

# UH Pre-Optometry Professional Society

Spring 2024  
2nd General Meeting  
02/07/2024



# Sign In:

- Scan the QR code and fill out the Google Form to earn points for attending! Password is case sensitive.
- **PASSWORD**
  - ***DR. KEHINDE IS THE BEST***
- 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: 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 Darnett (UHCO)~~
- Feb 28 - UHCO SVOSH
- Mar 20 - Dr. Kruoch (RMU)
- Apr 3 - TBD
- Apr 17 - ELECTIONS



# Summer Opportunity

## Opto-Camp

### Herbert Wertheim School of Optometry at UC Berkeley

- June 24th – June 28th, 2024
- Application period: February 5th – March 25th
  - FREE virtual program
  - Learn about the optometric profession and the process for becoming an optometrist
  - Tips for applying to OD programs

Apply here!





# Summer Opportunity

## Summer Optometry Institute

### University of the Incarnate Word Rosenberg School of Optometry

- July 8th – June 10th, 2024
- Application deadline: Friday, May 31, 2024
  - FREE program in San Antonio, TX
    - Meals & housing will be offered
    - Participants are responsible for their own travel arrangements to & from San Antonio
  - Only 8-12 students will be selected!





# Vice President: Hannah Pham

Email: [uhpops.vp@gmail.com](mailto: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?**
  - **3/7 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](mailto:uhpops.vp@gmail.com)







# Treasurers: Trang Do & Jonathan Chau

**Email:** [uhpops.treasury@gmail.com](mailto: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:

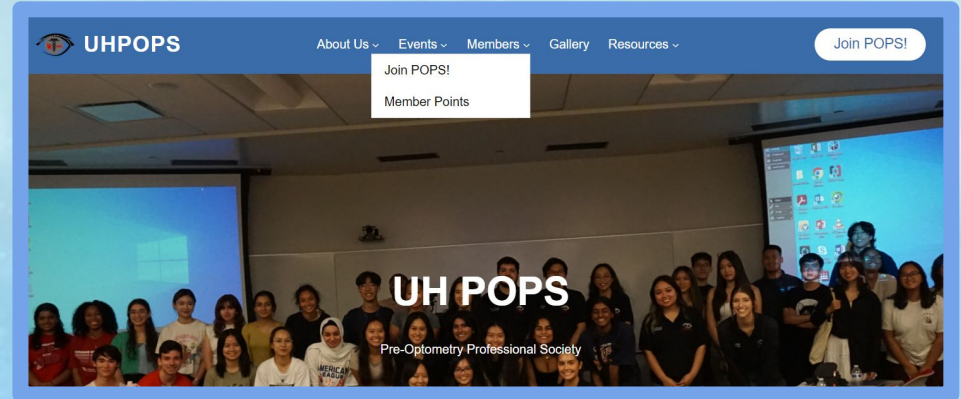


2022-2023



# Becoming a Member:

- How?
  - Go to [uhpops.org](http://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

A screenshot of the "University of Houston Pre-Optometry Professional Society 2022-2023 Membership Form". The form includes the UH POPS logo and instructions: "University of Houston Pre-Optometry Professional Society 2022-2023 Membership Form (Must submit form with membership dues! Please upload as a pdf file)". It 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, and Alternate Phone Number. The "Personal Information" section also includes fields for Email Address, Classification, Major, Date of Birth, Peoplesoft ID, and Shirt Size. The "Emergency Contact Information" section includes fields for Full Name, Address, City, State, Zip Code, Phone Number, Alternate Phone Number, and Relationship. A note at the bottom states: "NOTE: Please pay for membership at <https://www.uhpops.org/through-paypal> or [venmo@uhpops](mailto:venmo@uhpops)".

