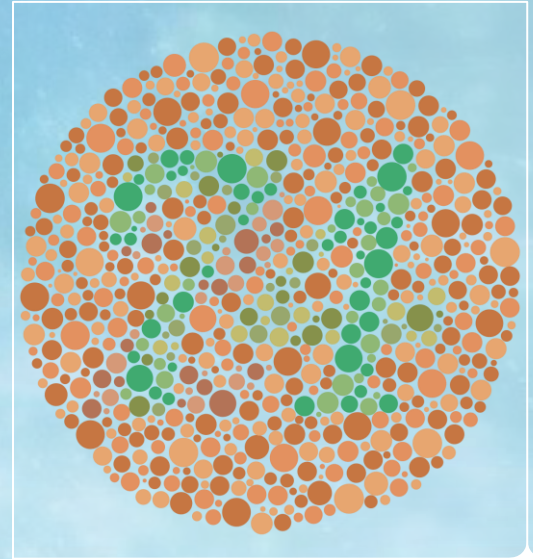


UH Pre-Optometry Professional Society

Spring 2024
1st General Meeting
01/24/2024



Sign In:

- Scan the QR code and fill out the Google Form to earn points for attending! Password is case sensitive.
- **PASSWORD**
 - *3.14 IS PI*
- 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: Thursday, 11:30 AM - 12:30 PM



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



Spring 2024 General Meetings

- ~~Jan 24 - Dr. Walker (UHCO)~~
- Feb 7 - Dr. Kehinde-Darnell (UHCO)
- Feb 28 - TBD
- Mar 20 - Dr. Kruoch (RMU)
- Apr 3 - TBD
- Apr 17 - ELECTIONS



Pre-Optometry Professional Workshops

Applying to Optometry School: OAT & OptomCAS Workshop

- Tuesday, Jan 30th @5pm
- SC North Impact
 - Resources & tips for taking the OAT!
 - Learn how to to navigate the OptomCAS application portal
 - Interview tips and how to prepare for an interview
 - Recommended timelines to be successful



OATBooster Guest Speaker

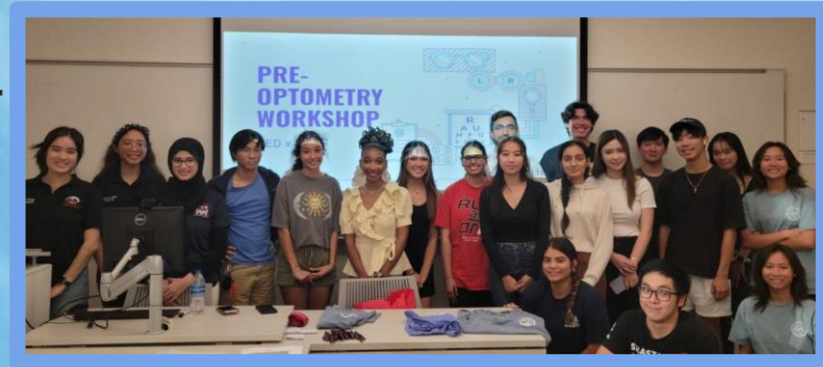
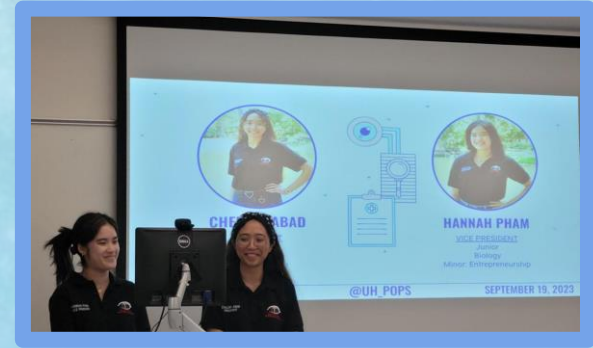
- OAT expert will share tips & advice
- **Raffle for OATBooster!!!**



Pre-Optometry Professional Workshops

AED x POPS Collaboration: Optometry Workshop

- **Tuesday, Feb 6th @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**





Vice President: Hannah Pham

Email: uhpops.vp@gmail.com

Carrel Space: SC North Carrel #12

Office Hours: Monday 11 AM - 12 PM



Duties

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



Love Yourself Social !

