

# UH Pre-Optometry Professional Society

Fall 2023  
4th General Meeting  
10/18/2023



# Sign In:

- Scan the QR code and fill out the Google Form to earn points for attending!  
Password is case sensitive.
- **PASSWORD**
  - **5 IS THE MAGIC NUMBER**
- If you are having any issues, please speak to the **Secretary** before the meeting ends.





# President: Chelsea Abad

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

**Carrel Space:** SC North Carrel #12

**Office Hours:** Friday, 10:30 AM - 11:30 AM



# Member Benefits

## Membership Opportunities

- Meet & network with other pre-opt students
- Find peers in your classes (study buddies!)
- Families & monthly socials
- Semester scholarships & discount codes

## Optometric Opportunities

- Direct communication with UHCO advisors
- Guest speakers from the OD field
- Volunteer, job, and shadow opportunities
- Ophthalmological surgery observations
- Exposure to optometry through major events
- OAT prep resources



# Fall 2023 General Meetings

• ~~Sept 6~~ — ~~UH College of Optometry~~

• ~~Sept 13~~ — ~~Dr. Sayah, Research~~

• ~~Oct 4~~ — ~~Illinois College of Optometry~~

• ~~Oct 18~~ — ~~UHCO AOSA, Optometry~~

## Students

• Nov 1 — UIW Rosenberg School of Optometry





# Vice President: Hannah Pham

Email: [uhpops.vp@gmail.com](mailto:uhpops.vp@gmail.com)

Carrel Space: SC North Carrel #12

Office Hours: Friday 1 PM - 2 PM



# Duties

- **Research, Shadowing, and Intern Opportunities**
- **Scholarships**
- **Plan Socials**
- **Spring Conference**
- **Assisting the President**



# Costume + Bowling Social!

- **When?**
  - **11/2 @ 6:00 - 8:00 pm**
- **Come join us at the UH game room for a fun competition and a costume contest!**
  - **We will be playing by family but you can still come join us if you are not in a family!**





# Fall Scholarship

- **Essay topic**: What are some challenges that you faced during your undergraduate career and how did you overcome them?
- **Outline**: One page, 12 pt font, Times New Roman, single line spacing
- **3 winners**: \$150, \$100, \$50 prize
- Must be a **PAID** member with **at least 50 points**
- Submit essays to **[uhpops.vp@gmail.com](mailto:uhpops.vp@gmail.com)**
- **Deadline: October 29th @ 11:59 PM**
- Winners will be announced at the 5th General Meeting
- For any questions about points email **[uhpops.secretary@gmail.com](mailto:uhpops.secretary@gmail.com)**

# Cataract Surgery Observation

- **When**
  - **Thursday, November 16th**
  - **7 am - 10 am**
- **Where**
  - **UHCO**
- **What**
  - **Learn about cataract surgeries**
    - **Methods, procedures, devices, machines**
    - **Observe the surgery happen in groups**
- **SPOTS ARE LIMITED**
  - **If you sign up after the last spot is taken, you'll be put on a waiting list**





