

# UH Pre-Optometry Professional Society

Spring 2024  
3rd General Meeting  
02/28/2024



# Sign In:

- Scan the QR code and fill out the Google Form to earn points for attending! Password is case sensitive.
- **PASSWORD**
  - **SVOSH !!**
- 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





# 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 - Dr. Karen Lee
- Apr 17 - ELECTIONS **6PM**





# Summer Opportunity

## 2024 AZ-POP

### Arizona College of Optometry's Pre-Optometry program (AZ-POP)

- **June 24-26, 2024**
- **Application due March 15, 2024**
  - **Prepping for OD school, techniques, and admissions process**
  - **Workshops using state-of-the-art technology, including VR eye exams**
  - **Panel discussions with students, faculty, and alumni**
  - **Interactive experiences in labs**

**Apply here!**



# POPS Officer Applications

- Officer applications for 2024-2025 are open NOW!
- Only Requirement: Must have 100+ points (Fall + Spring) by POPS Election Day (April 17)

Application due Mar 20, 11:59 PM  
to [UHPOPS@GMAIL.COM](mailto:UHPOPS@GMAIL.COM)





# Keep Earning Your Points!

- **70+ Points (Fall + Spring)**
  - Eligible for Spring Conference (point deadline TBA)
  - Eligible for Khoa Nick Pham Memorial Scholarship (point deadline April 5)
  - Eligible for End of the Year Raffle (point deadline April 17)
- 
- **100+ Points (Fall + Spring)**
  - **FREE ADMISSION** to End of the Year Banquet (point deadline TBA)
  - Eligible for Office (point deadline April 17)
- 
- **130+ Points (Fall + Spring)**
  - Eligible for Spring Scholarship (point deadline TBA)



# 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 fountains (in front of the library) for a relaxing painting session**
  - **As well as stress balls, face masks, and more!!**





# Spring Conference

- **One of our biggest annual events hosted by UHPOPS at UHCO**
  - April 20th
- **Formal dinner with other Texas POPS chapters**
  - Special guest speakers
  - Friendly competition
- **Eligibility**
  - 70+ points



# 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:**

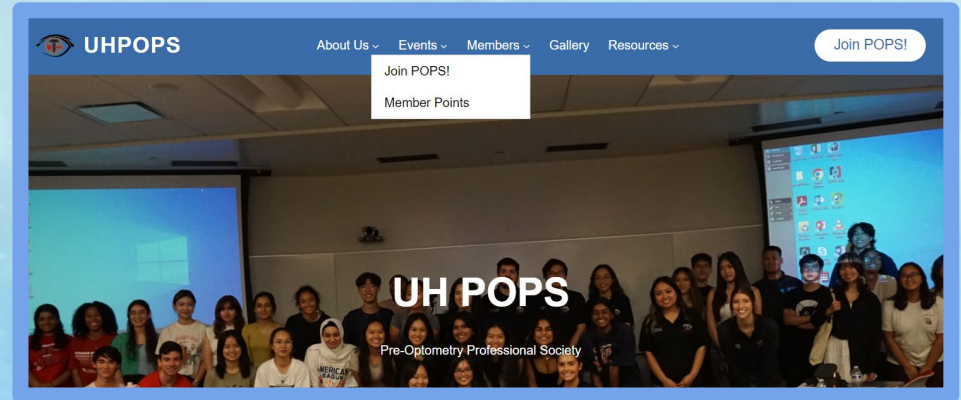
Trang: Monday, 1:30PM-2:30PM

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



# 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 – PASSED!!!!**
  - 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 MI

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 MI

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](mailto:venmo@uhpops)



# Bake Sale!

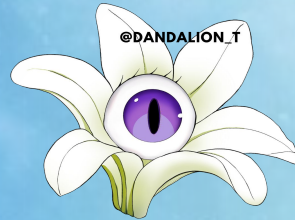


- **When?**
  - Thursday, February 29th
  - 9:30 AM -4:15 PM
- **Where?**
  - Student Center South
    - Near the stairs
- **Come out and show your support!**
  - Volunteering for POINTS!
  - Purchasing food

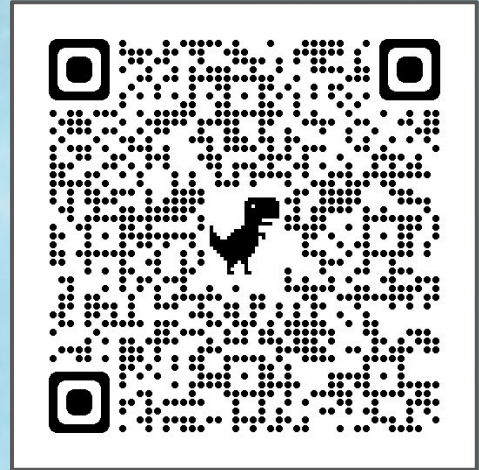
**Sign-up to  
volunteer at  
Bake Sale:**



