

# Sign-In

- Scan the QR Code and fill out the google form to earn points for attending!
  - The password is case sensitive
  - Password: POPStastic!
- If you are having any issues, please send an email to <a href="mailto:uhpops.secretary@gmail.com">uhpops.secretary@gmail.com</a> before the meeting ends.





# President Hannah Pham

### Email:

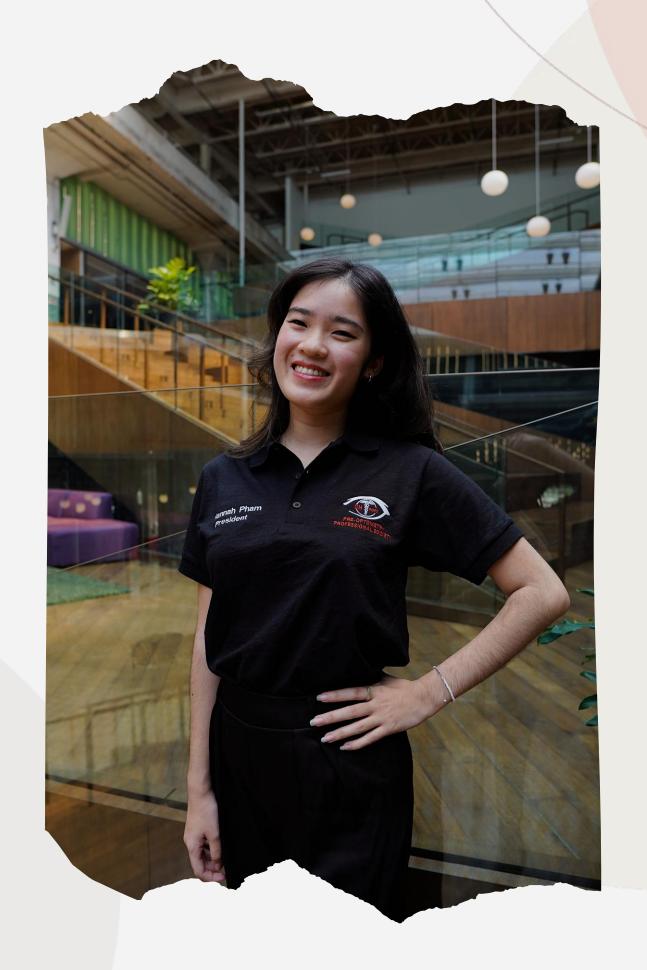
uhpops.president@gmail.com

### Carrel Space:

SC North, Carrel 37

### Office Hours:

Tuesday, 3:00 PM - 4:00 PM



### 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











## Spring General Meetings

- 2/5 Officer Panel
- 2/19 Berkeley Optometry School
- 3/5 UHCO
- 3/19 Dr. Gee
- 4/2 Election Day

# Applying to Optometry School/ OAT Workshop

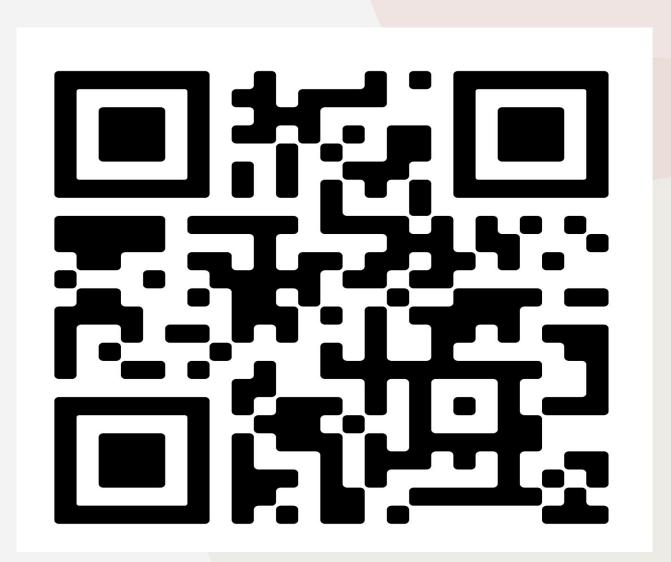
- Need advice on how to apply for optometry school?
- February 25th
  - CBB 118 at 6:30 pm
  - Everyone who attends will be entered to win a OAT Booster Subscription!

### Officer Intern Info Session

- Curious on what being on officer is like?
- Come to our officer intern info session
  - What being an officer entails
  - The different officer positions and their roles
    - November 20 6:30 pm
      - o CBB 106

# Officer Intern Application

- Thinking about running for an officer position?
- Experience what it takes to be an officer and learn more about the position
  - Deadline: December 20th



# 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:

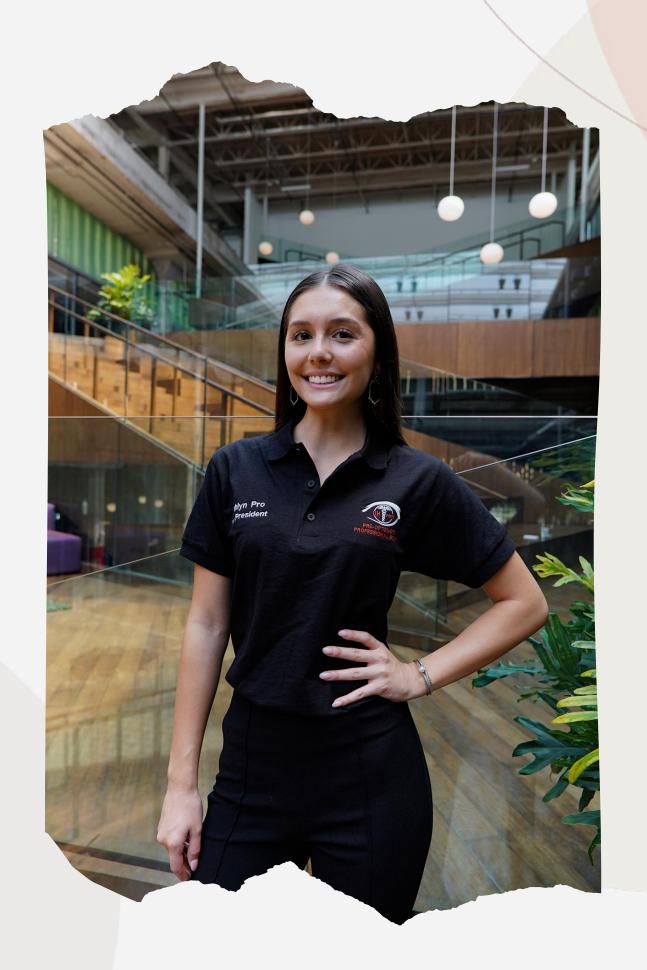
uhpops.vp@gmail.com

### Carrel Space:

SC North, Carrel 37

### Office Hours:

Wednesday, 5:00PM - 6:00PM



# Duties

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







# Love Yourself Social

WHEN: February 11th 2025 from 6:30 PM to 8:30 PM

WHERE: Classroom Business Building Room 122

WHAT: Celebrate Valentine's with your favorite POPS members! Enjoy face masks, board games, and pizza!







