

# UH Pre-Optometry Professional Society

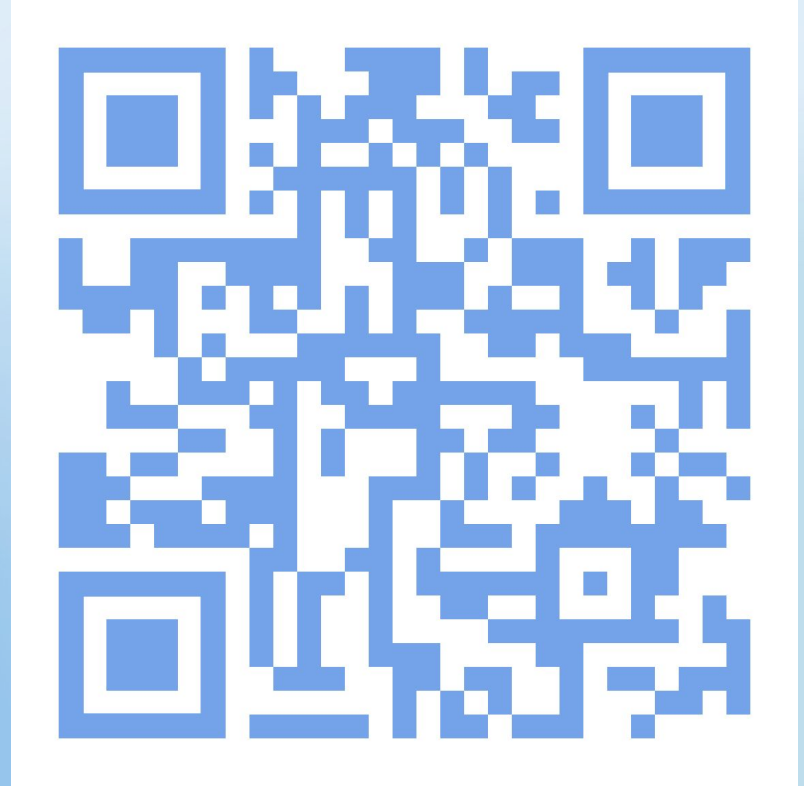
Fall 2023  
2nd General Meeting  
09/13/2023





# Sign In:

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



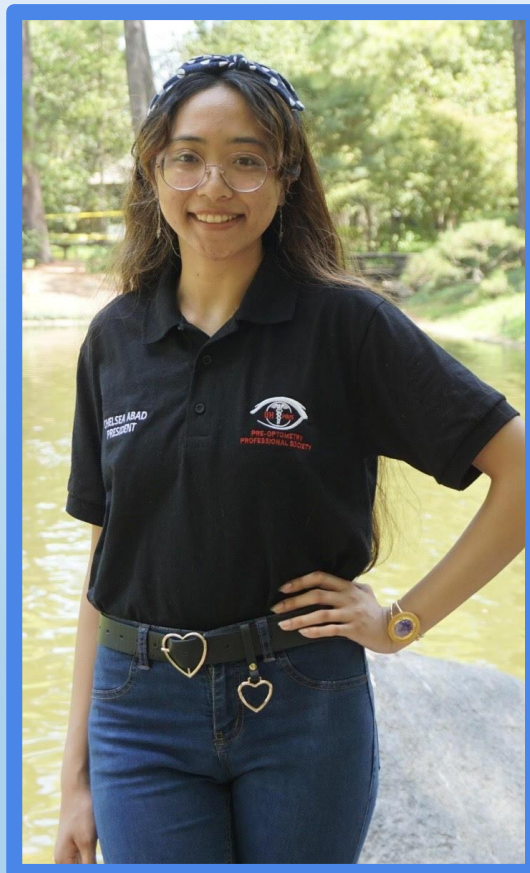


# President: Chelsea Abad

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

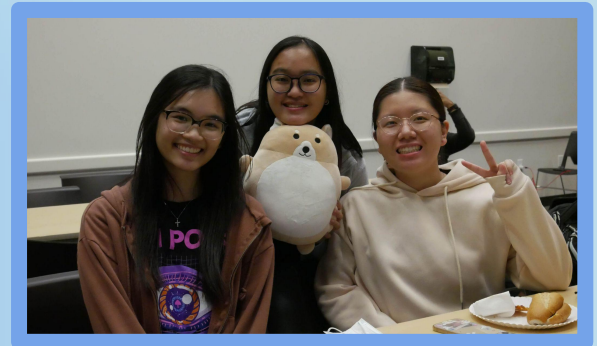
## Optometric Opportunities

- 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~~
  - ~~Sept 13~~ ~~Dr. Sayah, Research~~
  - Oct 4 Illinois College of Optometry
  - Oct 18 UHCO AOSA, Optometry
- Students
- Nov 1 UIW Rosenberg School of Optometry



