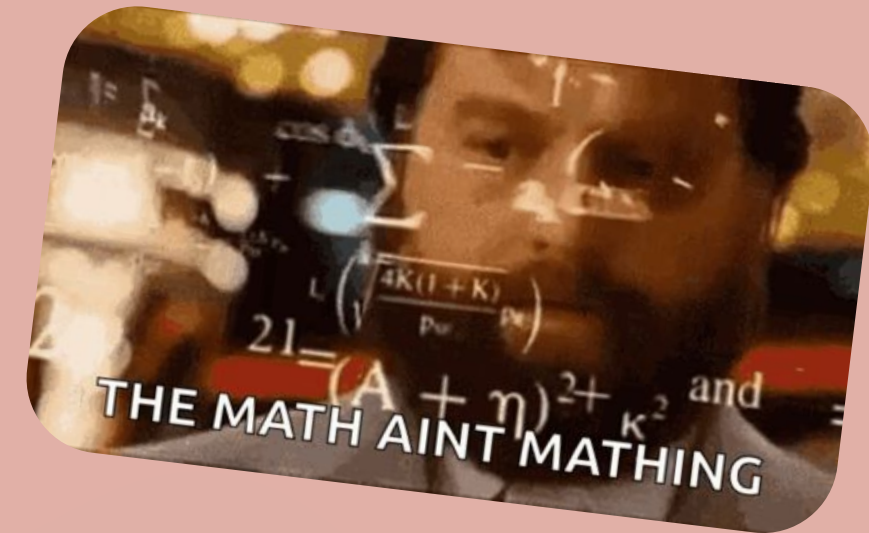
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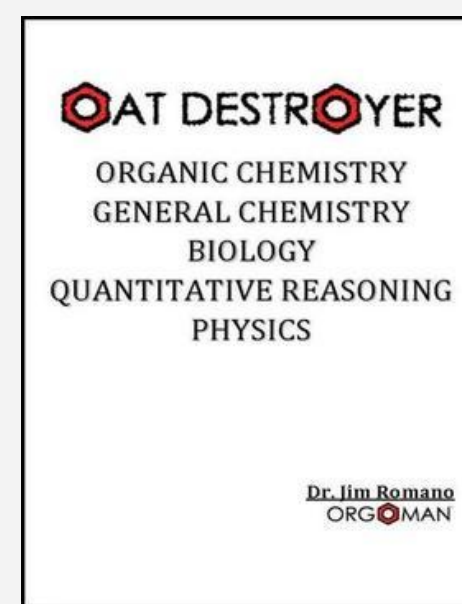
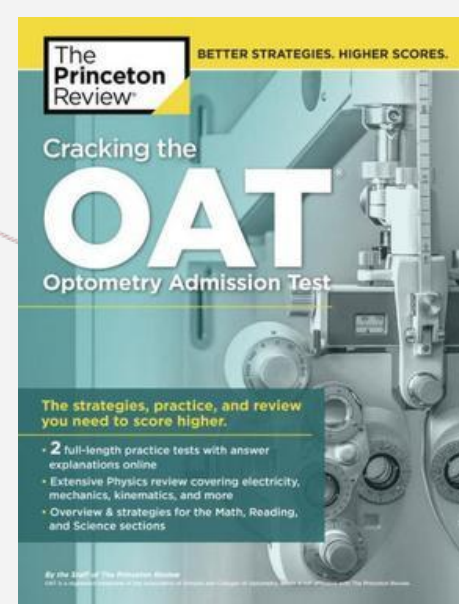
Class Registry

- 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 year

Name:

