



# Alpha Epsilon Delta

The Pennsylvania State University

## GBM #2

**Monday, February 09**

**Membership**

# Membership Status

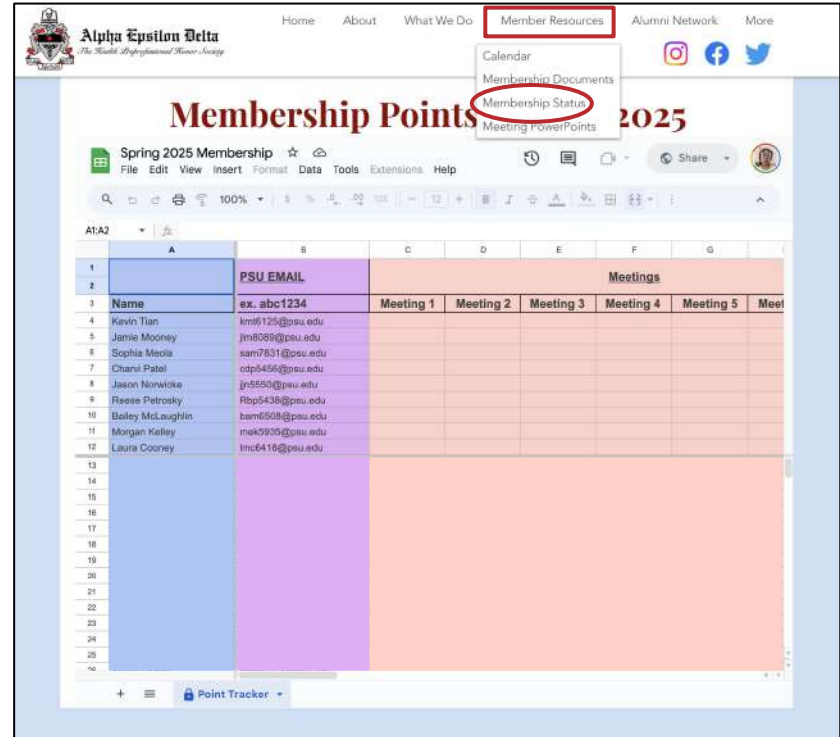
**AED Email:**

[psuaedsecretary@gmail.com](mailto:psuaedsecretary@gmail.com)

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

**Website:** [aedpsu.com](http://aedpsu.com)

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



The screenshot shows the Alpha Epsilon Delta website with a navigation menu. The 'Member Resources' link is highlighted with a red box, and a dropdown menu is open, with 'Membership Status' circled in red. Below the navigation is a spreadsheet titled 'Spring 2025 Membership' with columns for Name, PSU EMAIL, and Meetings (Meeting 1 through Meeting 5). The spreadsheet data is as follows:

Name	PSU EMAIL	Meeting 1	Meeting 2	Meeting 3	Meeting 4	Meeting 5	Meel
Kevin Tian	km6125@psu.edu						
Jame Mooney	jm8098@psu.edu						
Sophia Meira	sam7831@psu.edu						
Charvi Patel	cdp6456@psu.edu						
Jason Norwick	jn5550@psu.edu						
Reese Petrosky	Rbp5438@psu.edu						
Bailey McLaughlin	bam6508@psu.edu						
Morgan Kelley	muk9305@psu.edu						
Laura Cooney	lmc6418@psu.edu						

# Office Hours

**AED Office: HUB 207**

**If the door is closed, message Exec to be let in!**

**Kevin Tian (President): Mondays | 10-11 AM**

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

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

# Anonymous AED Feedback



[LINK](#)

# Appendix Section

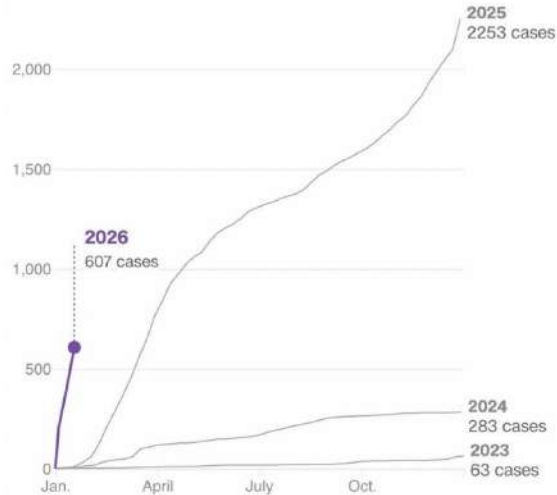
Check out additional resources, opportunities, and more in our **“Appendix”** section at the end of this PowerPoint!

# Public Health Update

# Measles Outbreak

## Cumulative US measles cases

As of January 29, there have been more cases than there were by the same week last year.



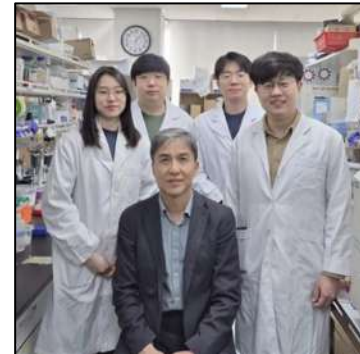
Note: Data updated on January 29, 2026, at 3 p.m. ET.

