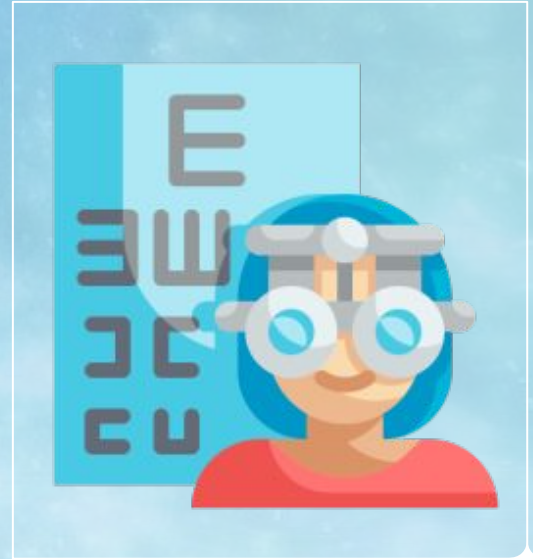


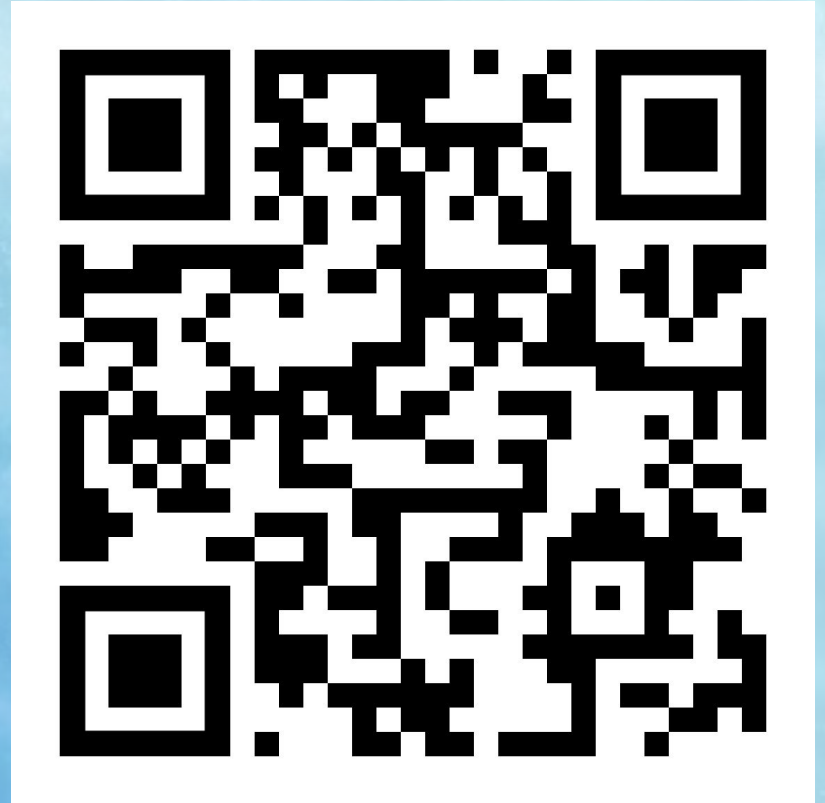
UH Pre-Optometry Professional Society

Spring 2024
4th General Meeting
03/20/2024



Sign In:

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



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 I-DOC

Improving Diversity in Optometric Careers (I-DOC) at The Ohio State University

- June 23 – June 27, 2024
- Application due March 29 @11:59 PM Eastern
 - Introduces underrepresented undergraduate students to optometry
 - This program is competitive with a limited number of spaces
 - All costs (including travel, room and board, and most meals) will be covered for successful applicants

Apply here!



\$\$\$ Grant Opportunity \$\$\$

Opportunities in Optometry

AOA/AOSA Opportunities in Optometry Grant Program

- 3 deadlines: April 1, July 1, and November 1
- \$1500 to help under-represented minorities that are Juniors, Seniors, or graduates with the costs of applying to OD school (OAT, app fees, travel, etc.)
 - African American/Black
 - Native American/Alaska Native
 - Hispanic/Latine
 - BIPOC (Black Indigenous People of Color)
 - LIPOC (Latin Indigenous People of Color)

Apply here!