# Cataract Cafe - Live Surgery Viewing

WHEN: March 3rd 2025 from 7 AM to 10 AM

WHERE: TSO Room located in the University of Houston College of Optometry

WHAT: View a live cataract surgery and learn about the procedure itself!



# Khoa Nick Pham (KNP) Memorial Scholarship

### 2025

Donated by the Pham family, a scholarship fund of \$1,000 will be awarded to an entering optometry student at the UH-POPS banquet.

#### Criteria:

Minimum GPA of 3.0 (Copy of unofficial transcript)

- Proof of acceptance to an Optometry school program (Copy of acceptance letter)
- Current active member of the University of Houston Pre-Optometry Professionals Society (POPS)
  - One-page essay:
  - o Topic: What change(s) do you wish to see in the optometry profession and how would you approach these changes?
    - o Font: Times New Roman/Calibri
      - o Font Size: 10-12 pt.
    - Please submit all documents in ONE envelope

# Khoa Nick Pham (KNP) Memorial Scholarship 2025

Due April 4th 2025

Email: uhpops.vp@gmail.com

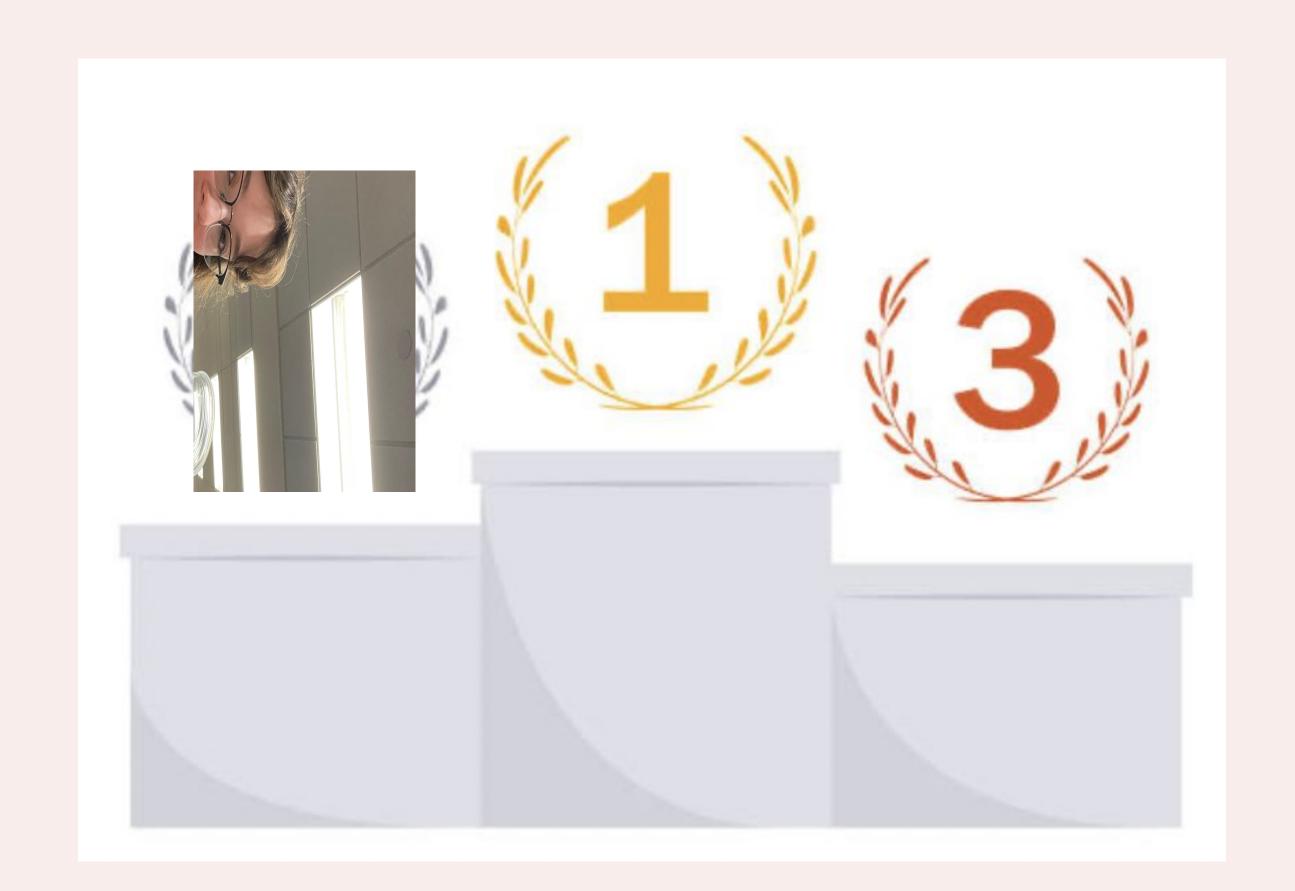
# Fall Scholarship Winners



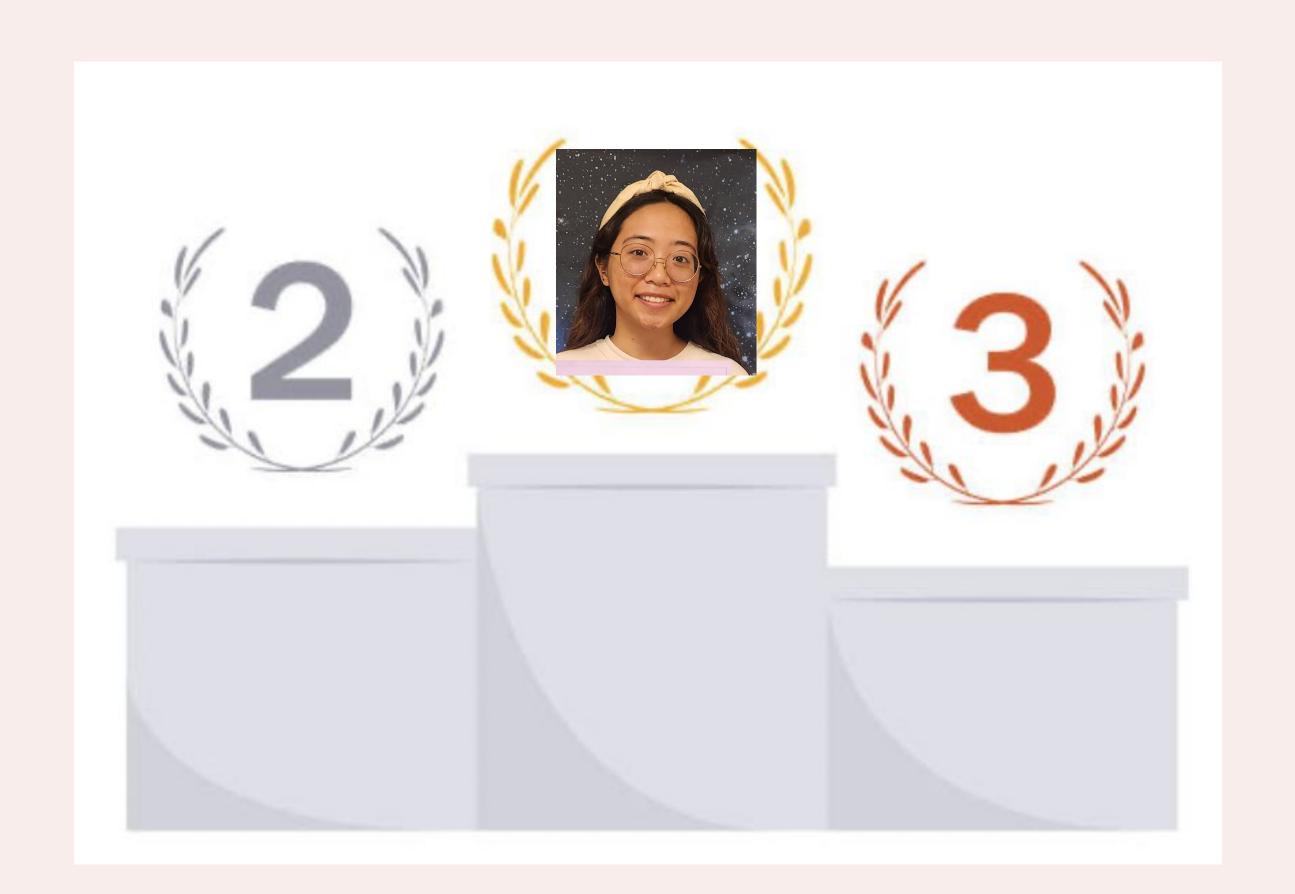
# Hien Nguyen!!



# Liza Tsoi!!



# Chelsea Abad!!



# Fall Semester Scholarship!!

#### • Deadline

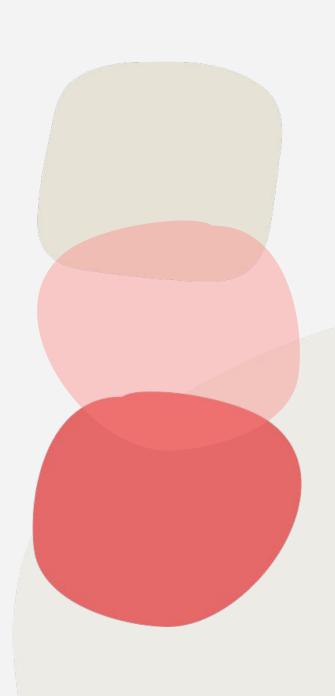
- O November 6th at 11:59 PM
- O No Late Entries

#### • Prizes

- o ist place \$150
- ° 2nd palace \$100
- ° 3rd place \$50

#### • Requirements

- o 50 points by the deadline
- O Must be a <u>PAID</u> POPS member



#### • Essay topics

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

