

Alpha Epsilon Delta

The Pennsylvania State University

Attendance:



Teams:

Code: 6dwzzwj

GroupMe:



GBM #1

Monday, September 8

Who We Are

- **Alpha Epsilon Delta** is a nationally recognized pre-health professions honor society
 - Pennsylvania Beta Chapter
- **All students** on the pre-health track (pre-medical, pre-dental, pre-PA, pre-PT, and more) are welcome!



What We Do

- **Your Pre-Health Toolbox:** Providing opportunities, connections, and resources to support your journeys into healthcare
- **Preparing Future Healthcare Leaders:** Holistic understanding of medicine, philanthropic involvement, exposure to health inequities, leadership opportunities, form professional and peer connections



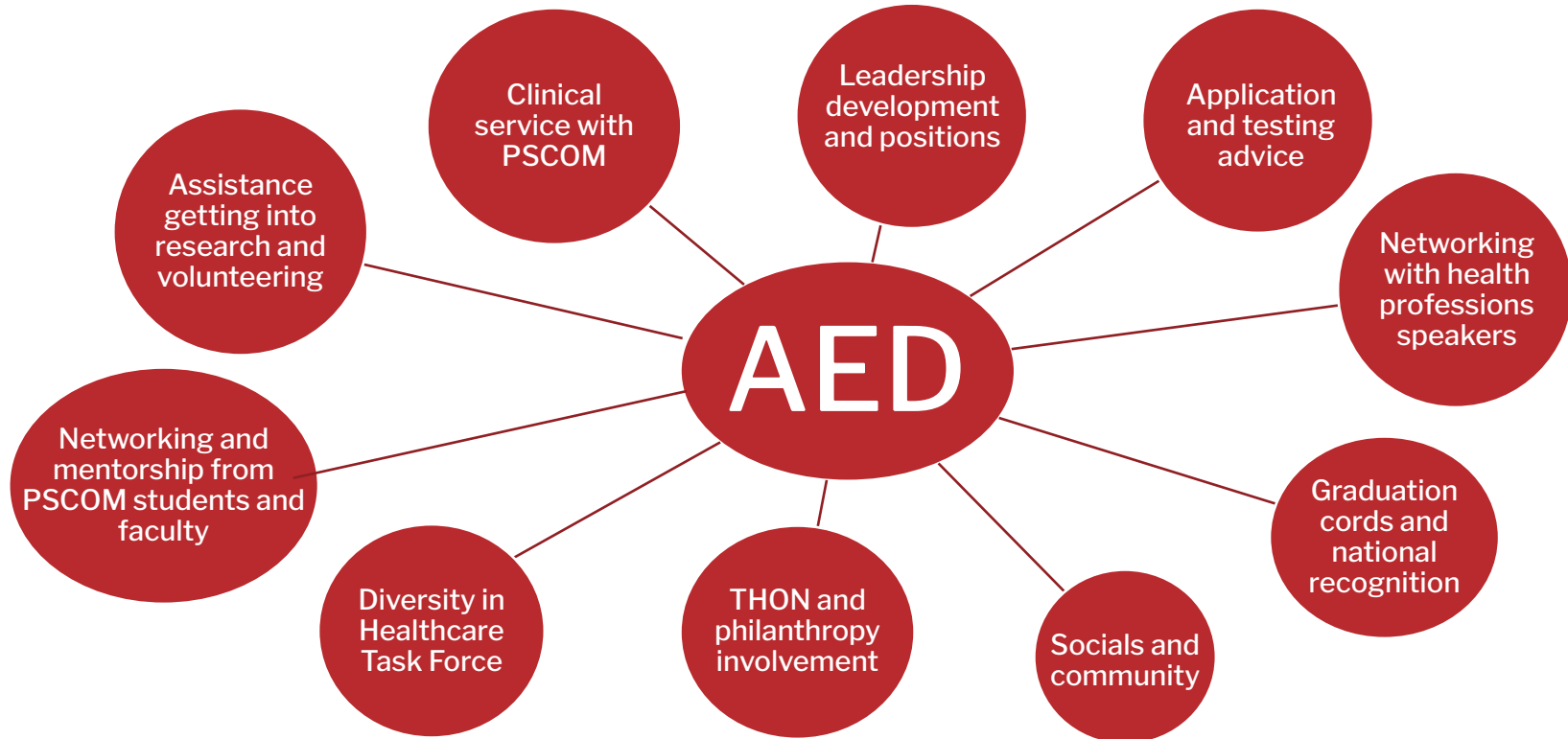
24-25 AED Recap



Welcome Back! ❤️



Your Pre-Health Toolbox





**Ph.D. in Biological
Science | Carnegie
Mellon University**

**B.A. in Biochemistry |
Washington &
Jefferson College**

Dr. Melissa Krajcovic, Ph.D.

