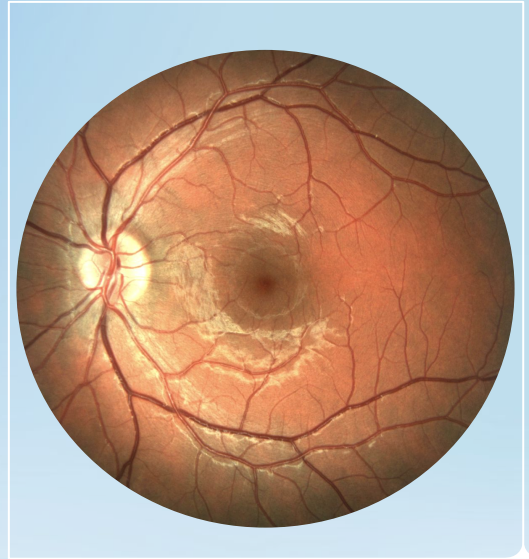


UH Pre-Optometry Professional Society

Fall 2023
5th General Meeting
11/01/2023



Sign In:

- Scan the QR code and fill out the Google Form to earn points for attending! Password is case sensitive.
- **PASSWORD**
 - **CARDINALS IN THE HOUSE**
- 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~~ — ~~UHCO~~
- ~~Sept 13~~ — ~~Dr. Sayah~~
- ~~Oct 4~~ — ~~IGO~~
- ~~Oct 18~~ — ~~UHCO AOSA~~
- ~~Nov 1~~ — ~~UIWRSO~~



Stay tuned for
Spring 2024 dates!

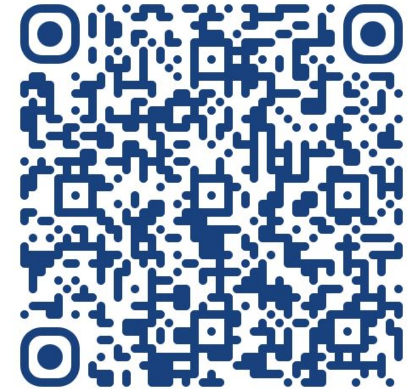
POPS Officer Internship

- 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! SPOTS LIMITED!



- Work closely with current officers and other interns
 - 2-3 interns per position
- NO point requirement, but
 - Members with more points will be given priority on their first-choice position

Application due Dec 17 11:59 PM



Intern Information Session

- **Need help deciding what position to intern in?**
- **Want to know more about being an officer?**
- **Curious on what being an intern is like?**
- **When**
 - **Wednesday, Nov 8**
 - **5:30 PM - 6:30 PM**
- **Where**
 - **SC North 1st Floor**
 - **Impact Room (near carrel entrance, behind the mailboxes)**





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**



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!**
- **Free bowling & free food!**
 - **We will be playing by family but you can still come join us if you are not in a family!**



Fall Scholarship Winners!

Vi Huynh!



Fall Scholarship Winners!

Larose Mutombo and Kelly Lam



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 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

Carrel Space: SC North Carrel #12

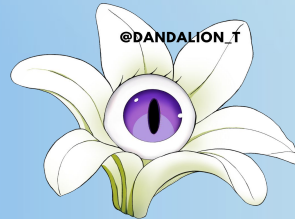
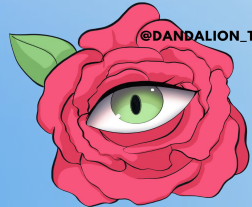
Office Hours:

Trang: Thursday 10 AM - 11 AM

Jonathan: Tuesday, 10 AM - 11 AM



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 Sale!



- **When?**
 - Monday, November 6th
 - 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:**



2024 Texas Optometric Association Summit



- February 23rd - 25th
 - Location: Austin, Texas
- Biggest Optometric convention of the year!
- Meet other POPS & Optometry students
- Features exhibition halls from various companies and sponsors:
 - Opportunity to get **FREE** stuff
 - Check out the latest optometric technology
- Transportation and housing is covered
 - Event registration fee: TBA
- To be eligible:
 - +70 member points and a **FULL** member
 - Point deadline: 01/21/2024



Secretary: Yadhira Carrillo

Email: uhpops.secretary@gmail.com

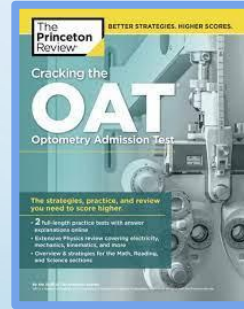
Carrel Space: SC North Carrel #12

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

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*

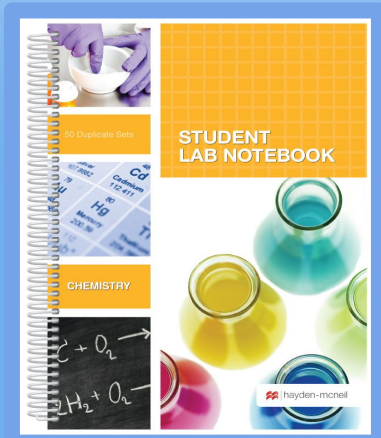
UHPOPS PUNCH CARD	
Chelsea Abad (President)	
Hannah Pham (Vice President)	
Jonathan Chau (Treasurer)	
Trang Do (Treasurer)	
Yadhira Carrillo (Secretary)	
Ashlyn Pro (Community Service Chair)	
Randi Culpepper (Public Relations)	
Felix Lozano (Webmaster)	
Randy Huynh (Historian)	

*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 for more details.

