



Alpha Epsilon Delta

The Pennsylvania State University

GBM #7

Monday, April 27



Alpha Epsilon Delta

The Pennsylvania State University

Teams:

Code: 6dwzzwj



GroupMe:



**GBM
#7**

Monday, April 27

26-27 Executive Board



President
Effie Frank
evf5331@psu.edu



Vice President
Trace Livelsberger
tld5334@psu.edu



Secretary
Angelina Sacchetti
psuaedsecretary@gmail.com



Treasurer
Levi Wilfong
lpw5435@psu.edu



Public Relations
Zander Sachs
zms5449@psu.edu



THON Primary Chair
James Gurgone
jlg6779@psu.edu



DHT Director
Nevaeh Sickles
nas6286@psu.edu

26-27 AED Graduate Exit Form

Exit Form for Graduates

If you are graduating this semester, please complete this brief **Exit Form** to indicate your involvement interest as alumni!



[Link Here](#)

2027 MED, DENT, & PA Application Dates

2027 AMCAS Dates

May 5, 2026: AMCAS application opens

May 28, 2026: Submission for AMCAS application verification begins

June 26, 2026: Application transmission to medical schools begins

Aug. 3, 2026: Early Decision Program (EDP) deadline

[LINK](#)

2027 AADSAS Dates

April 15, 2026: ADEA AADSAS Fee Assistance Program (FAP) application opens

May 12, 2026: ADEA AADSAS application opens

June 2, 2026: ADEA AADSAS application submission opens

Feb. 5, 2027: ADEA AADSAS closes

[LINK](#)

2027 CASPA Dates

April 30, 2026: CASPA opens

[LINK](#)

2027 AACOMAS Dates

May 4, 2026: AACOMAS application opens

[LINK](#)

Membership

Membership Status

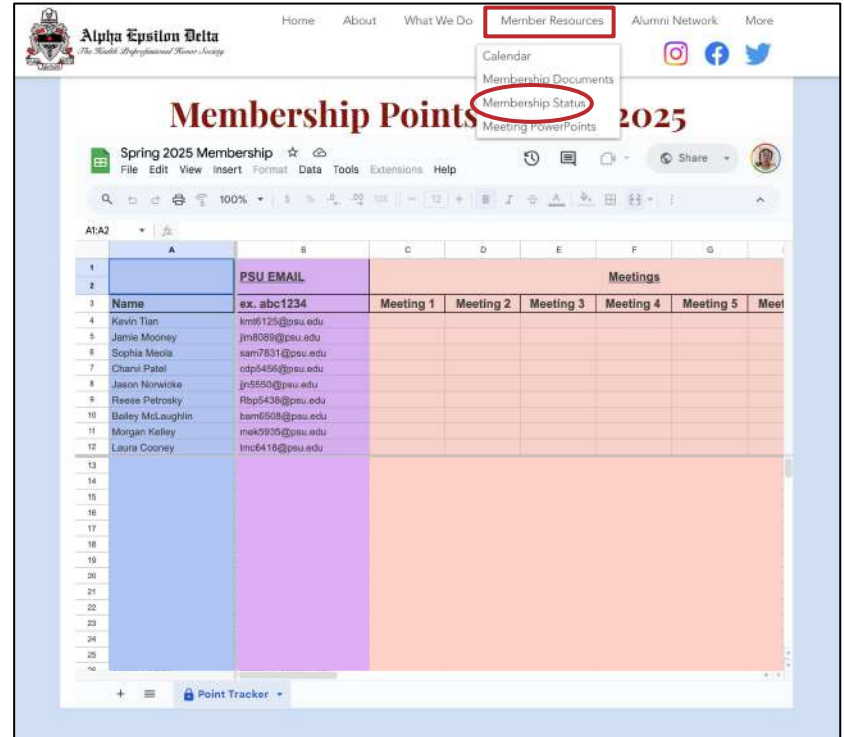
AED Email:

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 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 'Membership Points' for '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	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						

26-27 AED Community Health Chair

Community Health Chair

Due: 11:59 PM Sunday, May 10

Responsibilities:

- Coordinating our PSCOM partnerships
- Developing Community Health-related programming
- Working closely with the President, Vice President, and Director of Health Equity to execute community engagement events

Chosen applicant(s) will be notified by the following **Sunday, May 17**. Please email **Effie (evf5331@psu.edu)** with any questions.