# Bake Sale!



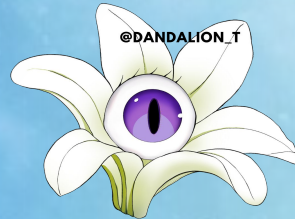
- **When?**
  - Thursday, February 8th
  - 9:30 AM -4:15 PM
- **Where?**
  - Student Center South
    - Near the stairs
- **Come out and show your support!**
  - Volunteering for POINTS!
  - Purchasing food

**Sign-up to  
volunteer at  
Bake Sale:**

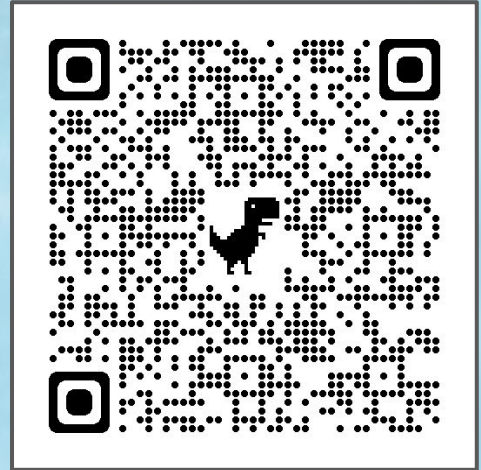




# UHPOPS Stickers for Sale!!



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

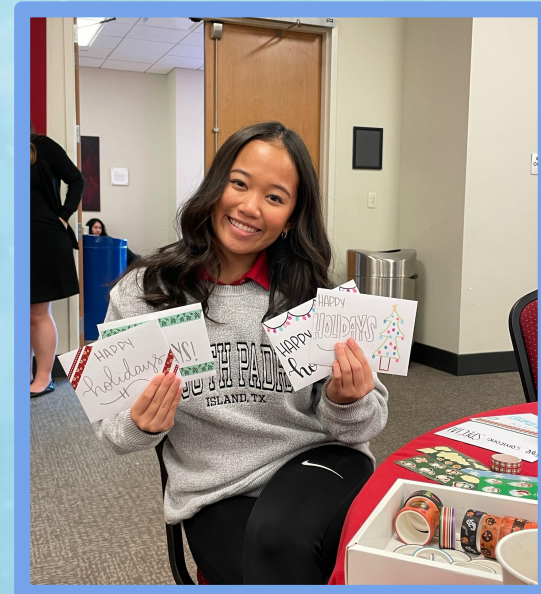
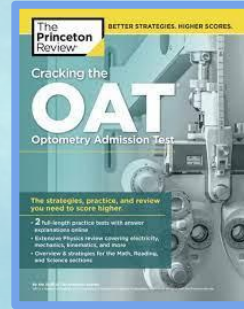
**Office Hours:** Wednesdays, 4:30 PM - 5:30  
PM





# Duties

- **Manage points**
  - **Points will be updated on our website every Wednesday.**
- **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\*

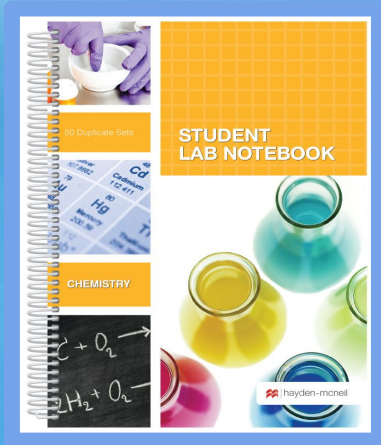
UHPOPS PUNCH CARD	
Chelsea Abad (President)	
Hannah Pham (Vice President)	
Jonathan Chau (Treasurer)	
Trang Do (Treasurer)	
Yadhira Carrillo (Secretary)	
Ashlyn Pro (Community Service Chair)	
Randi Culpepper (Public Relations)	
Felix Lozano (Webmaster)	
Randy Huynh (Historian)	