#### Outline

- O Submit your essay as a PDF / Word doc
- O 1 page minimum / 1.5 page maximum
- 12 pt font size (Arial or times new roman)
- Single-line spacing
- O 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:









Log in

**Total** 



Cidercade Houston Admission



Your cart Thu, Sep 26, 2024 @ 6:00 PM - 7:00 PM 1 × 18+ Ticket Edit \$12.00 \$12.00 Subtotal \$0.99 Sales Tax 8.25%

Continue for \$12.99

\$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 - Thursday, 4:00PM - 5:00PM

Vi - Monday, 12:00PM - 1:00PM



### **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



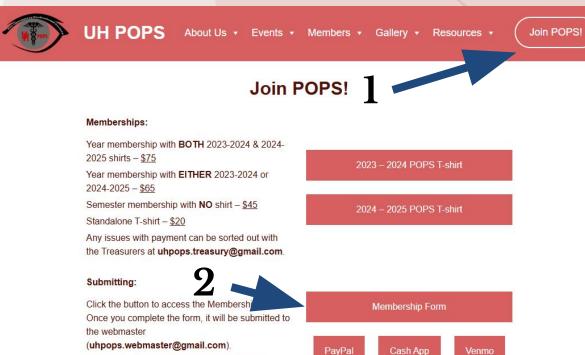


# Memberships FAQ

- How Do I Join?
  - O Deadline February 19th, 2025
  - O 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

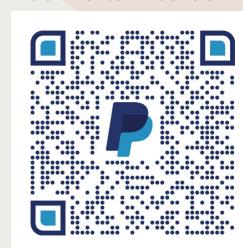
email uhpops.treasury@gmail.com for further inquiries

#### uhpops.org



### Cash or Card? Come talk to us!

Use one of the multiple payment methods to





venmo

## 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.



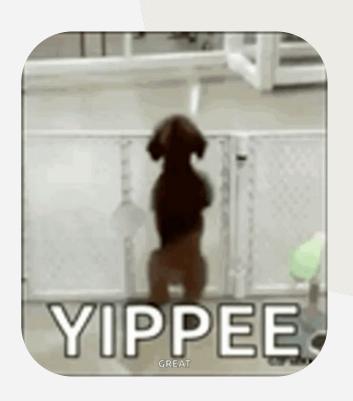
### Carrel Space:

SC North, Carrel 37

#### Office Hours:

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

Vi - Monday, 12:00PM - 1:00PM



### Bake Sale

- When: February 6th, 2025
- Volunteers NEEDED
  - O Sign up will be posted!
  - O Shifts from 10:00AM-4:00PM
- Bake Night!
  - O February 4th, 2024 @ 6:30pm
  - O Sign up will be posted!
  - O 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



# Bake Sale

- When: March 6th, 2025
- Volunteers NEEDED

O Sign up will be posted!