Source: Centers for Disease Control and Prevention; Johns Hopkins University, Center for Outbreak Response Innovation

Graphic: Alex Leeds Matthews and Matt Stiles, CNN

# Cool Medical Breakthroughs

1. Mexican scientist Dr. Eva Ramón Gallegos successfully eliminated HPV in controlled [clinical study](#) involving 29 women
2. Spanish research team led by Dr. Mariano Barbacid cured pancreatic cancer in mice, [read more here](#).
3. Japanese scientists use stem cells to restore movement in paralyzed patients. [Article 1](#). [Article 2](#).
4. Korean scientists have reversed colon cancer, [read more about the study here](#). Extra [resource](#).



**President | Kevin Tian**

**Programming**

Devika Bhavsar

Tulsi Patel

Emma Tesler

**VP | Jamie Mooney**

**Speakers**

Alyssa Ching

**Service**

Ashly Peltroche

Nevaeh Sickles

Trace Livelsberger

**Secretary | Sophia Meola**

**Editor**

Angelina Sacchetti

**Treasurer | Sarah Vinson**

**Scholarship**

Levi Wilfong

**Discussion | Dara l'Anson**

**DHT Discussion Leader**

Rufaida Rahman

Danae Wafula

**PR | Jason Norwicke**

**Social Media**

Akene Moutchia

**Social Events**

Jimmy Gurgone

**Alumni Engagement**

Louise Olszewski

**Thank you to**  
**everyone who**  
**applied!**

**Spring 2026 Sub-Chairs**

Service

# Red Cross Blood Drive | 02.18.26

1. **Date:** Wednesday, February 18
2. **Time:** 10 AM-4 PM
3. **Location:** Heritage Hall (HUB)
4. **Details:**
  - a. Sign up on [Google Sheet](#) (or scan QR code)
    - i. **Volunteer** → 1 service point per hour
    - ii. **Whole Blood Donor** → 3 service points
    - iii. **Power Red Donor** → 4 service points
  - b. Donor eligibility requirements [linked here](#)

**Mention AED when you sign in!**



**Anyone who donates from  
Jan. 26-Feb. 28, 2026 will  
receive a \$20 e-gift card!!**

# PSCOMxYMCA: Fighting Food Insecurity

## Long-Term Service Opportunity

1. **D&T:** Tuesdays | 7:30-10 PM
2. **Location:** Rear Wagner Bldg. (CrossFit)
3. **Details:** AED, PSCOM, the YMCA Anti-Hunger Program, and others are partnering to address **local food insecurity!**

**2 Service Points** | Send proof of attendance to **Jamie Mooney** ([jlm8089@psu.edu](mailto:jlm8089@psu.edu)).



[SignUp Genius](#)

# PSCOMxYMCA: “Pack the Truck” | 02.15.26

## “Pack the Truck” Event

1. **Date:** Sunday, February 15
2. **Time:** 12-5 PM
3. **Location:** State College Sam’s Club
4. **Details:**
  - a. Help collect donations from individuals shopping at Sam’s Club!
    - i. All donations will be used for the Veterans MilitaryShare Program to give back to veterans & their families
  - b. Sign up [here](#) or scan the QR code  
Attendance will be worth **4 service points!**



# LionCare 2026 Applications Open

## Clinical Service Opportunity

1. **D&T:** Saturdays | 9 AM - 1 PM
2. **Location:** LionCare Clinic | Tyrone, PA
3. **Due:** 11:59 PM on Friday, February 13

For questions, reach out to Kevin  
([kmt6125@psu.edu](mailto:kmt6125@psu.edu))!

**5 Service Points**



[LINK](#)

# Healthworks Peer Educator

**HealthWorks:** Student peer education and outreach program that promotes health at University Park

- 1. 3-Credit BBH Course: Peer Educator Training**
  - Students are hired for a paid on-campus job in the following semesters
- 2. Activities:** Conduct wellness services for students, present educational workshops, and staff outreach tables and events
- 3. Why Join:** Great opportunity for freshmen and sophomores to get involved, build resumes, and gain leadership and public speaking skills

**1 Service Point Per Hour**



Our events and programs are open to all students regardless of race, gender, sexual orientation, race, or any other protected class. Student Affairs is committed to building a community of belonging for all.

**PASSIONATE ABOUT Health & Wellness?**

Apply to become a healthworks Peer Educator!

**Apply now!**

- Conduct educational workshops
- Provide one-on-one wellness services
- Empower students
- Build leadership skills
- Academic credit and paid opportunities

For more information, scan the QR code or visit [bit.ly/HealthWorksPSU](http://bit.ly/HealthWorksPSU)

PennState Student Affairs | Health Promotion & Wellness

This publication is available for alternative media on request. Penn State is an equal opportunity employer and committed to promoting employment opportunities for all qualified applicants with out regard to race, religion, age, sex, sexual orientation, or any other protected class. 800-422-2525

# PAW Pals: Service & Outreach | April 2026

## Long-Term Service Opportunity

- **Details:** Conduct science demonstrations and discussions for local elementary students
  - Ran by **PAW+: Physics & Astronomy for Women+**
- **Interested:** Reach out to Penelope Hudock at [pwh5216@psu.edu](mailto:pwh5216@psu.edu) !

**1 Service Point Per Hour**

**PAW PALS IS BACK!!**  
AND we're looking for new volunteers!!!



- At least one hour of community service per month!
  - Transportation is provided!
- Flexible service shifts based on your availability!
  - An opportunity to give back to your community and teach the next generation of scientists!



If interested or want to get more information, scan the QR code attached or send us a message!

Professional Development

# Pre-Health Screening: *The Calling* | Feb. 10

Pre-Health Advising is showing a screening of ***The Calling: A Medical School Journey***. Join for an engaging look a PBS documentary detailing the process of medical school.