\*doing more than five signatures will **not** get you more points

# Donate for points!

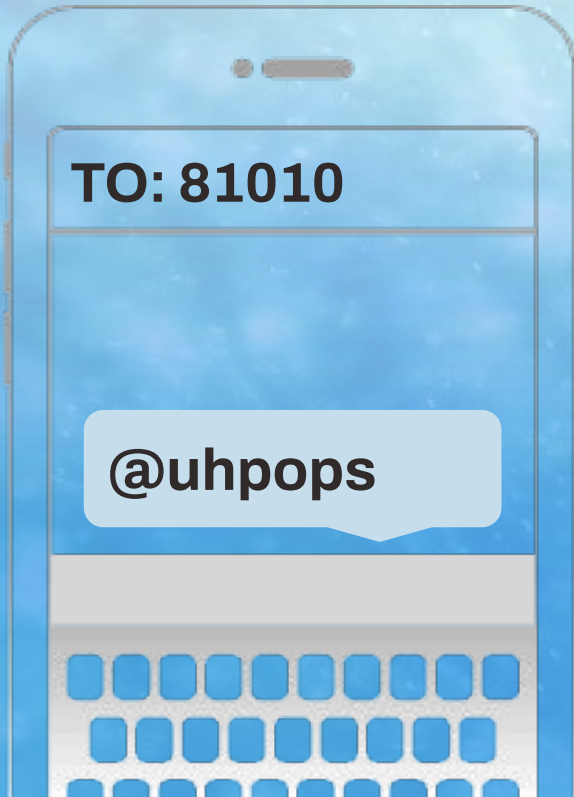


- Paper boats, napkins, water bottles, and sodas (coke products only)
- Donate glasses frames, carbon copy textbooks, and OAT study materials
- Monetary donations are also greatly appreciated! Email [uhpops.treasury@gmail.com](mailto:uhpops.treasury@gmail.com) for more details.





# 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.**

December/January Member of the  
Month is...

Micaela  
Nguyen!!!!







# 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



# Volunteer Opportunities!

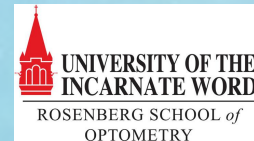
- In-Person Events
  - **BEST** way to earn points!
  - Cancellation policy: 48 hours **BEFORE** the event!
- Virtual Volunteering Opportunities
  - Webinars from various Optometry Schools
    - How to prepare for admissions
    - Crafting a successful application
    - Interviewing Tips and Prep
    - Shadowing and Optometric Experience



Berkeley School of Optometry



New England College of Optometry

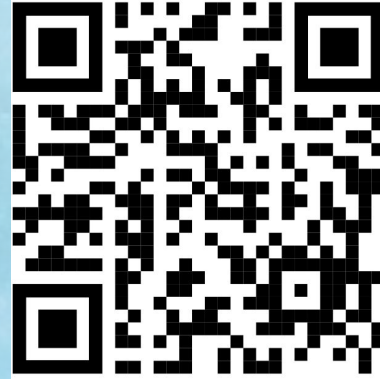




# Upcoming Volunteer Events

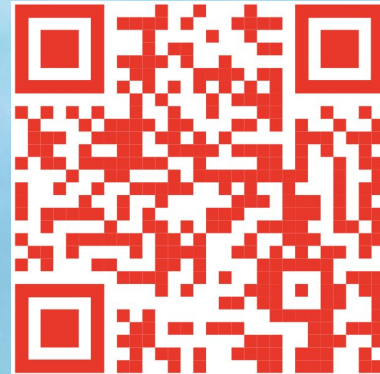
## Cougar Cupboard

- 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



# Major Volunteer Event: HAVIN Insight Expo

- **Date:** Saturday, March 23, 2024
- **Time:** 7:30 AM to 1:30 PM
- **Location:** University of Houston's College of Optometry, Health 1 Building
- **Theme:** **Knowledge, Empowerment and You. You Are the Key**
- **Volunteer Positions:** assisting with onsite registration, offering verbal guidance, providing sighted guide (leading a blind physically, holding onto one's elbow), assisting any visually impaired exhibitors, helping with hospitality, serving food or cleaning up





# 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:** 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](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!