- **When?**
 - **2/15 @ 6:00 - 8:00 pm**
- **Come join us at the Cullen fountains for a relaxing painting session**
 - **As well as stress balls, face masks, and more!!**



Job and Shadowing Opportunities

- **Must be a PAID POPS member to access these opportunities**
 - **Email VP for more instructions**

Khoa Nick Pham Scholarship

- **Criteria:**
 - **Minimum GPA of 3.0 (Copy of unofficial transcript)**
 - **Proof of acceptance to an optometry school program (Copy of acceptance letter)**
 - **Current active member of UH POPS (70+ points)**
 - **One- page essay: what change(s) do you wish to see in the optometry profession and how would you approach these changes?**
 - **Font: Times New Roman/ Calibri**
 - **10-12 pt**
 - **Please submit all documents in ONE email**

DEADLINE: April 5th

Email applications to uhpops.vp@gmail.com





Treasurers: Trang Do & Jonathan Chau

Email: uhpops.treasury@gmail.com

Carrel Space: SC North Carrel #12

Office Hours:

Trang: Monday, 1:30PM-2:30PM

Jonathan: Tuesday, 2:30PM-3:30PM



Memberships:

- 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:



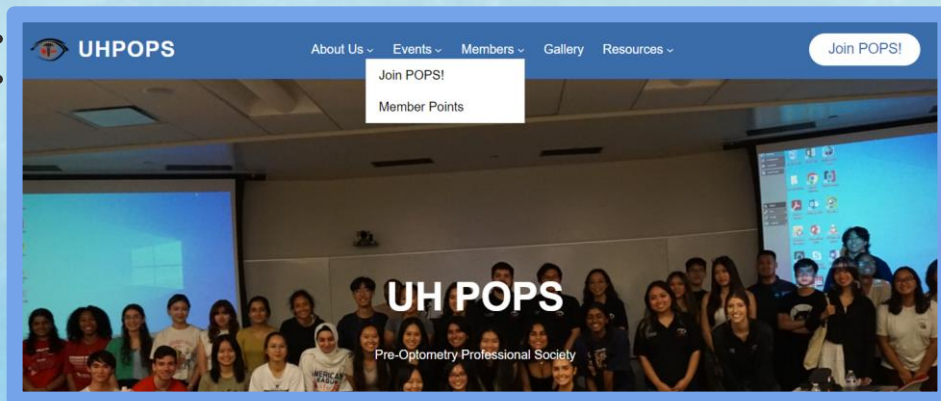
Previous Year's T-Shirt:




2022-2023

Becoming a Member:

- How?
 - Go to uhpops.org and click on “Join POPS!”
 - Fill out the membership form and pay the dues
 - **Deadline – February 12th, 2024!!!!**
 - 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





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 _____ M.I. _____
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

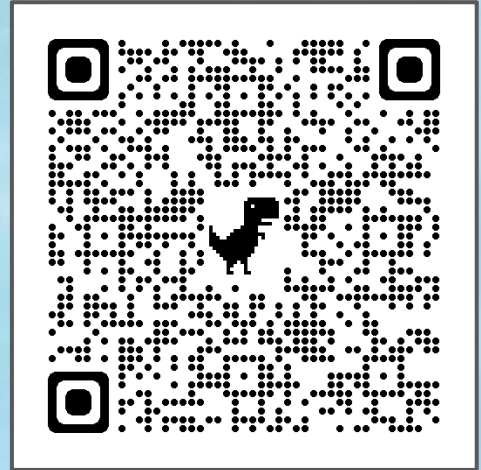
Full Name: Last _____ First _____ M.I. _____
Address: Street Address _____ Apartment/Unit # _____
City _____ State _____ Zip Code _____
Phone Number: _____ Alternate Phone Number: _____
Relationship: _____

NOTE: Please pay for membership at <https://www.uhpops.org> through paypal or venmo @uhpops