**Freeman Auditorium (HUB)**  
**Tuesday, Feb. 10**  
**6 PM**

**1 Activity Point**



"WHEREVER THE ART OF MEDICINE IS LOVED, THERE IS ALSO A LOVE OF HUMANITY."  
-HIPPOCRATES

**THE CALLING**  
A MEDICAL SCHOOL JOURNEY

OSIMBIKI | OSIMBIKI  
CREATES | CREATIF

Canada <sup>1+</sup> | cineflix | hmi | Tangled Bank  
Studios

**JOIN US FOR A SCREENING OF**

**THE CALLING**  
A Medical School Journey

**FREEMAN AUDITORIUM-  
HUB-Robeson Center**

**Tuesday, February 10**

**6:00 p.m.**

**All are invited**

# Summer Research Faculty Panel | Feb. 11

Join this panel to hear from faculty about how to get involved in research. Bring your questions, gain insider advice, and leave with practical tips to help you take the next step toward a summer research experience. [Register Here.](#)

**Date:** Wednesday, Feb. 11

**Time:** 4 PM

**Via Zoom**

**1 Activity Point**



# R-VOICE Ambassador

The R-VOICE Ambassador Series aligns with Penn State's commitment to student success and to fostering campus environments that prioritize safety, well-being, and respect. These professional development workshops are designed for faculty and staff who want practical guidance on how to respond when they are concerned about a student's well-being.

Upcoming sessions are below. If you are interested in scheduling a session just for your staff or department, please reach out to Yvette Willson directly.

1. **Level 1: Foundations**
  - a. **Thursday, February 19**
    - i. 2:00 – 4:00 p.m. • Zoom  
[psu.zoom.us/j/91314303330?from=addon](https://psu.zoom.us/j/91314303330?from=addon)
  - b. **Thursday, February 26**
    - i. 9:00 – 11:00 a.m. • 232B HUB
2. **Level 2: A Trauma Informed Approach to Supporting Students: Understanding the Neurobiology and Impact of Trauma**
  - a. **Thursday, March 26, 2026**
    - i. 9:00 – 11:00 a.m., 232B HUB
  - b. **Pre-Requisite Required: Must attend Level 1 first!**

Our events and programs are open to all students regardless of sex, gender, sexual orientation, race, or any other protected class. Student Affairs is committed to building a community of belonging for all.

Relationship Violence Outreach, Intervention, and Community Education Center

## AMBASSADOR TRAININGS

**Level 1 – Foundations**

- Become a R-VOICE Ambassador! Learn how to help a student get connected with critical resources
- Let them know you care, and demonstrate the Penn State values

**Level 2 – A Trauma Informed Approach to Supporting Students: Understanding the Neurobiology and Impact of Trauma**

- Participants will learn what trauma is and grasp the basic fundamentals of its neurobiology
- Recognize and realize the signs and symptoms of trauma, understanding how a trauma response manifests
- Participants will gain a deeper understanding of the impact of trauma from interpersonal violence, such as sexual assault and dating violence, on college students
- Participants will learn appropriate responses to support students who have experienced interpersonal violence and how to avoid retraumatization

SCAN ME!  Ambassador Training Registration Spring 26

### UPCOMING TRAININGS

LEVEL 1	LEVEL 2 (PRE-REQUISITE LEVEL 1)
<b>Friday, January 23</b> 9:00 – 11:00 a.m. • 232B HUB	<b>Thursday, March 26</b> 9:00 – 11:00 a.m. • 232B HUB
<b>Thursday, February 19</b> 2:00 – 4:00 p.m. • Zoom ( <a href="https://psu.zoom.us/j/91314303330?from=addon">psu.zoom.us/j/91314303330?from=addon</a> )	
<b>Thursday, February 26</b> 9:00 – 11:00 a.m. • 232B HUB	

 Relationship Violence Outreach, Intervention, and Community Education Center

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# Service & Leadership Awards | 12 PM Feb. 23

## 2026 Student Service & Leadership Awards

The Service and Leadership Awards honor students and student organizations that demonstrate exceptional commitment to community engagement, leadership, and service. Awards include the Charles and Sharon Bell Scholarship for **Citizenship and Leadership**, the Laurel Award for **Outstanding Service**, and the **Partisan Award**. Each award has specific criteria, including leadership in student organizations, community service, and advocacy efforts.

For any questions, please email  
[serviceleadership@psu.edu](mailto:serviceleadership@psu.edu).



[Nomination Form](#)  
[Recommender Form](#)

**Due: 12 PM on Monday, Feb. 23**

# UPenn MD/PhD Info Session | Feb. 25

## University of Pennsylvania MD-PhD Info Session

**Date:** Wednesday, Feb. 25th

**Time:** 4:00 to 5:15 PM

**Details:** The session will be hosted by Dr. Skip Brass and a panel of current MSTP students from UPenn. They will discuss UPenn's MSTP program, but this is a general info session in which you can ask anything - including why they should become a physician-scientist.

**RSVP Here:** [LINK](#)

**1 Activity Point**



# Health Professions Expo | March 23-24

## 2026 Health Professions Expo

**March 23 | 5-8PM**

Information Sessions and  
Workshops from Sponsors

**March 24 | 10AM-2PM**

Health Professions Fair

**1 Activity Point Per Event**

## Tuesday, March 24th

Alumni Hall, HUB-Robeson Center | 10 a.m. - 2 p.m.

Come meet representatives and professional organizations from health professional schools and organizations across the region and find more confidence in your future school list.



**Programs  
& Schools  
Attending**



Information Sessions to be held the evening of March 23.