O Shifts from 10:00AM-4:00PM







# Secretary Thomas Ton

### Email:

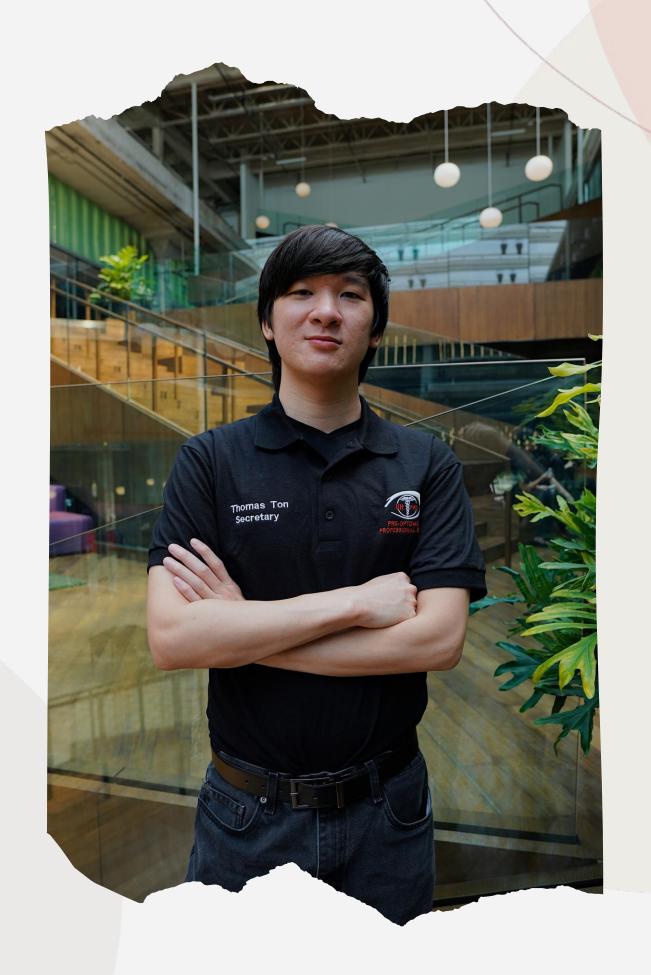
uhpops.secretary@gmail.com

### Carrel Space:

SC North, Carrel 37

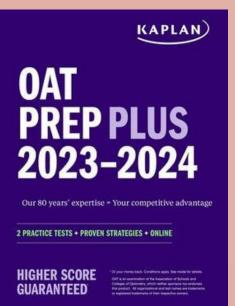
### Office Hours:

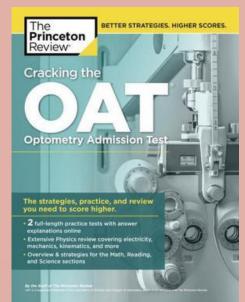
Monday, 3:00PM - 4:00PM

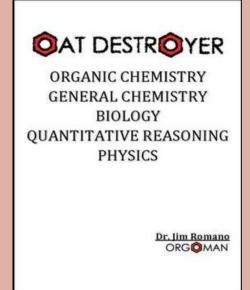


# Duties

- Manage Points
  - O Points will be updated on our website every week.
- Manage the Class Registry
  - All members will have access to the Spring 2025 class registry.
     Put your name down and find your next study buddy!
- Award Member of the Month
  - O 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





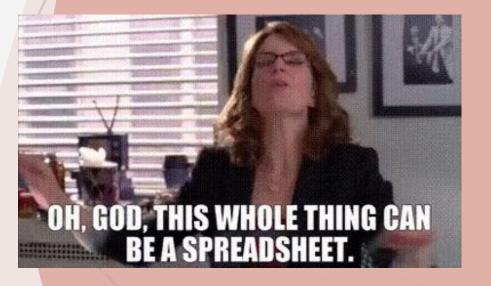


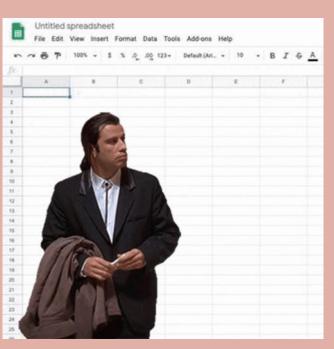


## Duties

- Manage Points
  - O Points will be updated on our website every Friday.
- Manage the Class Registry
  - O All members will have access to the Spring 2025 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.

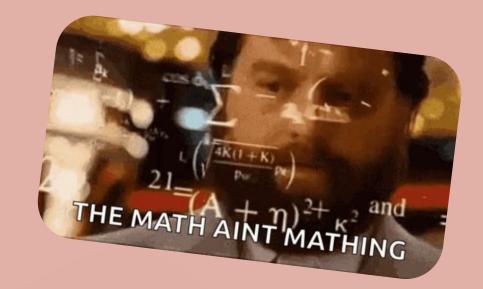




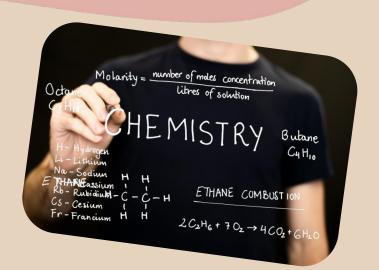


## Class Registry

- All paid members will have access to the Spring 2025 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 <a href="mailto:uhpops.secretary@gmail.com">uhpops.secretary@gmail.com</a> for additional information











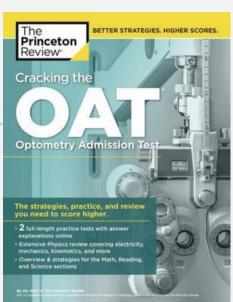


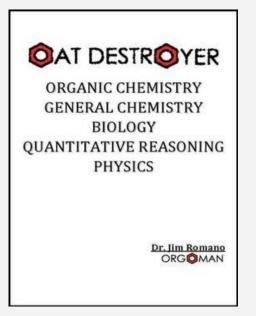
study bunnies

## OAT Materials

- Information about OAT materials here
- Email <a href="mailto:uhpops.secretary@gmail.com">uhpops.secretary@gmail.com</a> 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
- O 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

- O Visit any five officers during their office hours
- O Receive a signature from the officer
- O When you have collected <u>five signatures</u>, 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:

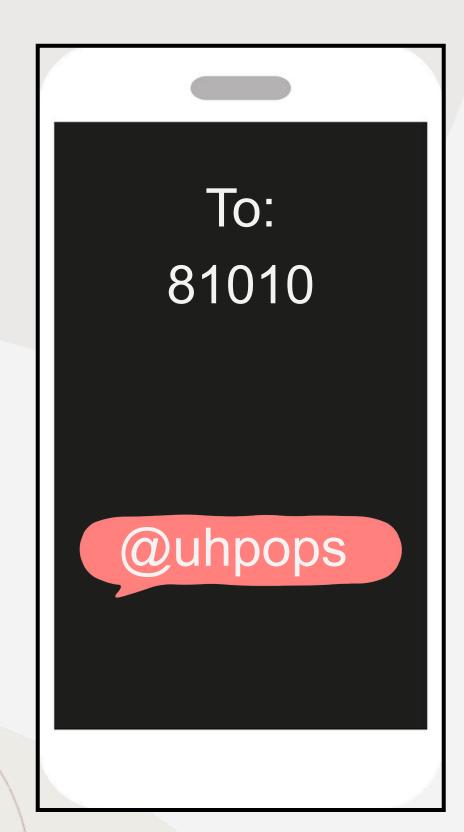
UHID:

#### **UHPOPS OFFICE HOURS BINGO CARD**

- Visit five different officers during their office hours and receive a signature from them on this sheet.
- 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!

