

Alpha Epsilon Delta Information Session

2nd Meeting - 1/30/23

[Scan for attendance!](#)



Apply here:

<https://forms.gle/Q6nx1czmeqCoBwBk8>

**Due Midnight on January 31st!
Positions will be announced the
evening of the 2/1/23!**

**Spring 2023
Sub-Chair Positions!**



SCAN ME

ALPHA EPSILON DELTA ORGANIZATIONAL CHART

EXECUTIVE BOARD (8)

Chapter Advisor:
Dr. Melissa Krajcovic



SUBCHAIRS (29)



Subchair Role Descriptions: Semester Commitments

Mentorship: Develop and execute the peer mentorship program.

Shadowing: Develop connections and administration of the shadowing program.

Alumni: Coordinate logistics and administration of the alumni engagement program.

Speaker: Coordinate and develop connections concerning speaker program.

Service: Develop and execute volunteer programs, placements, and relationships.

Editor: Assist with the website, membership information, and systems maintenance.

Scholarship: Develop and execute resource sharing, information, and innovative access.

Social Media: Coordinate AED social media efforts.

Social Events: Plan and execute AED social events.

Alumni Engagement: Develop and execute alumni mentorship and networking programs.

TREE: Responsible for THON's Recycling and Environmental Effort can collection drop-off.

Alt. Funds: Responsible for alternative fundraising, including organizing events and money collection.

Logistics: Work closely with Shreya regarding organizational details in preparation for THON weekend 2023.

Family Relations: Work closely with Alaina, the Shepps, and Mary to organize events between them and AED members.

Conference: Target opportunities for scaling the conference outputs.

Discussion Leader: Lead taskforce meetings, activities, and events.

AED THON MERCH



Order by MIDNIGHT tonight!

Pick-up @ 3 GBM (February 13th)



Programming Updates

BRIDGE EVENTS THIS SEMESTER!!

BRIDGE is a great partner and resource for our AED members. They offer personalized, relevant, informative, and empathetic advice.



BRIDGE at University Park

Medical Student Mentorship Club for PSU Undergraduates

February 8th, 7:00pm, HHD 350, **Personal Statement Writing Workshop**

March 1st, 7:00 pm, HHD 005, **BRIDGE Resume/CV writing and Interviewing Tips**

March 29th, 7:00 pm, HHD 005, **Mock Case Study Workshop**

April 19th, 7:00 pm, HHD 350, **Med Student Study Tips and Time Management Presentation**

If any changes are made to the locations, I will let you all know! Keep an eye on TEAMS for updates!

BRIDGE EVENTS THIS SEMESTER!!

Personal Statement Workshop



BRIDGE at University Park

Medical Student Mentorship Club for PSU Undergraduates

Scan the QR code and fill out the form if you are interested in attending the workshop on 2/8 at 7:00pm!

AED Mentorship Program

Peer Mentor Application

<https://forms.gle/o6zR7rRaVAtoAEuv8>

Due by: Midnight on 2/1/23



Peer Mentee Application

<https://forms.gle/NmFwuF17WpgQ7n6q6>

Due by: Midnight on 2/1/23



AED Shadowing Program

We are so excited to say that we are having our first shadowing meeting for the semester tonight after the meeting!

We will be going through an introductory presentation on what to expect and what our program has to offer thus far!

If you are interested, please be sure to stay after, it will be a brief, but informative meeting.

For those who cannot stay, be sure to fill out the interest form!



Diversity in Healthcare Task Force

Sign-up to present at DHT Discussion Sessions!

How do the discussion sessions work? How can I get involved?

Step 1: Fill out the sign-up form at the QR code or link sent out in the recap email

Step 2: You will be arranged into small groups based on your topics of interest

Step 3: You will work together to research your specific topic and present your findings at a discussion session

Step 4: Your group will pose guiding discussion questions for attendees to answer

Step 5: You will get to attend other groups' presentations and discuss their topics!



**Scan here to sign-up!
The form will also be
sent out in the recap
email**

Sign-up to present at DHT Discussion Sessions!

Deadline to sign-up is **Tuesday, January 31st**

Groups will be announced at an information session on Thursday, February 2nd at 7pm in Willard 73

- *This is a great opportunity to learn more about diversity in healthcare*
- *Many medical school interviews ask questions related to disparities in healthcare, so this could really help you out!*
- *It's also really important for pre-health students to be aware of this issues because we are the ones who will have a platform to fix them in the future!*

You will earn 2 DHT points for presenting!

Reminder: Distinguished membership requires 2 DHT points!