# 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**







# 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**



# 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](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



# Perks of Being a Member:

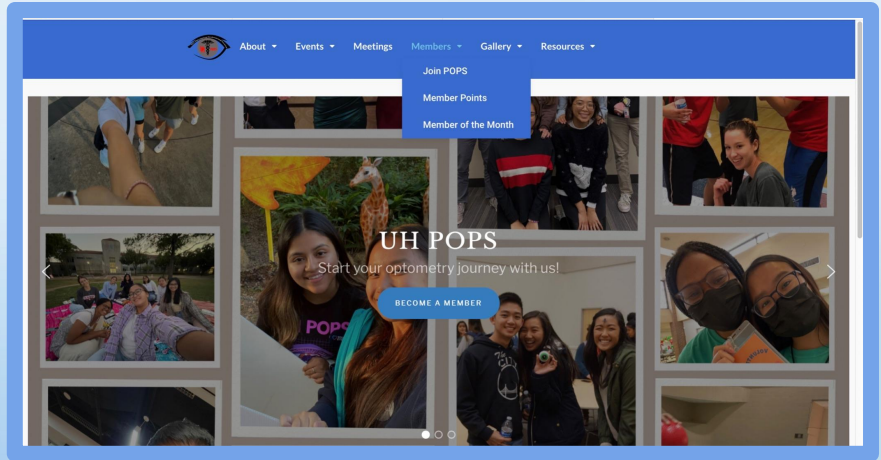
- Scholarships
- Monthly Socials
- Texas Optometric Association Convention
- End of Year Banquet
- Bi-Weekly Meetings with Guest Speakers
- Discounted OAT Prep
- Optometry School Admission Counselors
- Optometry Job Opportunities
- A community of friends and classmates



# Becoming a Member:

- How?

- Go to [uhpops.org](http://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](mailto:uhpops.treasury@gmail.com) for further questions

A screenshot of the UH POPS membership form. 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)'. The form is divided into two sections: 'Personal Information' and 'Emergency Contact Information'. Each section contains fields for 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, and Shirt Size. A 'NOTE' at the bottom states: '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:  
Ready for pick up at our  
3rd General Meeting**



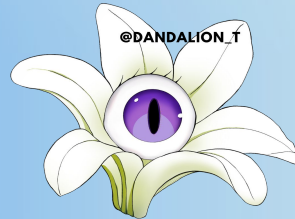
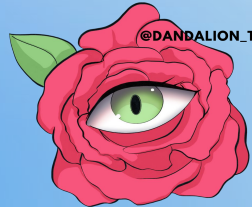
**Previous Year's T-Shirts:  
We have more designs available, ask an officer for more details!**



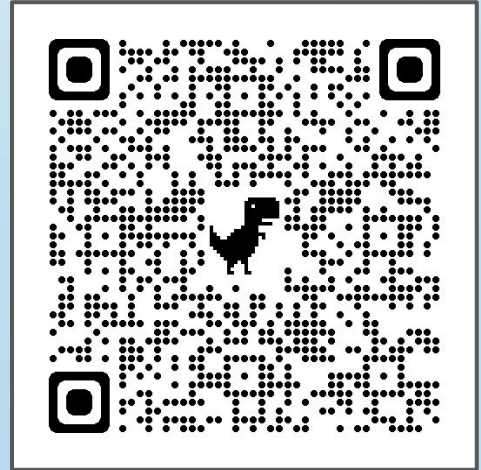
**2022-2023**



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

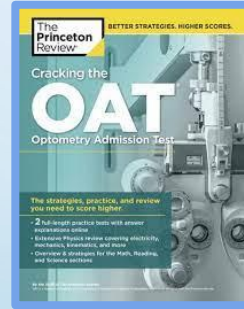
**Carrel Space:** SC North Carrel #12

**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



# 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](mailto:uhpops.treasury@gmail.com) for more details.

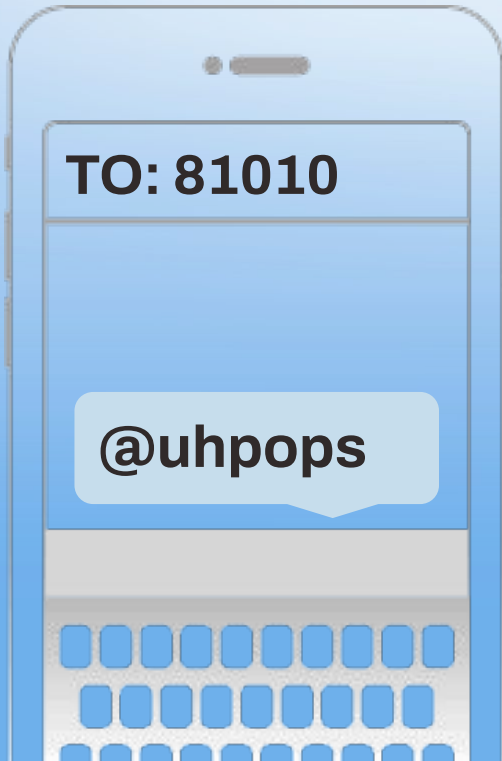


# Volunteer points

- If you volunteer, you must send unique photos and or videos (that include yourself) in order to earn your 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.