Director of Pre-Health Advising

25-26 Leadership

25-26 Executive Board



President
Kevin Tian



Vice President
Jamie Mooney



Secretary
Sophia Meola



Treasurer
Sarah Vinson



Public Relations
Jason Norwicke

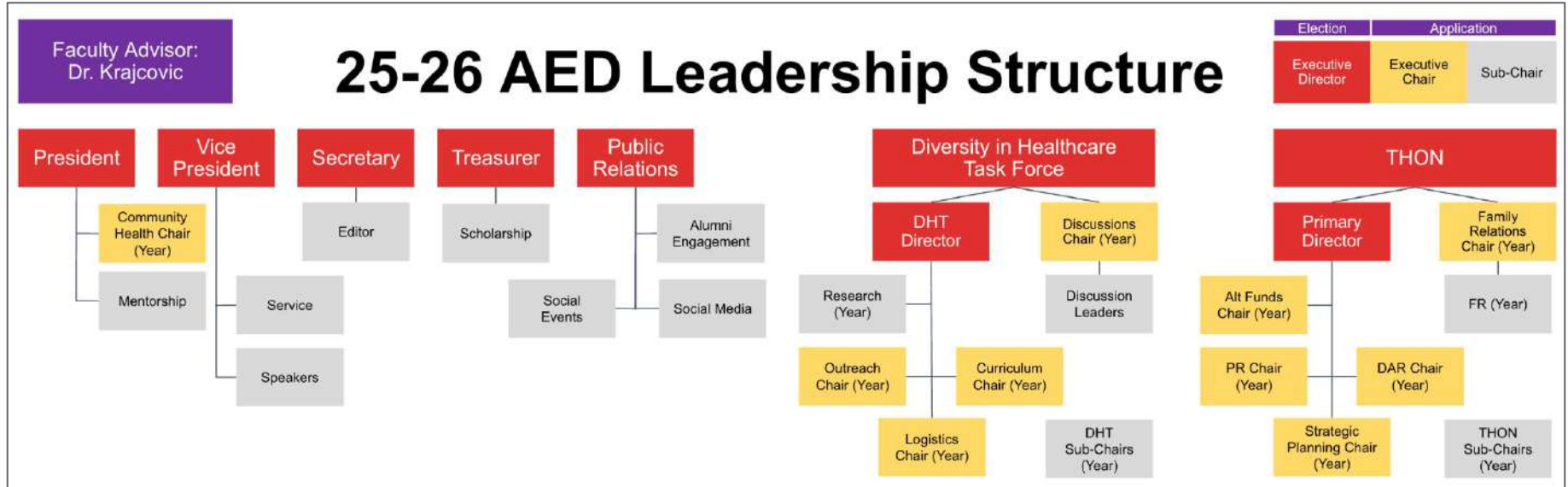


THON Primary Chair
Justin Deekollu



DHT Director
Eliana Garza

25-26 Executive Board Positions



7 Executive Director Positions → Elected
10 Executive Chair Positions → Chosen
Sub-Chair Positions → Applications

Sub-Chair Positions

Why You Should Apply

- 1. Leadership Experience:** Gain meaningful leadership experience from the beginning
- 2. Build Vital Skills:** Hone your skills of communication, teamwork, and project planning
- 3. Grow Your Network:** Work closely with AED's executive team, executive chairs, and external partners
- 4. Give Back to Others:** Help contribute to the pre-health community at Penn State

Leadership Expectations

- 1. Attendance**
 - a. Attend min. 5 GBMs
 - b. Attend min. 5 AED events
- 2. Contribution + Cooperation**
 - a. Accomplishes tasks on time
 - b. Supports team members
- 3. Communication**
 - a. Respond in a timely manner
 - b. Notify about conflicts
- 4. Conduct**
 - a. Respectful of others
 - b. Represent AED positively

Applications open at GBM 2 (Monday, September 22)!