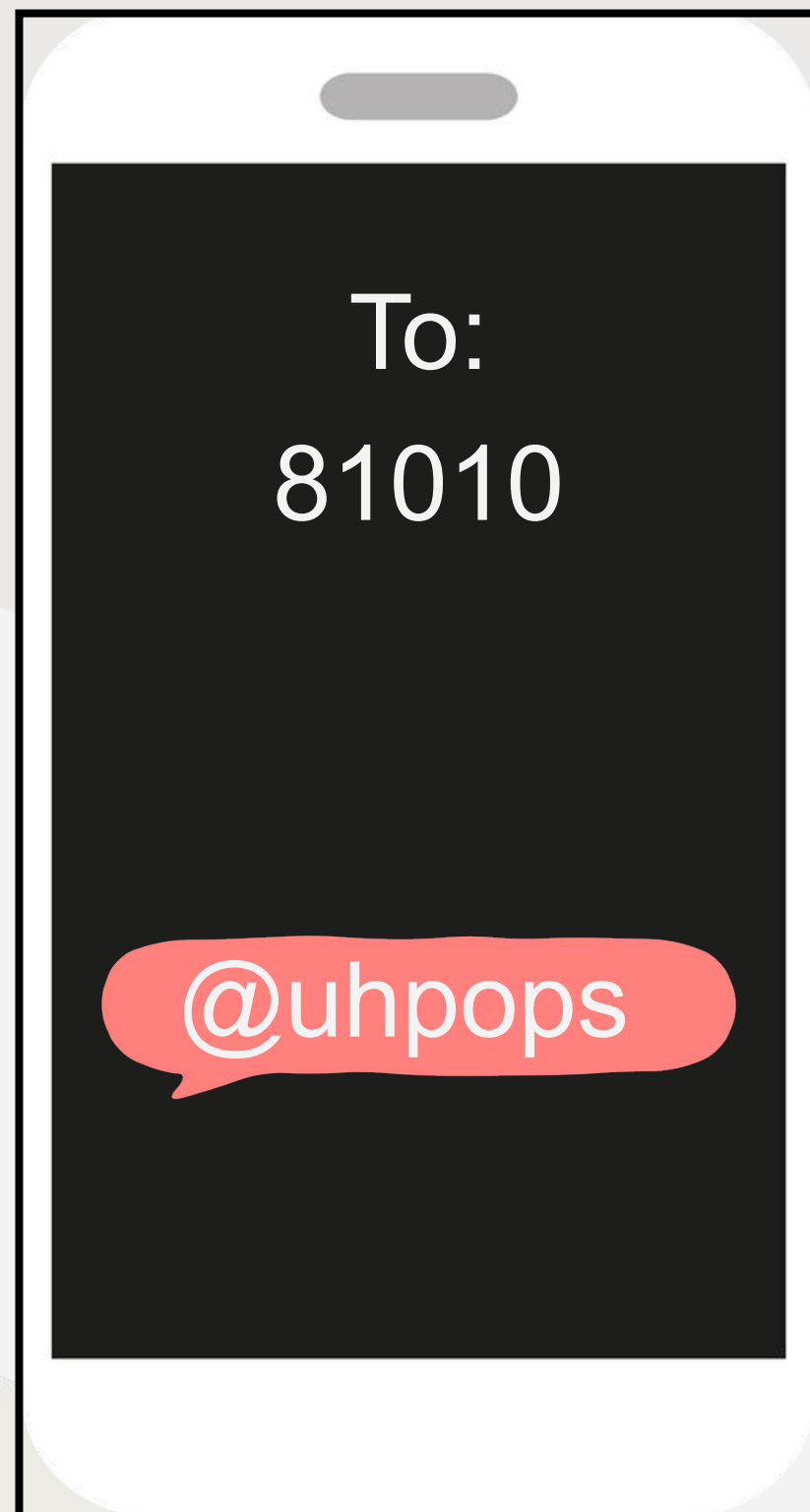
UHID:

UHPOPS OFFICE HOURS BINGO CARD

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 Keren 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

Congratulations To The October Member Of The Month:





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.

