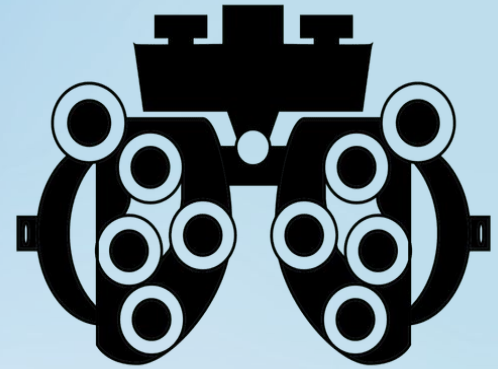


UH Pre-Optometry Professional Society

Fall 2023
1st General Meeting
09/06/2023



Sign In:

- Scan the QR code and fill out the google form to earn points for attending! Password is case sensitive.
- **PASSWORD**
 - **WE LOVE KJ**
- If you are having any issues, please speak to the Secretary before the meeting ends.



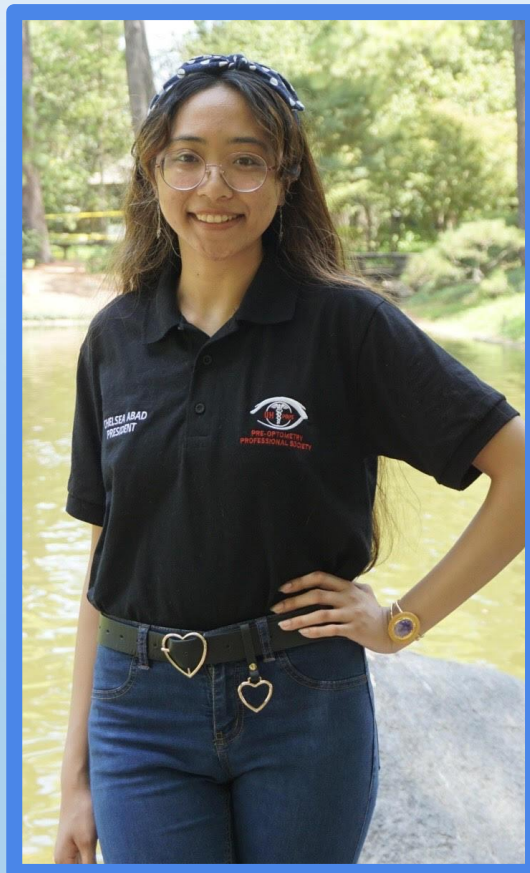


President: Chelsea Abad

Email: 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-optometry students
- Find peers in your classes (study buddies!)
- Semester scholarships & discount codes

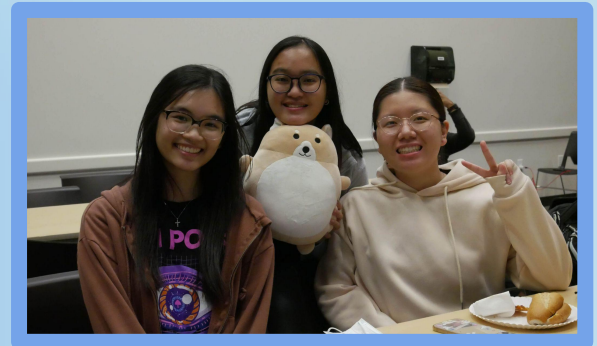
Optometric Opportunities

- 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 Resources



Fall 2023 General Meetings

- ~~Sept 6 UH College of Optometry (Rm 267)~~
- Sept 13 Dr. Sayah, Research (TSO Rm)
- Oct 4 Illinois College of Optometry (TSO Rm)
- Oct 18 UHCO AOSA, Optometry Students (TSO Rm)
- Nov 1 UIW Rosenberg School of Optometry (TSO Rm)



Pre-Optometry Professional Workshops

AED x POPS Collaboration: Optometry Workshop

- **Tuesday, Sept 19th @6pm**
- **Location TBA**
 - **Learn more about the optometry application process**
 - **Network and connect with other pre-health students**
 - **Open to everyone!**
 - **Opportunities in optometry**
 - **Lifestyle of an optometrist**
 - **Officers: Why we chose optometry**
 - **Advisors: Tips from Admissions POV**