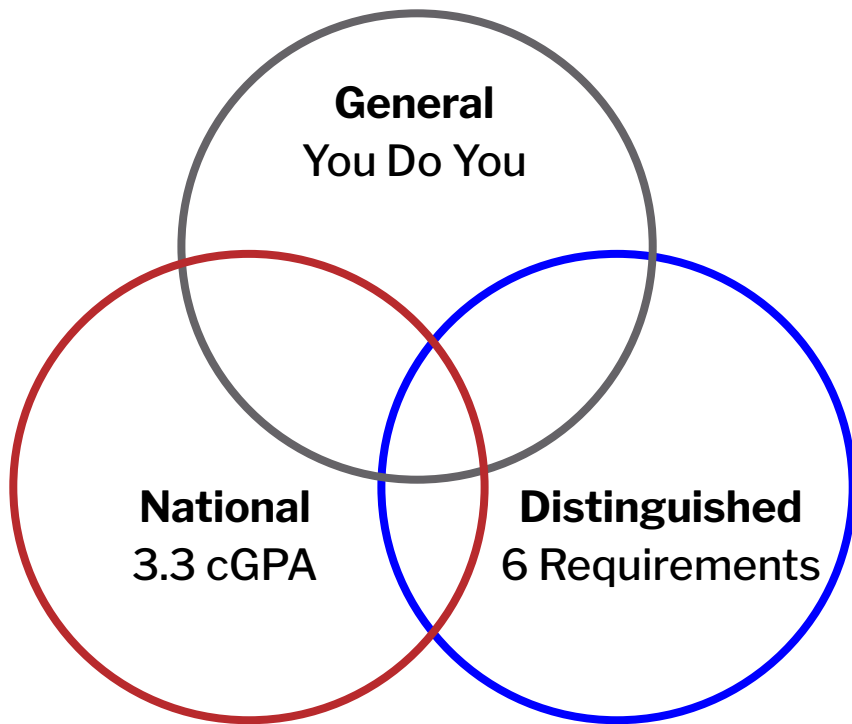
Membership

National and Distinguished Membership

National

Benefits

- Be inducted into national chapter
- Submit application in the Spring
- Provided with graduation cords
- Eligible for scholarships up to \$10,000



