

General Meeting #7

February 22nd - Second GBM of the '23 Spring Semester!

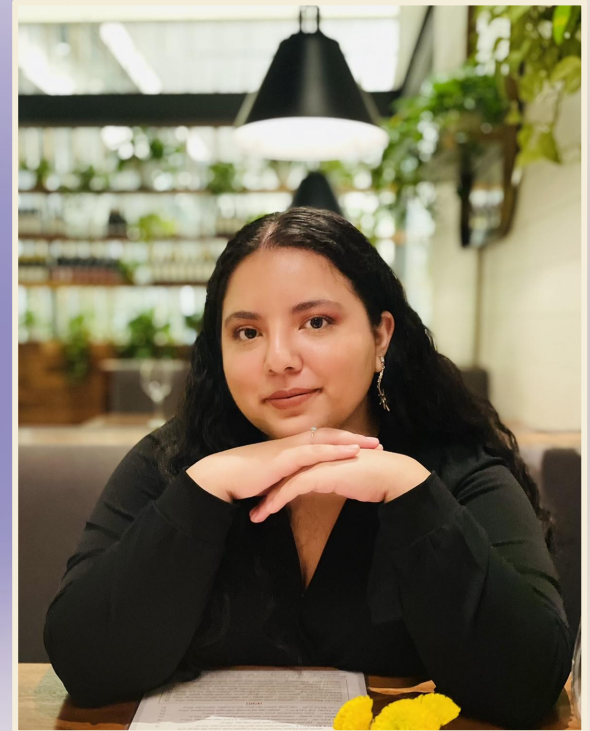
Sign-In!



Miriam Pereira

President

- Human Development and Family Sciences
BSA, Health and Society BA
- 4th Year
- Spring, Tx
- Fun fact: I have the full LEGO botanical collection!



LHPO Familias

Objective: **Whichever family gets the most points at the end of the semester will receive a prize!**

Look out for upcoming events and opportunities to gain points for your familia!



Med School App Workshop



The University of Texas at Austin
Dell Medical School



**MEDICAL SCHOOL
APPLICATION
WORKSHOP**

A workshop with LMSA to learn about the TMSAS application, tips on writing personal statements, how to interview, and more!

**APRIL 29, 2023 | 9 AM TO 2 PM,
DELL MEDICAL SCHOOL**

FOR QUESTIONS, REACH OUT TO:
ALMA ROSA RIVERA
ARRSQS@UTEXAS.EDU

The poster features a central illustration of a female doctor in a white lab coat and face mask, holding a clipboard. The background is a light beige color with decorative elements like a heart rate line in the top right and a cloud of green dots behind the doctor. The LMSA logo is a circular emblem with a caduceus in the center, surrounded by the text 'LATINO MEDICAL STUDENT ASSOCIATION' and 'LMSA'.



Fernanda Calderon

Vice President of Professional Development

- Psychology Major with a Spanish in Healthcare Certificate
- 4th Year
- Katy, TX



Christopher Guerrero

Vice President of Professional Development

- Health & Society Major
 - Patients, Practitioners & Cultures of Care
BDP
 - Spanish for Medical Professions
Certificate
- 3rd Year
- Houston, TX



Texas BHA Entrepreneurship in Healthcare Q&A Event

TOMORROW Thursday, February 23rd from 6-7 PM
in GSB 3.128

Their guest, Dana Le, is a healthcare innovation expert
and healthtech founder.

She received her Master's of Health Administration from
Columbia University and Bachelor's of Business
Administration in Finance from The University of Texas
at Austin. Dana was recently selected as a Forbes 30
Under 30 in Healthcare.



TEXAS BHA

presents

Entrepreneurship
in Healthcare
Q&A



Dana Le

Healthtech Founder | Forbes 30 Under 30




23 Feb 2023 

06 PM - 07 PM 

GSB 3.128 

 REGISTER NOW!

www.utexasbha.com 

Pre-health(y) minds Series

NEXT WEEK: Wednesday, March 1st @6PM,
FAC Texas Career Engagement Conference
Room

An event centered around preventing pre-health burnout, supporting a community of healthcare workers who take care of both themselves and others.

Will consist of a guest speaker, a short Q&A session between the students and speaker, a large-group discussion facilitated by other SHARE facilitators, and then time for students to do some mindfulness activities (such as making pins or coloring) while interacting with other pre-health students.

LONGHORN SHARE PRESENTS

Pre-health(y) minds

An event centered around preventing pre-health burnout, supporting a community of healthcare workers who take care of both themselves and others

JOIN US ON: WEDNESDAY, MARCH 1ST @6PM
FAC TEXAS CAREER ENGAGEMENT CONFERENCE ROOM



Presenting Samantha Symons, MD, a board-certified psychiatrist!