### First- and Second-Year Students:

Plan to use this event to explore all the possible opportunities in the health professions. Use our [foundations guide](#) to help you prepare for before, during, and after the Health Professions Expo.



### Juniors, Seniors, and Upcoming Applicants:

Plan to use this event to learn more about schools in your desired profession. Use our [upcoming applicants guide](#) to help you prepare for before, during, and after the Health Professions Expo.



Prehealth  
Advising



814-865-7620



prehealthadvising@psu.edu

# AED General Merch

**Thank you to everyone who ordered merch!**

Stop by after the meeting if you ordered merch and if you're unsure if you did, let me know and I can check.

Merch will also be distributed during **Office Hours (HUB 207)** as well as the next two GBM's this semester. If these times don't work for you, reach out to **Sarah Vinson (Treasurer)** on GroupMe or via email:

**[srv5241@psu.edu](mailto:srv5241@psu.edu)**

A few extras were ordered, so let me know if you are still interested, and we can work out the logistics!

# Spring 2026 Financial Literacy Webinars

Free webinars offered every other  
Tuesday at 12 PM on Zoom!

Participants can join live from any device or  
view past recordings on the [Financial and  
Life Skills Center's YouTube](#).

Check out [Sokolov-Miller Family Financial  
and Life Skills Center](#) for more information.

Questions? [finlit@psu.edu](mailto:finlit@psu.edu)

 PennState Student Affairs

 Sokolov-Miller Family Financial and Life Skills Center

## 2026 SPRING WEBINARS

**CONSIDERING HOME OWNERSHIP**  
**JANUARY 6**  
Explore the real costs, responsibilities, and financing options of buying a home so you can decide whether homeownership is the right step for you.

**ALL ABOUT TAXES**  
**JANUARY 20**  
Learn the essentials of how taxes work, what forms you'll need, and what updates to expect this year so you can file with confidence and less stress.

**BUILDING A BETTER BUDGET**  
**FEBRUARY 3**  
Discover how to build a realistic, sustainable budget that fits your lifestyle and helps you stay on track with your financial goals.

**SAVING AND INVESTING**  
**FEBRUARY 17**  
Gain a clear understanding of saving, investing, risk, and long-term planning so you can make choices that help your money grow over time.

**FINANCIAL DECLUTTERING**  
**MARCH 3**  
Identify sources of financial clutter and learn simple ways to streamline accounts, documents, and spending systems to reduce stress and stay organized.

**STUDENT LOANS**  
**MARCH 17**  
Get a full overview of borrowing, repayment, loan types, and forgiveness programs to navigate the student loan process with clarity.

**MONEY AND RELATIONSHIPS**  
**MARCH 31**  
Examine how different money personalities influence communication and learn strategies for managing shared finances with partners, friends, or family.

**AFTER GRADUATION**  
**APRIL 14**  
Prepare for life after Penn State by learning key financial skills like budgeting, negotiating a starting salary, and planning for future goals.

**ENVIRONMENTAL STEWARDSHIP**  
**APRIL 28**  
Explore how your financial choices impact the environment and discover simple ways to save money while supporting sustainability.

**CREDIT SCORES AND REPORTS**  
**MAY 12**  
Understand what affects your credit score, how to read your credit report, and steps you can take to strengthen your financial reputation.



**REGISTER NOW • OPEN TO ALL**  
Visit [financialliteracy.psu.edu](https://financialliteracy.psu.edu) to find events and register. All workshops are held at noon.

 PNC BANK

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Penn State is an equal opportunity employer and is committed to providing employment opportunities to all qualified applicants without regard to race, color, religion, age, sex, sexual orientation, gender identity, national origin, disability or protected veteran status. Penn State encourages qualified persons with disabilities to participate in its programs and activities. USD: 03-23-2024

# Pre-Health Advising Workshop | Feb. 17

## **School Choice: Navigating Your Options**

Pre-Health Advising will walk you through the process of choosing which professional programs to apply

**Date:** Tuesday, February 17th

**Time:** 4-5 PM

**Via Zoom:** [LINK](#)

**NOTE:** Intended for students who are applying in an upcoming cycle.

## **School Directories**

- Medical School (15-20)
  - [Allopathic](#)
  - [Osteopathic](#)
- [Dental Schools](#) (10-15)
- [Optometry Schools](#) (5-7)
- [Podiatry Schools](#) (11)
- [PA Schools](#) (8-12)

# Diversity in Healthcare Task Force (DHT)

# Diversity in Healthcare Conference

## Registration Open

**Date:** Sunday, March 1

**Time:** 11-5pm

**Location:** Heritage Hall (HUB)

[\*\*DHT Conference Website\*\*](#)



More Info: 

**DIVERSITY IN HEALTHCARE CONFERENCE**  
PREVENTATIVE CARE

Earn a Certificate from 

 MARCH 1ST, 2026  11AM - 5PM  HERITAGE HALL

CONNECTION TO CARE  
MANAGING ILLNESS  
HEALTH EDUCATION

DISCUSSION  
CONFERENCE  
SOLUTION  
IMPLEMENTATION

Our mission is to address healthcare disparities, champion equity, and inspire actionable solutions that create lasting change in communities.

 @DHTCONFERENCE!

THON™

# THON Weekend Stands Sign-ups

1 point per hour between 8 AM - 11 PM  
3 points per hour between 11 PM - 8 AM



[LINK](#)

# Matching Day | Wednesday, Feb. 11

Starting at 8 AM on Wednesday, Feb. 11, every 3rd donation up to \$100 will be matched!

Push DonorDrives out to family members, friends, and social media!

Social media graphic for matching day incoming!