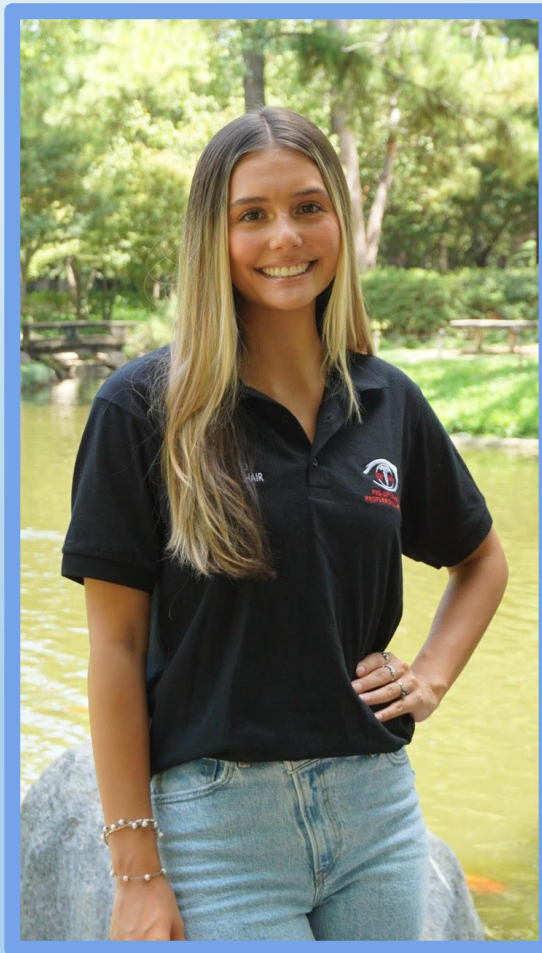
# Community Service Chair:

## 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







# 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.



# Major Volunteer Event!!

## Prevent Blindness Texas' annual Eye Stroll for Vision

Prevent Blindness Texas' 13th Annual Eye Stroll for Vision is a special event this year because it is also on the day of an annular solar eclipse! Join them at the Houston Zoo and then make sure you have your solar eclipse glasses for the partial solar eclipse later in the morning. Zoo Walkers will wind their way through the zoo stopping to show off their solar eclipse-themed costumes and learn animal vision facts. Door prizes, animal experiences, face painting, costume contests, and breakfast will be waiting at the conclusion of the walk.

WHEN: Saturday, October 14th

WHERE: Houston Zoo - 6200 Hermann Park, Houston, TX 77030

TIME: 7:00 AM (check-in) ; 8:00 AM (walk start)

**SIGN UP HERE:**



# 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!**



# Join POPS Families

Get the most from POPS!

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



Interest forms can also be found  
on our website!



# Intramural Sports

## Want to Compete for POPS?

- Dodgeball - There is still time to join!! First game is 09/20
- 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](mailto:uhpops.pr@gmail.com))



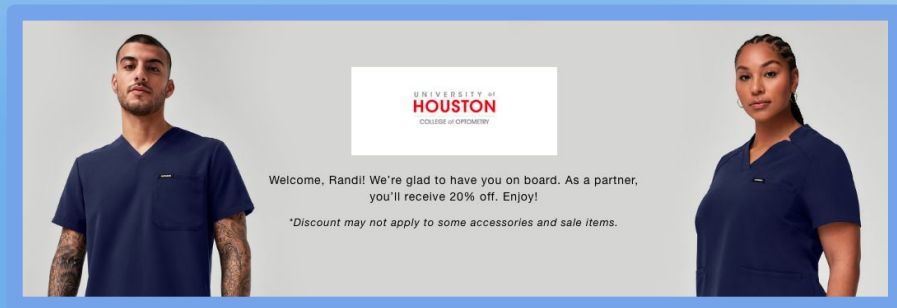
# Scrubs Partnership



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

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



Follow Us!  
@UH\_POPS





# 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

- **7 New Listings posted during the Summer**
- **13 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**



# Guest Speaker

Dr. Diane Sayah, O.D.,  
Ph.D., FAAO



Countdown and forward: A look into my  
journey to Optometry



UNIVERSITY of **HOUSTON**

COLLEGE of OPTOMETRY