RSVP below!



<https://tinyurl.com/prehealthy>



- Talk about preventing burnout and taking care of yourself with trained facilitators and peers
- Make pins, fold origami stars, and connect with other pre-health students going through a similar journey!
- Free food!
- Hear about Dr. Symon's journey with burnout throughout her medical career and ask her questions about achieving a healthy work-life balance!

Contact info: maumitasadhukhan@utexas.edu

Medical School Tour- 2nd Chance :)

McGovern Medical School- In Houston on Friday, March 31st

Schedule: 11:30-12:00 PM Admissions Q&A
12:00-1:00 PM Student Tour

*More information to come in the next weeks but tour has been assured!



Pre-Health Speakers

It's not all about pre-meds, we want to offer opportunities for all! Please fill out the form or reach out!



* Francisca Centron

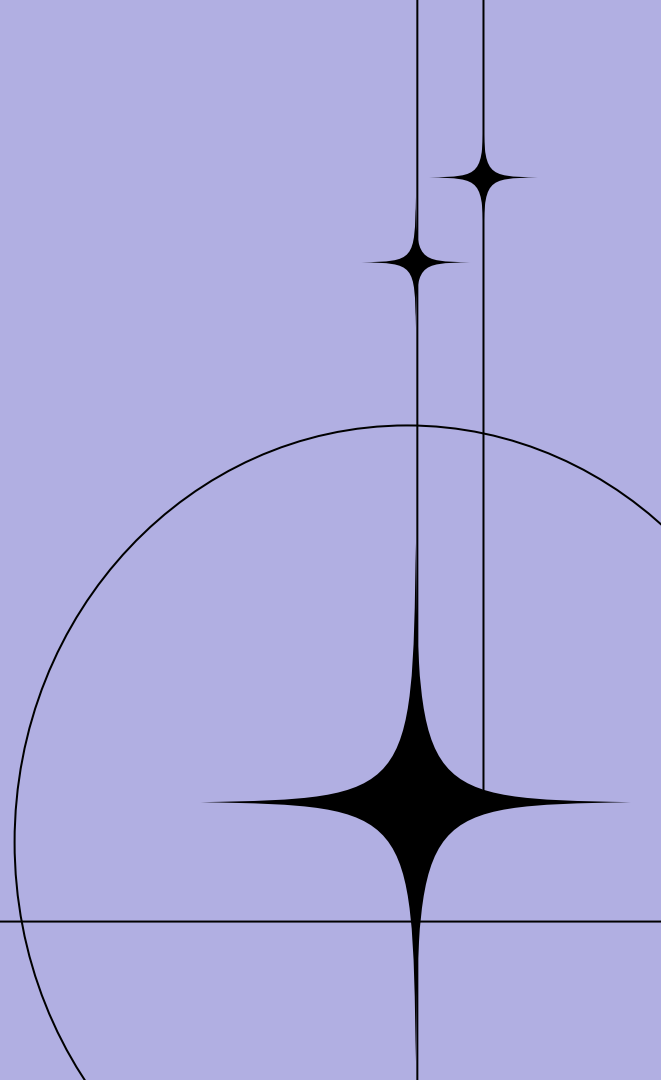
Vice President of Community Development

- Public Health Major
- Spanish for Medical Professions
Certificate
- 3rd Year
- Houston, TX



Working with BHPO!

We are currently planning a
service event with the Black
Health Professions
Organization in MARCH...
STAY TUNED :)



Antiracism for STEM Majors

Upcoming Workshop: Monday Feb. 27

This session will feature Dr. Mykel Green and will explore the historical roots of systemic racism in STEM, and equip us with the tools to create equitable environments that allow all students to thrive.

4-6pm in Welch 2.310

Antiracism for STEM Majors Sign-up here!





Felipe Valdez

Vice President of Community Development

- Human Development and Family Sciences BSA
- Architectural Studies Minor
- 3th Year
- Reynosa, Tamaulipas
- Fun fact: I'm watching *Hamilton* this week!



I'll bring more information about
Camp In Motion and other upcoming
events to our next meeting.

For now, start thinking about your Summer, and see if
you can fit any of these dates into your schedule.

Camp in Motion

Time: 7:30 am - 4:00 pm.

When:

- Week 1: June 5-9
- Week 2: June 19-23
- Week 3: June 26-30
- Week 4: July 10-14
- Week 5: July 31-Aug 3

Feel free to reach out if you
have any questions.

I'll be there all 5 weeks,
hope to see y'all there!

* Armando Marquez

Secretary

- BSA Biochemistry; Minor in Social and Behavioral Sciences
- 2nd Year
- Spring, TX



Sign-In !