PSU

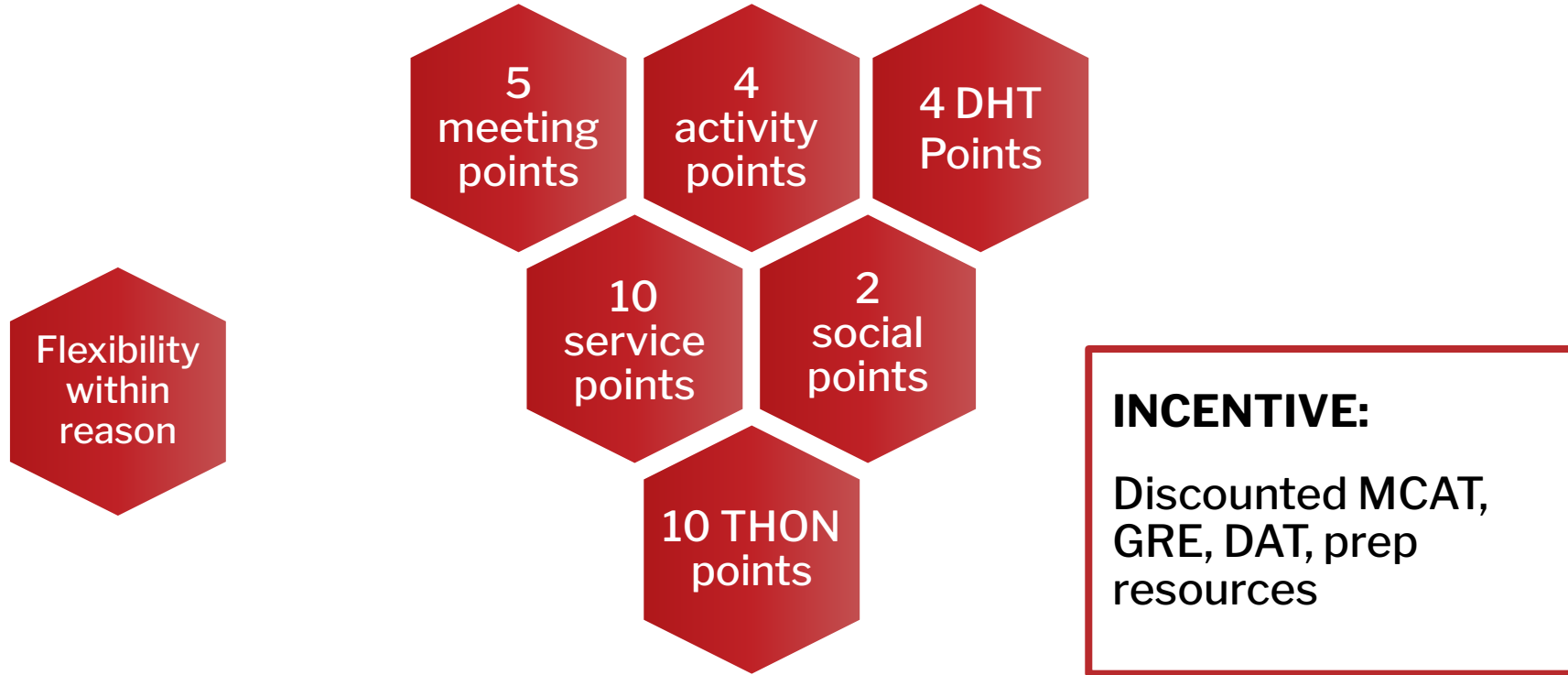
General Membership

- Highly flexible
- Utilize any resources shared

Distinguished

- Requires greater involvement
- Demonstrates commitment and leadership
- Eligible for incentives

Distinguished Membership Requirements



Membership Status

AED Email:

psuaedsecretary@gmail.com

For any questions regarding membership status, please reach out to Sophia! 😊

Website: aedpsu.com

Insta: [@aedpsu](https://www.instagram.com/aedpsu)

The screenshot shows the Alpha Epsilon Delta website. The navigation bar includes links for Home, About, What We Do, Member Resources (highlighted with a red box), Alumni Network, and More. A dropdown menu for Member Resources is open, showing options for Calendar, Membership Documents, Membership Status (circled in red), and Meeting PowerPoints. The main content area features a spreadsheet titled "Membership Points 2025" for the "Spring 2025 Membership". The spreadsheet has columns for Name, PSU EMAIL, and Meetings (Meeting 1 through Meeting 5). The data is as follows:

Name	PSU EMAIL	Meeting 1	Meeting 2	Meeting 3	Meeting 4	Meeting 5
Kevin Tian	km6125@psu.edu					
Jamie Mooney	jm8088@psu.edu					
Sophia Meis	sam7831@psu.edu					
Charvi Patel	cdp6456@psu.edu					
Jason Norwick	jns5550@psu.edu					
Reese Petrosky	Rbp5438@psu.edu					
Bailey McLaughlin	bam6508@psu.edu					
Morgan Kelley	muk9035@psu.edu					
Laura Cooney	lmc6418@psu.edu					

AED Communications

AED ListServ

- **For:** GBM reminders and recaps, external resources, etc.
 - Please check general inbox and/or spam for emails!

*Teams → Most Important

- **For:** GBM reminders, workshop announcements, service opportunities, member resources, etc.
- **Review:** Pinned message in “General” channel for more information

GroupMe

- **For:** GBM reminders, informal questions, member conversations, etc.

National Induction Packets

If you were Nationally Inducted last spring, please remember to **pick up your induction packet** before you leave.

*Packets will also be available at GBM 2. After that, please stop by Office Hours or schedule an appointment to pick them up.

Office Hours

AED Office: HUB 207

Jamie Mooney (Vice President): Tuesdays | 12:30-1:30 PM

Sarah Vinson (Treasurer): Wednesdays | 9-10 AM

Kevin Tian (President): Thursdays | 12-1 PM

Use stairs/elevators by Sbarro to Floor 2 & follow signs to HUB 207!

Appendix Section

Check out additional resources, opportunities, and more in our **“Appendix”** section at the end of this PowerPoint!