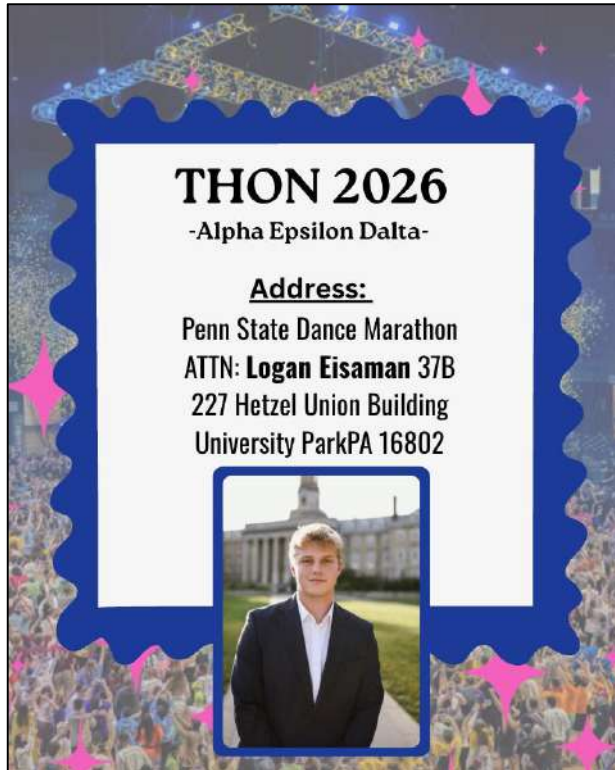
# Bingo Board Social Media Post

Next **Monday, Feb. 16**, post this bingo board graphic on your social media, or send it out to family and friends!

Send a screenshot of it being posted to social media or of it being sent to family and receive **1 THON point!**




# Dancer Mail

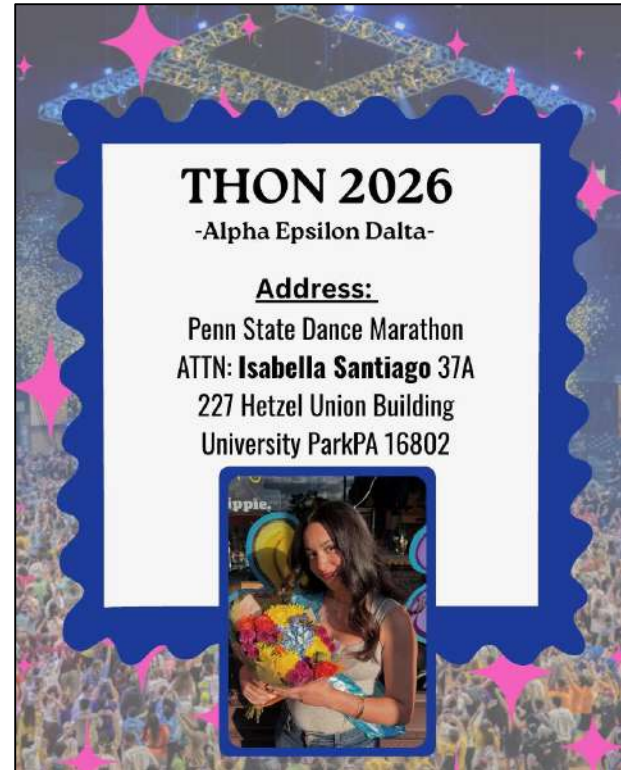


**THON 2026**  
-Alpha Epsilon Delta-

Address:  
Penn State Dance Marathon  
ATTN: **Logan Eisaman 37B**  
227 Hetzel Union Building  
University Park PA 16802




A vertical rectangular card with a blue scalloped border. The background features a night view of a large, illuminated diamond-shaped structure with blue lights and pink stars. The card contains text and a small portrait of a young man in a dark suit.



**THON 2026**  
-Alpha Epsilon Delta-

Address:  
Penn State Dance Marathon  
ATTN: **Isabella Santiago 37A**  
227 Hetzel Union Building  
University Park PA 16802



A vertical rectangular card with a blue scalloped border. The background features a night view of a large, illuminated diamond-shaped structure with blue lights and pink stars. The card contains text and a small portrait of a young woman holding a bouquet of colorful flowers.

# Dancer Mail

If you are unable to meet the deadline, you can give mail to Siya Kakadia on **Thursday, February 19th**.

You can also text or email Justin ([jjd6465@psu.edu](mailto:jjd6465@psu.edu)) or Siya ([srk5868@psu.edu](mailto:srk5868@psu.edu)) with things you want to send the dancers!

# THON Weekend Tips and Tricks

1. Bring extra socks and change your shoes
2. Bring a portable battery, fidget toys, tennis balls, fanny pack, deodorant, empty water bottle
3. If you wanna stay for Final Four, arrive at the BJC by 8 AM at the LATEST
4. For big events, arrive EARLY (such as National Act on Friday night, DJ Yemi on Saturday)
5. Wear layers
6. Don't come with wet hair OR wear pajamas.
7. Put your feet up to rest them when you're at home
8. NO VAPES, ALCOHOL, SMOKING DEVICES, etc.
9. Keep all conversations FTK
10. Enter through Gate A
11. We will make a GroupMe for updates!
12. DO NOT BRING FOOD OR DRINK
13. Clear bags ONLY, drawstring bags are NOT allowed
14. **Make sure to have a positive mental mindset!**

# THON Retreat | Wednesday, Feb. 11

1. **Date:** Wednesday, February 11th
2. **Time:** 7 PM
3. **Location:** Isabella's Apartment
4. **Details:** We will do fun bonding activities and other activities to get us prepped for THON Weekend!
  - a. We are also decorating our THON Weekend letters at this event.