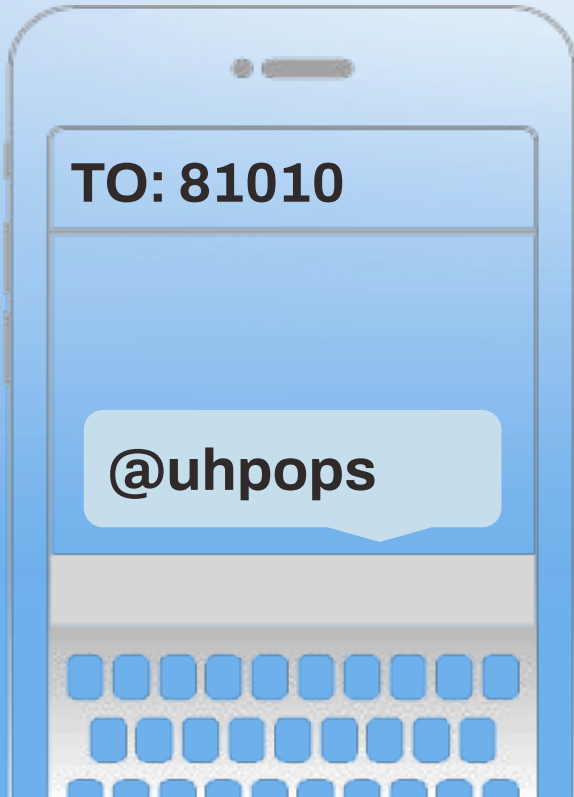


Photos clarifications

- 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.**

October Member of the Month is..

Vi
Huynh!!!!





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

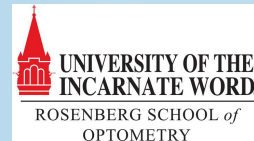


SALUS
UNIVERSITY

Pennsylvania College of Optometry



New England
College of Optometry



Healthcare for the Homeless Houston

- December 4th - 8th (**check your finals schedule!!**)
- 8 AM to noon-ish each day
- Email mary.vaughan2@bcm.edu with your **name, telephone number, and COVID-19 vaccine card**
- Available spots
 - Tuesday - one opening
 - Wednesday - one opening
 - Thursday - one opening



Upcoming Volunteer Events

ECHOS

- Help bag produce, unpack boxes and load trunks
- 7:30 AM - 10:30 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

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!



POPS

Families

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

Glockoma

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

St-eye-le (POPS Version)

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

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!

Intramural Sports

Want to Compete for POPS?

- Basketball sign ups are still open!
 - Next Game: Monday, Nov. 6th
- No more Fall offered IM sports... Stay tuned for Spring!

Forms can be found on our website!



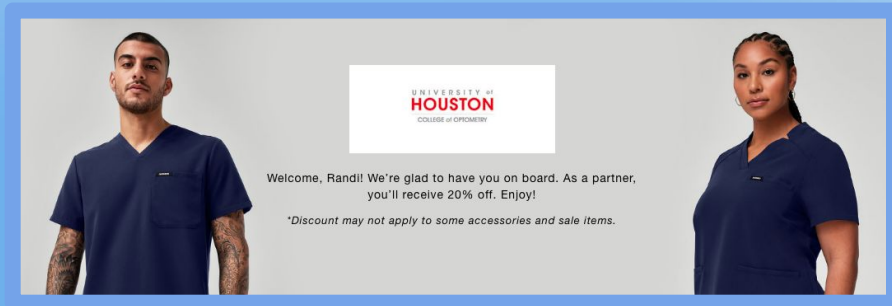
Scrubs Partnership



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

Carrel Space: SC North Carrel #12

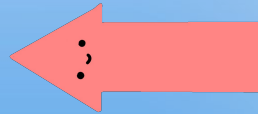
Office Hours: Wednesday, 4 PM - 5 PM



Test Prep Tuesday:

Question: Which germ layer of the human embryo gives rise to the lining of the esophagus?

- Ectoderm
- Endoderm
- Mesoderm
- Neurula
- Placenta





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)

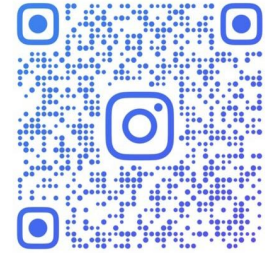
(Date Of Event)



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

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!**

Events Calendar

- **A total of our past and future events!**



Raffle Time!

<https://wheelofnames.com/9ah-2d4>

Guest Speaker

Jessica Gallardo



Coordinator of Optometry
Enrollment Management