# Treasurers: Trang Do & Jonathan Chau

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

**Carrel Space:** SC North Carrel #12

## **Office Hours:**

Trang: Thursday 10 AM - 11 AM

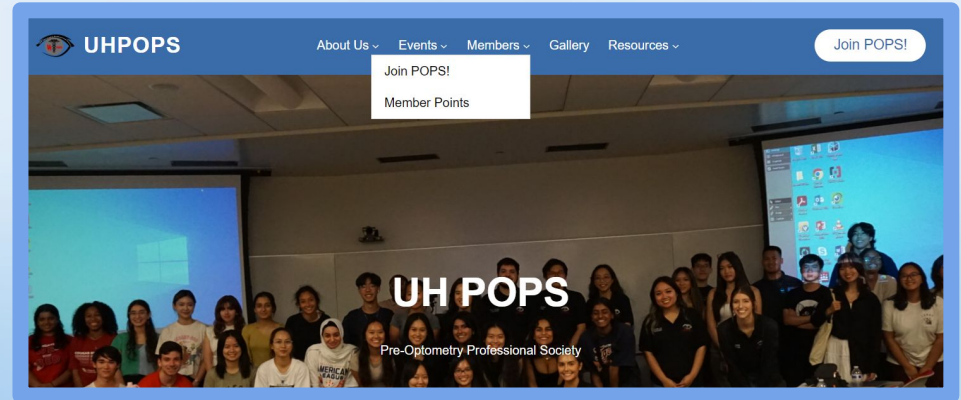
Jonathan: Tuesday, 10 AM - 11 AM




# Becoming a Member:

- How?

- Go to [uhpops.org](http://uhpops.org) and click on “Join POPS!”
- Fill out the membership form and pay the dues
- **Deadline – Passed!!!!**
- To be a full member: you must submit the form **AND** pay the dues
  - Your name will be present on the points page on the website if you are
- **Email [uhpops.treasury@gmail.com](mailto:uhpops.treasury@gmail.com) if you are still interested in being a member**





University of Houston Pre-Optometry Professional Society 2022-2023 Membership Form  
(Must submit form with membership dues! Please upload as a pdf file)

**Personal Information**

Full Name \_\_\_\_\_  
Last First MI

Address \_\_\_\_\_  
Street Address Apartment/Unit #

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Alternate Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Classification: \_\_\_\_\_ Major: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Peoplesoft ID: \_\_\_\_\_

Shirt Size: \_\_\_\_\_

**Emergency Contact Information**

Full Name \_\_\_\_\_  
Last First MI

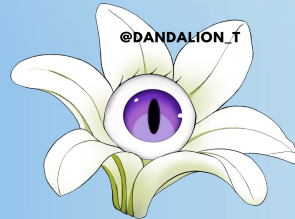
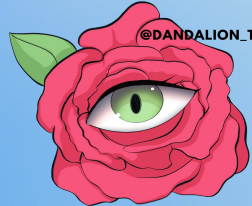
Address \_\_\_\_\_  
Street Address Apartment/Unit #

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Alternate Phone Number: \_\_\_\_\_

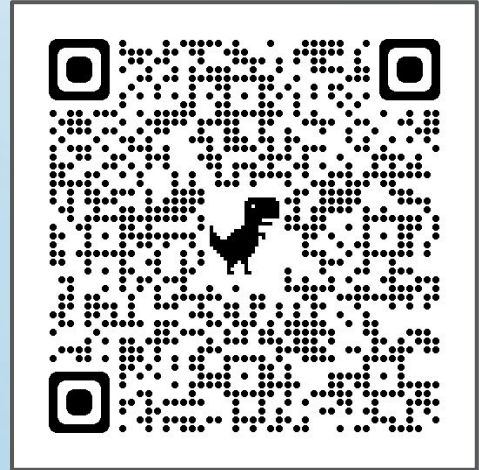
Relationship: \_\_\_\_\_

NOTE: Please pay for membership at <https://www.uhpops.org/through-paypal> or [venmo@uhpops](mailto:venmo@uhpops)

# UHPOPS Stickers for Sale!!



Pre-Order Form:



- **Matte Weatherproof**
  - 1 for \$2.50
  - 2 for \$4.15
  - 3 for \$5.50
- **Premium Glossy Waterproof**
  - 1 for \$4.00
  - 2 for \$6.00
  - 3 for \$8.50
- **Random Blind Bag of 4**
  - Includes @ least 1 glossy
  - \$8

# Bake Night

- **When?**
  - Thursday, October 19th
  - 5:30 PM
- **Where?**
  - Carrel #12
  - Student Center North
- **What are we doing?**
  - Drawing
  - Decorating the menu
  - Hanging out



Sign-up to join  
Bake Night:



P.S. It's one of the best  
ways to get to know  
other POPS members  
and officers!