Monday	Tuesday	Wednesday	Thursday
12:00 PM - 1:00 PM Vi Huynh	1%		
1:00 PM - 2:00 PM Karen Espinosa			
3:00 PM - 4:00 PM Thomas Ton		3:30 PM - 4:30 PM Micaela Nguyen	
4:00-5:00 PM Jacob Lim	2:00 PM - 3:00 PM Kannan Huynh	5:00 PM - 6:00 PM Ashlyn Pro	3:00 PM - 4:00 PM Kalyce Sims
	3.00 PM - 4:00 PM Hannah Pharn	5	4:00 PM - 5:00 PM Felix Lozano

## 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 Our October Member Of The Month:

Ashley Kim!

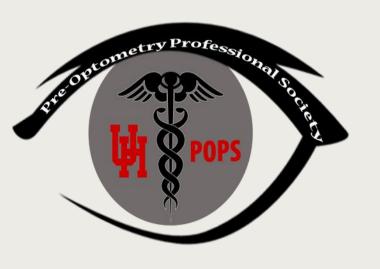




## Congratulations To Our November Member Of The Month:

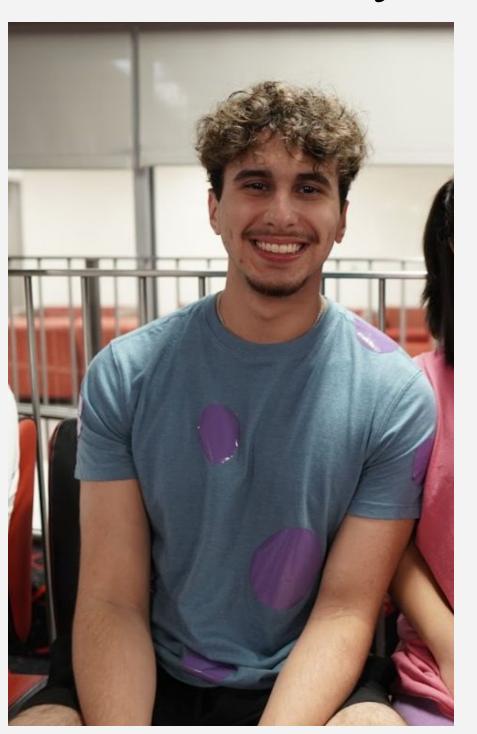
Erik Arizpe!





## Congratulations To Our December/January Member Of The

Andrew Mchintyre!







## Community Service Chair Karen Espinosa

#### Email:

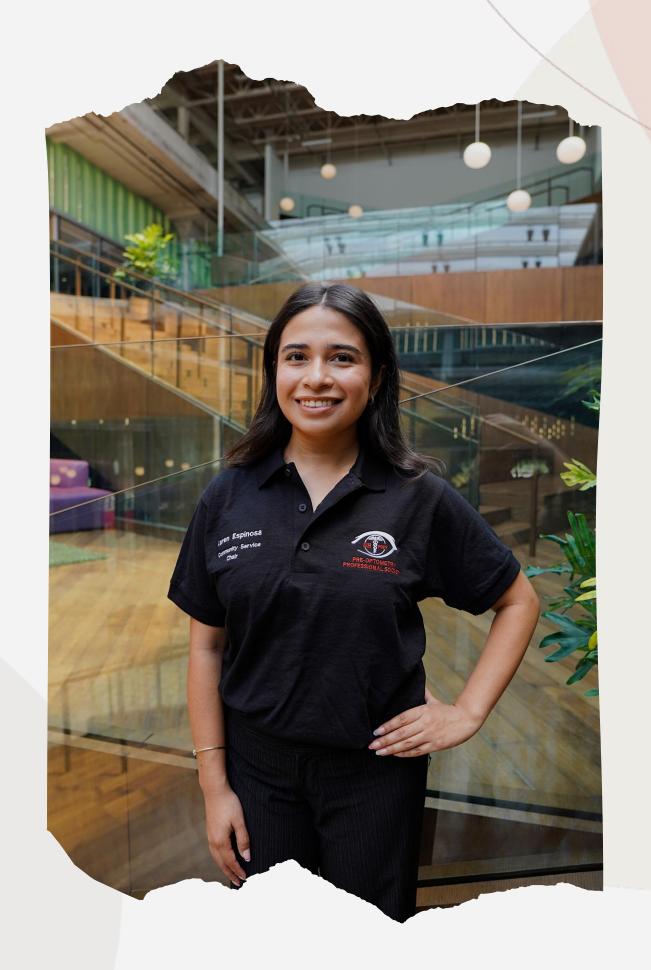
uhpops.volunteer@gmail.com

#### Carrel Space:

SC North, Carrel 37

#### Office Hours:

Monday, 1:00PM - 2:00PM



#### 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

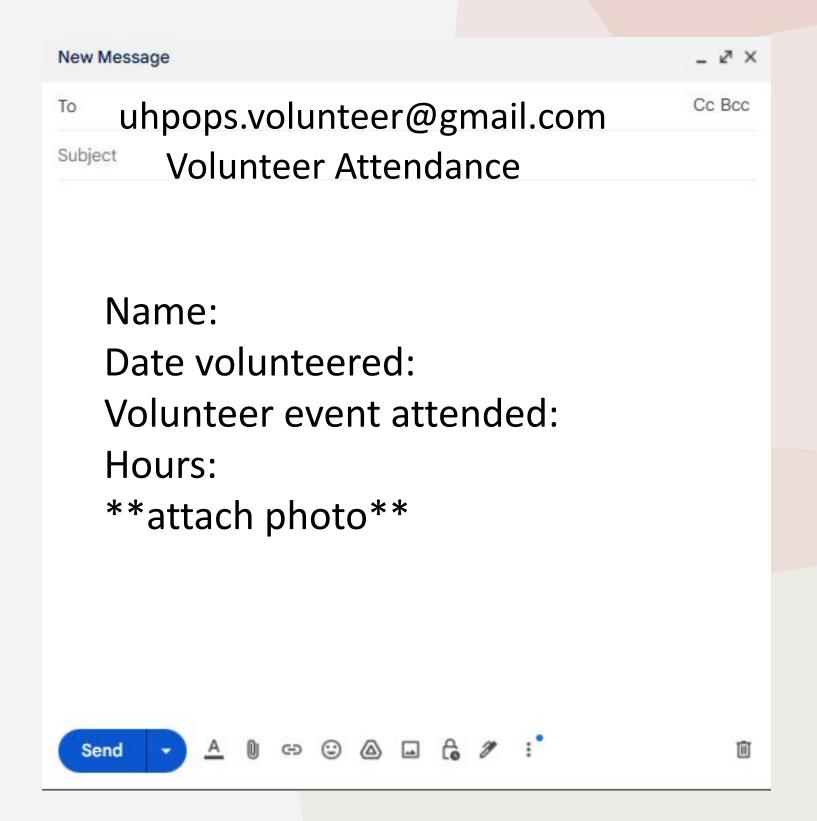
Email attendance photo + hours to

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.