Service

Big Brothers Big Sisters

Zack Maser

(he/him)

Big Brothers Big Sisters
Case Manager

Contact:

zmaser@ccysb.com

814-699-1890



OUR PROGRAMS

COMMUNITY

- 12-month minimum commitment
- Big & Little enjoy free/low-cost activities in the community
- Volunteer must have valid driver's license and access to a reliable insured vehicle

BOTH

- Include thoughtfully matched volunteers (Bigs) with children/youth (Littles).
- Are supported by a professionally trained staff member AKA a Case Manager
- Necessitate a completed application, an interview, reference checks, and clearances
- Require a desire to build a relationship with a youth in need

SITE

- One school year minimum commitment
- Big & Little meet at a site, often a local school
- Matches are supported by an on-site BBBS staff member
- Volunteer has little interaction with his/her/their Little's parent(s)/guardian(s)

Red Cross Blood Drive | 09.16.25

- **Date:** Tuesday, September 16
- **Time:** 10 AM-4 PM
- **Location:** Flex Theater (HUB)
- **Details:**
 - Sign up on [Google Sheet](#) (scan QR code)
 - **Volunteer** → 1 service point per hour
 - **Whole Blood Donor** → 3 service points
 - **Power Red Donor** → 4 service points
 - Donor eligibility requirements [linked here](#)

Mention AED when you sign in!



THON CAMPAIGN: All presenting donors may donate on behalf of a THON org. 1 point will be awarded for a whole blood donation and 2 points for a Power Red donation. The winning org will win \$1,000, donated by the American Red Cross on behalf of that winning org!

Bracelets for Breast Cancer Awareness



- **Date:** Thursday, September 18
- **Time:** 5-6 PM
- **Location:** Boucke 111
- **Details:**
 - Join us to help make bracelets in support of breast cancer awareness!
 - Scan QR code or click this [link](#) to RSVP!

PSCOMxYMCA: Fighting Food Insecurity

Long-Term Service Opportunity

- **Location:** Rear Wagner Building (CrossFit Gym)
- **D&T:** Tuesdays | 7:30-10 PM
- **Details:** AED, PSCOM, the YMCA Anti-Hunger Program, and other leaders in State College are partnering to pack backpacks with food for elementary students to address **local food insecurity!**

1 Service Point per hour



[SignUp Genius](#)

LION Mobile Clinic Volunteering

Gain Clinical Experience and Develop Understanding of SDHs

The LION Mobile Clinic is a student-led free clinic focused on promoting health care access and proactive health choices for under-resourced communities of Pennsylvania.

- Learn about community medicine, comprehensive healthcare services, food insecurity, and more
- Assist medical students and doctors
- Earn experience as a medical scribe
- Connect with the community



LION Mobile Clinic Volunteering

Flu Shot Clinic 1

- **Date:** Tuesday, September 30
- **Time:** 10:30 AM-12:30 PM
- **Location:** Schlow Library
 - 211 S Allen St., State College
- **Details:** (1 volunteer & 1 EMT) Assist patients with filling out forms, EMT may be able to assist with injecting flu shots (final approval provided by director).

Flu Shot Clinic 2

- **Date:** Sunday, October 5
- **Time:** 1-4 PM
- **Location:** Rustic Ridge Farm
 - 5193 Morgan Run Rd., West Decatur
- **Details:** (2 volunteers & 2 EMTs) Assist patients with forms, EMT may assist with flu shots (final approval provided by director).

Reminders & additional events to be posted on Teams!

LionCare Clinic Partnership

LionCare is PSCOM's student-run clinic that provides free healthcare in Tyrone, PA. Its mission is to improve access to care in rural areas in central PA.

- AED sends **3 volunteers per monthly clinic** (>50 since start!)
- Volunteers assist medical students by taking patient exam notes
- Due to limited spots, please only apply if you have **strong interest in primary care and/or rural medicine.**

LionCare Clinic School Supplies Drive

Providing Necessities for Under-Resourced Communities.

Drop Off: AED Office (HUB 207, 1 Service Pt Per Donation)

Middle and High School:

Notebooks	Pencils
Binders	Erasers
Pocket Folders	Highlighters
Pens	Pencil Cases
Calculators (4 Pt)	Backpacks (4 Pt)

Elementary School:

Notebooks	Construction Paper	Washable Markers
Pencils	Pencil Cases	
Erasers	Binders	Blunt-Tip Scissors
Folders	Colored Pencils	Lunch Box
Crayons	Glue Sticks	Backpacks (4 Pt)

STEMcx: Virtual Tutors | October to May

STEMcx: Baltimore-based organization that inspires underrepresented minority (URM) students to pursue careers in Science, Technology, Engineering, and Mathematics (STEM).