# Bake Sale!



- **When?**
  - Monday, October 23rd
  - 9:30 AM -4:15 PM
- **Where?**
  - PGH Breezeway
    - In front of Einstein Bagels
- **Come out and show your support!**
  - Volunteering for POINTS!
  - Purchasing food

**Sign-up to  
volunteer at  
Bake Sale:**





# Secretary: Yadhira Carrillo

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

**Carrel Space:** SC North Carrel #12

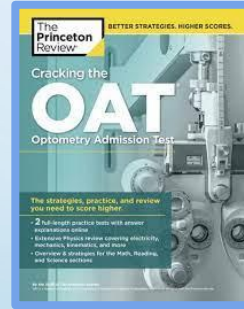
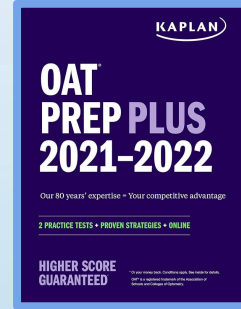
**Office Hours:** Monday, 4 PM - 5 PM





# Duties

- Manage points
  - Points will be updated on our website every Monday.
- Award member of the month
  - The most active member of each month will be MOM and will be awarded with a graduation cord.
- Manage OAT bank
  - Members can donate or request physical and digital materials to study for the OAT!
- 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!



# How to earn points!

## VOLUNTEER

Attend Socials & Workshops

Attend Meetings

Bake nights/sales

Donate

Sponsorships

Intramural sports

Pictures

### Distinguished (130+ points)

- Eligible for TOA
- Eligible for Spring Conference
- Eligible for End of Year Banquet
  - Eligible for Office
  - Eligible for Scholarship

### Honorable (100+ points)

- Eligible for TOA
- Eligible for Spring Conference
- Eligible for End of Year Banquet
  - Eligible for Office

### Active (70+ points)

- Eligible for TOA
- Eligible for Spring Conference

Donate  
used/blank  
carbon copy  
notebooks!

Office hours  
punchcard!

Suggestions?  
Send me an  
email or talk  
to me.

# Introducing a new way to earn points!

## Office hours punchcard

- Visit at least five officers during their office hours
- Earn a signature from the officer
- Once you reach five signatures, turn it in with any officer for extra points!
- 1 punch card per semester!!
- You can fill out the entire punch card if you want but only five is required\*

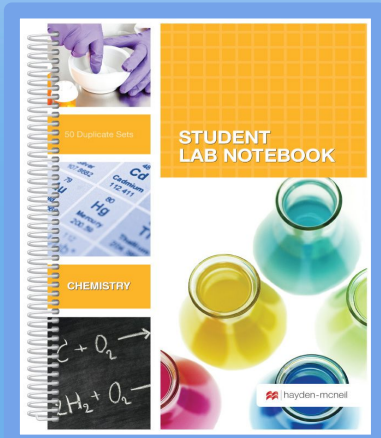
UHPOPS PUNCH CARD	
Chelsea Abad (President)	
Hannah Pham (Vice President)	
Jonathan Chau (Treasurer)	
Trang Do (Treasurer)	
Yadhira Carrillo (Secretary)	
Ashlyn Pro (Community Service Chair)	
Randi Culpepper (Public Relations)	
Felix Lozano (Webmaster)	
Randy Huynh (Historian)	

\*doing more than five signatures will **not** get you more points

# Donate for points!



- Paper boats, napkins, water bottles, and sodas (coke products only)
- Donate glasses frames, carbon copy textbooks, and OAT study materials
- Monetary donations are also greatly appreciated! Email [uhpops.treasury@gmail.com](mailto:uhpops.treasury@gmail.com) for more details.

