

# UH Pre-Optometry Professional Society

Spring 2025

4th General Meeting

03/19/2025



# Sign-In

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







# President Hannah Pham

Email:

[uhpops.president@gmail.com](mailto: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](mailto:uhpops.president@gmail.com) & [uhpops@gmail.com](mailto: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

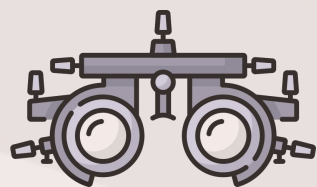
## Optometric Opportunities

- 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~~ ~~UHCØ~~
- ~~3/19~~ ~~Dr. Gee~~
- 4/2 - Election Day



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



# Applying To Be An Officer

- Application due March 19, 11:59 PM to [UHPOPS@gmail.com](mailto:UHPOPS@gmail.com)
- Only requirement: MUST have 100+ points (Fall+Spring) by POPS Election Day (April 2nd)



# 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!

# Applying to Optometry School/ OAT Workshop Raffle Winner

- <https://wheelofnames.com/>

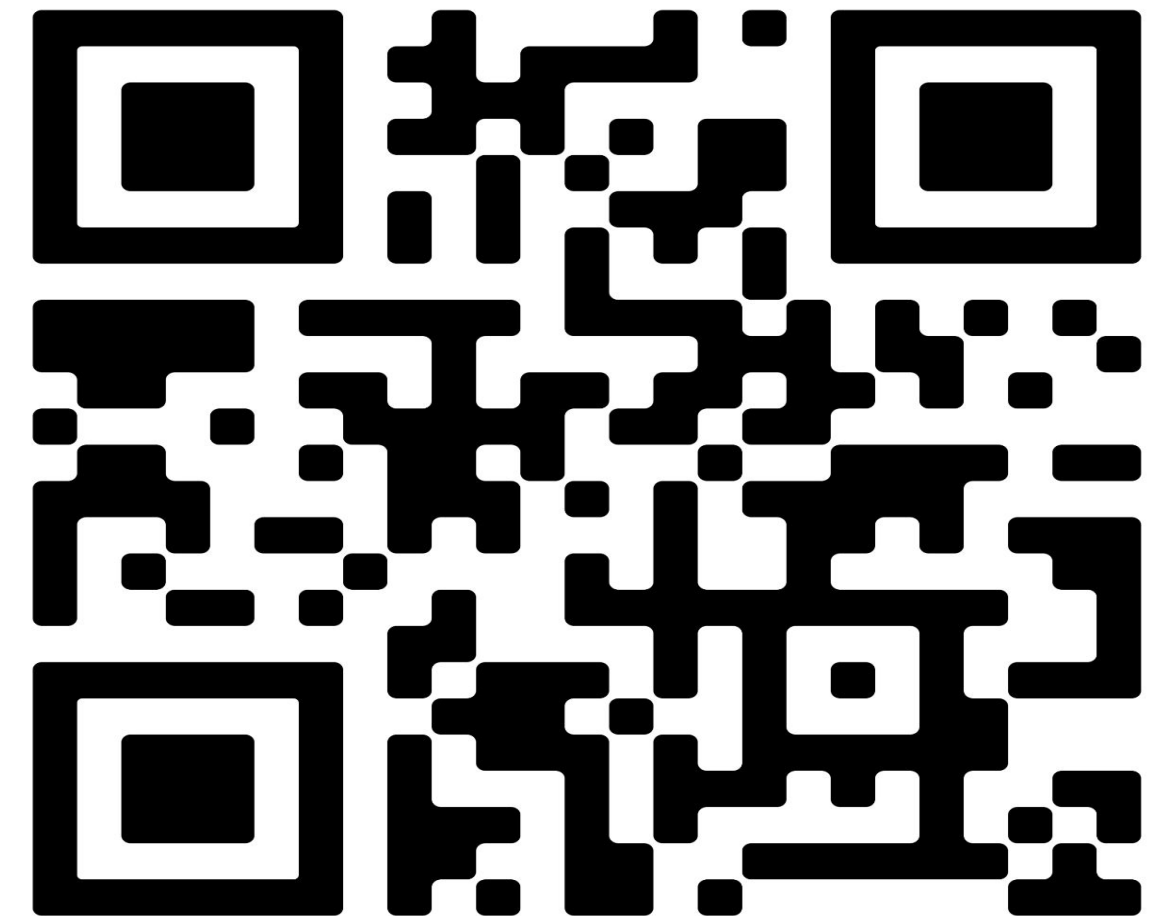


# Officer Intern Info Session

- 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
      - 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



# Research Study Participation Needed

Dr. Geunyoung Yoon at UHCO

## Requirements:

1. Must speak English
2. Ages 18-40 years old
3. Wears glasses or contact lenses
4. No chronic or systemic eye disease that affects dilation (eye drops)
5. No history of eye trauma, surgery, or active eye pathology

## What to expect:

- initial eval by O.D. to determine eligibility
- If eligible, dilation & sat in front of various ophthalmic instruments

## Compensation

- \$20 / hr in Amazon gift cards for both screening and study visits
- Free parking provided for all study sessions

If interested, contact:

UHCO - Myopia Study

Ashley Kim

(469)679-5324

[amkim3@uh.edu](mailto:amkim3@uh.edu)