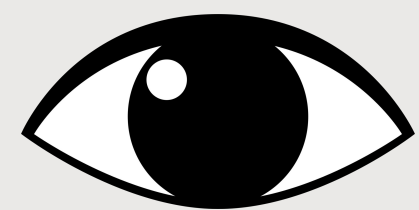
New Message - ↗ ✕

To uhpops.volunteer@gmail.com Cc Bcc

Subject **Volunteer Attendance**

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

Send ⌵ A 📎 🔗 😊 🗑️ 📷 🔒 ✍️ ⋮ 🗑️



Upcoming Volunteer Events

Lighthouse of Houston - Youth Halloween Carnival

When: Saturday, October 26th 2024 10am-1pm

Where: The Lighthouse of Houston

3602 West Dallas

Houston, TX 77019 United States

Volunteers will help manage 25 activity booths

Please look for email following registration for waiver and volunteer 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! (1-1)**
- Come Watch Our Team Play
 - **Fall Basketball Schedule**
 - ~~10/15: 10pm vs Migoats~~
 - ~~10/22: 10pm vs Rush Hour~~
 - 10/29: 10pm vs NGSB
 - 11/5: 10pm vs Beta Alpha Pie
 - 11/12: 9pm vs Moody Munchers
- Dodgeball? Join the Group Me if Interested!!!



POPS Families

Glockoma	Visionaries	Retinopaths
Tyler Dang	Madison Cai	Hien Nguyen
Kevin Velasco	Sophia Nagera	Larose Mutombo
Andrew McIntyre	Katie Cao	Shaiza Pasha
Erik Arizpe	Aadya Sharma	Noemon Koshan
Connor Sheffield	Liza Tsoi	Chelsea Abad
Grace Gi	Valeria Farciert	Jonathan Chau
Malak Al-Gburi	Peter Huynh	Frankie Mauricio
Darcie Thai	Austin Toliao	Ashley Kim
Parker Edwards	Rachael Le	Zaria Saeed
Julie Dang	Vivian Huynh	Natalie Nguyen
Rumesa Rahman	Alex Fung	Dellina kiflu
Julian Nguyen	Amiya Bhakta	Farah Mirza
Myleen Garcia	Anjali Jacob	Helen Robin
Bao Le	Trang Ly	Mario Santillan
Duyen Bui	Katy Nguyen	Nguyen Nguyen

Glockoma:

Hannah Pham, Felix Lozano, Kannan Huynh Micaela Nguyen



Visionaries:

Ashlyn Pro, Karen Espinosa, Jacob Lim



Retinopaths:

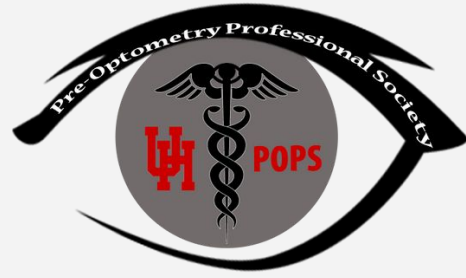
Vi Huynh, Thomas Ton, Kalyce Sims



POPS Families

- If you haven't been placed in a Family **FILL OUT THE FORM!**
- Stay after to meet your Officers and people in your Fam!
- Thank you again to everyone who filled out the 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.

- **Fundraising**

- Assist Internal Relations with member involvement

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



Profit Share at Teapresso Bar

Come out to Teapresso Bar Eado to support UH POPS and meet your new families!

When? Thursday, October 24th 10AM-9PM
- Family Meet & Greet @6:30

Where? 2929 Navigation Blvd, Houston, TX, 77003

Remember to mention UH POPS when ordering



**TEAPRESSO
PROFIT SHARE**



Mention UH POPS
20% of Proceeds Go Towards Us!