Presenting at a discussion session: 2 points

Attending a discussion session: 1 point



**Scan here to sign-up!
The form will also be
sent out in the recap
email**

2023 Diversity in Healthcare Conference

- Opportunity to discuss issues and work towards solutions for disparities in healthcare
 - Last year's conference had almost 100 participants!
- Attendees will receive a printed certificate from Penn State Hershey College of Medicine for their participation
 - Best solutions for healthcare disparities receive monetary prize (up to \$1,000!)
- **Registration for University Park students will open Wednesday, February 8th**
 - Keep an eye out for an email from Pre-Health Advising!



Social Stuff

AED Sports

Planning on making **AED IM teams for a few sports**
so if interested please fill out this interest form
below:



Volunteer Opportunities

Food Drive! (YMCA of Centre County's Anti-Hunger Program)

TODAY!

- Accepting ANY canned goods that are...
 - Not expired
 - Completely sealed

Your donations will make a difference, and we will be delivering them to families at the next food drive event!

1 volunteer point for every 2 cans!!

"CANUARY" FOOD DRIVE
SHELF-STABLE CANNED FOOD NEEDED!



We're collecting shelf-stable canned goods to help YMCA of Centre County's Anti-Hunger Program meet the needs of local community members who visit their regularly scheduled food distributions. If you have canned goods you're able to donate, please drop them off at our next GBM!

YMCA of Centre County's Anti-Hunger Program

Dates: February 11th and 25th

Location: Philipsburg, PA

Time: 8-11 AM

- Distributing food to those in need in Centre County!
- Carpooling will be provided!

2/11 Sign-Up: <https://tinyurl.com/y9kctv4r>



Penn State College of Medicine Mobile Health Clinic Volunteering

Dates: 2/14, 2/28, 3/14, 3/28, 4/25, 5/16

Location: Mountaintop Area Medical Center,
Snowshoe, PA

Time: 9 AM - 2 PM

- Helping identify & intervene upon Social Determinants of Health for patients that interact with the clinic

DM Lauren in Teams if you are interested!
(Talk to Dr. McShane tonight, too, because he's in charge of this outreach!)



Blood Drive in the HUB: Monday, 2/6/22

Location: Alumni Hall

Time: 9 AM - 5 PM for volunteering, 10 AM - 4 PM
for donating

- Volunteers: ensure that the event runs smoothly, taking care of donors and assisting blood drive leaders
- Donors: give blood and save lives!

Volunteer Sign-Up Link:

https://docs.google.com/spreadsheets/d/1BtyxXL6qd5ngiDcGARuQPs3JbzJyRazOETHE0SG6_Y/edit#gid=1132302162

Donor Sign-Up: DM Lauren Spadt in Teams. You give me your availability, and I'll schedule you and contact you with your time slot!



Big Brothers, Big Sisters: Long-Term Opportunity

Want to be a part of something **BIG?**

BE A MENTOR!

-with-

Big Brothers Big Sisters of Centre County

BUILD YOUR LEADERSHIP SKILLS

IMPROVE YOUR COMMUNICATION SKILLS

ADVANCE YOUR CAREER

LEARN NEW PERSPECTIVES

GAIN PERSONAL SATISFACTION

Follow us on Instagram!
@bigsofcentrecounty

- Join BBBS to mentor a child from Centre County!
- You and your Little will be personally matched by a professional case manager.
- Fun and rewarding!
- Please contact me (Lauren Spadt) if you are interested (via ljs5863@psu.edu or Teams or after tonight's meeting)!

WE NEED BIGS!

Big Brothers Big Sisters OF CENTRE COUNTY

The Big Brothers Big Sisters program creates & supports one-to-one mentoring relationships that ignite the power and promise of youth.

COMMUNITY-BASED	SITE-BASED
12 MONTH ANNUAL COMMITMENT	ONE SCHOOL YEAR COMMITMENT
ONE HOUR PER WEEK	TWO HOURS PER WEEK
VOLUNTEER (BIG) TAKES MENTEE (LITTLE) OUT TO DO A FREE/LOW COST ACTIVITY IN THE COMMUNITY	VOLUNTEER (BIG) MEETS WITH MENTEE (LITTLE) AT A LOCAL SCHOOL
MATCH IS SUPPORTED BY PROFESSIONALLY TRAINED STAFF	MATCH IS SUPPORTED BY PROFESSIONALLY TRAINED STAFF

FOR MORE INFO, VISIT CCYSB.COM OR SCAN THE QR CODE

Lion's Pantry

The Lion's Pantry is a student food pantry on campus that works to provide necessary food and supplies for those in need and experiencing food insecurity.

If you are interested in volunteering, students are encouraged should check out our **Lion's Pantry Ambassadors** program linked on their website!