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

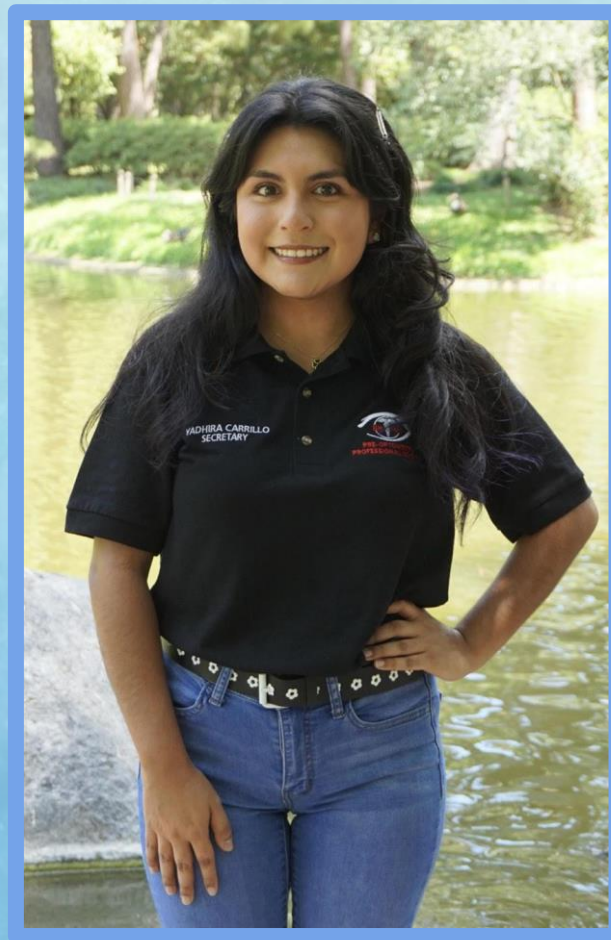


Secretary: Yadhira Carrillo

Email: uhpops.secretary@gmail.com

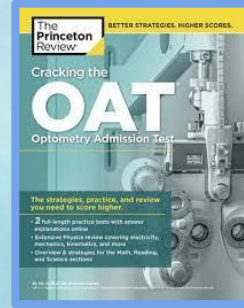
Carrel Space: SC North Carrel #12

Office Hours: Wednesdays, 4:30 PM - 5:30
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 Spring 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*

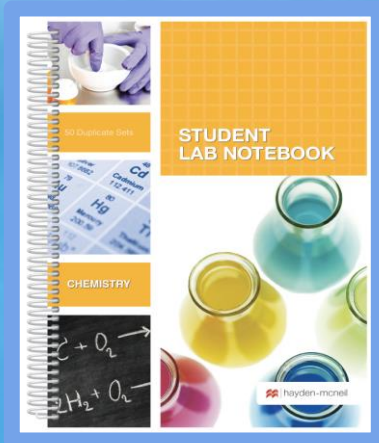
UHPOPS PUNCH CARD	
Chelsea Abad (President)	
Hannah Pham (Vice President)	
Jonathan Chau (Treasurer)	
Trang Do (Treasurer)	
Yadhira Carrillo (Secretary)	
Ashlyn Pro (Community Service Chair)	
Randi Culpepper (Public Relations)	
Felix Lozano (Webmaster)	
Randy Huynh (Historian)	

*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.