**COME MEET YOUR
POPS FAMILY**

All Day: Thursday, October 24
Family Meet & Greet @6:30 PM
Location: 2929 Navigation Blvd,
Houston, TX, 77003



uhpops.org

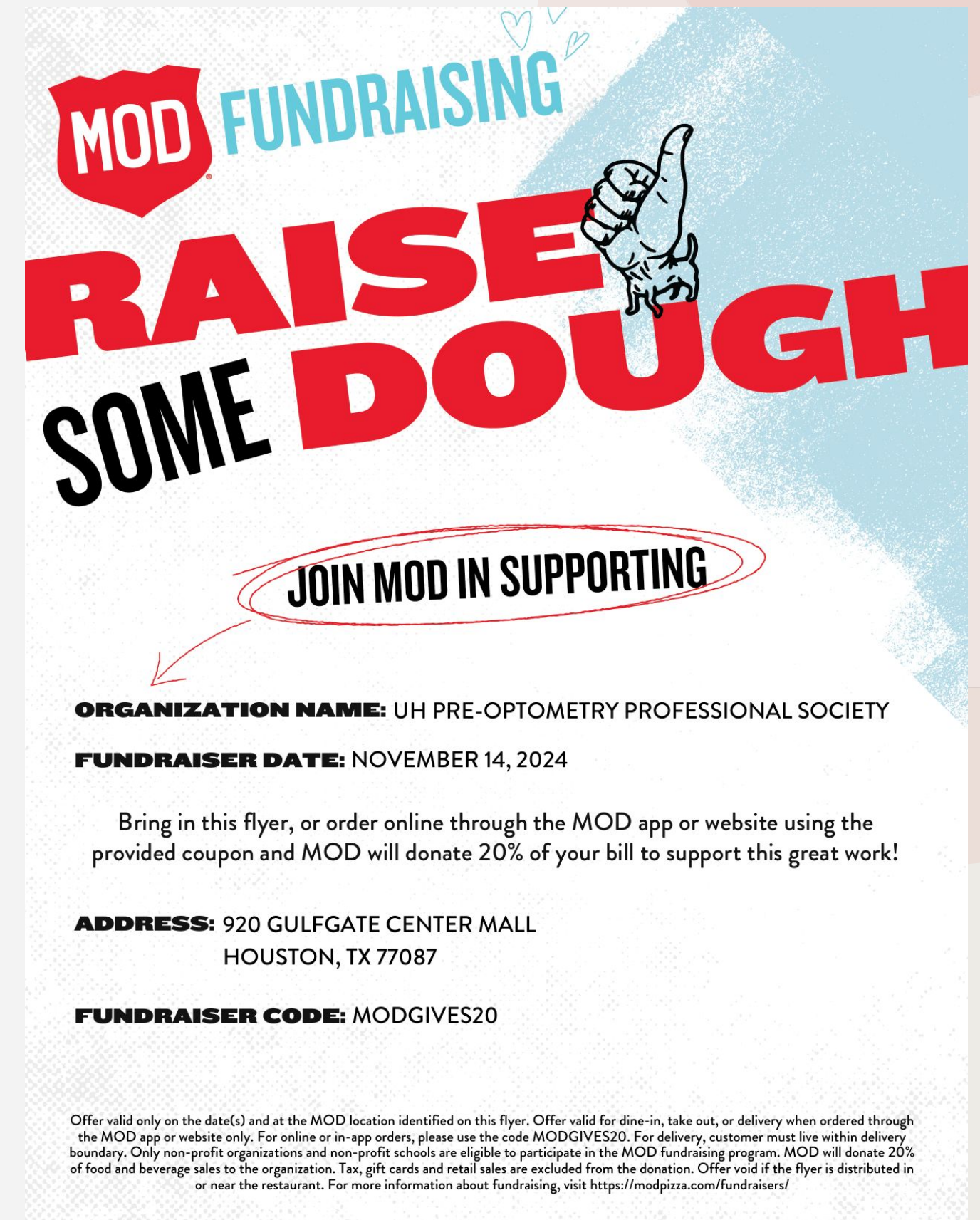
Profit Share at MOD Pizza

Come out to MOD Pizza to support UH POPS!

When? Thursday, November 14th 10:30AM-10PM

Where? 920 Gulfgate Center Mall,
Houston, TX, 77087

*Remember to show this flyer or use code when
ordering*



The flyer features the MOD logo in a red shield, the word 'FUNDRAISING' in blue, and the slogan 'RAISE SOME DOUGH' in large red letters with a hand holding a pizza slice. A red oval highlights the text 'JOIN MOD IN SUPPORTING'. Below this, the organization name, date, address, and fundraiser code are listed. A red arrow points from the highlighted text to the organization name. At the bottom, there is a small disclaimer in fine print.

