

UH Pre-Optometry Professional Society

Fall 2023
3rd General Meeting
10/04/2023



Sign In:

- Scan the QR code and fill out the google form to earn points for attending! Password is case sensitive.
- **PASSWORD**
 - **OMG ITS ICO**
- 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-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



What's TOA Summit?

- **What?**
 - **Technology, innovations, free stuff, competition with other POPS chapters, and more!**
- **Where?**
 - **JW Marriott (Austin, TX)**
- **When?**
 - **Night of Feb 23 (Fri) - Morning of Feb 25 (Sun)**
- **Cost**
 - **Free transportation & accommodations**
 - **Ticket: TBD (usually \$25)**



Recap of 2023 TOA Summit!

TOA Summit Eligibility



- **Requirements**
 - **At least 70 points (Fall+Spring)**
 - **Point deadline in January (Date TBA)**
 - **Eligible members will receive an invitation by email**
- **How many members are we taking?**
 - **13-20 (exact number TBD)**
 - **Spots are limited**
 - **Make sure to work your way up with points!**

POPS Officer Internship

- Thinking about running for office?
- Want to know what it's like to have a leadership position?
- Have an empty spot to fill on your resume?
- Interns upcoming Spring 2024!



- Work closely with current officers and other interns
 - 2-3 interns per position
- Point requirement
 - **None, BUT**
 - Members with more points will be given priority on their first-choice position
- Application
 - Available before Winter break
 - Want to apply early or have questions?
 - Shoot me an email!
- President & VP Internships
 - Only available for current officers



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



Dr. Sayah's Research

- **The Sayah Vision lab is doing a research study investigating the rigidity of the eye in subjects with various different eye diseases**
 - **Patients should be**
 - **6 - 100 years of age**
 - **One visit to the lab for 1 visit up to 1.5 hours**
 - **No history of eye injury, trauma, or surgery**
 - **Subjects who pass the screening tests and complete all the study measurements will receive a \$25 Amazon gift card**
- **If you were interested in applying to be an undergraduate researcher at the Sayah lab**
 - **Email your resume to the SayahLab@uh.edu**



Kokee Tea Profit Share

- **When?**
 - TBA
- **Where?**
 - **Kokee Tea (Across the street from the rec!)**
- **Mention UHPOPS at checkout**
 - **Stay for the Families Meet and Greet :)**





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:

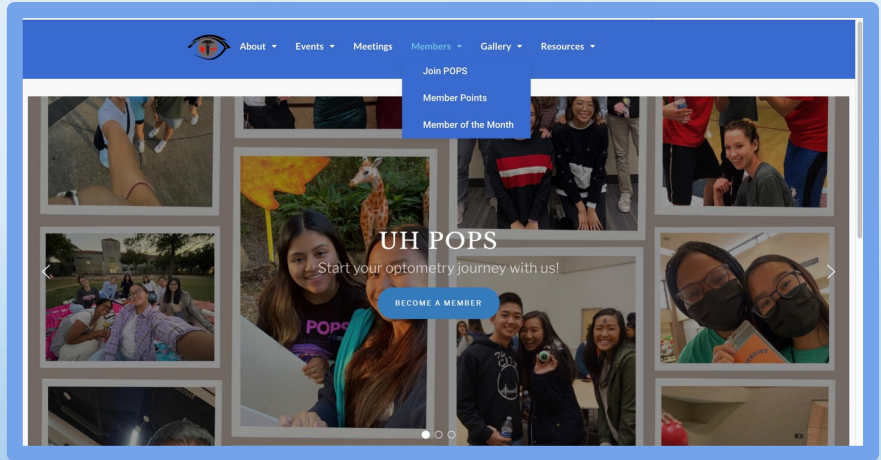
- Scholarships
- Monthly Socials
- Texas Optometric Association Convention
- End of Year Banquet
- Bi-Weekly Meetings with Guest Speakers
- Discounted OAT Prep
- Optometry School Admission Counselors
- Optometry Job Opportunities
- A community of friends and classmates



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 – TODAY!!!!**
- 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 screenshot of the 'University of Houston Pre-Optometry Professional Society 2022-2023 Membership Form'. The form is titled 'Personal Information' and includes fields for Full Name (Last, First, MI), Address (Street, Apartment/Unit #, City, State, Zip Code), Phone Number, Alternate Phone Number, Email Address, Classification, Major, Date of Birth, Peoplesoft ID, and Shirt Size. Below this is the 'Emergency Contact Information' section with similar fields for Name, Address, Phone Number, and Relationship. A note at the bottom states: '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, PayPal, cash, or card**