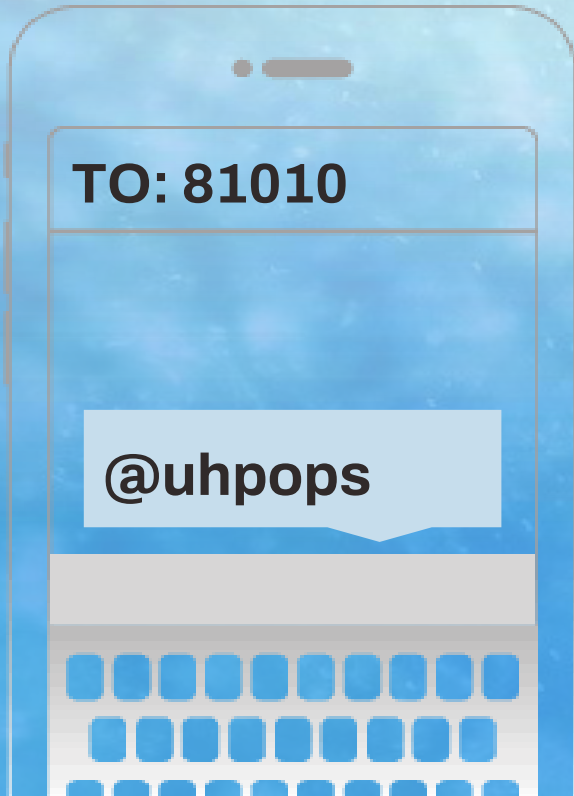


Photos clarifications

- 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.**

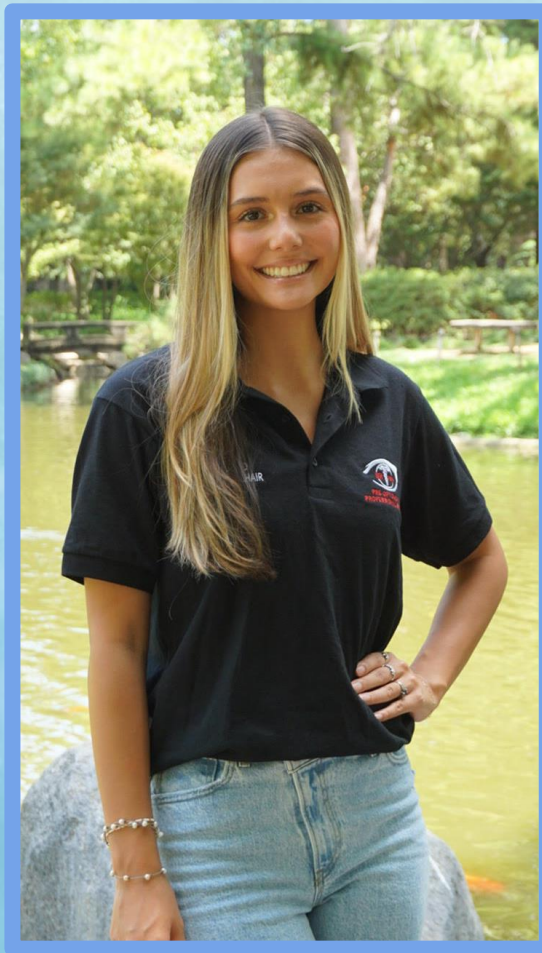


Community Service Chair: Ashlyn Pro

Email: uhpops.volunteer@gmail.com

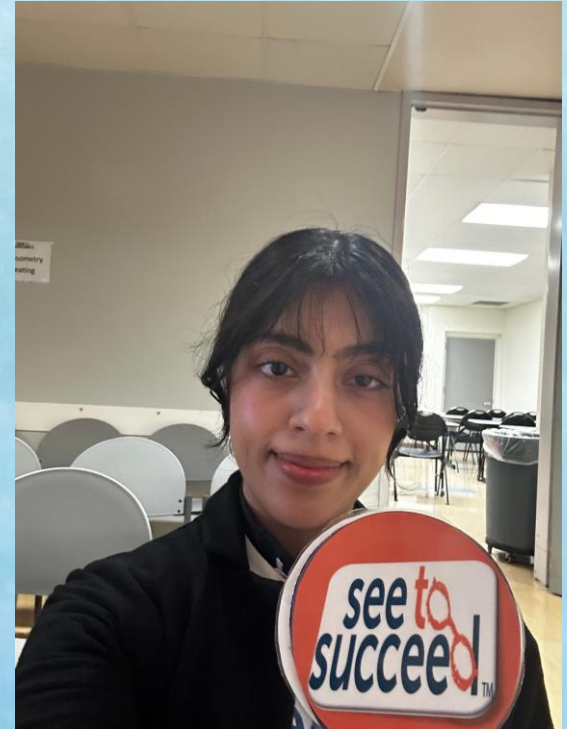
Carrel Space: SC North Carrel #12

Office Hours: Wednesday, 11 AM - 12 PM



Volunteer Opportunities!

- In-Person Events
 - **BEST** way to earn points!
 - 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

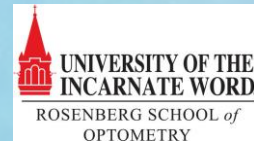


SALUS
UNIVERSITY

Pennsylvania College of Optometry



New England
College of Optometry



Shoutout to our Winter break volunteers!!



Upcoming Volunteer Events

Cougar Cupboard

- Bring in boxes, sort through donations & produce, and restock shelves



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: Monday, 3:00 PM - 4:00 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!



Intramural Sports

Want to Compete for POPS?

- Volleyball Tournament: Sign up closes Jan. 25
- 7v7 Outdoor Soccer: Sign up closes Jan. 25
- Other options:
 - Dominoes Tourney: Jan. 30
 - Bowling Tourney: Feb. 12
 - Spelling Bee: Feb. 19
 - E-Sports Tourney: Feb. 21
 - Ultimate Frisbee: Mar. 1
 - ... and more to come!



Forms can also be found on our website!

Counseling and Psychological Services

(CAPS)

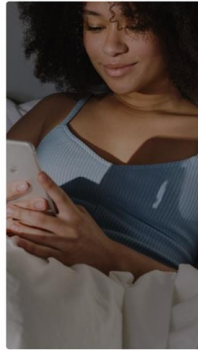
College can be overwhelming . . .
Luckily UH provides resources
to help us all succeed.