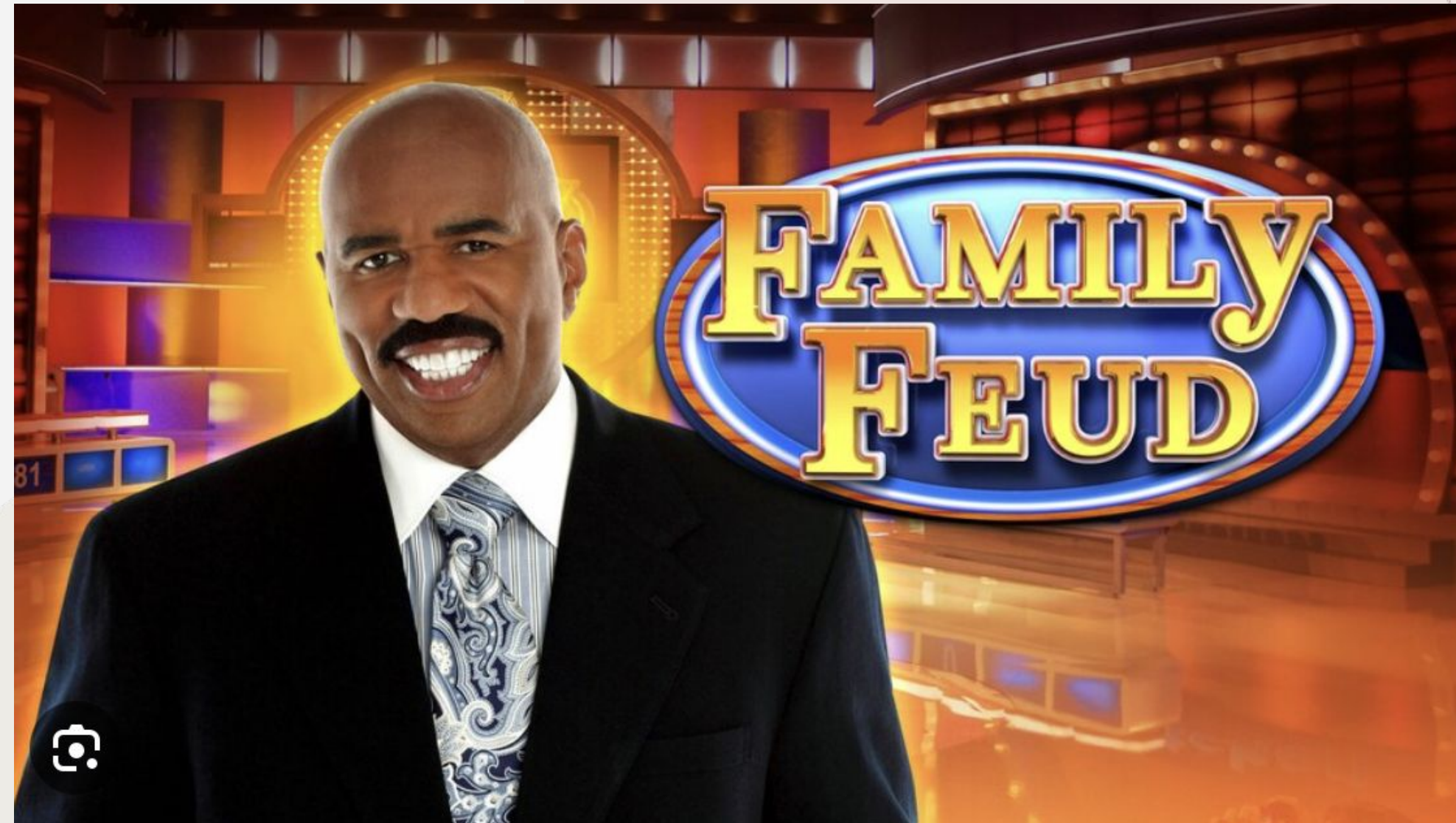


# FAMILY FEUD!!!

WHEN: March 25th 2025 from 6:30 PM to 8:30 PM

WHERE: Roy G Cullen room 123

WHAT: Compete with other families to see which one is the BEST!! There will be pizza, family, and FUN!!





# 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](mailto:uhpops.vp@gmail.com)**



# Fall Scholarship Winners



# Hien Nguyen!!

2

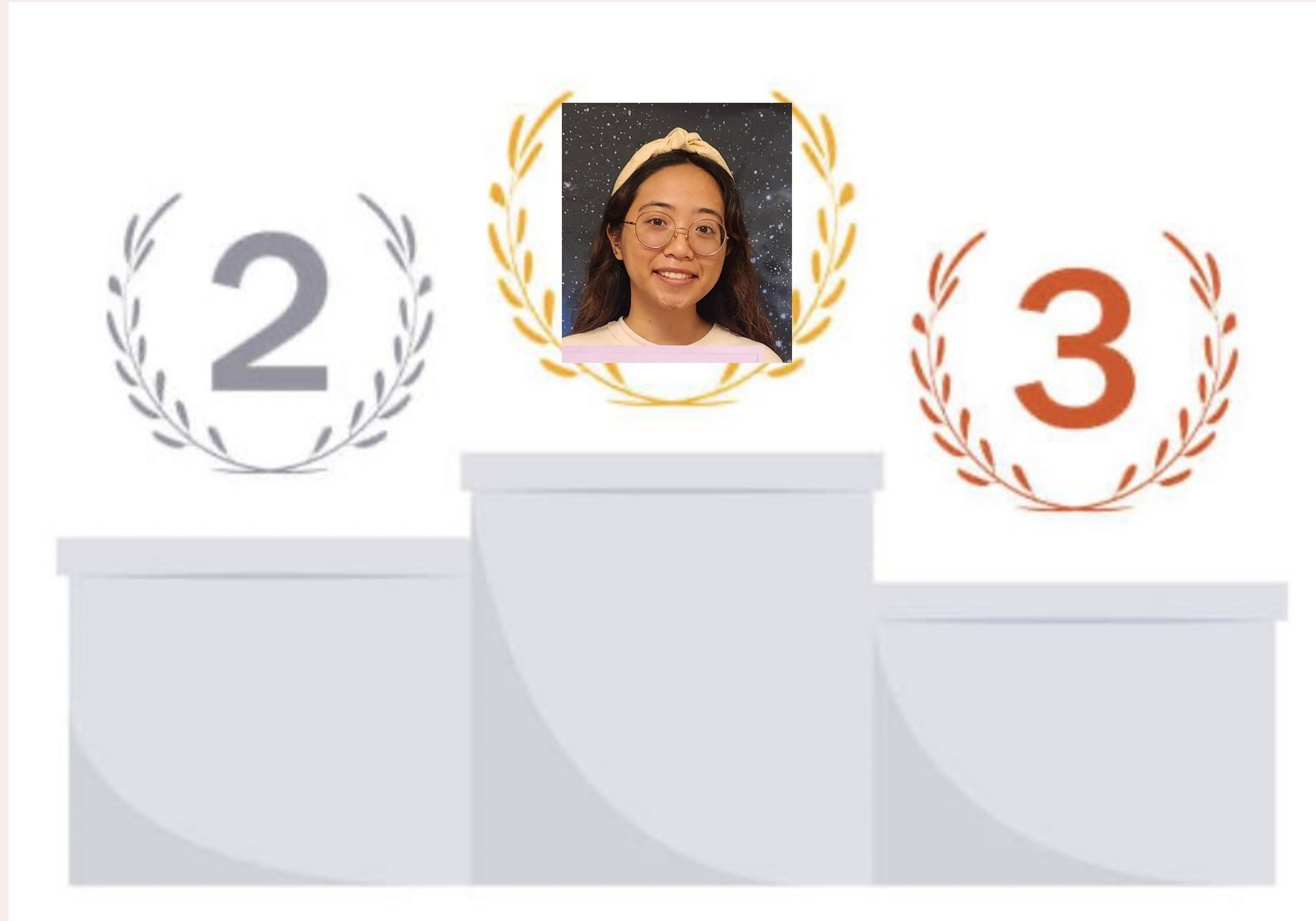
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# Liza Tsoi!!



# Chelsea Abad!!





# 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](mailto: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



# 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?

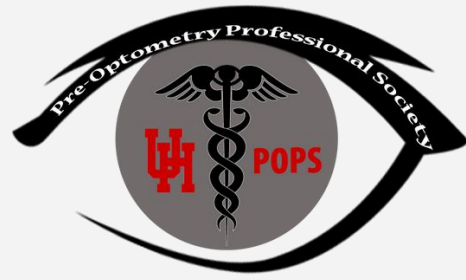
- Log into Access UH --> click on University Career Services (the icon says CougarPathway) --> search "Optometry" Log into

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



# Opportunity

- When
- Where
- What



## Treasurers

**Felix Lozano and Vi Huynh**

**Email:**

[uhpops.treasury@gmail.com](mailto: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](mailto:uhpops.treasury@gmail.com)



T.O.A. in Austin



Bake Sales @ PGH



# Memberships FAQ

- How Do I Join?
  - Talk to the Treasurers
  - 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 a logo on the left and a 'Join POPS!' button on the right. A blue arrow points to this button, labeled with the number '1'. Below the navigation bar, the text 'Join POPS! 1' is shown. Underneath, there are two membership options, each with a corresponding red button: '2023 - 2024 POPS T-shirt' and '2024 - 2025 POPS T-shirt'. Below these, there is a 'Submitting:' section with a blue arrow pointing to a 'Membership Form' button, labeled with the number '2'. At the bottom of the screenshot, there are three payment method buttons: 'PayPal', 'Cash App', and 'Venmo'.

email [uhpops.treasury@gmail.com](mailto:uhpops.treasury@gmail.com) for further inquiries

Cash or Card?  
Come talk to us!