# 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)

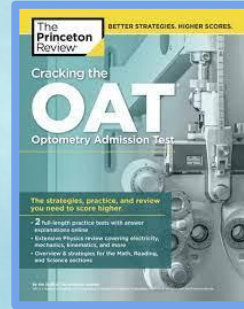
**Carrel Space:** SC North Carrel #12

**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)	

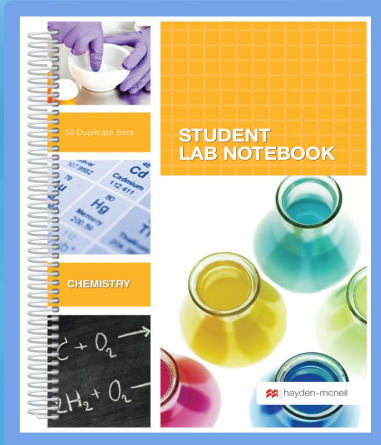
\*doing more than five signatures will **not** get you more points



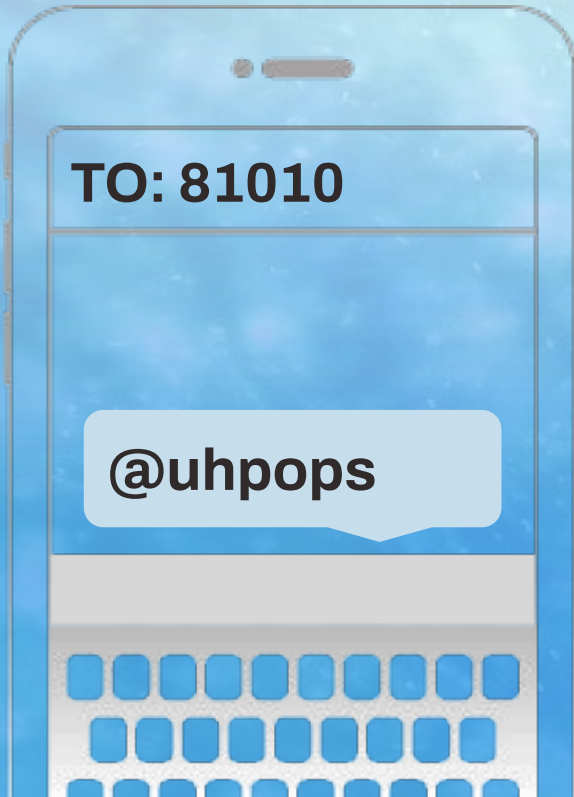
# Donate for points!



- 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.**





# 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



**SALUS**  
UNIVERSITY

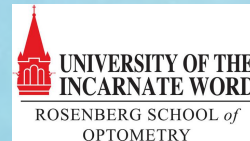
Pennsylvania College of Optometry



Marshall B.  
KETCHUM UNIVERSITY  
Southern California College of Optometry



New England  
College of Optometry



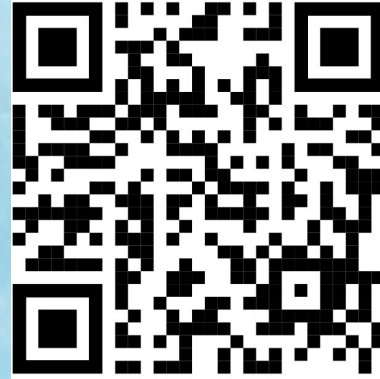
UNIVERSITY OF THE  
INCARNATE WORD  
ROSENBERG SCHOOL of  
OPTOMETRY



# Upcoming Volunteer Events

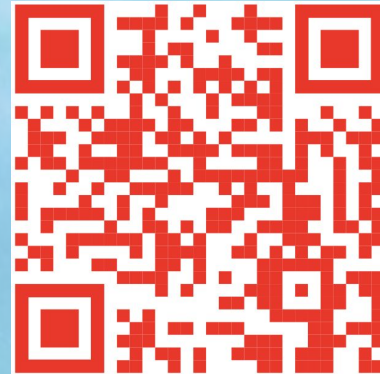
## Cougar Cupboard

- 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!

- Family Forms are closed!
- Email [uhpops.pr@gmail.com](mailto:uhpops.pr@gmail.com) if you have any questions or still want to join a family!





# Intramural Sports

## Want to Compete for POPS?

- Ultimate Frisbee: March 1
- 8v8 Kickball Tourney: March 14
- Other options:
  - E-Sports Tourney
  - 5v5 Indoor Soccer
  - Pickleball Tourney
  - 3v3 Basketball Tourney
  - Track Meet
  - Family Feud



Forms can also be found on our website!

# End of the Year Raffle

- 3 winners
- Prize: \$75 Crack OAT 6 - month Prep Pack
- Requirements: Must have at least 70 points overall at the time of the drawing
- How to enter:
  - 1 Raffle Ticket for each general meeting attended
  - 1 Raffle Ticket for each workshop attended
  - 1 Raffle Ticket for each social attended
  - 1 Raffle Ticket for every correct answer on Test Prep Tuesday
- Raffle drawing will be held on April 17th (Officer Elections)
  - You MUST be present to accept the prize



# End of the Year Banquet

- More details to come: when and where
- Requirements: Must have at least 100 points (cutoff date is TBA)
- Dinner will be provided!