## Upcoming Volunteer Events

#### Lighthouse of Houston: Valentine's Day Event

What: Help create a special Valentine's weekend for blind and low vision couples at the Lighthouse of Houston. They will be hosting a Garden Dinner and are in need of volunteers.

When: Saturday February 15th 5:30-8pm

#### Where:

Volunteers will assist with plating/serving food and pouring drinks.

\*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:

Monday, 4:00PM - 5:00PM



#### 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
  - O Please reach out to the IR Chair if you have any questions or concerns at <a href="mailto:uhpops.ir@gmail.com">uhpops.ir@gmail.com</a>

## Intramural Sports

- EYEBALLERS! THANK YOU FOR A GREAT SEASON
- Spring Sports (Open to suggestions also!)
  - Volleyball (March 16 last day to join)
  - Bowling (March 20 last day to join)
  - "Amazing Race" (April 10 last day to join)
  - SIGN UP FOR VOLLEYBALL
  - Easy way to get points
  - Meet new members
  - Have fun!!









## 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
	Kaitlyn 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!
   plz...
- We will be adding new members to the fams!
- Great way to meet new people with the same interest!
- As the semester kicks off I will try to get every fam to set up times to volunteer together.





## Public Relations Micaela Nguyen

#### Email:

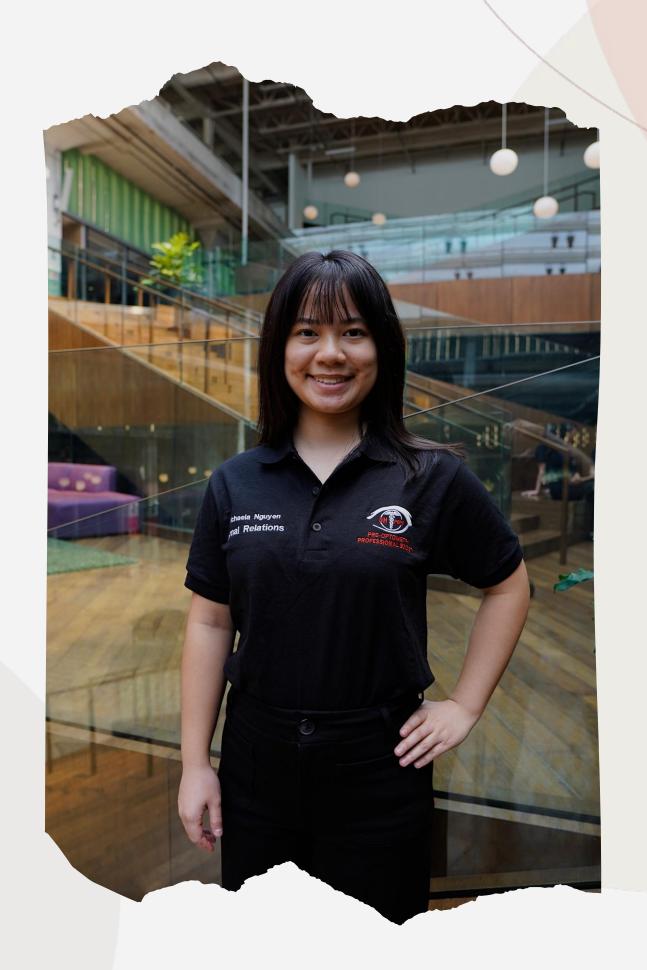
uhpops.pr@gmail.com

#### Carrel Space:

SC North, Carrel 37

#### Office Hours:

Wednesday, 3:30PM-4:30PM



#### Duties

#### • Sponsors

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

#### • Discount Codes

Email <a href="mailto:uhpops.pr@gmail.com">uhpops.pr@gmail.com</a> 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



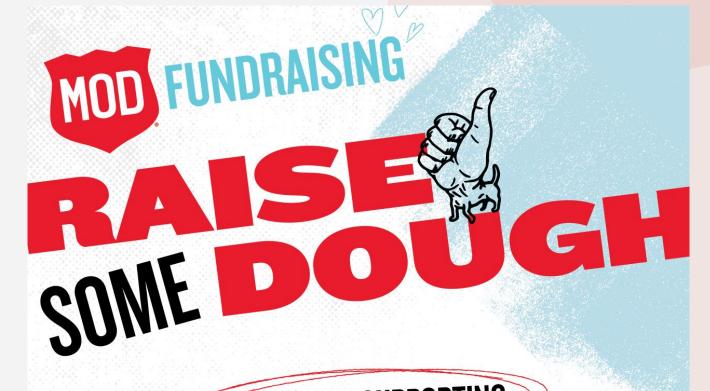
## Profit Share at Burger Joint Montrose

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\*



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/

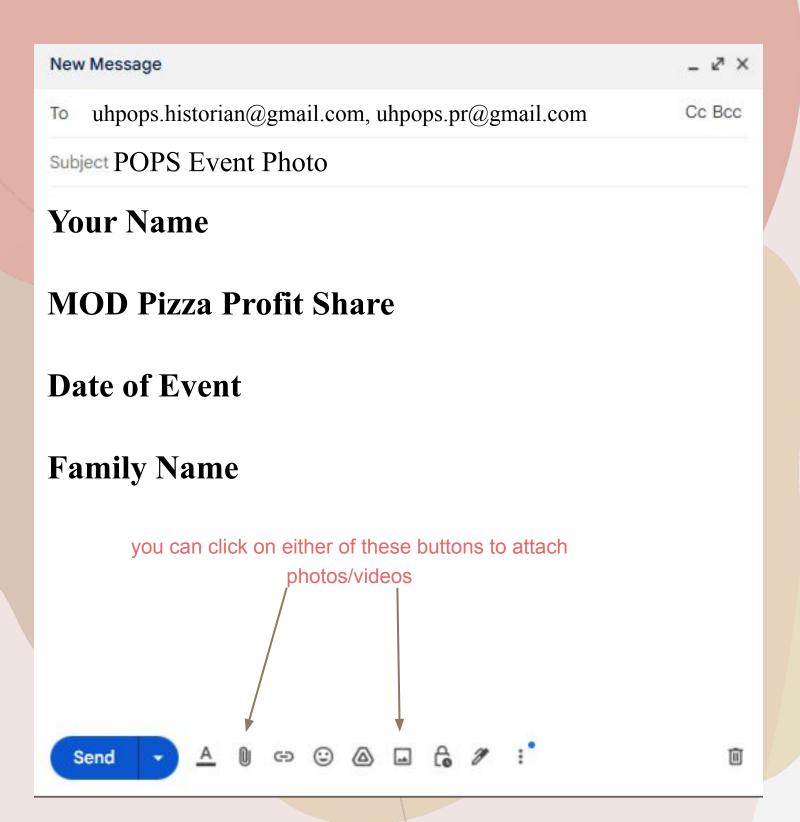
# MOD Pizza Family Competition

The family with the most member attendance will get an extra raffle entry for our End of the Year raffle!