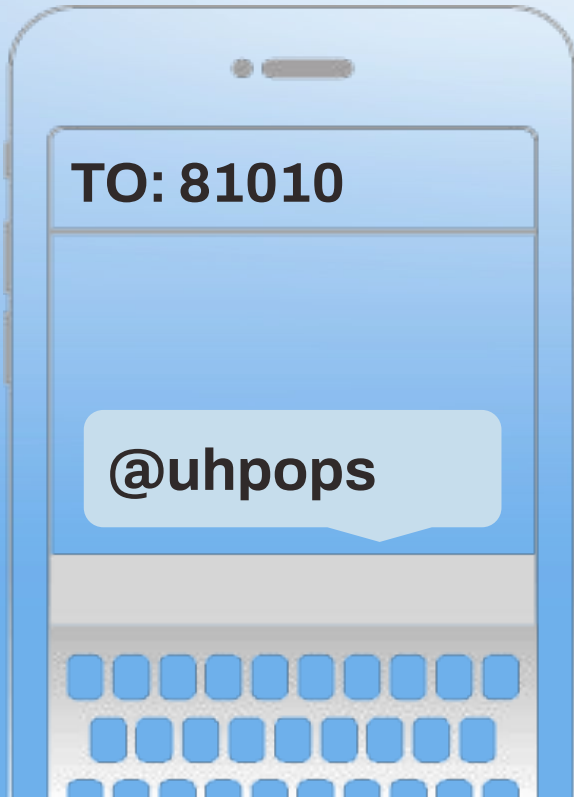


# Photos clarifications

- To earn volunteer and or photo points, **YOU** must send **YOUR OWN** unique photos and or videos that include yourself.
- **No photo proof of attendance = no volunteer points**



# Join Remind



- **Please join our Remind for updates on job opportunities, socials, volunteering events, and more!**
- **Text @uhpops to the number 81010**
- **If 81010 doesn't work, try texting @uhpops to (682) 888-5131.**



# Community Service Chair:

## Ashlyn Pro

**Email:** [uhpops.volunteer@gmail.com](mailto:uhpops.volunteer@gmail.com)

**Carrel Space:** SC North Carrel #12

**Office Hours:** Wednesday, 11 AM - 12 PM



# Volunteer Opportunities!

- In-Person Events
  - **BEST** way to earn points! (TOA!)
  - Cancellation policy: 48 hours BEFORE the event!
- Virtual Volunteering Opportunities
  - Webinars from various Optometry Schools
    - How to prepare for admissions
    - Crafting a successful application
    - Interviewing Tips and Prep
    - Shadowing and Optometric Experience



Berkeley School of Optometry

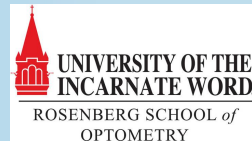


**SALUS**  
UNIVERSITY

Pennsylvania College of Optometry

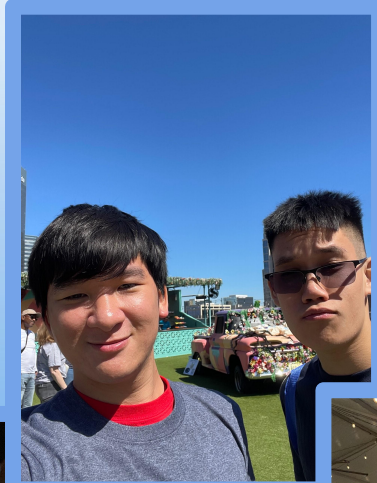
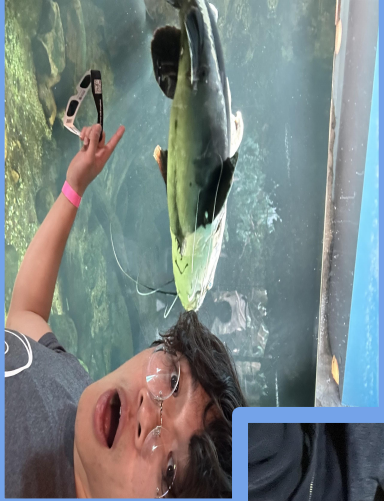


New England  
College of Optometry





# PBT Eye Stroll was a Success!!



# Upcoming Volunteer Events

## Bel Inizio: The Race for a Better Life

- Main event is their 5K October, 29th
- Sam Houston Park @ 6 AM



## Project C.U.R.E.

- Help sort and pack medical supplies, stock inventory, and load containers



# Reminders!



Pictures/Screenshots!