MOD FUNDRAISING

RAISE SOME DOUGH

JOIN MOD IN SUPPORTING

ORGANIZATION NAME: UH PRE-OPTOMETRY PROFESSIONAL SOCIETY

FUNDRAISER DATE: NOVEMBER 14, 2024

Bring in this flyer, or order online through the MOD app or website using the provided coupon and MOD will donate 20% of your bill to support this great work!

ADDRESS: 920 GULFGATE CENTER MALL
HOUSTON, TX 77087

FUNDRAISER CODE: MODGIVES20

Offer valid only on the date(s) and at the MOD location identified on this flyer. Offer valid for dine-in, take out, or delivery when ordered through the MOD app or website only. For online or in-app orders, please use the code MODGIVES20. For delivery, customer must live within delivery boundary. Only non-profit organizations and non-profit schools are eligible to participate in the MOD fundraising program. MOD will donate 20% of food and beverage sales to the organization. Tax, gift cards and retail sales are excluded from the donation. Offer void if the flyer is distributed in or near the restaurant. For more information about fundraising, visit <https://modpizza.com/fundraisers/>

Counseling and Psychological Services (CAPS)

College can be overwhelming...

Thankfully, UH provides resources to help support us.

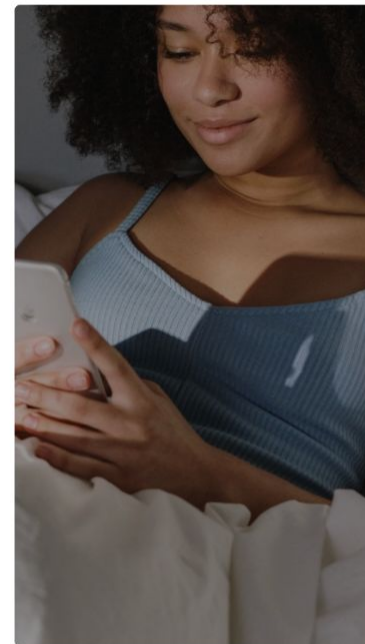
Located at

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

Crisis Support Contact: 713-743-5454 or 988

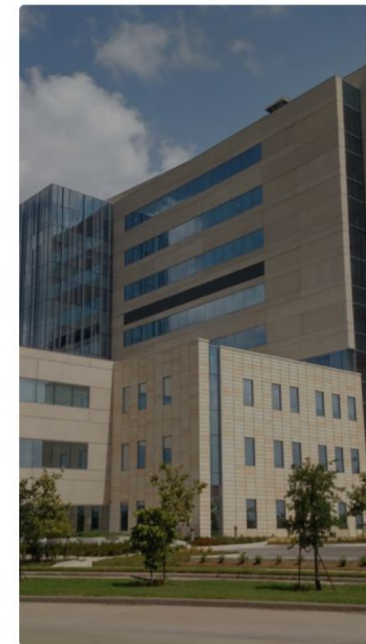
Website: <https://www.uh.edu/caps/>

Ways to Connect with CAPS



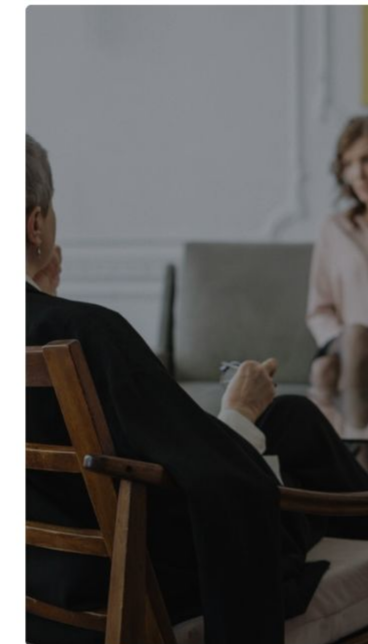
24/7 Crisis Services

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.