Pre-Optometry Professional Workshops

Undergraduate Advice

- **Tuesday, Sept 26th @5:30pm**
- **Location: TBA**
- **Academics**
 - Which professors/classes should I take?
 - Study tips and good habits
 - Pre-Optometry prerequisites & OAT
- **Work & Shadowing**
 - Optometric jobs & other opportunities
 - LORs
 - How to balance work, school, life
- **Officers will share their personal experiences + tips on how to be a competitive student**



UIW RSO Open House

- **When: Sat, Sept 16**
 - **9 AM - 1 PM**
- **Where: RSO Campus**
 - **9725 Datapoint Dr**
 - **San Antonio, TX**
- **Contact**
 - **optometry@uiwtx.edu**
 - **www.optometry.uiw.edu**
 - **(210) 883 - 1190**

UNIVERSITY OF THE INCARNATE WORD ROSENBERG SCHOOL OF OPTOMETRY

OPEN HOUSE

September 16, 2023
9:00am-1:00pm
9725 Datapoint Dr.
San Antonio, TX. 78229

ENVISION YOUR FUTURE!

We are pleased to invite you to the Rosenberg School of Optometry for an Open House event:

- Learn about the student life experience with current RSO students.
Interact with RSO faculty and learn about our curriculum and professional opportunities.
- Visit the RSO Eye & Vision Care Clinic and learn about our clinical education.
Speak with admissions team about the admission process and how to prepare a competitive application.
- Take a tour of our wonderful facilities.

Contact us at (210) 883-1190

Email: optometry@uiwtx.edu



Scan QR Code to Register



www.optometry.uiw.edu



Vice President: Hannah Pham

Email: 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**



Scavenger Hunt Social

- **Thursday, September 21st @ 6:00**
- **Location: Meet in front of the Cullen fountains**
 - **A great chance to meet fellow members and officers while learning about different spots on campus**
 - **First team that finishes the scavenger hunt gets a prize :)**
- **Make sure to wear comfortable shoes and clothing**





Treasurers: Trang Do & Jonathan Chau

Email: uhpops.treasury@gmail.com

Carrel Space: SC North Carrel #12

Office Hours:

Trang: Thursday 10 AM - 11 AM

Jonathan: Tuesday, 10 AM - 11 AM



Perks of Being a Member:

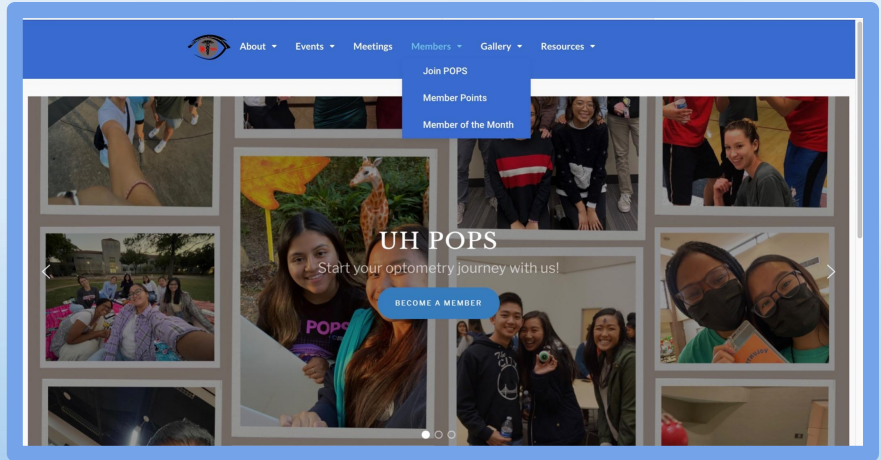
- Scholarships
- Monthly Socials
- Texas Optometric Association Convention
- End of Year Banquet
- Bi-Weekly Meetings with Guest Speakers
- Discounted OAT Prep
- Optometry School Admission Counselors
- Optometry Job Opportunities
- A community of friends and classmates



Becoming a Member:

- How?