**1 THON Point and 1 FR Point**

# Make a DonorDrive



[LINK](#)

**Social Activities**

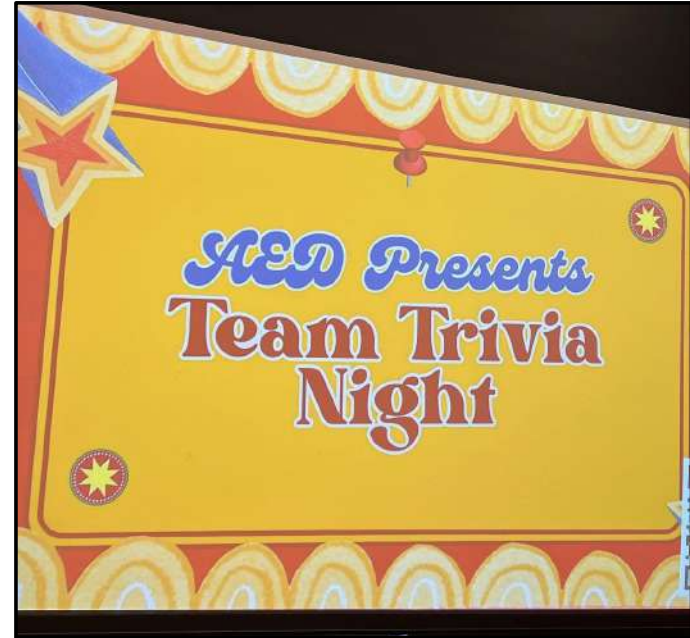
# AED Presents: Trivia Night!

**Date:** Thursday, February 12

**Time:** 6:00pm - 7:00pm

**Where:** Chambers Bldg 105

Come for a night of trivia and  
a chance at some prizes!



# AED x Schreyer StuCo Spring Formal

**Date:** Friday, April 10

**Time:** 6:30-8:30pm

**Where:** The Basement Nightspot

Ticket sales will begin in March!

More details soon...



**Thank You!**



# Alpha Epsilon Delta

The Pennsylvania State University

**Teams:**

Code: 6dwzzwj



**GroupMe:**



# GBM

# #3

**Monday, February 23**

# Appendix

25-26 Leadership

# 25-26 Executive Board



**President**  
Kevin Tian  
[kmt6125@psu.edu](mailto:kmt6125@psu.edu)



**Vice President**  
Jamie Mooney  
[jlm8089@psu.edu](mailto:jlm8089@psu.edu)



**Secretary**  
Sophia Meola  
[psuaedsecretary@gmail.com](mailto:psuaedsecretary@gmail.com)



**Treasurer**  
Sarah Vinson  
[srv5241@psu.edu](mailto:srv5241@psu.edu)



**Public Relations**  
Jason Norwicke  
[jjn5550@psu.edu](mailto:jjn5550@psu.edu)



**THON Primary Chair**  
Justin Deekollu  
[jjd6465@psu.edu](mailto:jjd6465@psu.edu)

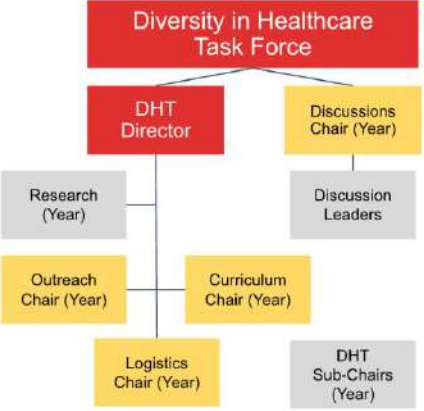
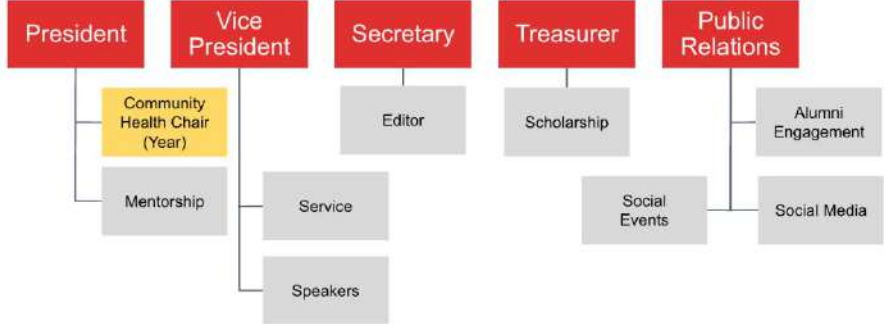


**DHT Director**  
Eliana Garza  
[egg5192@psu.edu](mailto:egg5192@psu.edu)

# Executive Board Positions

## 25-26 AED Leadership Structure

Faculty Advisor:  
Dr. Krajcovic



Election	Application	
Executive Director	Executive Chair	Sub-Chair



# Executive Board Requirements | Spring 2026

## Eligibility Requirements

1. **Undergraduate Education:** Must have completed at least 3 semesters of undergraduate education
2. **Distinguished Membership:** Must have received at least 2 semesters of Distinguished Membership
3. **National Induction:** Must be nationally inducted or on track for national induction