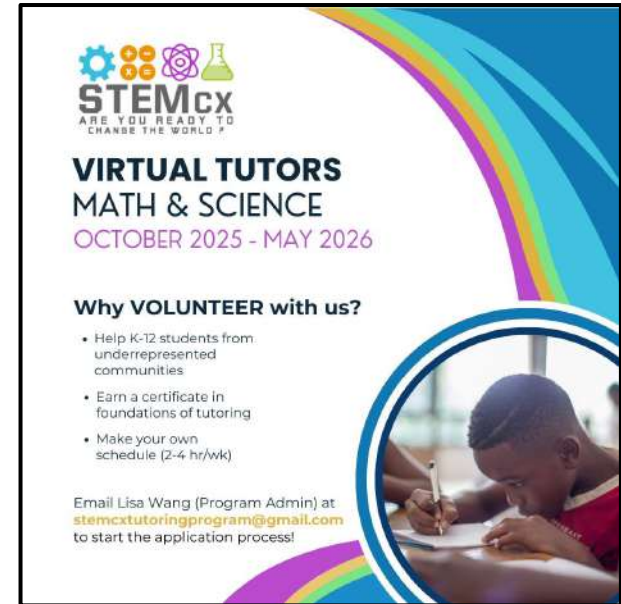
Why You Should Join

- Help K-12 students from underrepresented communities
- Earn a certificate in foundations of tutoring
- Make your own schedule (2-4 hr/wk)

Application/Onboarding Process Overview:

1. Application with background information questions & review of our policy statement
2. A 15-minute interview with the Program Admin
3. A background check
4. Online tutoring & conduct/safeguarding training

*Steps 1-3 need to be completed before you start tutoring.



Email Lisa Wang at
stemcxtutoringprogram@gmail.com
by **Wednesday, September 17** if
you're interested!

Long-Term Service Opportunities

- **Abba Java Coffeehouse: [Website](#)**
 - Contact Reverend Sarah Voigt (svoigt.wesley@gmail.com)
- **Centre LGBT+: [Apply Here](#)**
 - Assist with various educational, advocacy, and community-building events
- **Centre Safe: [Apply Here](#)**
 - Serve as a Counselor/Advocate
 - 12-week training program
 - In-person or Remote Work
 - More Opportunities: furrutiasmith@CentreSafe.org
- **Centre Helps: [Apply Here](#)**
 - Serve as a Hotline Counselor Volunteer
 - 7-week training program



[Long-Term Service Opps Sheet](#)

Professional Development

Pre-Health Advising Group Sessions

Foundations Sessions

- Gaining Experience: Research
 - Monday, Sept. 22 @ 4 PM
 - Zoom
- Dental Track Overview
 - Tuesday, Sept. 23 @ 7 PM
 - 105 Osmond
- Physician Assistant Track Overview
 - Tuesday, Sept. 23 @ 6 PM
 - Zoom

Level Up Sessions

- Strong Letters, Strong Application
 - Tuesday, Sept. 16 @ 12 PM
 - Zoom
- Mock MMI (RSVP required)
 - Thursday, Sept. 18 @ 5 PM
 - Lower Level Ritenour

Fill out the [Prehealth Sharepoint Request Form](#) to access the SharePoint page!

URFM | Research Readiness Workshops

[Register Here](#) | Attend 5+ for Certificate

- Getting Started: Ambassador Panel
 - Wed., Sept. 10 | 3:30-4:30 PM
 - Zoom
- Ask a Faculty Researcher
 - Wed., Sept. 17 | 3:30-4:30 PM
 - Zoom
- Summer Research Opportunities
 - Wed., Oct. 22 | 3:30-4:30 PM
 - Zoom



RESEARCH READINESS
undergraduate workshop series

Library Open House Sept. 3-4, 9:00 a.m.-5:00 p.m.	Citation Management Oct. 1, 3:30-4:30 p.m.
Getting Started with Research: Ambassador Panel Sept. 10, 3:30-4:30 p.m.	Literature Review Foundations Oct. 8, 3:30-4:30 p.m.
Ask a Faculty Researcher Sept. 17, 3:30-4:30 p.m.	Independent Research and Joining the Scholarly Conversation Oct. 15, 3:30-4:30 p.m.
Research Ethics: Compliance, Safety, and AI Sept. 24, 3:30-4:30 p.m.	Summer Research Opportunities Oct. 22, 3:30-4:30 p.m.

 PennState

Sponsored by the Office for Research Protections,
Undergraduate Research and Fellowships Mentoring,
and the University Libraries.

Visit [URFM](#) for more information and resources!