[Link Here](#)

26-27 AED Alumni Engagement Chair

Alumni Engagement Chair

Due: 11:59 PM Sunday, May 10

Responsibilities:

- Developing AED's alumni network
- Coordinating alumni engagement efforts
- Working closely with the President and Public Relations Director

Chosen applicant(s) will be notified by the following **Sunday, May 17**. Please email **Effie (evf5331@psu.edu)** with any questions.



[Link Here](#)

Appendix Section

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

Service

Red Cross Blood Drive | Tuesday, April 28

- **Date:** Tuesday, April 28
- **Time:** 9 AM-5 PM
- **Location:** Heritage Hall (HUB)
- **Details:**
 - Sign up on [Google Sheet](#) (or 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!



From April 13-30, 2026, all donors will receive a \$15 e-gift card!!

PSCOMxYMCA: Tuesday, April 28

Long-Term Service Opportunity

- **D&T:** Tuesdays | 7:30-10 PM
- **Location:** Rear Wagner Bldg. (CrossFit)
- **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).



[SignUp Genius](#)

LION Mobile Clinic Volunteering

One Health: PSU, Pets, and People

Date: Saturday, May 9

Time: 12-4 PM

Location: 5 N. Front St, Philipsburg, PA 16866 | Dead Canary Brewery

Details: Assist with talking to the public, and potentially taking care of pets while owners receive health care. **Highly recommended you like pets.**

Summer events posted on Teams in the Service channel!

Email Heather Perry (hperry1@pennstatehealth.psu.edu) to sign up. Positions are first come first serve!

1 service point per hour of volunteering for each event.

Long Term Service Opportunity

Centre Helps Hotline Volunteer

- **Expectations**
 - Submit an [application](#) TONIGHT!
 - Interview this week
 - **Training:** 8-week long, remote
 - **Commitment:** 4 hours/week and 1 overnight/month
- **Benefits**
 - Counseling skills
 - De-escalation skills
 - Communication skills
 - Counseling suicidal clients

Reach out to me with any questions about my experience or **Karis Roberts** (karisr@centrehelps.org) and **Zoe Snitzer** (zoes@centrehelps.org) for specific questions.

Volunteer!

Apply to become a hotline volunteer today! All volunteers must go through an 8-week long training program.



Gain valuable experience and support individuals in crisis! With a drop-in center and 24-hour hotline as our foundation, we work to coordinate and deliver services throughout Centre County.

Applications are due by April 24th!

 [814-237-5855](tel:814-237-5855)

 karisr@centrehelps.org & zoes@centrehelps.org

 <https://www.centrehelps.org/>

Professional Development

AED Pre-Health Resource Book

This resource is designed to help pre-health students understand what makes a successful pre-health school candidate!

Explore topics such as clinical + volunteer opportunities, pursuing undergraduate research, requesting LOR's, MCAT/GRE tips, and gap year advice

Especially helpful for those applying this cycle!



[LINK](#)

THON™

Final Chair Decisions Soon

Keep an eye on your email!

Social Activities

Thank you all for a great year!



Alumni Panel

Panelists

<u>Attending Panelists</u>		<u>Additional Contacts</u>
Shravan Asthana ('22) shravanasthana@gmail.com Medical School	Hannah Mirshahi ('24) hsmirshahi@gmail.com Medical School	Jason DeFrancis ('22) jdefrancis93400@med.lecom.edu Medical School
Lauren Spadt ('23) seu4bn@virginia.edu Medical School	Laura Cooney ('25) lc6007@desales.edu PA School	Alycia Auerbeck ('23) aauerbeck@vcom.edu Medical School
Maya Zalewski ('24) mayazale@buffalo.edu Medical School	Morgan Kelly ('25) 919-704-0638 Nursing School	Jen Acocella ('24) jenacocella@gmail.com PA School

Alumni Panel Recap

- **Undergraduate Path**
 - Diversify your involvements → Hit the requirements
 - Find what you're passionate about → Speak confidently in your interviews
- **MCAT Advice**
 - Use question banks (UWorld) and practice exams (AAMC, BluePrint)
 - Don't take it until you feel ready
- **Gap Year vs. Straight Through Advice**
 - Use a gap year to address a deficit
 - Try different experiences
 - MPH IUG Program
 - Plan ahead, save your money, and think about your future path
- **Interviews**
 - Reflect on your experiences
 - Prehealth Advising Resources
 - Look up practice questions
 - Express yourself, your interests, and what makes you stand out
 - Ask questions
- **Choosing Schools**
 - Organize schools into reach, competitive, safety
 - Other factors → Research, service, fields, culture, location, cost
- **Study**
 - Start early and be consistent
 - **Resources:** [NotebookLM](#), [Neural Consult](#), [Study Fetch](#)

Thank You!