**This Year's T-shirt:
Ready for pick up at the
End of the meeting!**

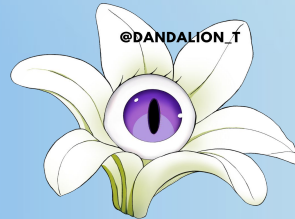
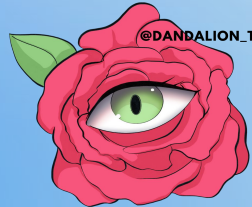


Previous Year's T-Shirt:

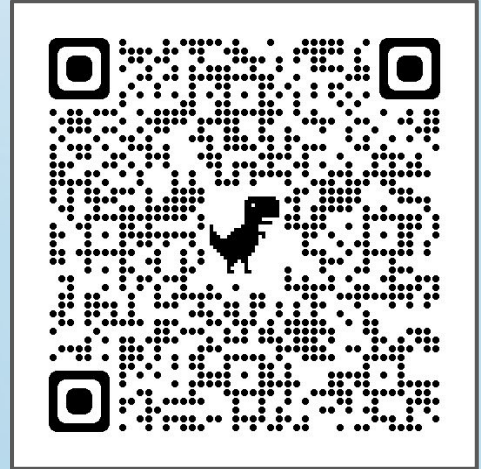


2022-2023

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

Bake Night

- **When?**
 - Thursday, October 5th
 - 5:30 PM
- **Where?**
 - Room 221J
 - M.D Anderson Library
- **What are we doing?**
 - Prep
 - Sorting out food
 - 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 9th**
 - **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

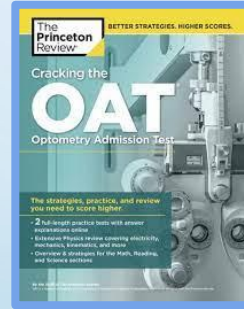
Carrel Space: SC North Carrel #12

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

Follow our
new TikTok!

Carpool to
events w/
other
members!

Wear your
shirt to
volunteer
events!

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.

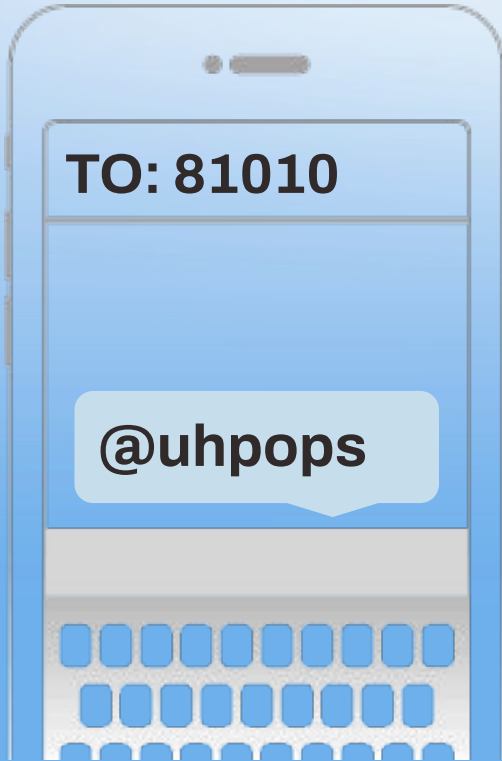


Volunteer points

- 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.

September Member of the Month is..

Thomas
Ton!!!!





Community Service Chair:

Ashlyn Pro

Email: 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

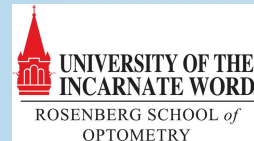


SALUS
UNIVERSITY

Pennsylvania College of Optometry



New England
College of Optometry



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



Major Volunteer Event!!

Prevent Blindness Texas' annual Eye Stroll for Vision

- **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

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!



Join POPS Families

Get the most from POPS!

- 3 Officers per Family
- Become close with POPS peers and officers
- More socials!
- Deadline: October 11th

Interest forms can also be found
on our website!



Kokee Tea Profit Share - TBD

Meet Your Families!

- "Meet and Greet" with family members!
- Earn points by submitting photos
- Help out POPS by purchasing a delicious beverage!
- More details to come from each family



Intramural Sports

Want to Compete for POPS?