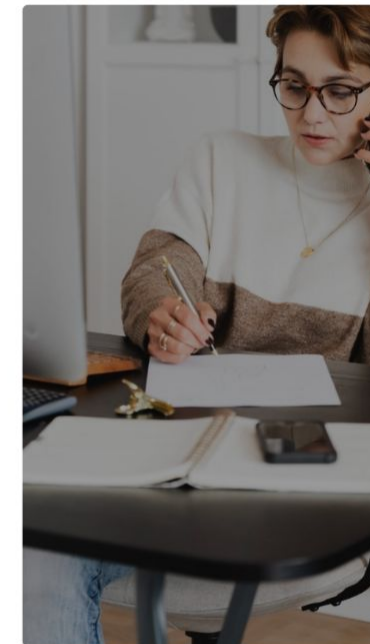
Let's Talk

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.



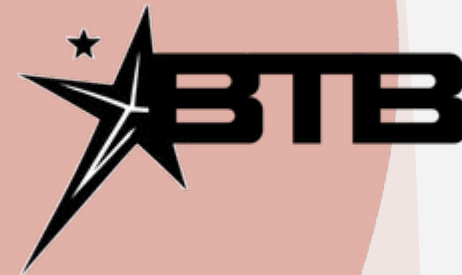
Contact CAPS

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

Thank You to Our Sponsors!



Thank You to Our Partners!





Historian Kannan Huynh

Email:

uhpops.historian@gmail.com

Carrel Space:

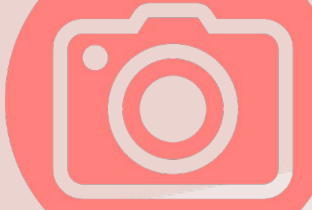
SC North, Carrel 37

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)

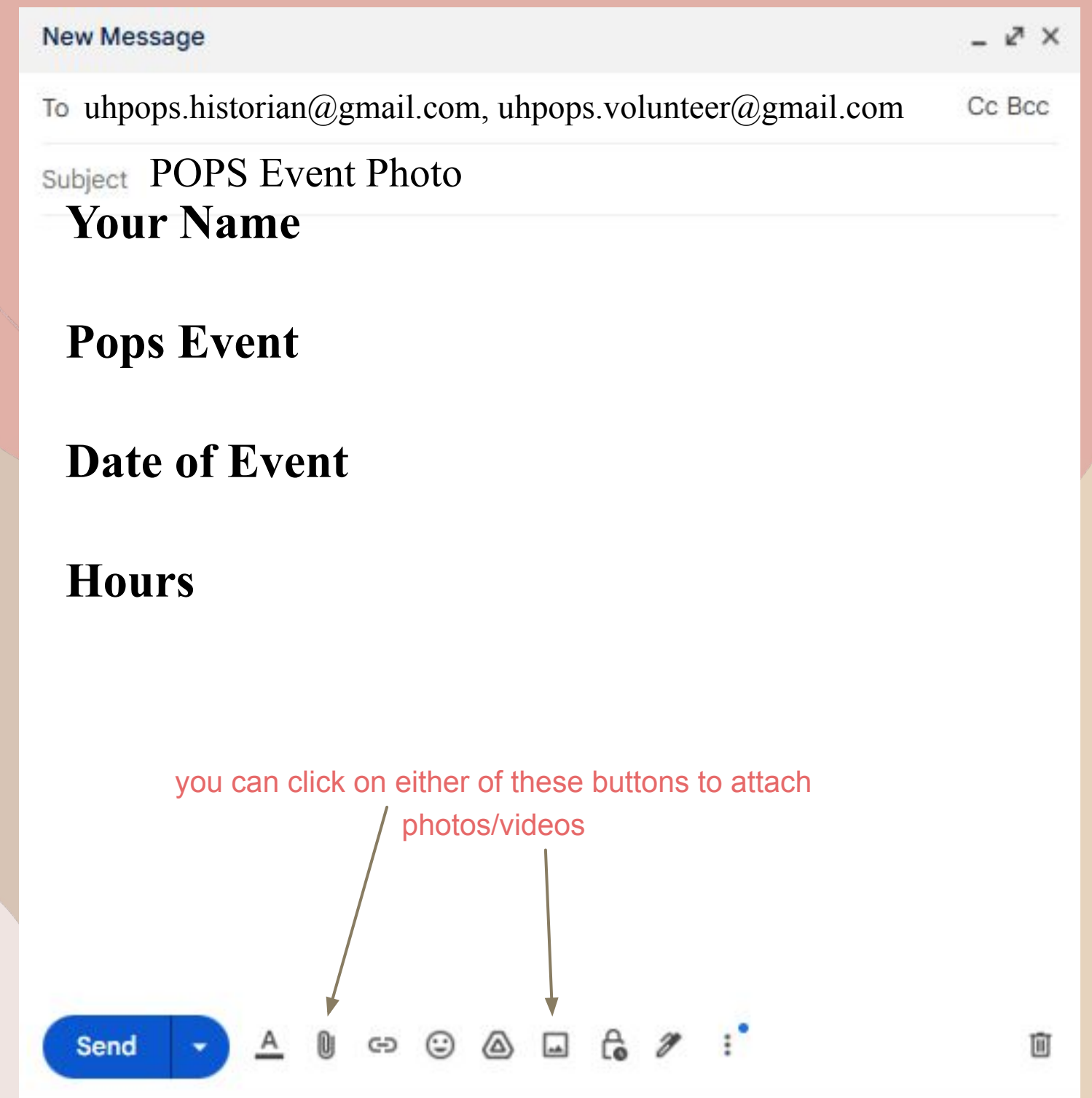
Make sure they are unique!