POPS Officer Applications

- **DUE TONIGHT AT 11:59!**
- Must have 100+ points (Fall + Spring) by POPS Election Day (April 17)
- You can submit your application even if you don't have the point requirement yet!



Email to

UHPOPS@GMAIL.COM

Keep Earning Your Points!

- **70+ Points (Fall + Spring)**

- Eligible for Spring Conference (point deadline March 24)
- 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 April 14)
- Eligible for Office (point deadline April 17)

- **130+ Points (Fall + Spring)**

- Eligible for Spring Scholarship (point deadline April 12)



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**



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



Spring Scholarship

- **Make a video for ACSO's blog or write an article**
- **Possible topics include**
 - **Why you chose optometry or are considering optometry**
 - **What classes to take in undergrad**
 - **About your chosen specialty**
 - **How to handle stress**
- **Prizes**
 - **1st place: \$150**
 - **2nd place: \$100**
 - **3rd place: \$50**
- **Send videos to <https://ascovoices.gv-one.com/?> And uhpops.vp@gmail.com**
- **Send articles to kosullivan@opted.org and cc uhpops.vp@gmail.com**
- **Deadline**
 - **April 12**
- **Must have **130+** (Fall and Spring combined)**

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:

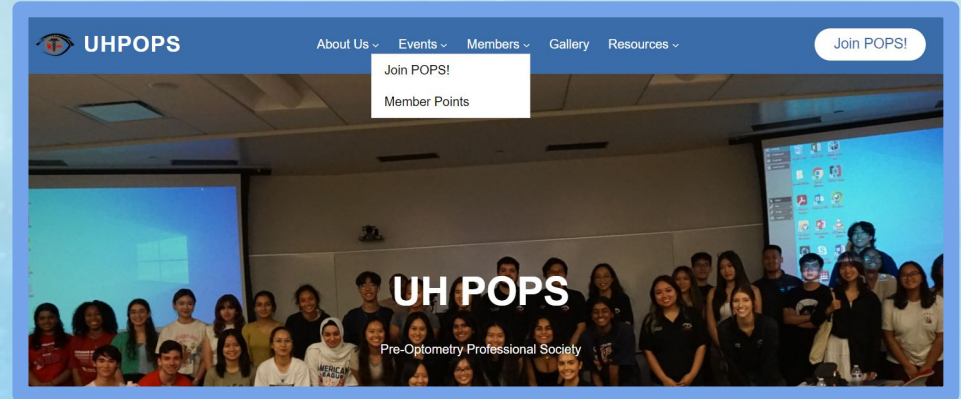
Trang: Monday, 1:30PM-2:30PM

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



Becoming a Member:

- How?
 - Go to 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

A membership form for the University of Houston Pre-Optometry Professional Society. The form includes sections for Personal Information and Emergency Contact Information, both with fields for Full Name, Address, Phone Number, and Classification. A note at the bottom states: "NOTE: Please pay for membership at <https://www.uhpops.org/through-paypal> or venmo@uhpops".

Bingo Night!!

When: Tuesday, April 9th, 2024 @ 6pm

Location: TSO Room

Come join us for a night of prize and fun!!

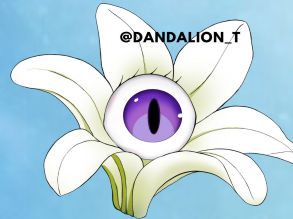
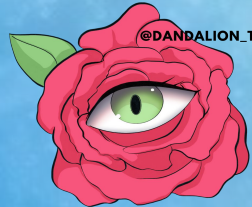
- BRING YOUR FRIENDS - NON-POPS MEMBERS ARE WELCOMED!!



32 oz.



UHPOPS Stickers for Sale!!