# Intramural Sports

## Want to Compete for POPS?

- Bowling Tournament: Feb. 12
- Spelling Bee: Feb. 19
- Other options:
  - 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)

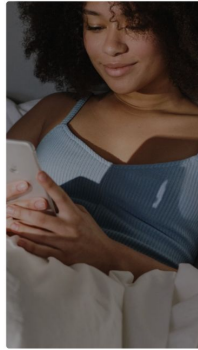
College can be overwhelming . . .  
Luckily UH provides resources to  
help us all succeed.

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

Crisis Support Contact:  
713-743-5454 or 988

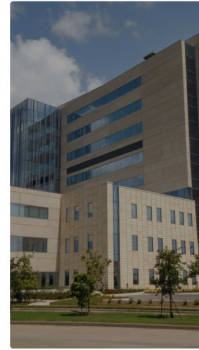
Website: <https://www.uh.edu/caps/>

## Ways to Connect with CAPS



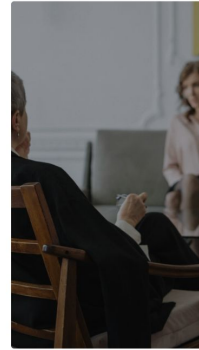
### 24/7 Crisis Services

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.



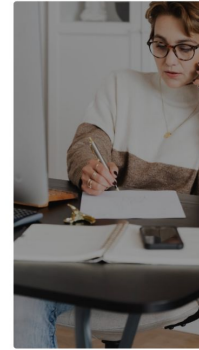
### Let's Talk

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](#).



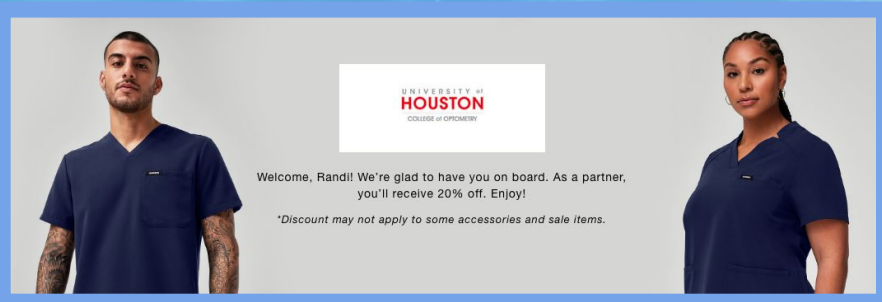
# Scrubs Partnership



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](mailto:uhpops.historian@gmail.com)

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

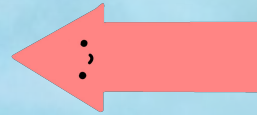
**Office Hours:** Monday, 12 PM - 1 PM



# Test Prep Tuesday:

**Question: Which of the following contains all vector quantities?**

- A.) Power, Density, Velocity
- B.) Momentum, Force, Displacement
- C.) Power, Velocity, Acceleration
- D.) Velocity, Momentum, Pressure





# 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)

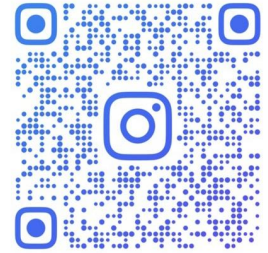




# Follow Us!

- 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!

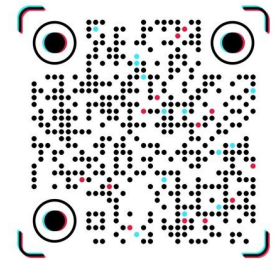
Facebook



@UH\_POPS



UHPOPS



Scan QR code to follow account

TikTok



# Webmaster: Felix Lozano

**Email:** [uhpops.webmaster@gmail.com](mailto: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!**



# Guest Speaker

Dr. Lucy  
Kehinde-Darnell



O.D., Ph.D., FAAO

Assistant Dean of Student Affairs & Clinical  
Assoc. Prof.



College of Optometry

UNIVERSITY OF HOUSTON