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

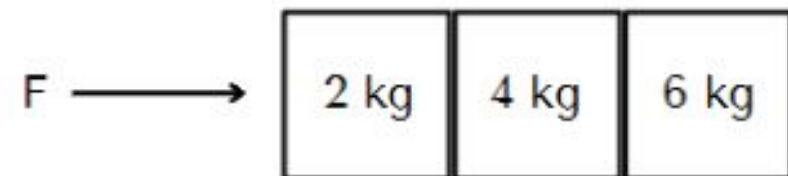
you can click on either of these buttons to attach photos/videos

Send A U 🔗 😊 📎 📧 🔒 ✎ ⋮ 🗑

Test Prep Tuesday Answers

- IO/I:

A 20 N force pushes against 3 boxes shown:



What is the contact force between the 4 and 6 kg box? *

- 5.2 N
- 40.7 N
- 16 N
- 10.2 N

Solution:

$$\text{Total Mass: } 2 + 4 + 6 = 12 \text{ kg}$$

$$F = ma$$

$$20 = 12a$$

$$1.7 \text{ m/s}^2 = a$$

Contact Force Between 4 kg and 6 kg:

$$F = ma$$

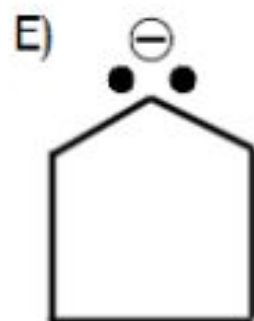
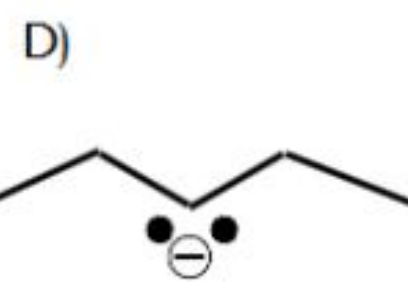
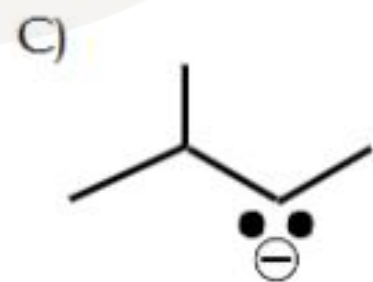
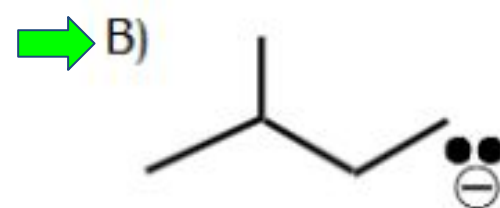
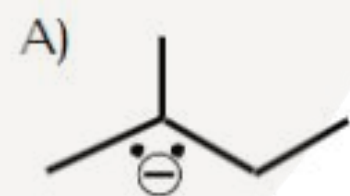
$$F = (6)(1.7)$$