## Additional Requirements

4. Must attend info session/meet with a current executive member
5. Must deliver a 1-3 minute election speech

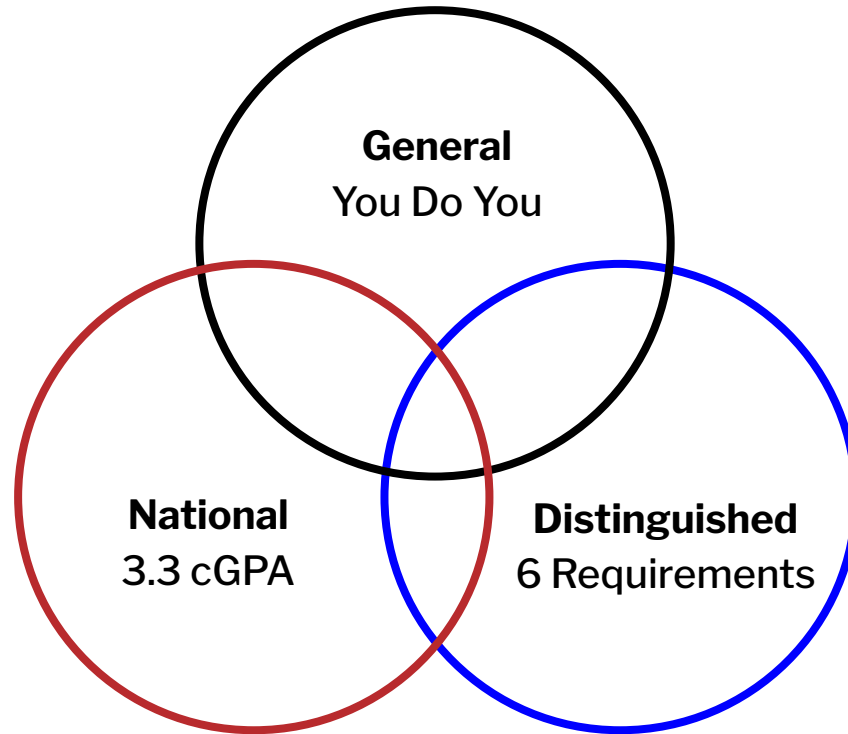
**Membership**

# 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

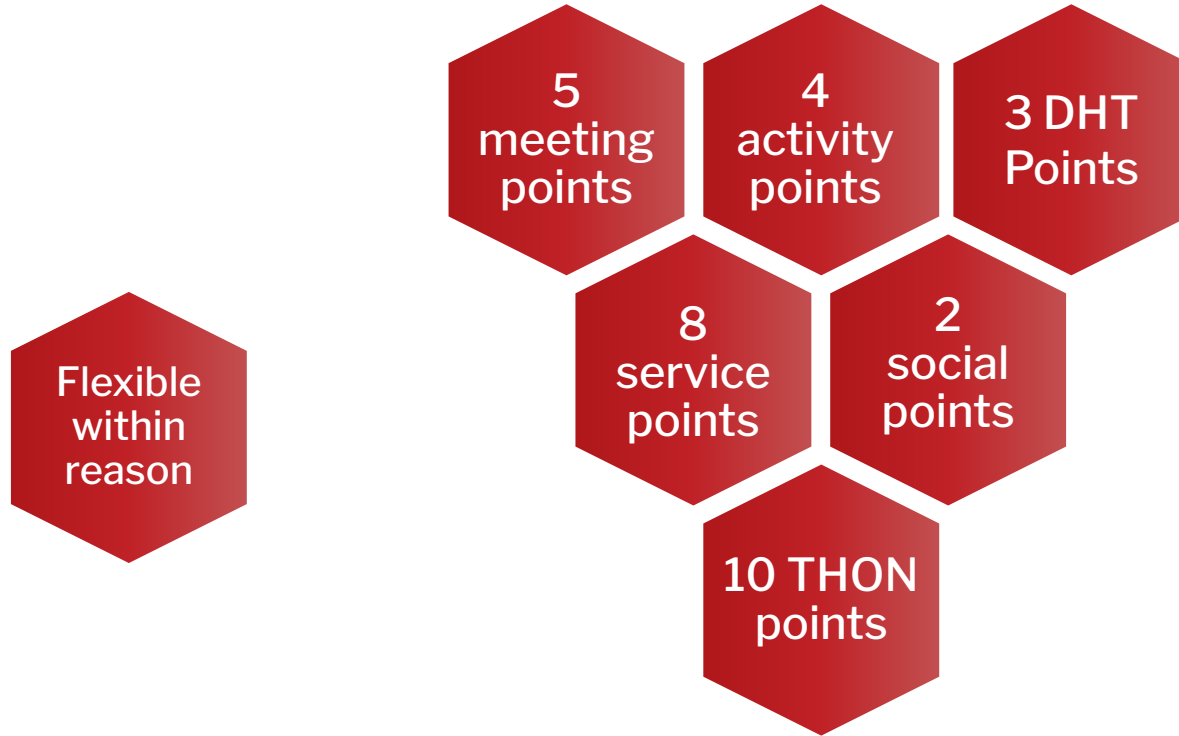
### General Membership

- Highly flexible
- Utilize any resources shared

### Distinguished

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

# Distinguished Membership Requirements



# AED Communications

## **AED ListServ**

1. **For:** GBM recaps, external resources, etc.

## **\*Teams → Most Important**

1. **For:** GBM reminders, workshop announcements, service opportunities, member resources, etc.

## **GroupMe**

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

# Long-Term Service Opportunities

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



[Long-Term Service Opps Sheet](#)

Resources

# AED Resources Folder

- 1.** Long-Term Volunteer Opportunities
- 2.** Volunteer Hours Tracker
- 3.** Preceptorship Sample Email
- 4.** THON Information
- 5.** THON DonorDrive 101
- 6.** More to be added!