Ximena Zapata

Financial Director

- Pre-Med Biology Major
- 3rd Year
- Houston, Tx





Thank you to everyone who attended
Monday's Profit Share!



Dues!

Returning members:

\$35 for both semesters OR \$20 for one semester

New Members:

\$45 for both semesters OR \$30 for one semester

Dues are used for

- Preceptorship program
- T-shirts
- Workshops
- Scholarships

Venmo: TXLHPO

Paypal: texaslhpo@gmail.com (\$2 fee)

Can also pay in **cash** or with **card (\$2 fee)**.

Send e-mail to texaslhpo@gmail.com with

- Full name
- Email
- UT EID
- Phone number, and
- Screenshot confirmation of payment

Cindy Garcia Candelas

Volunteer Director

- Biology (Pre-PA)
 - Elements of Computing Certificate
 - Spanish for Medical Professions Certificate
- 2nd Year (Senior)
- Ciudad Juarez, Chihuahua, Mexico
- Fun Fact: I did not get tickets for Banda MS





Thank you!

Nursing Home Bingo Night

When: February 24, 2023 (This Friday)

Time: 6:30-8pm

Where: 2806 Real St, Austin, TX 78722

- Please don't donate candy!!!
- +0.25 points for every item donated! (1 point cap)
- Sign up through this [LINK!](#)



Project 2023: UTs Largest Day of Service

When: February 25, 2023 (This Saturday!)

Time:

First Shift: 10am-2pm

Second Shift: 1-5pm

Where: There are plenty of locations to choose from (11 total)

- Create an account and sign up through this [LINK!](#)
- Different volunteering tasks at each location



Habitat for Humanity

When: March 4, 2023

Time: 8am-4pm

Where: 1409 Earle Street, San Marcos TX 78666

- Create an account and sign up through this [LINK!](#)
- There are 15 spots available



* Roderique Hernandez

Social Director

- Health Promotion and Behavioral Science
- Minor in Educational Psychology
- 3rd Year
- San Juan, Tx



Intramural Indoor Volleyball

Tournament began last week so if you go out to any of our two teams and take a picture with one or more members you can earn a social point!

Games:

LHPO 2.0 plays on Wednesdays @6/7

LHPO plays on Thursdays @6/7*



Study Social

Come on out to meet other members while doing assignments or just to talk with others :)

-(1 point social point earned)

When: Friday, February 24th

Where: PCL 4.120A

Time: 11am-12:30pm

Hope to see y'all there!





STUDY SOCIAL

Where?

PCL 4.120A

When?

Friday, Feb. 24th
@11am-12:30pm

@texasLHPO



Jennifer Solis

Public Relations Director

- ★ Pre-PA Human Development & Family Sciences
- ★ Minor in Social Work
- ★ Second Year
- ★ Richmond, Tx



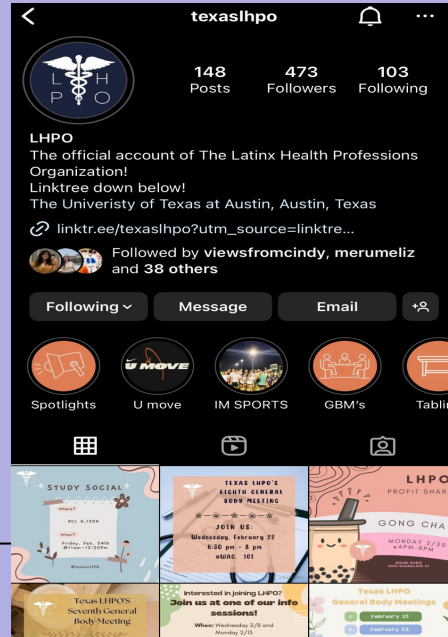
PR things :)

Make sure you are on our mailing list



Newsletter

Follow us on Instagram
@texasLHPO



* Kaylyn Gonzalez

Archives Director

- BSA Biology (minor in psychology)
- 4th Year : Class of 2023! :)
- Laredo, TX
- No Updates! Take Pictures at events and send them on groupme!



* Nathan Lopez

IT Director

- BS in Computational Biology
- Certificate in Elements of Computing
- 2nd Year
- Houston, Tx
- Fun fact:



New Slack Channel!

LHPO is moving to Slack

- Multiple Channels
- Organized Chats
- More info coming soon!



Join Slack Channel Here:





LHPO Website page
is up and running!

Use it to stay up-to-date and informed
with all things LHPO!

LHPO Slides Posted on the After the Meeting



Group Photo!



Please Welcome Longhorn
EMS for the Stop the Bleed
and Take 10 Workshop!