To get a chance for an extra raffle:

- Enter your full name
- Event name and family name
- Attach your own unique photos and videos
- You MUST CC uhpops.pr@gmail.com

#### Template



## \$1,000

(in gift cards)
Could Be Yours!



This Year, Let Kaplan Help Feed Your Success

Ready to start 2025 strong? Here's your chance to win a free prep course. Plus, we'll help cover all your study essentials with a \$500 Amazon® gift card—and fill your stomach, too, with a \$500 Uber Eats gift card. Sign up below for a chance to win it all.

And don't miss out on upcoming expert-led events and a study guide filled with need-to-know information for test day—all for free.



## Counseling and Psychological Services (CAPS)

College can be overwhelming...

Thankfully, UH provides resources to help support us.

Located at

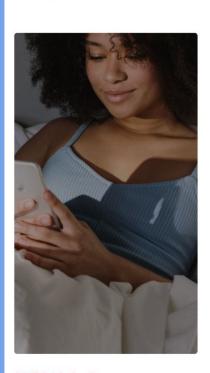
4349 Martin Luther King Blvd., Health 2 Building,

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.



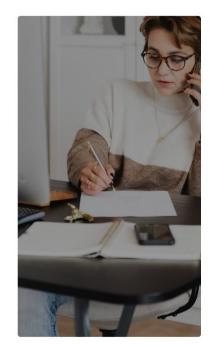
Let's Talk

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



**Outreach Request Form** 

Request a CAPS representative to deliever 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:

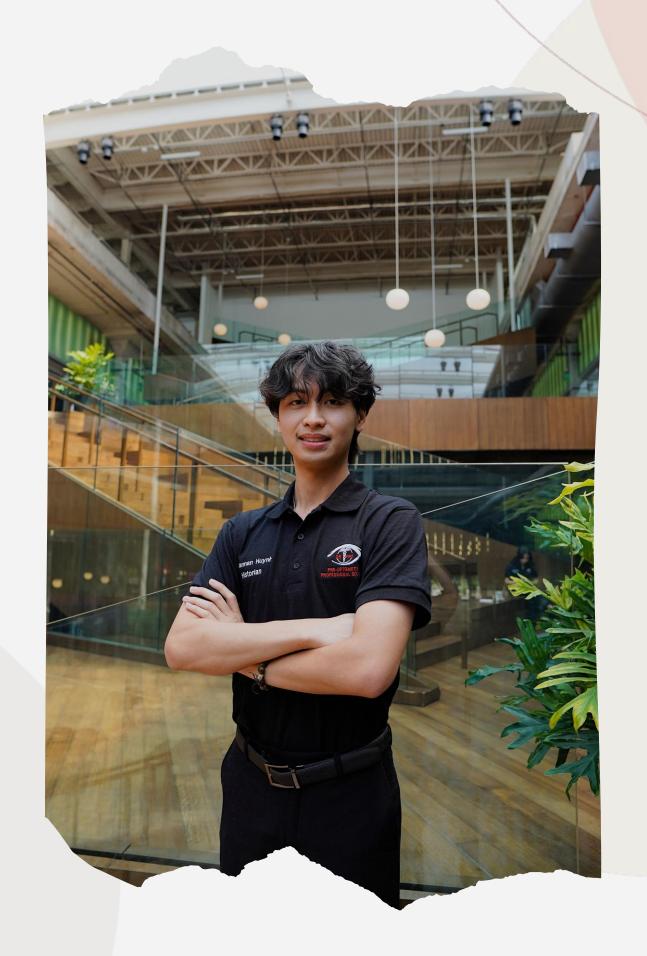
uhpops.historian@gmail.com

#### Carrel Space:

SC North, Carrel 37

#### Office Hours:

Tuesday, 2:00 PM - 3:00 PM



#### 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
  - O 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)

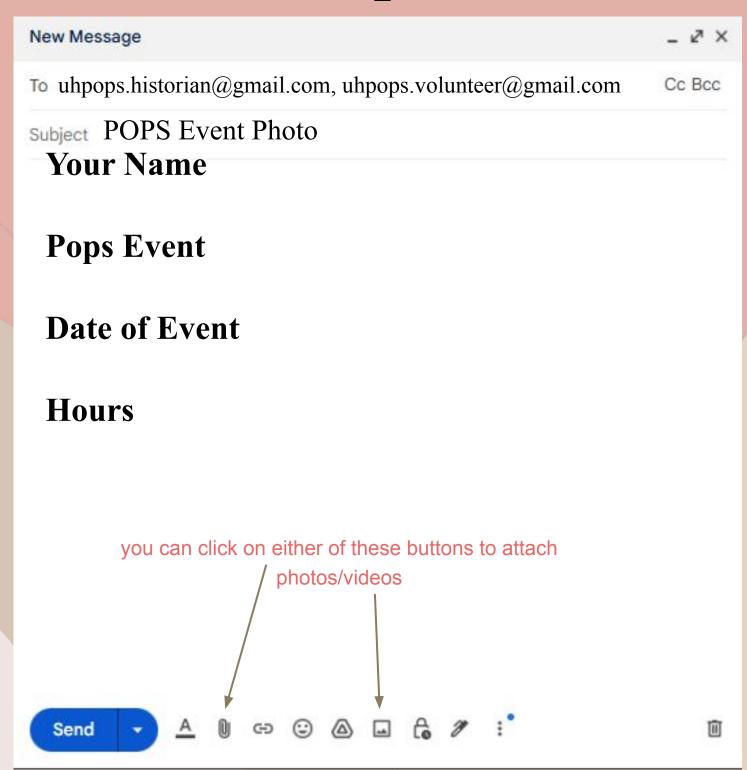
Make sure they are unique!



## 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



## Beyond The Blur 3818



• Looking for the perfect hoodie for this <u>spring</u>? Discover incredible apparel at @wearbtb (IG)!

Beyond the Blur, created by optometry students, supports the community with a portion of proceeds going to Houston Eye Associates. POPS members get an exclusive discount—DM @uh\_pops for details!