Located at
4349 Martin Luther King Blvd.,
Health 2 Building, Rm. 2005
Houston, TX 77204

Crisis Support Contact: 713-743-
5454 or 988

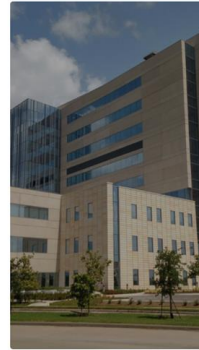
Website: <https://www.uh.edu/caps/>

Ways to Connect with CAPS



24/7 Crisis Services

If you or a UH community member needs mental health crisis support please call 713-743-5454 anytime. If you have a life-threatening emergency, dial 911.



Access (Triage) Visit

Call 713-743-5454 or visit CAPS at **Health 2** between 10am and 4pm. We will work with you to come up with a plan for change that capitalizes on resources and matches you with a service to address your needs.



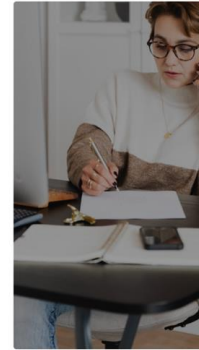
Let's Talk

CAPS clinicians provide brief and focused mental health consultation for in the moment concerns. Get connected by joining our **zoom** or see our complete list of times and locations by visiting our **Let's Talk page**.



Outreach Request Form

Request a CAPS representative to deliver a presentation, host a workshop or attend an event.



Contact CAPS

Business Hours 8am-5pm, Please call 713-743-5454, Follow us on social media **Instagram** and on **Twitter**.

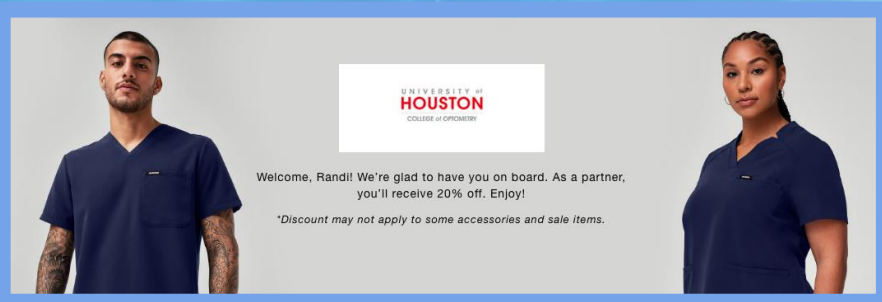
Scrubs Partnership



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: Monday, 12 PM - 1 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 (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)

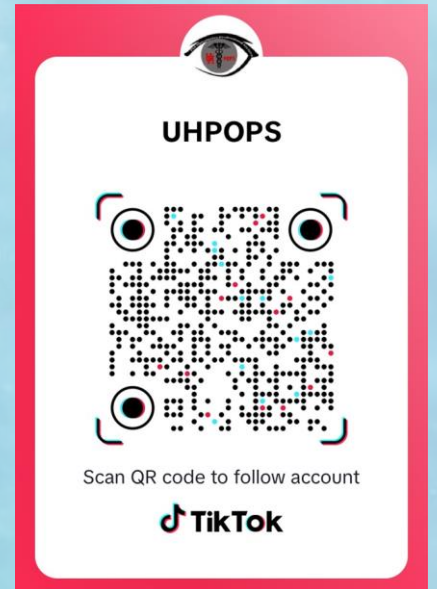
(Date Of Event)



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





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

- **3 new listings since last semester!**
- **22 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!**



New Hours This Semester! - Starts 1/29

Spring 2024 CARREL HOURS			CARREL SPACE: #12
Monday	Tuesday	Wednesday	Thursday
11 AM - 12 PM Hannah		11 AM - 12 PM Ashlyn	11:30 PM - 12:30 PM Chelsea
12 PM - 1 PM Randy			
1:30 PM - 2:30 PM Trang			
	2:30 PM - 3:30 PM Jonathan		2 PM - 3 PM Felix
3 PM - 4 PM Randi			
		4:30 PM - 5:30 PM Yadhira	
		6:30 PM - 8:00 PM POPS Meeting	

Alpha Eta Alpha
pre-Health Society



Guest Speaker

Dr. Maria Walker



O.D., Ph.D., FAAO
Assistant Professor



College of Optometry

UNIVERSITY OF HOUSTON