UHPOPS

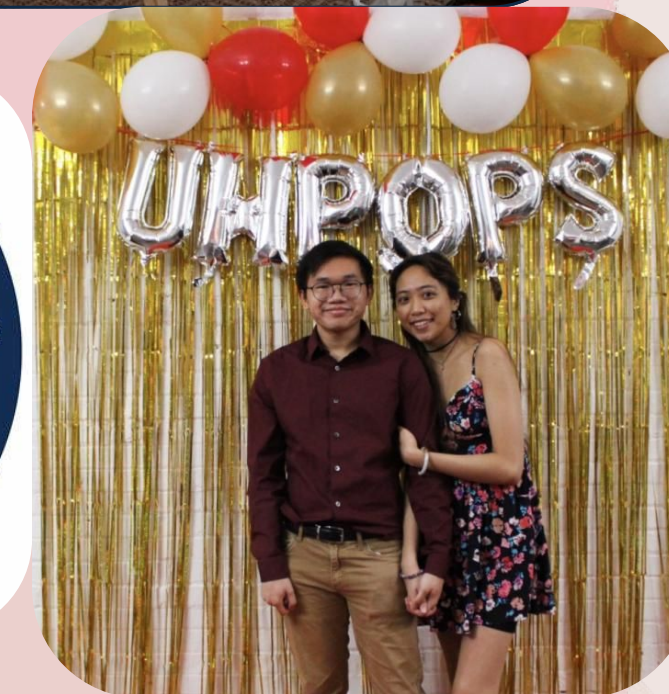
Scan to pay \$UHPOPS



venmo

# Membership Perks

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





# Bake Sale

- When: April 31, 2025
- PGH Breezeway 10AM-4PM
- Sign-up link will be posted tonight!
- Accompanying bake night April 1st



email [uhpops.treasury@gmail.com](mailto:uhpops.treasury@gmail.com) for further inquiries



# 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**
  - Sign up will be posted!
  - Shifts from 10:00AM-4:00PM
- Bake Night!
  - February 4th, 2024 @ 6:30pm
  - 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](mailto:uhpops.treasurey@gmail.com) for further inquiries







# Secretary Thomas Ton

Email:

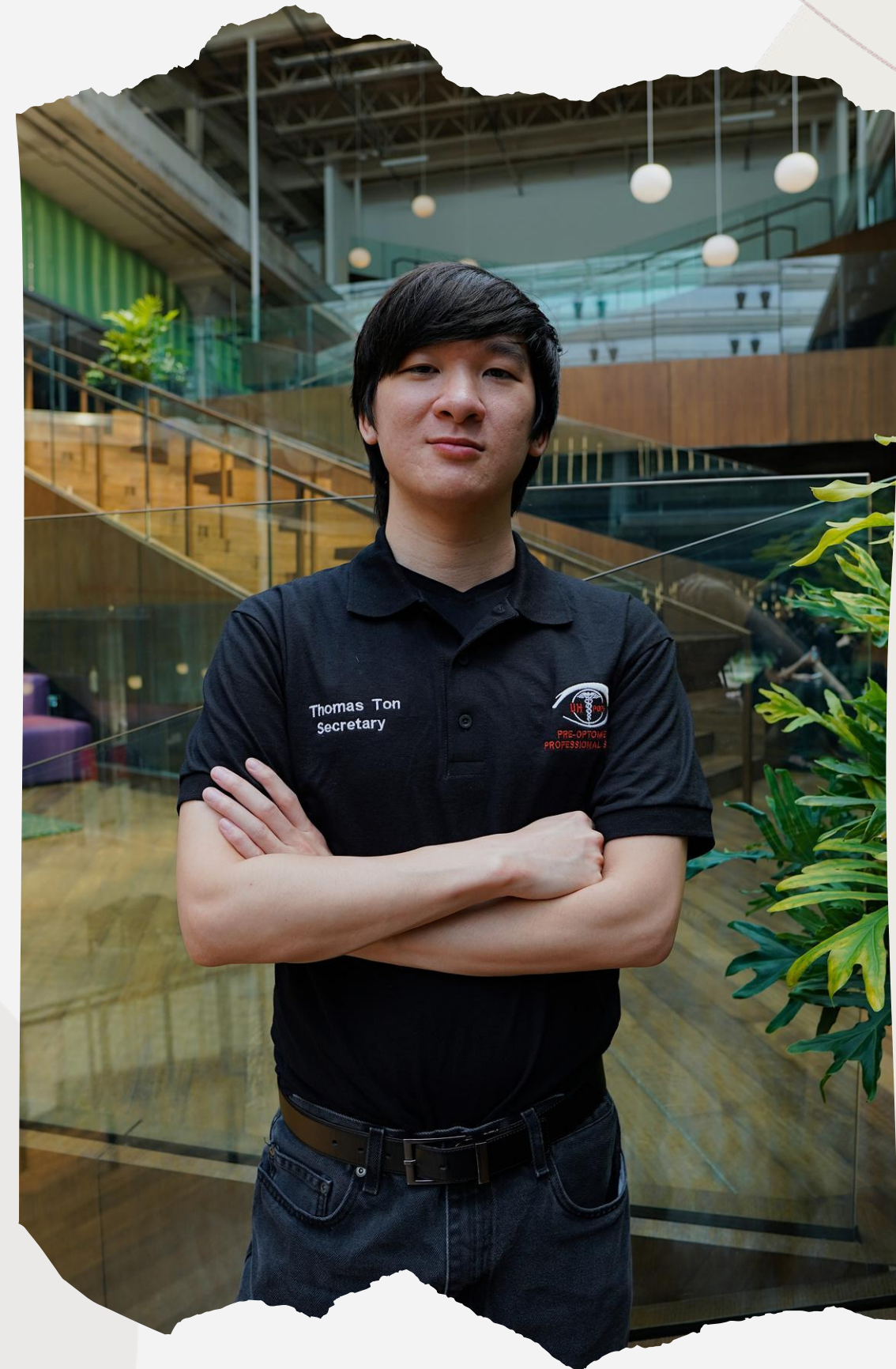
[uhpops.secretary@gmail.com](mailto:uhpops.secretary@gmail.com)

Carrel Space:

SC North, Carrel 37

Office Hours:

Monday, 3:00PM - 4:00PM

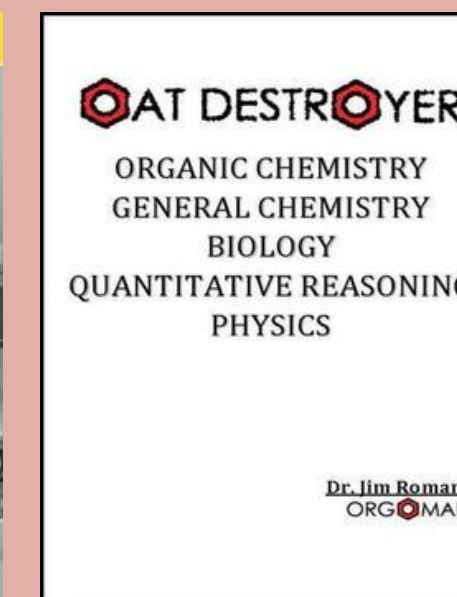
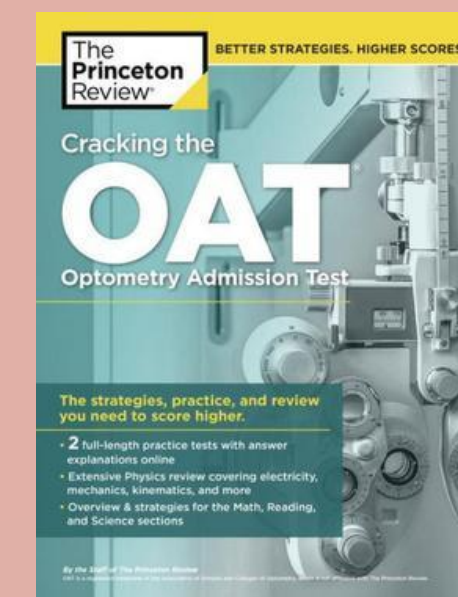




# Duties

- **Manage Points**
  - 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**
  - 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