- Dodgeball game tonight at 10 PM - come out and support POPS!!
- 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)



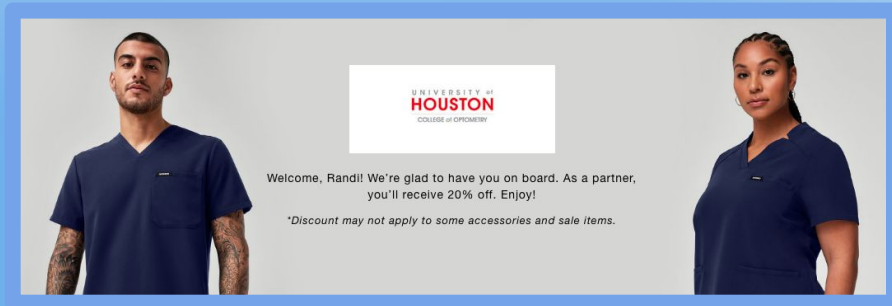
Scrubs Partnership



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!



GEE EYE CARE



Braeswood
VISION



Historian: Randy Huynh

Email: uhpops.historian@gmail.com

Carrel Space: SC North Carrel #12

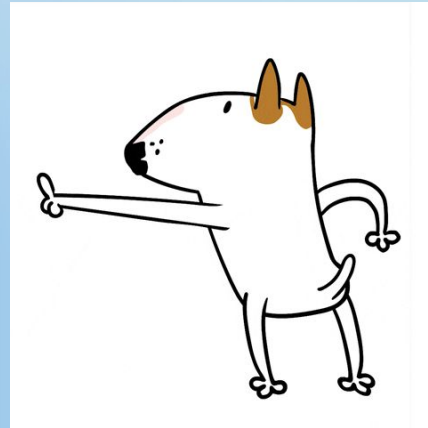
Office Hours: Wednesday, 4 PM - 5 PM



Test Prep Tuesday:

Question: How is the vapor pressure of a liquid affected if it is boiled in a pressure cooker?

- **Increases**
- **Decrease**
- **Stays the same**
- **Increase then becomes constant**
- **Decrease then becomes constant**





How to Earn Points

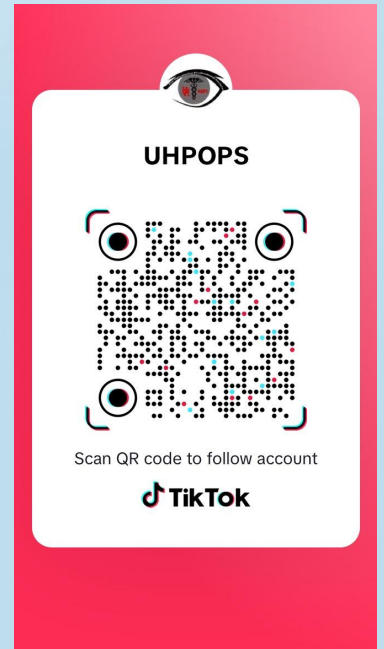
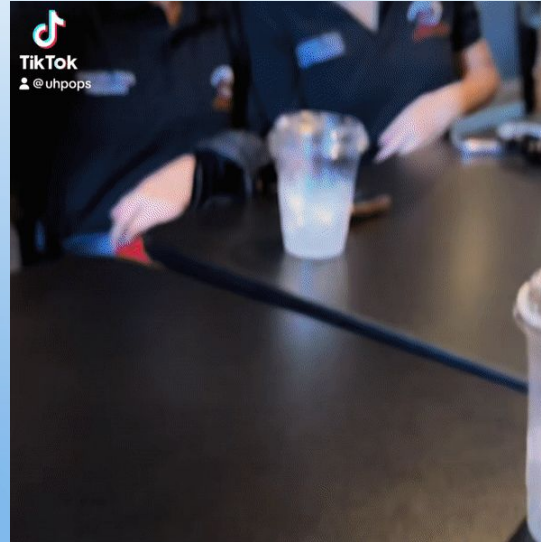
- For volunteer points: email uhpops.volunteer@gmail.com
 - ALL volunteering photos and videos
- For photo points: email uhpops.historian@gmail.com
 - ANY events *not* involving volunteering events

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



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!





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

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

Homepage

- **Always has the next 3 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!**



Fall 2023 Carrel Hours

Fall 2023 CARREL HOURS				CARREL SPACE: #12
Monday	Tuesday	Wednesday	Thursday	Friday
	10 AM - 11 AM Jonathan		10 AM - 11 AM Trang	10:30 AM - 11:30 AM Chelsea
		11 AM - 12 PM Ashlyn		
	1:30 PM - 2:30 PM Randi			1 PM - 2 PM Hannah
			2 PM - 3 PM Felix	
4 PM - 5 PM Yadhira		4 PM - 5 PM Randy		
		6:30 PM - 8:00 PM POPS Meeting		

Drop in and hang out! No appointment needed



Guest Speaker

**Latasha
Jackson**

**Assistant
Director of
Admissions**