Available for
purchase at the
end of the
meeting

- **Matte Weatherproof**
 - 1 for \$1.50
 - 2 for \$2.50
 - 3 for \$4.00
- **Premium Glossy Waterproof**
 - 1 for \$2.50
 - 2 for \$4.50
 - 3 for \$6.50
- **Random Blind Bag of 4**
 - Includes @ least 1 glossy
 - \$7
- **Mistake pile: \$1 each**



Secretary: Yadhira Carrillo

Email: uhpops.secretary@gmail.com

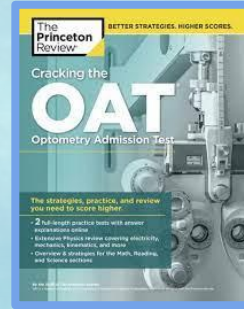
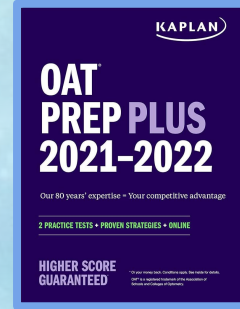
Carrel Space: SC North Carrel #12

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



Duties

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

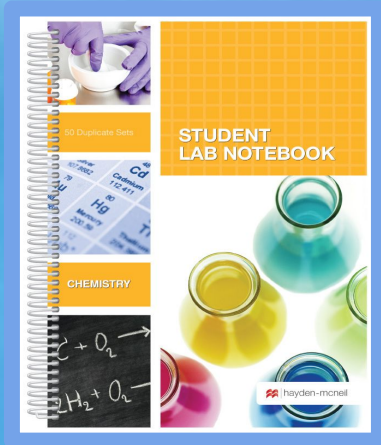
UHPOPS PUNCH CARD	
Chelsea Abad (President)	
Hannah Pham (Vice President)	
Jonathan Chau (Treasurer)	
Trang Do (Treasurer)	
Yadhira Carrillo (Secretary)	
Ashlyn Pro (Community Service Chair)	
Randi Culpepper (Public Relations)	
Felix Lozano (Webmaster)	
Randy Huynh (Historian)	

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

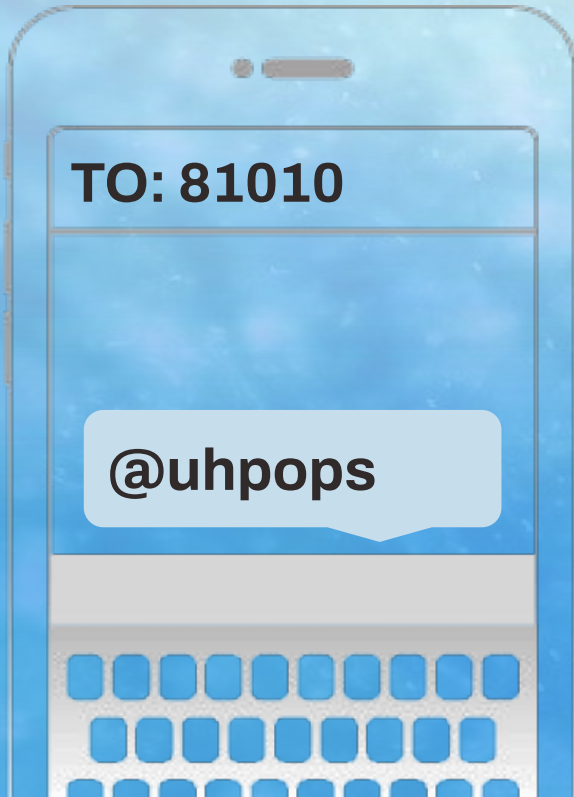
Donate for points!



- Donate glasses frames, carbon copy textbooks, and OAT study materials
- Monetary donations are also greatly appreciated! Email 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.**

February Member of the Month is...

Kalyce
Sims!!!!





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



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

The Lighthouse of Houston Beeping Easter Egg Hunt

- Volunteers will assist while parents are able to take pictures and enjoy seeing their youngest hunt for eggs

Houston Food Bank

- Volunteers will help distribute food and other essentials to those in need



Major Volunteer Event: HAVIN Insight Expo

Reminder: It's this Saturday!