Career Services | Fall Career Days

Build Your Network, Find Internships, Discover Possibilities

- **Date:** September 16-19, 2025
 - Different days have different companies and focus.
- **Time:** 11 AM - 4 PM
- **Location:** Bryce Jordan Center, University Park Campus
- **Students and Recent Alumni** → [Linked Here](#)

Check out the [PSU Career Services Website](#) for more information!

Career Services Workshop | 09.23.25

Marketing Your Skills and Experience for What Employers Want

D&T: Tuesday, September 23 | 6-7 PM

Location: Boucke 306

Details: Do you have what today's employers are looking for? Stand out from the crowd! Learn how to capture all your academic, professional, and leadership experiences to match what employers are looking for in your future profession.

CapYear Clinical Exp. Workshop | 09.29.25

Getting Clinical Experience: What Matters Most to Employers

D&T: Monday, September 29 | 6-7 PM

Location: On Zoom ([RSVP](#))

Details: CapYear Academy's CEO, R.T. Arnold, will share key strategies for pre-health students looking to gain valuable clinical experience. Learn which types of practices are most likely to offer opportunities, how to avoid common mistakes in job applications and interviews, and what employers value most in resumes!



[RSVP HERE](#)

If you can't make it, you can also sign up to **CapYear's job board** at jobs.capyear.co to get clinical jobs for pre-health students delivered to their inbox. It's free and easy to create a profile and start applying to clinical positions!

Diversity in Healthcare Task Force (DHT)

Diversity in Healthcare Conference

- Hosted annually each spring semester
 - **Sunday, March 1, 2026**
- **Goal:** To educate pre-health students about healthcare disparities and how to ideate potential solutions
- **Established:** Founded by PSU AED in 2021
- **Unique:** Only school to host this type of student-run conference



Diversity in Healthcare Conference

NEWS

Penn State students host vaccine field day to educate children

by: Leanna Wells

Posted: Oct 21, 2024 / 06:50 AM EDT

Updated: Oct 21, 2024 / 06:50 AM EDT



Penn State Students Host Vaccine Field Day to educate children.

Discussions (AED x MAPS)

- ~3 discussions per semester
- Group presentations on healthcare disparities followed by discussions

Conference

- 2 professional speakers, catered lunch, and a certificate from PSCOM

Solution Phase

- Student groups work with a BRIDGE mentor to prepare a solution proposal
- Groups will present ideas to a panel of professional judges

Implementation Phase

- Winners are awarded \$3,500 to implement their solution in Centre County during the following year

HOSPITAL/CLINIC NAME STATE COLLEGE, PA

DISCHARGE SUMMARY

Patient Name: _____ Provider Name: _____
Initial Date: _____ Discharge Date: _____

OVERVIEW

IMPORTANT RISK FACTORS

MEDICATION

Medication	Time	Purpose	Watch For

HEALTH OUTLOOK

-
-
-
- ☐ I understand my care instructions
- ☐ I have reviewed this information with my provider

WHEN TO CALL YOUR DOCTOR



DHT Executive Team



Eliana Garza
Conference
Director

Manages entire DHT
Team & Sponsors' point
of contact



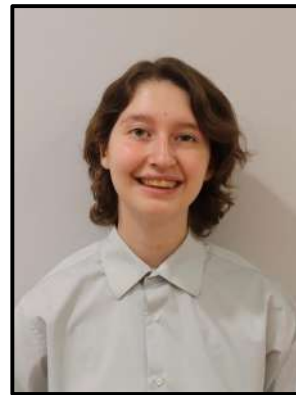
Srita Pulivarthi
Advertising

Participation and
outreach



Alyssa Dass
Curriculum

Researches topics, case
studies, and discussion
points



Mar Escarcega
Logistics

Day-of-Conference
planning



Dara I'anson
Discussions

Coordinates year long
discussion groups
related to conference
theme

Join the DHT Team

Application | [Linked Here](#) | Due by Mon., Sept. 22

Advertising

- Design graphics
- Reach out to professors & other organizations
- Update social media and website

Curriculum

- Develop conference topics/sub-themes
- Find relevant case studies
- Reach out to speakers

Logistics

- Plan day-of-conference details
- Edit pre- and post-conference survey
- Analyze data

Discussions*

- Facilitate discussion sessions
- Build confidence speaking about medical inequities



***Discussion Leader
Applications**

Open: Monday, Sept. 8

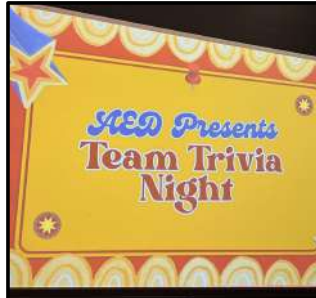
Close: Friday, Oct. 3



Social Activities

Overview

- Game Nights
- Socials
- IM Sports
- Pickleball
- Tailgates
- Formal
- Always open to ideas!