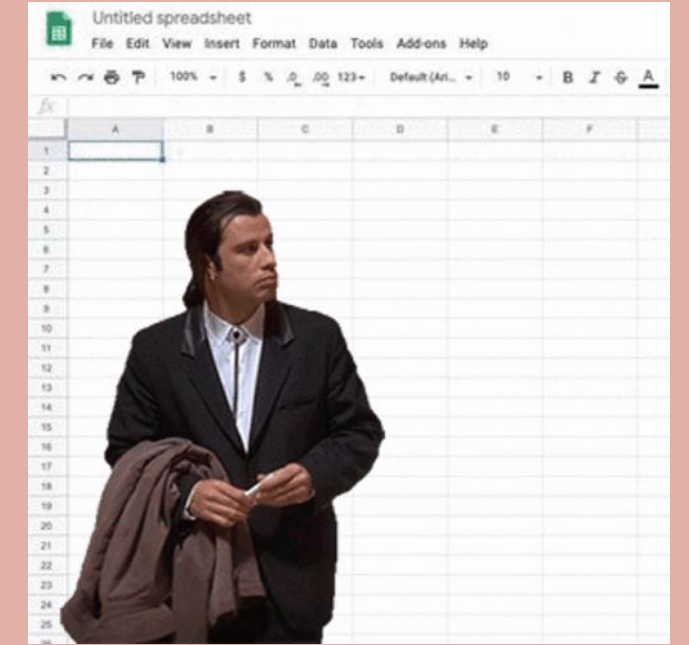
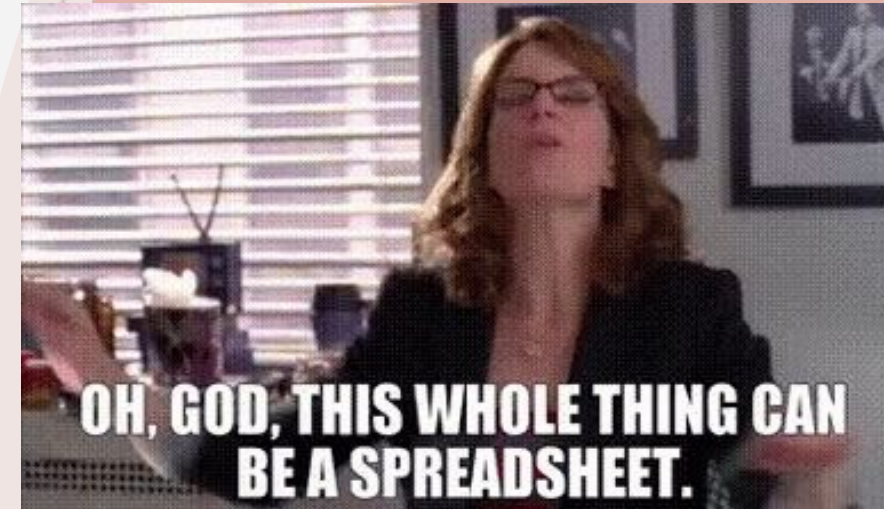
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# Duties

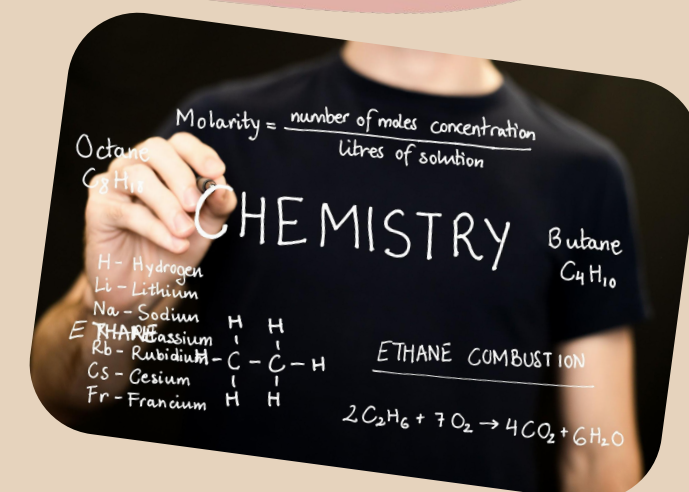
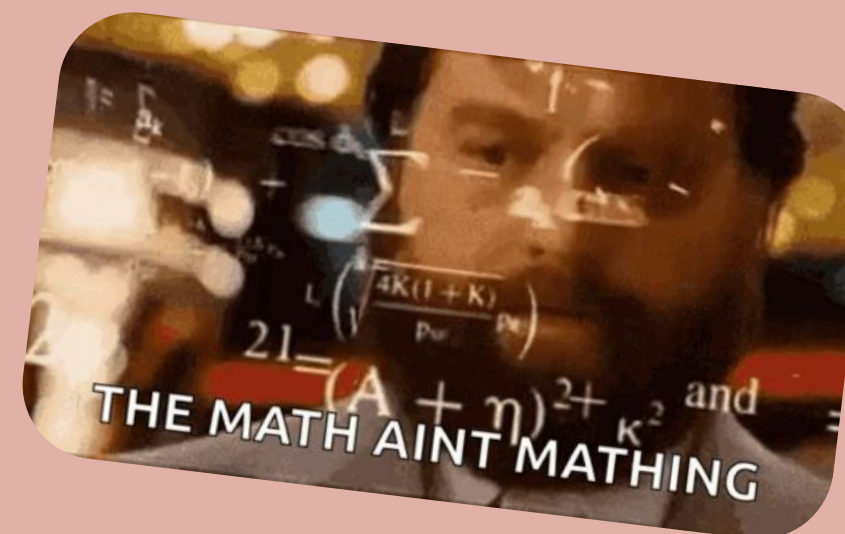
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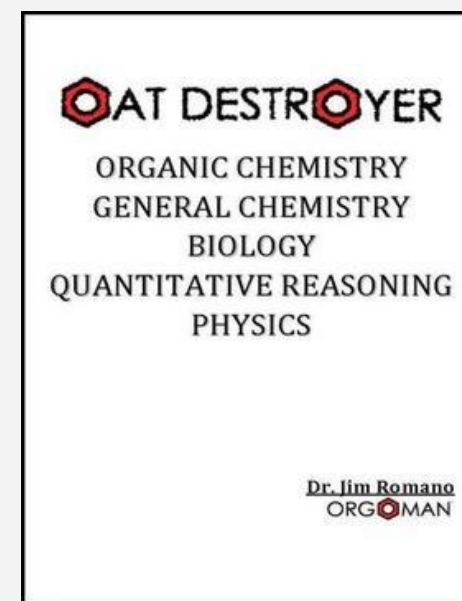
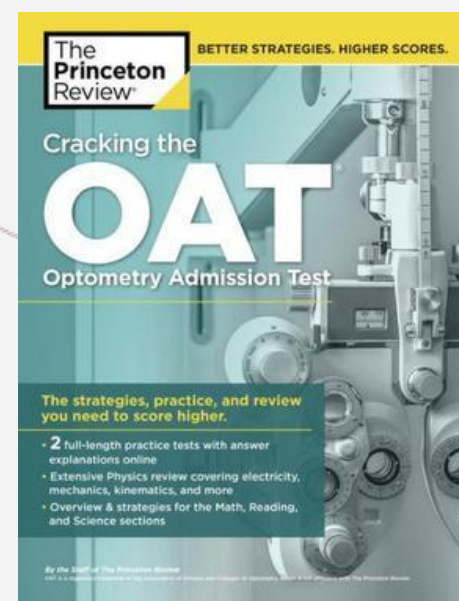
# Class Registry

- 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 [uhpops.secretary@gmail.com](mailto:uhpops.secretary@gmail.com) for additional information



# OAT Materials

- Information about OAT materials here
- Email [uhpops.secretary@gmail.com](mailto: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:

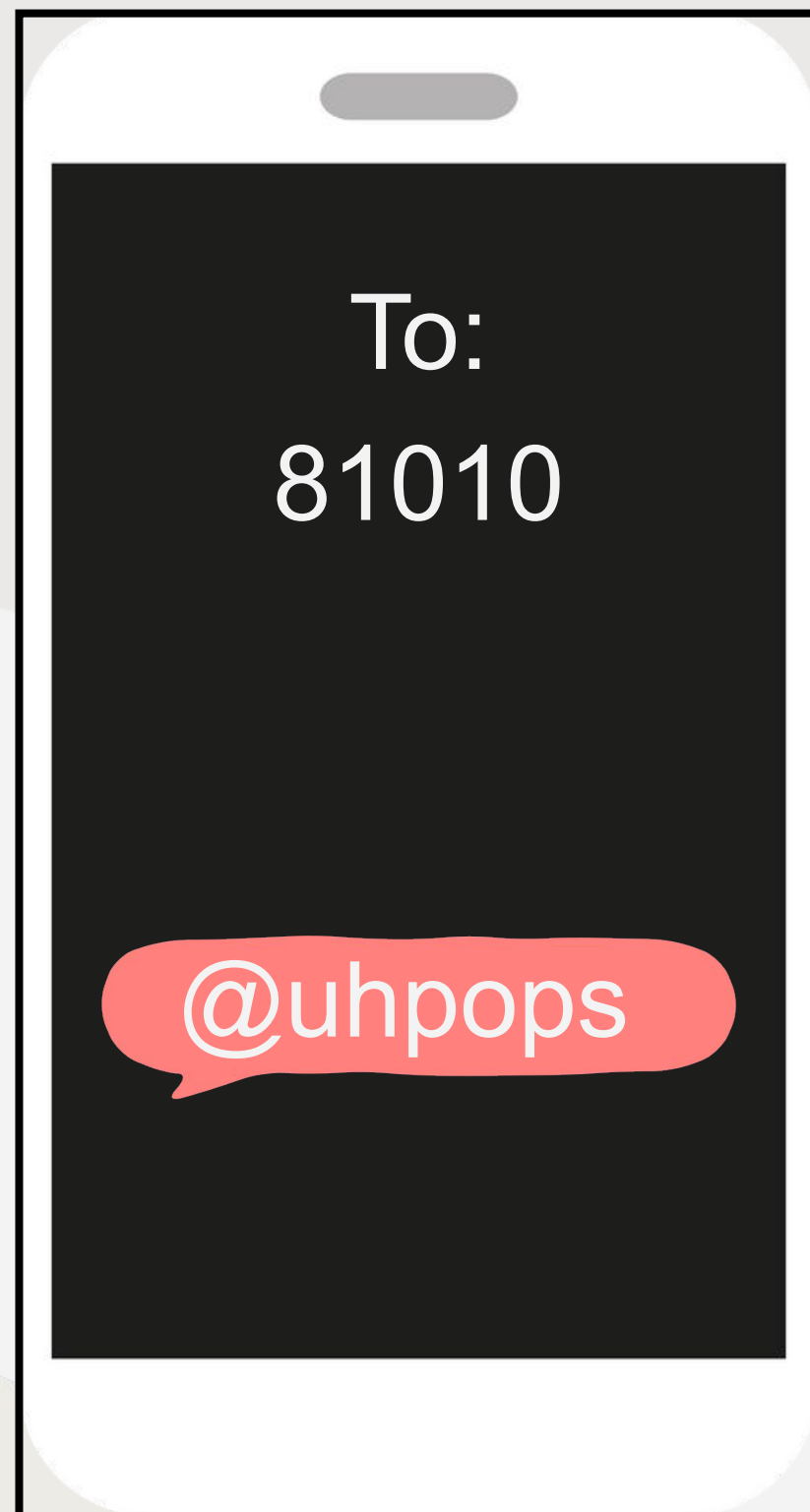
UHID:

## 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!

Spring 2025 CARREL HOURS			CARREL SPACE: 37
Monday	Tuesday	Wednesday	Thursday
12:00 PM - 1:00 PM Vi Huynh			
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 Kalyco Sims
	3:00 PM - 4:00 PM Hannah Pham		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 Month:

Andrew McIntyre!



Congratulations To Our February Member Of The Month:

Myleen Garcia!







# Community Service Chair

## Karen Espinosa

Email:

[uhpops.volunteer@gmail.com](mailto: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](mailto: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](mailto: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](mailto:uhpops.volunteer@gmail.com) Cc Bcc

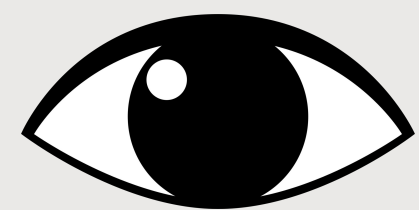
uhpops.historian@gmail.com

Subject

**Volunteer Attendance**

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

**Send** A U ↻ 😊 🗑️ 📎 🔒 ✎ ⋮ 🗑️



# Upcoming Volunteer Events

## **MAJOR VOLUNTEER EVENT**

What: HAVIN is a nonprofit organization comprised of various volunteer groups and organizations from across Houston that serve the information, resource, and support needs of the blind and visually impaired. This year's theme is Life After Vision Loss... We're All in this Together. Volunteers will provide sighted assistance to blind attendees who ask for it in the area and various rooms of the building

When: Saturday, April 5th

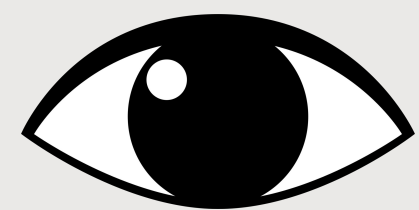
Mandatory Orientation March 29th @ 2pm virtually

Where: UHCO 4401 Martin Luther King Blvd., Houston, TX

77204







# Upcoming Volunteer Events

## MAJOR VOLUNTEER EVENT

What: Dark Dining Houston highlights and celebrates visionaries in the vision space, including patients, doctors, or executives who have made a lasting impact in the field.

When: Thursday, March 27th

Shift 1: 2pm-5:30pm

Shift 2: 5pm-10pm

Where: Majestic Metro 911

Preston St. Houston, TX 77002







# 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
  - Please reach out to the IR Chair if you have any questions or concerns at [uhpops.ir@gmail.com](mailto:uhpops.ir@gmail.com)

# Intramural Sports

- Spring Sports (Open to suggestions also!)
  - Volleyball (JOIN JOIN JOIN)
    - March 24-April 24 (extended?)
  - Bowling (March 20 last day to join)
  - “Amazing Race” (April 10 last day to join)
- TY to all that signed up for Volleyball! You can still join!





# 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 [uhpops.pr@gmail.com](mailto: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

THURSDAY, MARCH 27  
11 AM - 11 PM

Show this post or mention UH POPS  
to a Honeymee Team Member

Follow us on Instagram!



\$1 donated per ice  
cream or milkshake!