# Counseling and Psychological Services (CAPS)

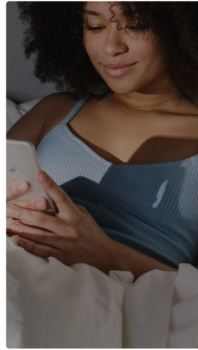
College can be overwhelming . . .  
Luckily UH provides resources to  
help us all succeed.

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

Crisis Support Contact:  
713-743-5454 or 988

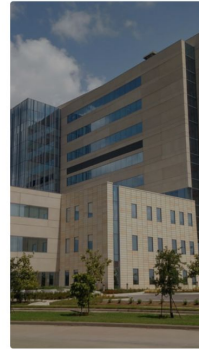
Website: <https://www.uh.edu/caps/>

## Ways to Connect with CAPS



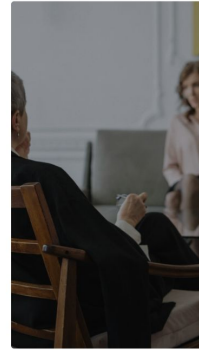
### 24/7 Crisis Services

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.



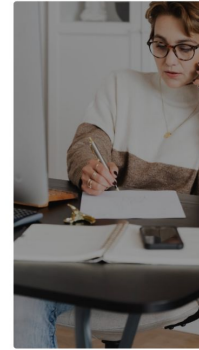
### Let's Talk

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](#).



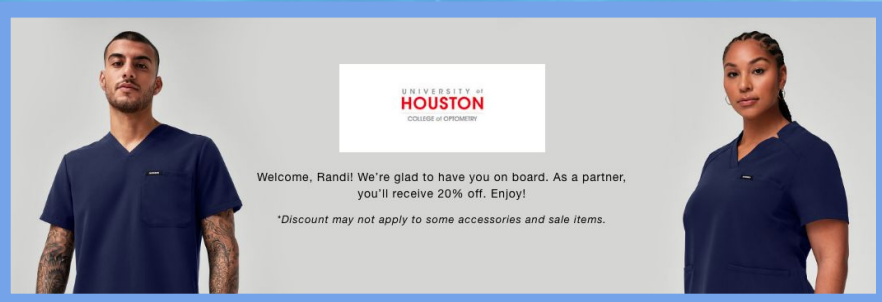
# Scrubs Partnership



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 property determines the direction of the exchange of internal energy between two objects?**

- **A.) Temperature**
- **B.) Density**
- **C.) Specific Heat**
- **D.) Mass**







# 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



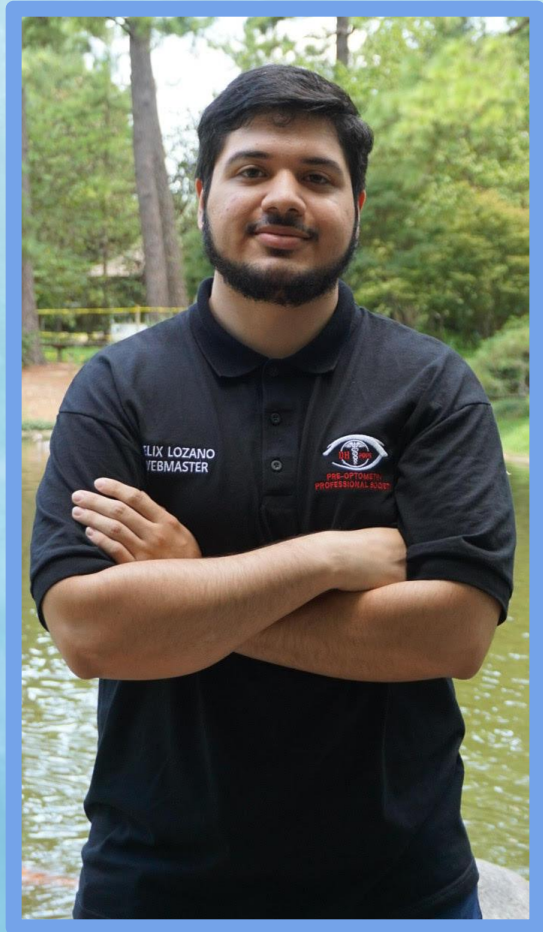


# Webmaster: Felix Lozano

**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

- **5 new listings since last semester!**
- **20 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 Speakers



Adriana Robinson  
(OPT II)



Vice President

Jessica De  
Guzman (OPT I)



Treasurer

Eric Doan  
(OPT I)



Vision Screening  
Coordinator

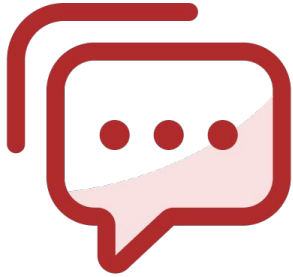
Lexi Temple  
(OPT III)



Former Vice  
President



slido



## Audience Q&A Session

- ① Click **Present with Slido** or install our [Chrome extension](#) to show live Q&A while presenting.