Lunar Sand - Beyond The Blur Hoodie

<del>\$70.00</del> \$52.00

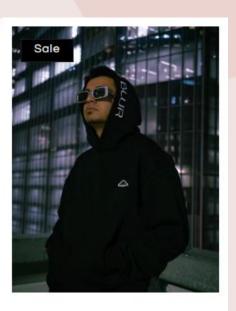
Choose options



Pink Starburst - Beyond The Blur Hoodie

\$70.00 \$52.00

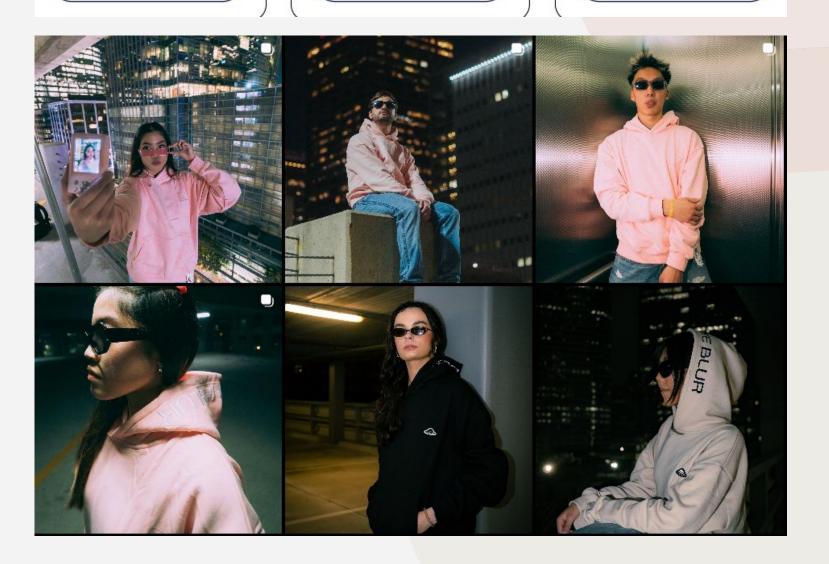
Choose options



Shadow Black - Beyond The Blur Hoodie

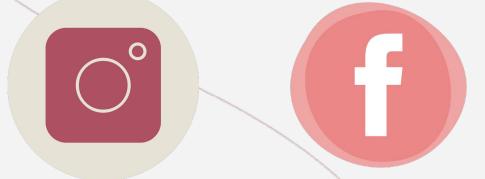
\$70.00 \$52.00

Choose options



## Social Media

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



#### Linktr.ee



## Test Prep Tuesday Answers

IO/29:

WHICH OF THE FOLLOWING IS A PANCREATIC ENZYME?

A)Chymotrypsin

B) Pepsin

C)Bile

D)Lysozyme

E)Enterokinase

#### **Solution:**

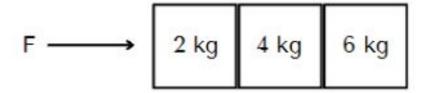
<u>A</u>

Chymotrypsin and trypsin are enzymes made by the pancreas.
These enzymes are proteases; involved in protein digestion.
Enterokinase converts trypsinogen into its active form, trypsin.

## Test Prep Tuesday Answers

• 10/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

#### **Solution:**

- 40.7 N
- Total Mass: 2 + 4 + 6 = 12 kg

F = ma

16 N

- 20 = 12a $1.7 \text{ m/s}^2 = a$
- 10.2 N
- **Contact Force Between 4 kg and 6 kg:**

F = ma

F = (6)(1.7)

F = 10.2 N

## Test Prep Tuesday Answers

Which carbanion is the most stable?

#### **Solution:**

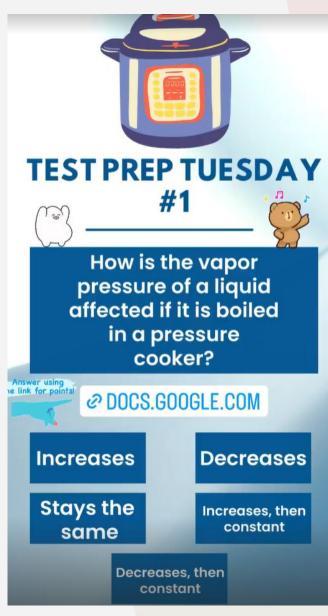
В

Carbanion stability is opposite that of carbocation stability. For carbanions: methyl >  $1^{\circ}$  >  $2^{\circ}$  >  $3^{\circ}$ . Choice C is a  $1^{\circ}$  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!





## Webmaster Kalyce Sims

#### Email:

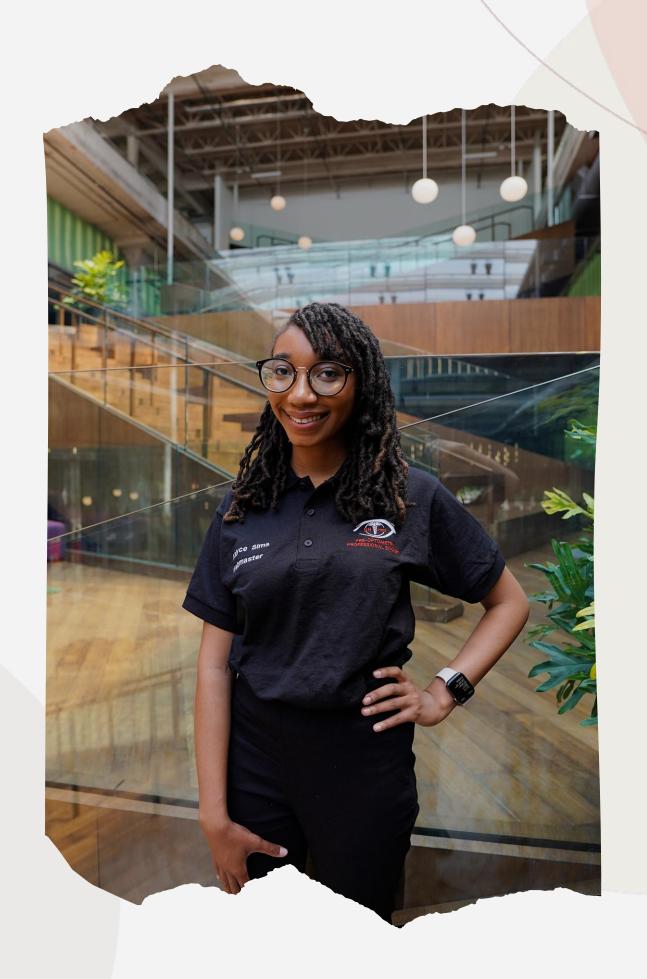
uhpops.webmaster@gmail.com

#### Carrel Space:

SC North, Carrel 37

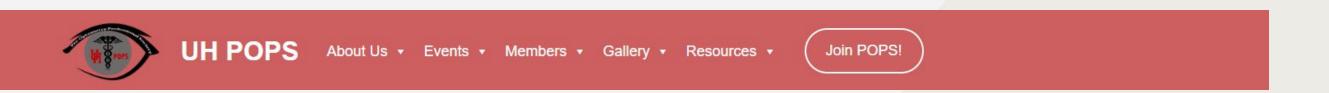
#### Office Hours:

Thursday, 3:00PM - 4:00PM



#### 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



### Our Website

- Job Opportunities
- Upcoming Events on Homepage
  - O 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

UH POPS Officer Team:D