9938 Bellaire Blvd, Suite K, Houston, TX 77036



# PROFIT SHARE

THURSDAY, MARCH 27, 11 AM - 11 PM

Show this post or  
mention UH POPS to a  
R&B Tea Team Member

Follow us on IG



\$1 will be  
donated per drink



9938 Bellaire Blvd, Suite J, Houston, TX 77036



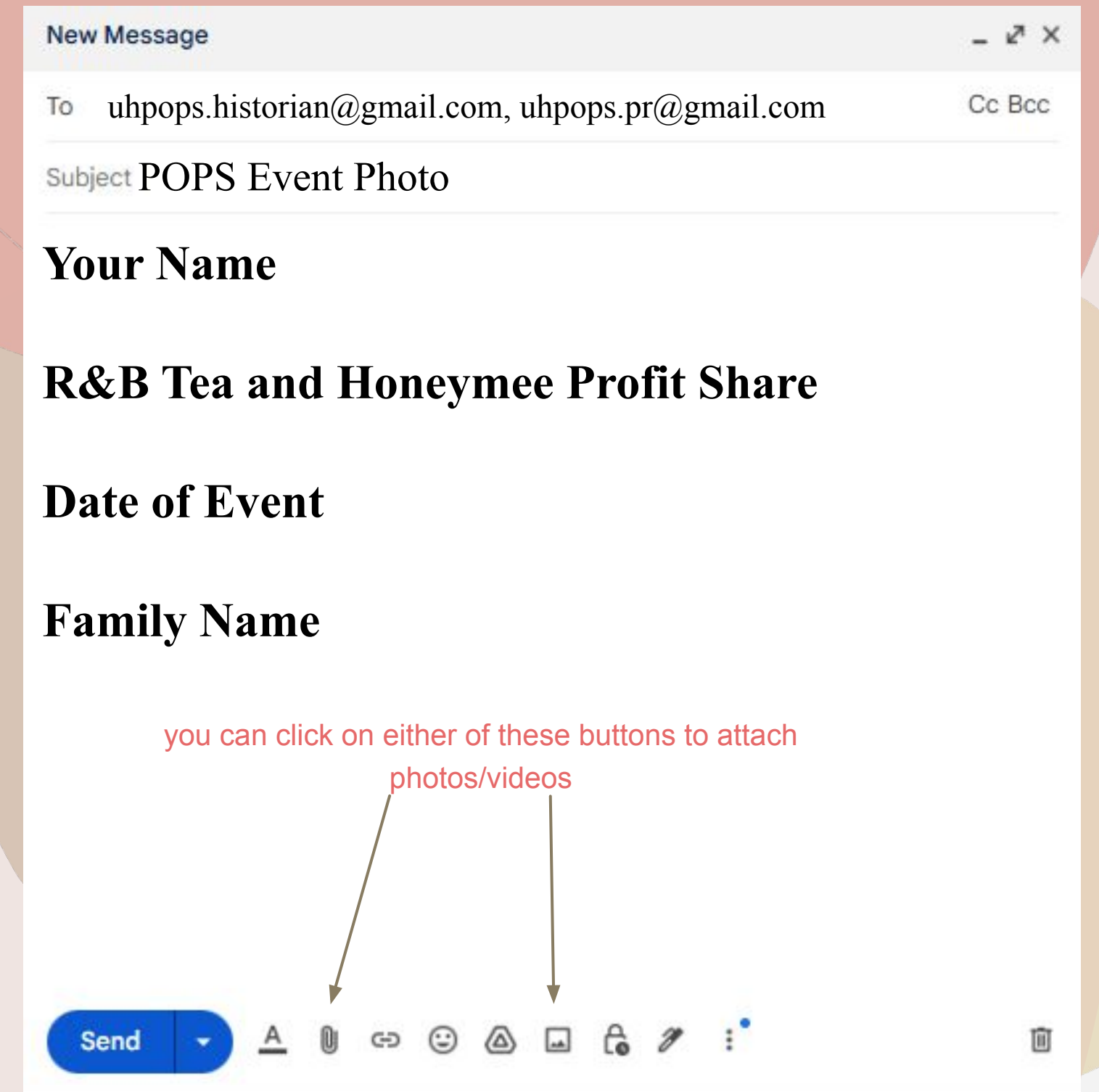
# Family Competition Info

## Template

The members of the family with the highest attendance at the profit share 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** email [uhpops.pr@gmail.com](mailto:uhpops.pr@gmail.com)



New Message

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

Subject POPS Event Photo

**Your Name**

**R&B Tea and Honeymee Profit Share**

**Date of Event**

**Family Name**

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

Send

Rich text editor toolbar: Bold, Italic, Underline, Link, Image, Video, Attachments, Undo, Redo, Clear formatting, Spell check, More options.



# End of the Year Raffle

Ways to earn an extra entry (for paid members only):

- Attend the last general meeting, must have at least 70 points
- Be the family with the largest member attendance at profit shares (only applicable to those members who are in attendance)
- Attend OAT workshop, volunteer at bake sale, participate in IM Sports
- Member of the Month

Raffle prizes:

- Two \$100 off discount codes from OAT Bootcamp (regular discount \$70 off)
- Biology Crash Course from OAT Booster (\$125 value)
- 25% off BTB order (regular UH POPS discount 10% off)
- Free UH POPS t-shirts (limited size and inventory)
- 2 free jackets from Jaanuu
- Raising Cane's Gift Basket (\$100 value)

When? Wednesday, April 2nd on Officer Elections Day



**\$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.

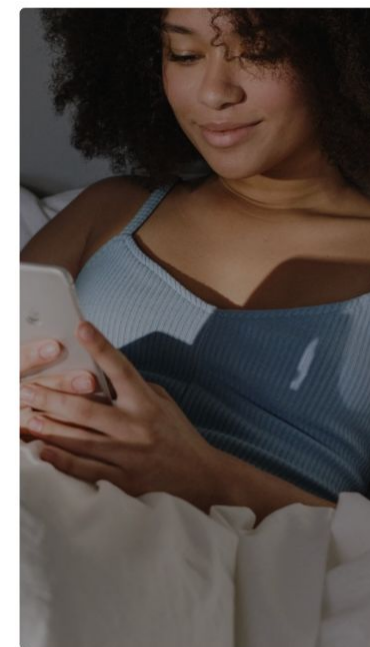
Located at

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

Crisis Support Contact: 713-743-5454 or 988

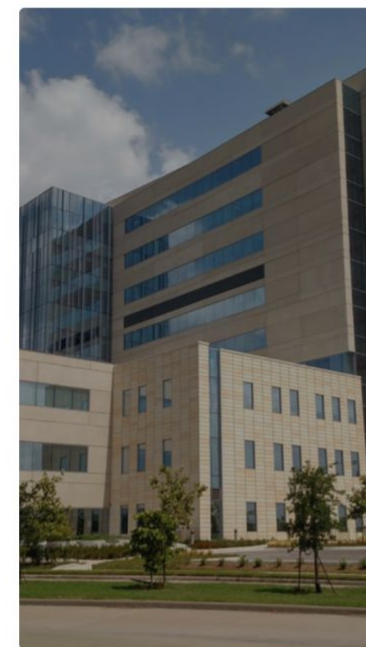
Website: <https://www.uh.edu/caps/>

## Ways to Connect with CAPS



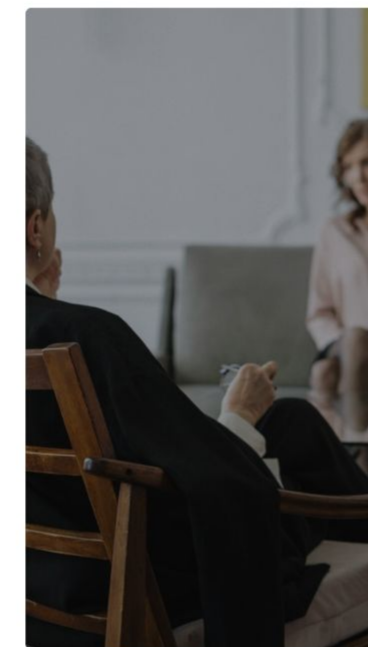
### 24/7 Crisis Services

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.