Email!



Questions?



# Public Relations: Randi Culpepper

**Email:** [uhpops.pr@gmail.com](mailto:uhpops.pr@gmail.com)

**Carrel Space:** SC North Carrel #12

**Office Hours:** Tuesday, 1:30 PM - 2:30 PM



# Duties

- Sponsors
  - UH POPS would not be the great organization it is without our sponsors!
- POPS Families
  - Best way to make new friends in POPS!
- IM Sports
  - Fun way to get involved in POPS!
- Discounts Codes!!!
  - Email [uhpops.pr@gmail.com](mailto:uhpops.pr@gmail.com) to gain access to discount codes for OAT Study Materials!



# POPS

## Families

Micaela  
Sonali  
Kaylce  
Trang L  
Larose  
Mehraiel  
Kelly  
Tammy  
Yinyu  
Anh  
Trinh

## Glockoma

Tyler  
Vi  
Alex  
Thomas  
Connor  
Austin  
Erik R  
Erik A  
Kannan  
Julian  
Jacob

## St-eye-le (POPS Version)

Tina  
Parker  
Farah  
Vy  
Katie  
Liya  
Alexis  
Diya  
Gracie  
Amiya  
Jasmeen  
Nadeen

**If you signed up for a family but don't see your name, please contact the Treasurers to confirm your membership status. Email me if you'd still like to join a family!**

# Kokee Tea Profit Share Winner!

Family that had the most members show up.....



# Glockoma!!!



# Intramural Sports

## Want to Compete for POPS?

- Congratulations to our dodgeball team!!
- Other Options Include:
  - ~~Flag Football 09/20~~
  - **Basketball (5v5)- 10/18**
  - Tennis Doubles- 10/25
  - Spike Ball- 10/31

Forms can be found on our website!

(If there is an IM Sport you are interested in, and I did not list it, please email [uhpops.pr@gmail.com](mailto:uhpops.pr@gmail.com))





IM DODGEBALL MVP

Jacob

Lim!!!



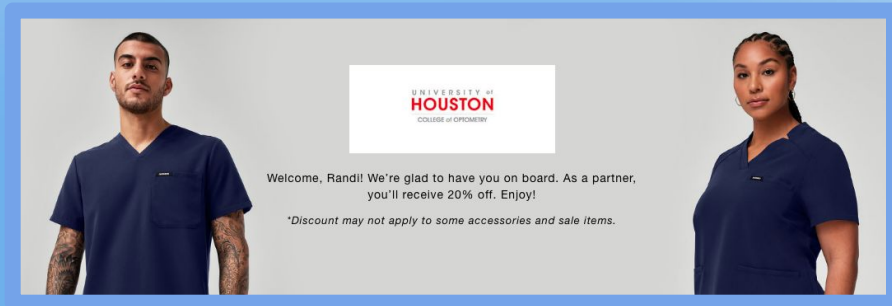
# Scrubs Partnership



JAANUU has offered our members an exclusive 20% discount for any members who purchase a set of scrubs through their unique portal designed for UH students!