<https://thelionspantry.psu.edu/volunteer-opportunities/>

We served: 1,673 visitors 31,355 pounds of food and household supplies

We received: 42,749 individual monetary donations from the #TackleHunger challenge and 4,438 pounds of donations

We educated: Countless stakeholders on college food insecurity through the work of 30 Lion's Pantry Ambassadors



VIPS Tutoring Center

The SCASD offers tutoring to students in grades K-12 provided by local volunteers. The majority of our volunteers are Penn State students from the College of Education, Schreyer Honors College, and various PSU-affiliated clubs and organizations (such as the Engineering Graduate Student Council, Penn State Math Club, IMAC, and various Greek organizations)

The tutoring center is open on Wednesdays and Thursdays from 4:00-6:00 p.m. We schedule one hour sessions during these times.

More information can be found on the website under the volunteers page!
<https://www.scasd.org/VIPS>



THON FUN FACT:

The Four Diamonds originated as a story written by 14-year old Christopher Millard, and in his story they stood for courage, wisdom, honesty, and strength.

Read the story that Chris wrote [here](#).

THON Updates

Countdown:
19 Days!

THON Dancers 2023!



Shreya Gulati
253A



Alaina Shaffer
253B



Maddy Edwards
167B

What happens during THON Weekend?

- Dancers stand
- Line Dance
- Stage acts and speakers
- Kids fashion and talent show
- Kids, Teen, and Dancer mail
- Athlete hour and pep rally
- Final four
- Total reveal

For more information on what each of these events mean, please read this document:

https://docs.google.com/document/d/1dqY0whNT0PBaXXdx7fMBrvlSrS2BKWbzhjplBNB_nbY/edit?usp=sharing

Dancer Mail!!

- Such a great way to show support for those who are dancing!
 - Dropoff: In-person 324 HUB 10am-4pm until 2/8/23
 - Mail: postmarked before 2/8/23

Penn State Dance Marathon (Mail Call)

ATTN: Dancer Name & Number

227D Hetzel Union Building

University Park, PA 16802

What should I bring to THON?

- A clear bag and empty fanny pack
- Games
 - Heads Up, Guess Who, etc.
- Hygienic items
 - Deodorant, mints, face wipes, etc.
- Empty, reusable water bottle
- Portable phone charger
 - Remember you cannot plug your phone into the outlets in the BJC
- A change of shoes and socks (lots of socks)
- Tennis balls



What should I NOT do at THON?

Remember that this is a weekend **for the kids!** Everything you do and say should be FT oK (suitable for children)

- Do not discuss anything inappropriate (being drunk, having sex, etc.)
- Try to refrain from discussing the time, sleeping, showering, etc.
 - Some people have to be on long shifts for committees and are unable to do some of these things!

I know that standing for long periods of time and not sleeping is uncomfortable at times, but remember why we are there!

Entrance Plan



- Come to the BJC with AED so you can be there at the start of THON and see the dancers stand
- You get 1 Activity Point for doing entrance plan
 - For each hour you are at THON, you get 1 THON Point
- This will give you access to the BJC the entire weekend (with a wristband)
- Anywhere between 3pm and 6pm on Friday, 2/17
 - We do not know the exact time yet!

Disclaimer: Please do not fill out the form if you will not be able to make it. If you sign up, we expect you to be there! We could get penalized as an organization if you do not show up!):

<https://forms.gle/QjFKhjJJik98eVtY6>

Valentine's Roses Benefitting THON

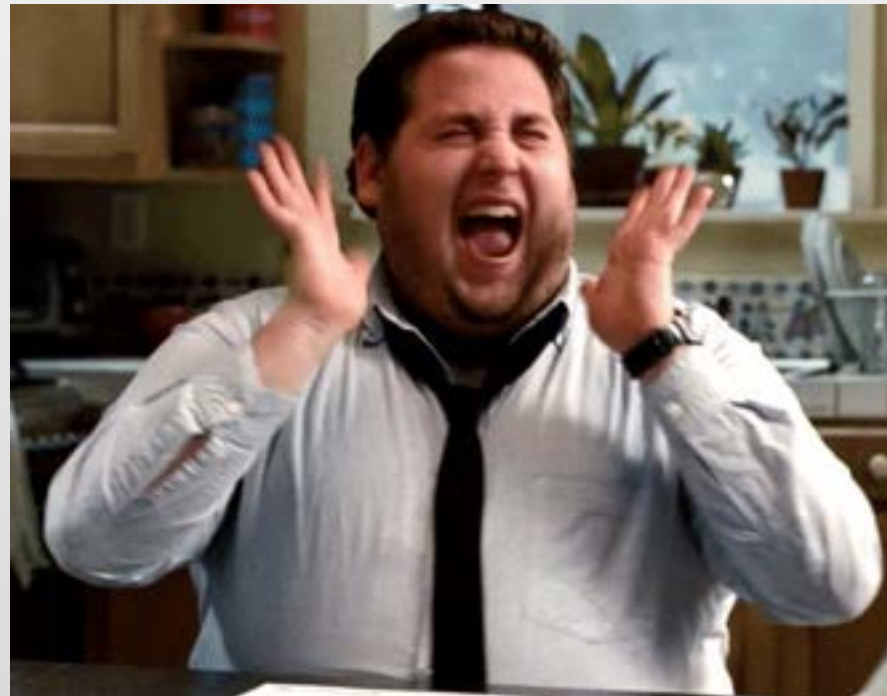
- When/Where: 2/13 GBM, HHD 350 7:30pm!
- What: Roses for sale \$3 cash each!
 - 1 THON point per rose
 - Max of 5 roses
 - 2 pts for 5 roses!