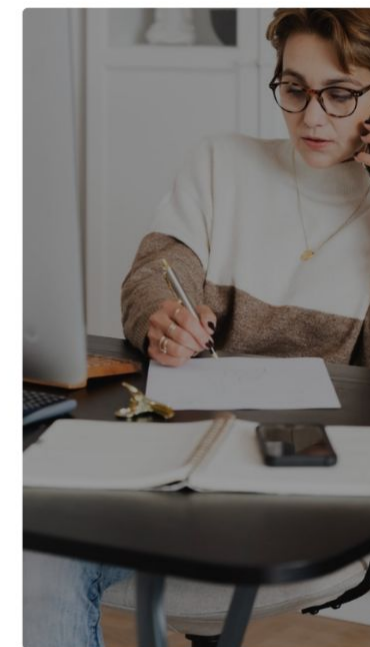
### Let's Talk

CAPS clinicians provide brief and focused mental health 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

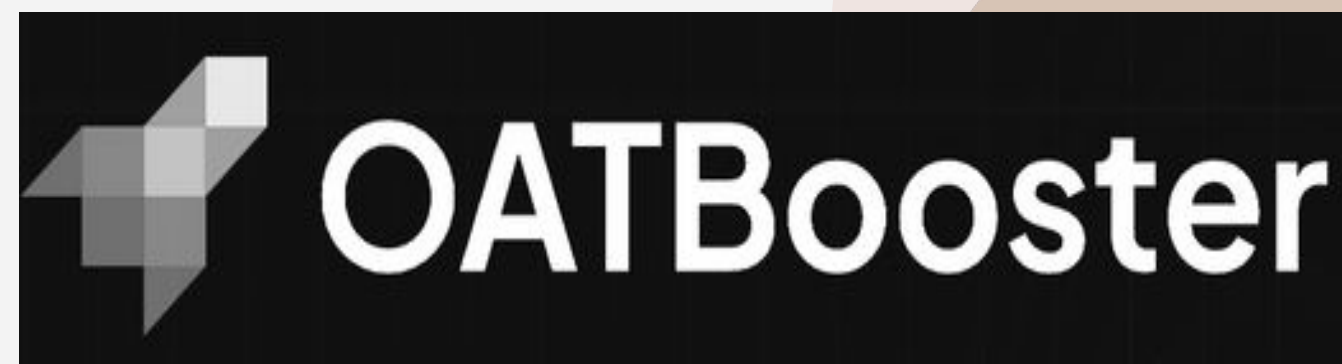
Business Hours 8am-5pm, Please call 713-743-5454, Follow us on social media **Instagram** and on **Twitter**.

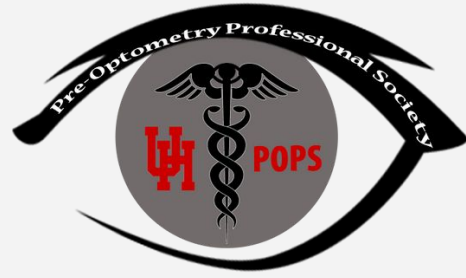
# Thank You to Our Sponsors!





# Thank You to Our Partners!





# Historian

## Kannan Huynh

Email:

[uhpops.historian@gmail.com](mailto:uhpops.historian@gmail.com)

Carrel Space:

SC North, Carrel 37

Office Hours:

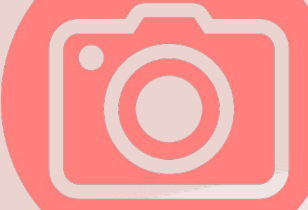
Tuesday, 2:00 PM - 3:00 PM





# 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](mailto:uhpops.historian@gmail.com)
  - You **MUST** Cc [uhpops.volunteer@gmail.com](mailto: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!