To get started:

- Please head to:  
<https://partners.jaanuu.com/access-partner>
- **Passcode: houstonopt**
- Please login with your CougarNet email
  - If you do not have an account please create one using your school email
- Text embroidery will need to be manually added by selecting "+Add Personalization"
- Please be sure to select your home address as your order will be shipped to you directly



# Thank You to Our Sponsors!



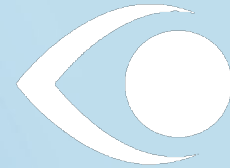
Bootcamp.com | OAT



OATBooster



GEE EYE CARE



Braeswood  
VISION



# Historian: Randy Huynh

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

**Carrel Space:** SC North Carrel #12

**Office Hours:** Wednesday, 4 PM - 5 PM



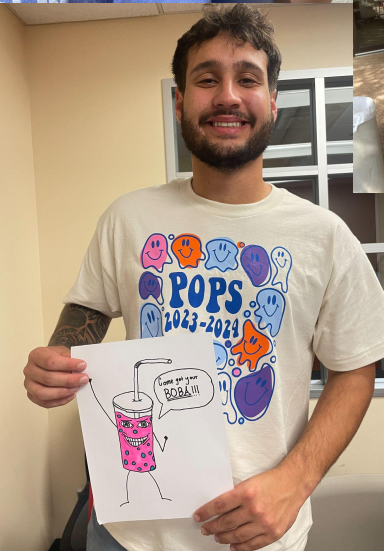
# Test Prep Tuesday:

Question: In the food chain below, vultures represent:

Grass -> Cow -> Wolf -> Vultures

- Scavengers 
- Detritivores
- Primary Carnivores
- Herbivores
- Secondary Consumers





# How to Earn Points

- For volunteer points: email **uhpops.volunteer@gmail.com**
  - ALL volunteering photos and videos
- For photo points: email **uhpops.historian@gmail.com**
  - ANY events not involving volunteering events

\* *Sent within 24 hours of the event ( 1 Warning after 24 Hours )*





# Email

- ❑ Name
- ❑ POPS event name
- ❑ Event date
- ❑ Your own pics/vids
- ❑ Within 24 hours

Historian Pops

POPS Event Photo

(Your Name)

(POPS Event)

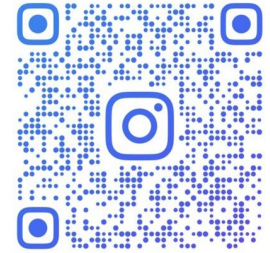
(Date Of Event)



# Follow Us!

- To earn **EVEN MORE** points, Follow and repost our social media down below!
  - Instagram: [uh\\_pops](#)
  - Facebook: [UHPOPS](#)
  - Tiktok: [uhpops](#)
- DM your First and Last name and screenshot in order to fully receive points!

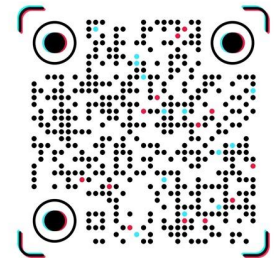
Facebook



@UH\_POPS



UHPOPS



Scan QR code to follow account

TikTok



# Webmaster: Felix Lozano

**Email:** [uhpops.webmaster@gmail.com](mailto:uhpops.webmaster@gmail.com)

**Carrel Space:** SC North Carrel #12

**Office Hours:** Thursday, 2 PM - 3 PM



# Our Website [uhpops.org]

## Job Opportunities

- **Lots of new offices opening up!**
- **18 total Listings**

## Homepage

- **Always has the next 3 events**

## Member Points Page

- **Keep track of your points!**

## Meetings tab

- **Used for past slides of the year!**

## Families on Discord

- **Check your email(s)!**



# Houston Area Visually Impaired Network (HAVIN)

Ron Graham



President

Naomi Panarella



Secretary

Dr. Swati Modi,  
O.D., FAAO



Clinical Associate  
Professor



# Guest Speakers



Jeffrey  
Wilson

Serena  
Everett

Taeana  
Fisher

Kierrah  
Llanos

Chloe  
Ilagan



Trustee

Trustee-Elect

PR Chair

Secretary

1st Year Liaison