BINGO SUCCESS!!!

THANK YOU, THANK YOU, THANK YOU!!!!!!

WE RAISED \$2,200!!



Family Updates

The Shepps

- Clara's birthday is Feb 11th and she'll be 11 years old!
 - Please make a card!... supplies provided :)
- They will be with us Friday through Sunday morning at THON!!!
- Going to try to plan a virtual event with them around Clara's birthday so be on the lookout for updates!

The Torres

- Mary will be attending THON virtually now.
- We will still make it very special for her!
- Her snapchat is mary_torres0207 feel free to add her, introduce yourself!

1. UPenn Perelman School of Medicine:
A Day in the Life
2. Penn State College of Medicine Info
Session
3. Volunteering at VIPS Tutoring

Appendix Section

Speaker!



Dr. Michael McShane, M.D.

Internal Medicine, Penn State Health
Assistant Professor of Medicine/Assistant Director of
Core Clinical Medicine, Penn State College of Medicine
AED Alum!

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Appendix

UPenn Perleman School of Medicine: A Day in the Life

“We are excited to announce that we are returning to our original in-person program for *A Day in the Life* on **Saturday, February 25, 2023!** The **registration link goes live** on our event page on **January 16th** and will stay open until the event reaches maximum capacity. Due to the highly anticipated nature of the event, we recommend that students register ASAP, and cancel their confirmation if they are unable to attend. After reaching capacity, new registrants will be added to a waitlist and contacted in the event that a slot becomes available.”

<https://my.med.upenn.edu/apps/admissions-tools/day-in-life/prospects/new>

Penn State College of Medicine Information Session - Feb. 2, 6-7 pm

Dr. Bernadatte Gilbert, Associate Dean for Admissions and Financial Aid at Penn State College of Medicine in Hershey will share information on:

- Admissions
- 3-Year MD Accelerated Programs
- Early Assurance Programs
 - Through Eberly College of Science
 - Through Schreyer Honors College
- PSU Medical School Curriculum
 - Hershey
 - University Park

Date: Thursday, Feb. 2

Time: 6:00 - 7:00 pm

Location: 201 Thomas

VIPS Tutoring Center

Program Information

What are my volunteer options?

Our biggest need for volunteers is for our V.I.P.S Tutoring Center. We are currently looking for motivated and dedicated individuals to help at our tutoring center. This is a perfect way to fulfill service-hour requirements or to become active in the community. Additional volunteer opportunities can be found at the bottom of this page.

Where is the Tutoring Center located?

The VIPS Tutoring Center will be held at the State College Area High School cafeteria. The high school is located less than two miles from campus, off of Westerly Parkway. It is accessible by bus (we provide tokens, if you do not have a bus pass), car, foot, and bike.

Address for GPS: 650 Westerly Parkway State College Pa 16801

How do I get to the Tutoring Center?

By car: From Penn State head south/east on Atherton Street. Turn right onto Westerly Parkway. The High School will be on the left hand side of the road, after the Weis shopping plaza.

By bus: Take the "R" or "RC" bus.

What are the hours?

The Tutoring Center is open every Wednesday and Thursday from 4:00 to 6:00 p.m., except on in-service days and school closures. We ask that tutors commit to a minimum weekly, one-hour session for the school year. We are not open during any Penn State breaks or finals weeks.

What makes a good tutor?

We look for individuals who are knowledgeable, dependable, and enthusiastic. They must also have excellent communication and listening skills, in addition to being patient, kind, encouraging, well prepared, and most of all, friendly. Ideally, tutors not only instruct our students, but foster a friendship with their tutee as well.

Our students need your assistance in the following subject areas:

Math: Elementary Math, Algebra I, Algebra II, Geometry, Pre-Calculus, Calculus, and Trigonometry

Science: Elementary Science/General Science, Earth Science, Biology, Chemistry, and Physics

History: World History, U.S. History, European History (AP Topics), Economics, Psychology, Sociology, historical/analytical writing, DBQ Writing

English/Literature: All grade levels

World Languages: Spanish, German, French, Latin

English As a Second Language (ESL/TESOL)

Elementary Studies: Reading, Writing, Math, and Science

More information: <https://www.scasd.org/Page/23125>