# Pre-Health Funding Support

## Apply for Pre-Health Funding

### Pre-Health has helped cover:

- MCAT, DAT, or GRE Prep
- MCAT, DAT, or GRE Registration Fees
- Primary Application Fees
- Secondary Application Fees
- Transcript Fees
- Interview Travel
- Interview Attire

### Details

1. Use by July 31, 2026
2. Receive up to \$500



[LINK](#)

# BIOL and First-Gen Scholarships

## Scholarships and Research Grants for Biology Majors



## Scholarships for First Generation Students



A lot of deadlines are towards the beginning of 2026!

# ECoS Undergraduate Travel Awards

## Eberly College of Science Undergraduate Travel Awards

If you need assistance covering travel costs for research presentations at a regional, national, or international conferences, then fill out the form!

This is a great opportunity if you are currently working in a research lab on campus and plan on attending a conference!



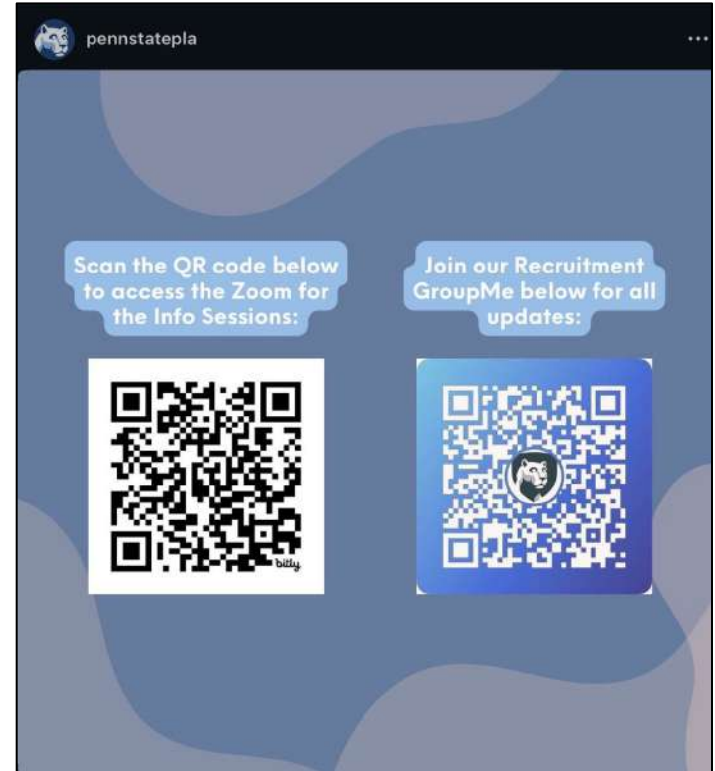
[LINK](#)

# Presidential Leadership Academy

## Leadership Opportunity for 1st-Years

Consider applying to the Presidential Leadership Academy! It's a great opportunity to **meet and gain valuable experiences** from a diverse group of Penn State alumna with different majors, interests, and perspectives.

Want to learn more? Join the



Service

# Big Brothers Big Sisters

**Zack Maser**

(he/him)

Big Brothers Big Sisters Case Manager

**Contact:**

[zmaser@ccysb.com](mailto: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)

# Conversations to Remember: Virtual Opp.

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

1. 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.
2. Mandatory training is provided to students in the program.
  - a. Best ways to interact with the older adults & additional regular support.
3. Opportunities for additional volunteer hours are possible with other volunteering options such as assisting with social media, call support, outreach, etc.
  - a. Current volunteering roles are listed [here](#).

**Contact:** Jasmyn Gordon |  
[jasmyn.gordon@conversationstoremember.org](mailto: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.



**SIGN UP HERE**



email: [info@ConversationstoRemember.org](mailto:info@ConversationstoRemember.org)  
telephone: 862-243-5331

# 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.

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



# LionCare Opportunity

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.

1. AED sends **3 volunteers per monthly clinic** ( >50 since start!)
2. Volunteers assist medical students by taking patient exam notes
3. 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
<b>Calculators (4 Pt)</b>	<b>Backpacks (4 Pt)</b>

## **Elementary School:**

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

# Diversity in Healthcare Task Force (DHT)

# Diversity in Healthcare Conference

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



# Diversity in Healthcare Conference



## Discussions (AED x MAPS)

1. ~3 discussions per semester
2. Group presentations on healthcare disparities followed by discussions

## Conference

1. 2 professional speakers, catered lunch, and a certificate from PSCOM

## Solution Phase

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

## Implementation Phase

1. 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: _____		WHEN TO CALL YOUR DOCTOR	
● ● ●		☎ ①	
<input type="checkbox"/> I understand my care instructions			
<input type="checkbox"/> I have reviewed this information with my provider			



THON™

# What is THON?

1. THON™ is the world's largest student-run philanthropy
2. Raised over 17 million dollars last year
3. Culminates in a 46-hour dance marathon on February 20-22
4. 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!**

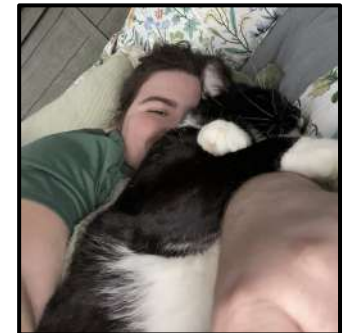
## The **MARY** Torres Family



### *Cat "Dibs"*



**Crochet MASTER**



# 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