- Go to uhpops.org and under the 'Members tab, Join POPS
- Fill out the membership form and pay the dues
- **Deadline – Wednesday, October 4th!**
- 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 for further questions

A membership form for the University of Houston Pre-Optometry Professional Society. The form is titled 'University of Houston Pre-Optometry Professional Society 2022-2023 Membership Form' and includes a note: '(Must submit form with membership dues! Please upload as a pdf file)'. It is divided into two sections: 'Personal Information' and 'Emergency Contact Information'.
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/pagpal> or [venmo @uhpops](mailto:venmo@uhpops)

Memberships:

- **Yearly Membership with T-shirt (2022-2023 OR 2023-2024) : \$65**
- **Yearly Membership with this year and last year's T-shirts (2022-2023 AND 2023-2024): \$75**
- **Semester Membership without a T-shirt: \$45**
- **Shirt only: \$20**
- **Previous Year's shirt: \$18**
- **Membership dues are paid through Venmo, Cash App, or PayPal**

This Year's T-shirt:



Previous Year's T-Shirts:

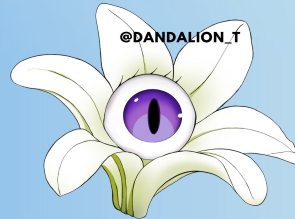
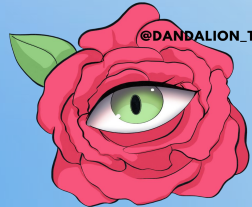
We have more designs available, ask an officer for more details!



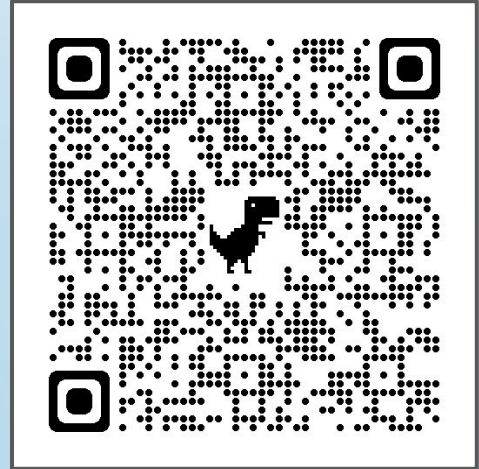
2022-2023



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



Secretary: Yadhira Carrillo

Email: uhpops.secretary@gmail.com

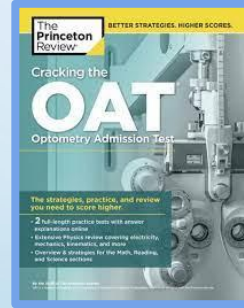
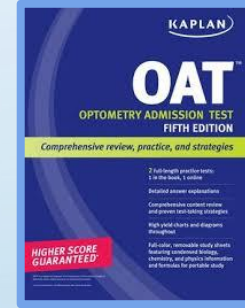
Carrel Space: SC North Carrel #12

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 awarded with a graduation cord.
- Manage OAT bank
 - You can donate or request physical and digital materials to study for the OAT!
- Manage the class registry
 - All *paid* 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