$$F = \underline{10.2 \text{ N}}$$

Test Prep Tuesday Answers

• 10/15:

Which carbanion is the most stable?



Solution:

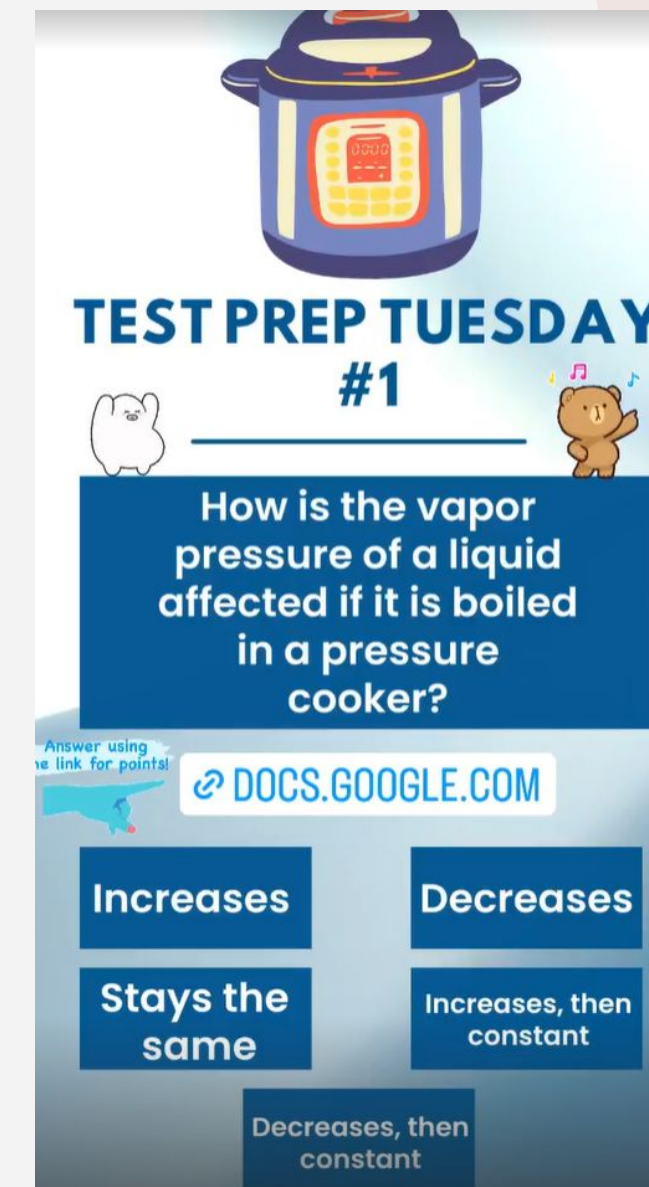
B

Carbanion stability is opposite that of carbocation stability. For carbanions: methyl > 1° > 2° > 3°. Choice C is a 1° carbanion, hence the most stable.

[Alkyl groups donate electrons, hence 3° would have 3 groups donating electrons; this would increase the negative charge and destabilize the specie].

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 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 Google Docs link: '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!'.

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



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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

Guest Speaker

Dr. Kaitlyn Sapoznik OD, PhD