- **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



OptII Eye Exams at the Family Practice Clinic

- OPT II student clinicians are looking for volunteers to sit in as patients so they can practice with patient care
 - assess ocular health, provide glasses prescription, and receive a discount at their optical
 - EXAMINATION IS **\$49!**
 - good opportunity to meet 2nd years and staff to ask questions and learn yourself how a clinic operates
- **When: Monday/Wednesday @ 1:30 PM and Tuesday/Thursday @ 8:30 AM**
- Last day to make an appointment is April 18th
- **Call (713) 743-2040 and ask for a second year eye exam!**



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!

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



Intramural Sports

Want to Compete for POPS?

- Pickleball Tourney: Mar 26
- 3v3 Basketball Tourney: Mar 28
- Other options:
 - Track Meet
 - Family Feud
 - 4v4 Sand Volleyball
 - Flag Football



Forms can also be found on our website!

End of the Year Banquet

- More details to come: when and where
- Requirements: Must have at least 100 points by April 14
- Dinner will be provided!



Counseling and Psychological Services (CAPS)

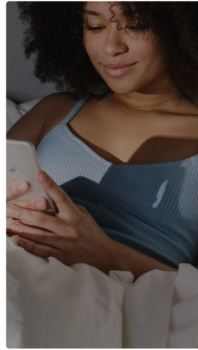
College can be overwhelming . . .
Luckily UH provides resources to
help us all succeed.

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

Crisis Support Contact:
713-743-5454 or 988

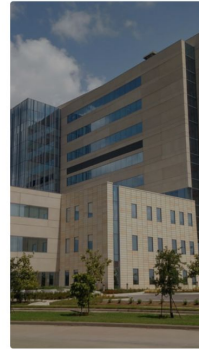
Website: <https://www.uh.edu/caps/>

Ways to Connect with CAPS



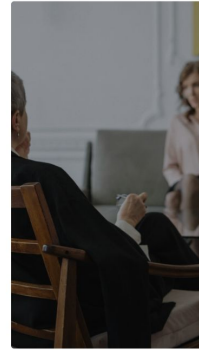
24/7 Crisis Services

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.



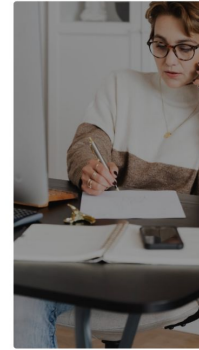
Let's Talk

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](#).

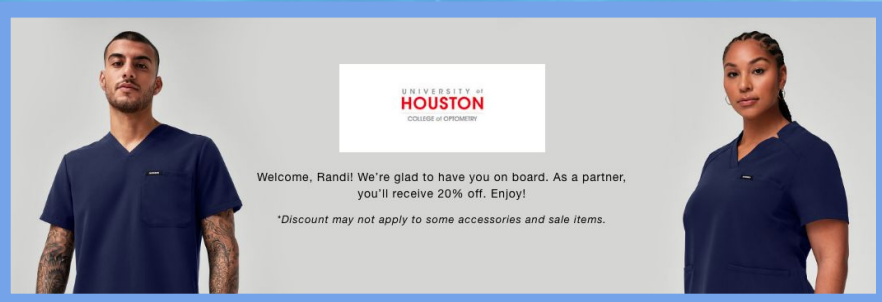
Scrubs Partnership



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

Carrel Space: SC North Carrel #12

Office Hours: Monday, 12 PM - 1 PM



Test Prep Tuesday:

Question: Which of the following occurs during synapsis?



- **A.) Chromatin condenses into chromosomes**
- **B.) Homologous chromosomes come together and intertwine**
- **C.) Homologous pairs align at the equatorial plate of the cell**
- **D.) Chromosomes do not separate properly during meiosis**

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

- **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 Speaker

Dr. Zanna Kruoch

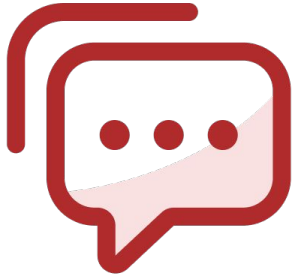


O.D., FAAO
Associate Professor



Rocky Mountain
University
of Health Professions

slido



Audience Q&A Session

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