Intramural Sports

Donate

Sponsorships

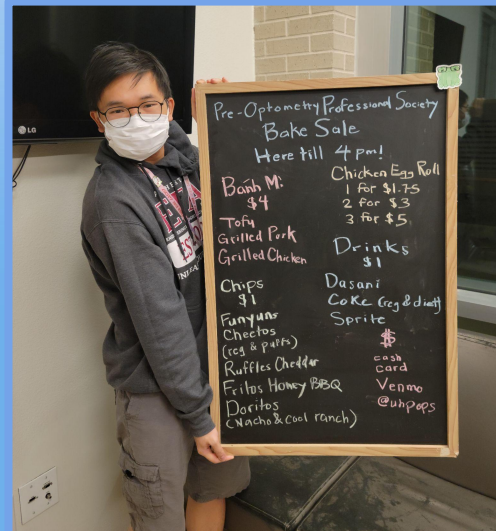
Pictures



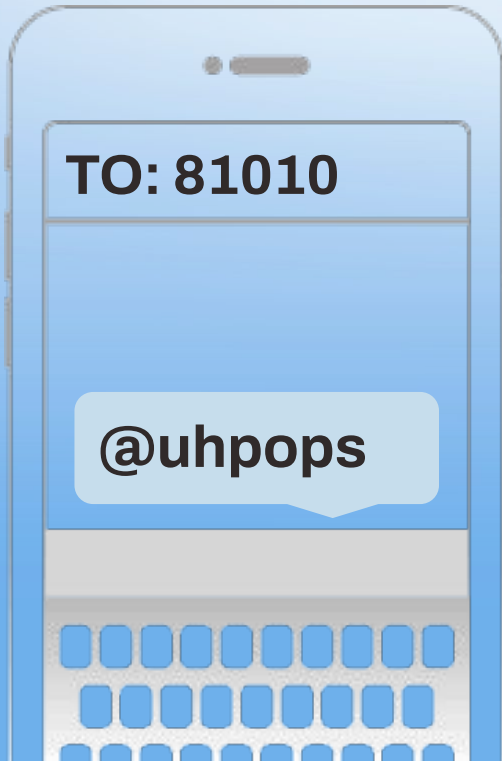
Donate for points!



- Paper boats, napkins, water bottles, and sodas (coke products only)
- Donate old glasses frames!
- Monetary donations are also greatly appreciated! Email uhpops.treasury@gmail.com for more details.



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

Carrel Space: SC North Carrel #12

Office Hours: Wednesday, 11 AM - 12 PM



Upcoming Volunteer Events

ECHOS Food Distribution:

ECHOS is giving back to the underserved Houston area through their food fairs. That means 10 pallets of fresh, nutritious foods like meats, dairy and produce! It also means they will need 20+ volunteers to help sort food and load the clients' trunks.



Cougar Cupboard

In an effort to address this significant barrier to student success, the University of Houston has opened the Cougar Cupboard in partnership with the Houston Food Banks Food for Change market network. You will be assisting with bringing in delivery boxes, sorting through assorted donations and/or fresh produce, and cleaning/restocking the space.



Reminders!



Pictures/Screenshots!



Email!



Questions?



Public Relations: Randi Culpepper

Email: 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 to gain access to discount codes for OAT Study Materials!**



Join POPS Families

Get the most from POPS!

- 3 Officers per Family
- Become close with POPS peers and officers
- More socials!

Sign up form can also be
found on our website!



Intramural Sports

Want to Compete for POPS?

- Dodgeball - Team registration due TOMORROW (09/07)
- Other Options Include:
 - Spike Ball- 10/31
 - Basketball (5v5)- 10/18
 - Flag Football- 09/20
 - Tennis Doubles- 10/25

Keep an eye out - Forms will be sent out through Remind and Facebook soon!

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



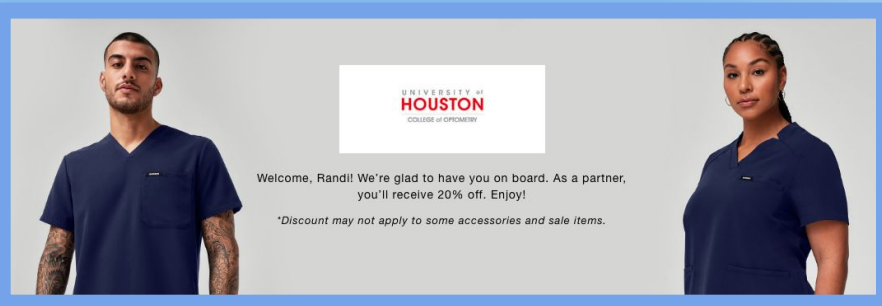
Scrubs Partnership



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 an account 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!



GEE EYE CARE



Braeswood
VISION



Historian: Randy Huynh

Email: uhpops.historian@gmail.com

Carrel Space: SC North Carrel #12

Office Hours: Wednesday, 4 PM - 5 PM



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*





Webmaster: Felix Lozano

Email: uhpops.webmaster@gmail.com

Carrel Space: SC North Carrel #12

Office Hours: Thursday, 2 PM - 3 PM



Our Website [uhpops.org]

Job Opportunities

- **6 New Listings posted during the Summer**
- **12 Listings total**

Homepage

- **Always has the next 3 or 4 events**

Member Points Page

- **Keep track of your points!**

Application Forms

- **Membership form in “Join POPS” page, under “Members” tab**

Meetings tab

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

Other Resources

- **Optometry schools**





PEAC

Promoting Education Across the Country



Guest Speaker

KaDarrius James



**UHCO Program Manager for
Admissions, Recruiting, and Advising**



UNIVERSITY of HOUSTON

COLLEGE of OPTOMETRY