Beginning of Year Social

Meet other members in the club!

Date: Friday, Sept. 12

Time: Start at 9:00 PM

**Scan the QR code to be added to
GroupMe for further info!**



[Link](#)

THON™

25-26 THON Leadership Team



Justin Deekollu
Primary Chair



Logan Eisaman
Alternative
Fundraising Chair



Addison Firestone
Family Relations
Chair



**Isabella
Bautista-Santiago**
Strategic Planning
Chair



Siya Kakadia
Donor and Alumni
Relations Chair

What is THON?

- THON™ is the world's largest student-run philanthropy
- Raised over 17 million dollars last year
- Culminates in a 46-hour dance marathon on February 20-22
- No pediatric cancer patient at Penn State Children's Hospital in Hershey pays a single cent for their treatment



Meet our THON Families

The **CLARA** Shepps Family



Puppy “Emmie”



Fam in DC!

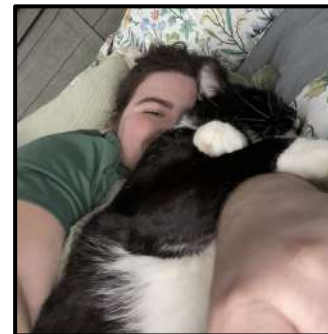
The **MARY** Torres Family



Cat “Dibs”



Crochet MASTER



THON™ Sub-Chairs

- **Looking For:** 3 Sub-Chairs
- **Responsibilities:**
 - Helping out generally with all THON-related tasks
 - Includes managing the social media, communicating with families, planning events, contacting businesses, engaging with alumni, etc.
- **Due:** Please submit the brief application by **GBM 2 (Monday, September 22)**.

Application will open after the GBM!

Make a DonorDrive

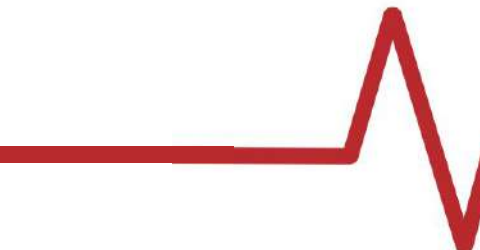


THON Info Session

**D&T: Wednesday,
September 10 | 5-6 PM
Location: Willard 169**

Follow the AED THON Instagram!





Alpha Epsilon Delta

The Pennsylvania State University

Attendance:



Teams:

Code: 6dwzzwj

GroupMe:



GBM #2

Monday, September 22

Appendix

AED Resources Folder

- Long-Term Volunteer Opportunities
- Volunteer Hours Tracker
- Preceptorship Sample Email
- THON Information
- THON DonorDrive 101
- More to be added!



Conversations to Remember: Virtual Opp.

Details: [Conversations to Remember](#) is a nonprofit dedicated towards combating loneliness and isolation felt by senior citizens.

- 2-3 college students matched with older adults for virtual video visits ~1 hour/week for at least 16 weeks to develop meaningful relationships with the seniors.
- Mandatory training is provided to students in the program.
 - Best ways to interact with the older adults & additional regular support.
- Opportunities for additional volunteer hours are possible with other volunteering options such as assisting with social media, call support, outreach, etc.
 - Current volunteering roles are listed [here](#).

Contact: Jasmyn Gordon |
jasmyn.gordon@conversationstoremember.org



Who We Are

[Conversations to Remember](#) is a 501(c)(3) charity whose mission is to combat feelings of isolation and loneliness among senior citizens. We facilitate weekly video calls with senior citizens, including those with dementia, with the goal of creating intergenerational friendships.

How You Can Get Involved

Young adult college students will engage in virtual visits with a senior citizens. These seniors are lonely, and are excited to speak with you. Each video call will have 2-3 student volunteers matched with one senior. The calls will be for one hour, at the same time each week. You will only be matched for a call at a time when you are available. You must commit to continuing in the program for at least 4 months. [Conversations to Remember](#) will provide you with training and support.







email: info@ConversationstoRemember.org
telephone: 862-243-5331