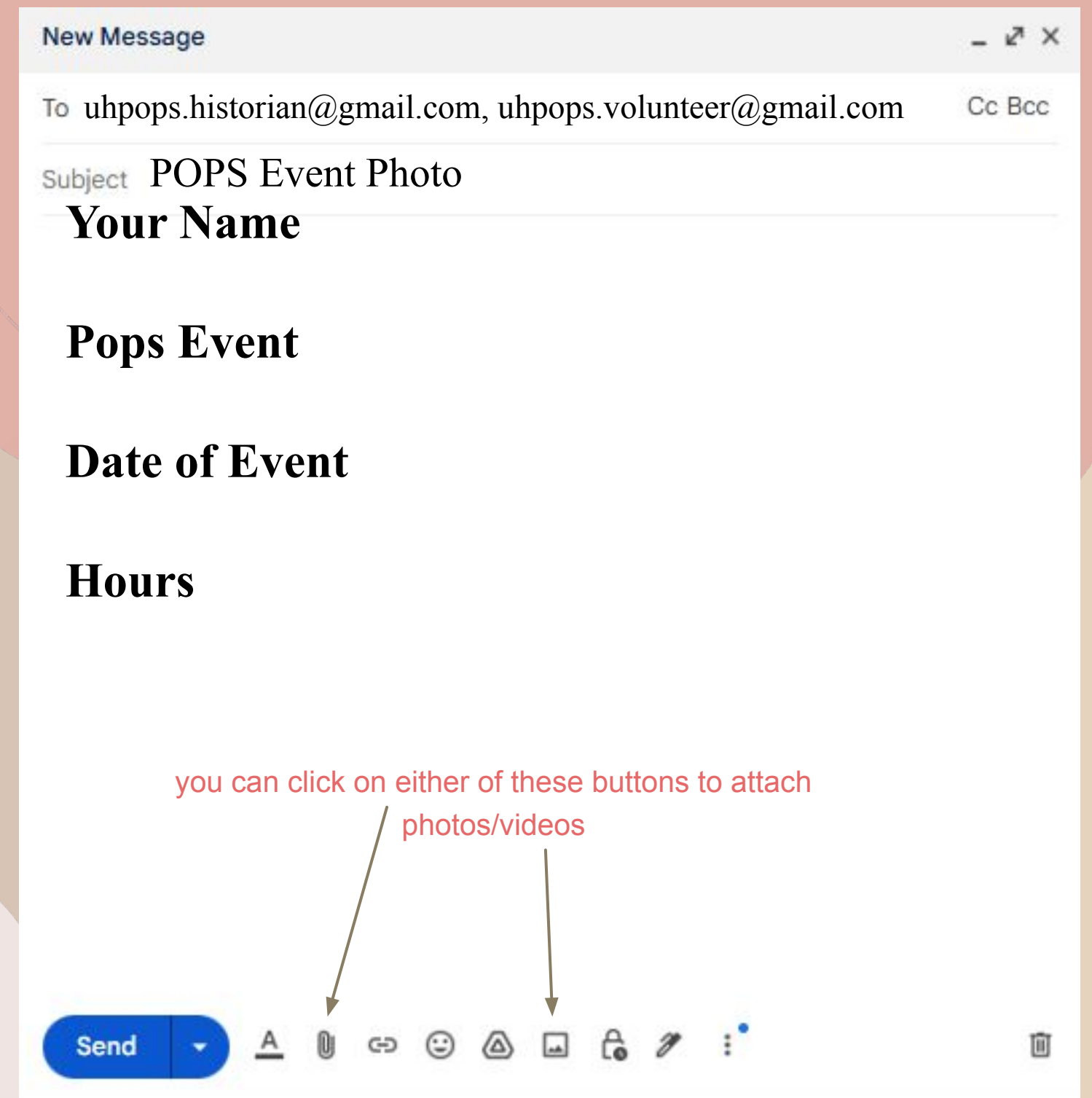




# Email Format

- 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**

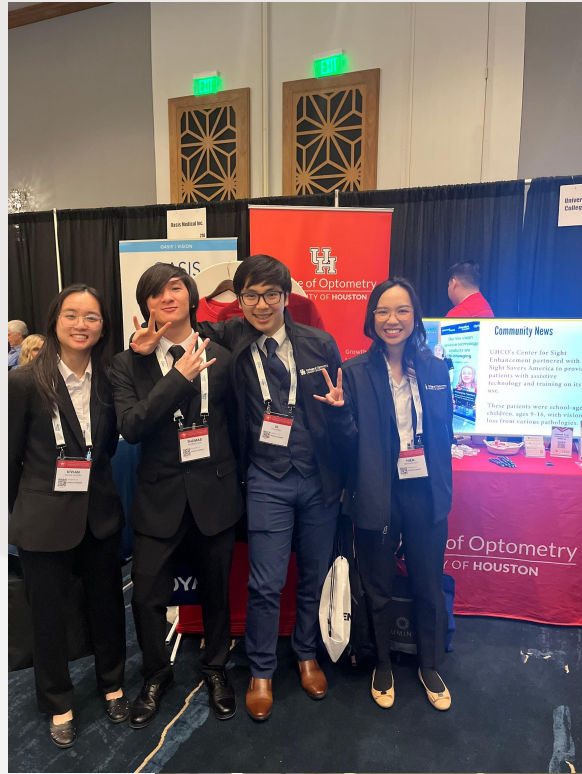
**Hours**

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

Send ▾        



# Quick TOA Recap





# Social Media

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



Linktr.ee



# Test Prep Tuesday Answers

• 3/II:

Which statement is false? \*

- A) Green light is most effective in driving photosynthesis
- B) Photoautotrophs are the most successful autotrophs
- C) The first fossil evidence is dated 3.5 billion years; the first cells were like heterotrophs
- D) Phototrophs were likely one of the earliest "photosynthetic machines".
- E) All are true

**Solution:**

A

Photoautotrophs use energy from the sun to carry out photosynthesis; CO<sub>2</sub> is also used.

**Red and blue light is most effective in promoting photosynthesis compared to green light.**



# Test Prep Tuesday Answers

• 3/18:

A 150 g ball is swung in a horizontal circle of radius 1.0 m. If the ball makes 5 revolutions per second, what is the centripetal force?

- A) 148 N
- B) 175 N
- C) 200 N
- D) 400 N
- E) 80 N

**Solution:**

A

Recall:

$$S = vt$$

$$S = 2\pi r \text{ (for a circle)}$$

5 revolutions per second translates to 1 revolution every 0.20 seconds.

Equate both equations:

$$2\pi r = vt$$

$$2\pi(1) = v(0.20)$$

$$v = 31.4 \text{ m/s}$$

$$a = v^2 / r = (31.4)^2 / 1 = 986 \text{ m/s}^2$$

Now...

$$F = ma$$

$$F = (0.150 \text{ kg})(986 \text{ m/s}^2) = 148 \text{ N}$$

# Test Prep Tuesday

- Starting March 11th, there will be practice questions posted every week until April 1st.
- 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!

OAT Test Prep 22w  
川 新谷 亮・ねごあつめのテーマ

TEST PREP  
TUESDAY

PHYSICS

A 20 N FORCE PUSHES AGAINST 3  
BOXES SHOWN:  
WHAT IS THE CONTACT FORCE  
BETWEEN THE 4 AND 6 KG BOX?

F → 2 kg 4 kg 6 kg

A 5.2 N  
B 40.7 N  
C 16 N  
D 10.2 N

ANSWER IN THE GOOGLE FORM!  
<https://forms.gle/FRndqt8bhGsdjHbU6>

Answering form

The image shows a mobile app interface for 'OAT Test Prep'. At the top, it says 'OAT Test Prep 22w' and '川 新谷 亮・ねごあつめのテーマ'. Below that, it says 'TEST PREP TUESDAY' and 'PHYSICS'. The main content is a physics problem: 'A 20 N FORCE PUSHES AGAINST 3 BOXES SHOWN: WHAT IS THE CONTACT FORCE BETWEEN THE 4 AND 6 KG BOX?'. The diagram shows three boxes labeled '2 kg', '4 kg', and '6 kg' in a row, with a force 'F' pushing from the left against the 2 kg box. Below the diagram are four multiple-choice options: A 5.2 N, B 40.7 N, C 16 N, and D 10.2 N. At the bottom, it says 'ANSWER IN THE GOOGLE FORM!' and provides a link: 'https://forms.gle/FRndqt8bhGsdjHbU6'. There is also a 'Linktr.ee' logo and the text 'Answering form'.



# Beyond The Blur



- Looking for the perfect hoodie for this spring? 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!



<p>Sale</p>	<p>Sale</p>	<p>Sale</p>
<p><b>Lunar Sand - Beyond The Blur Hoodie</b></p> <p><del>\$70.00</del> \$52.00</p> <p>Choose options</p>	<p><b>Pink Starburst - Beyond The Blur Hoodie</b></p> <p><del>\$70.00</del> \$52.00</p> <p>Choose options</p>	<p><b>Shadow Black - Beyond The Blur Hoodie</b></p> <p><del>\$70.00</del> \$52.00</p> <p>Choose options</p>



# Test Prep Tuesday Answers

• 10/29:

WHICH OF THE FOLLOWING IS A  
PANCREATIC ENZYME?

→ A) Chymotrypsin

B) Pepsin

C) Bile

D) Lysozyme

E) Enterokinase

**Solution:**

A

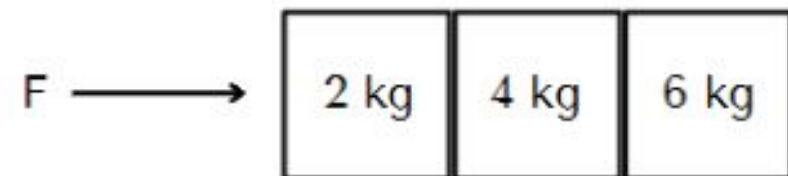
Chymotrypsin and trypsin are enzymes made by the pancreas. These enzymes are proteases; involved in protein digestion. Enterokinase converts trypsinogen into its active form, trypsin.



# Test Prep Tuesday Answers

- 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:**

$$F = ma$$

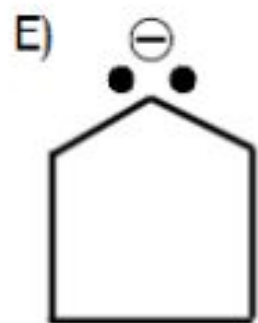
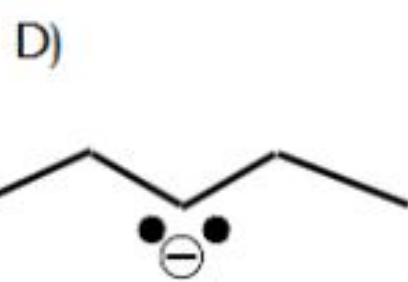
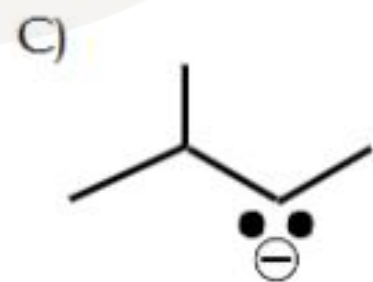
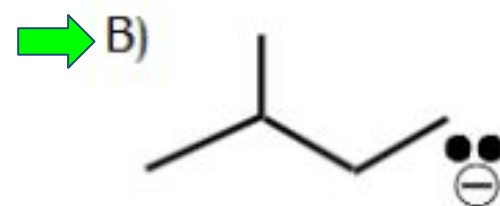
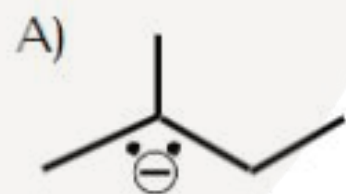
$$F = (6)(1.7)$$

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

# 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].





# 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



**UH POPS**

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[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



# Guest Speaker



Kevin L. Gee, OD, FAAO