Alpha Epsilon Delta

The Pennsylvania State University

Teams:

Code: 6dwzzwj



GroupMe:



FA26

See you next semester!

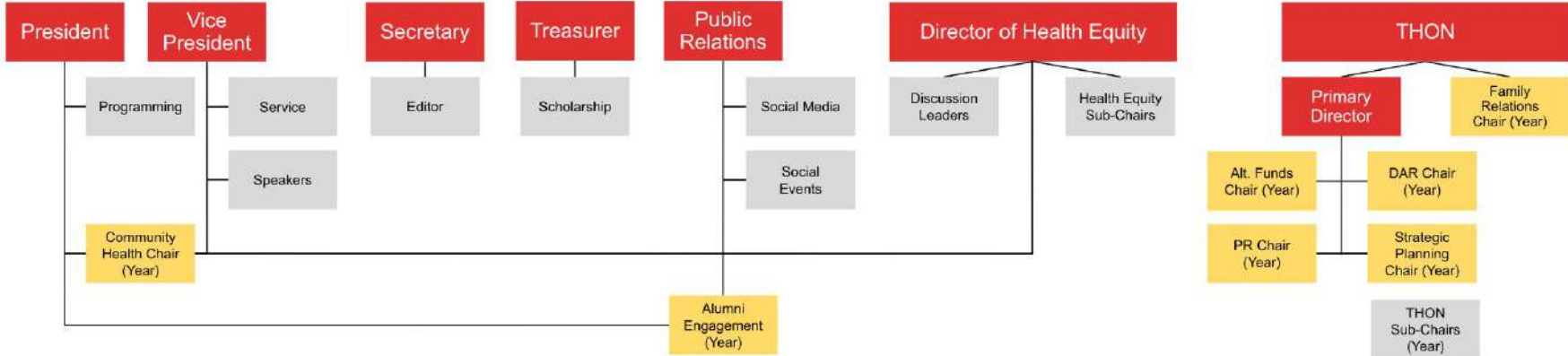
Appendix

26-27 Leadership

Executive Board Positions

26-27 AED Leadership Structure

Faculty Advisor:
Dr. Krajcovic



Election	Application	
Executive Director	Executive Chair	Sub-Chair

THON

Primary Director Family Relations Chair (Year)

Alt. Funds Chair (Year) DAR Chair (Year)

PR Chair (Year) Strategic Planning Chair (Year)

THON Sub-Chairs (Year)

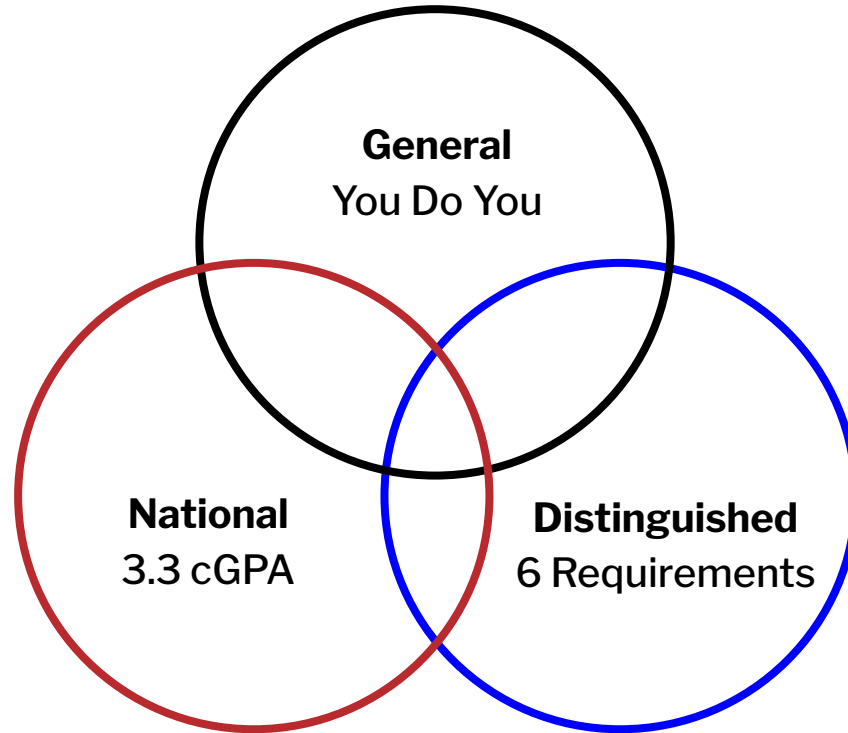
Membership

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

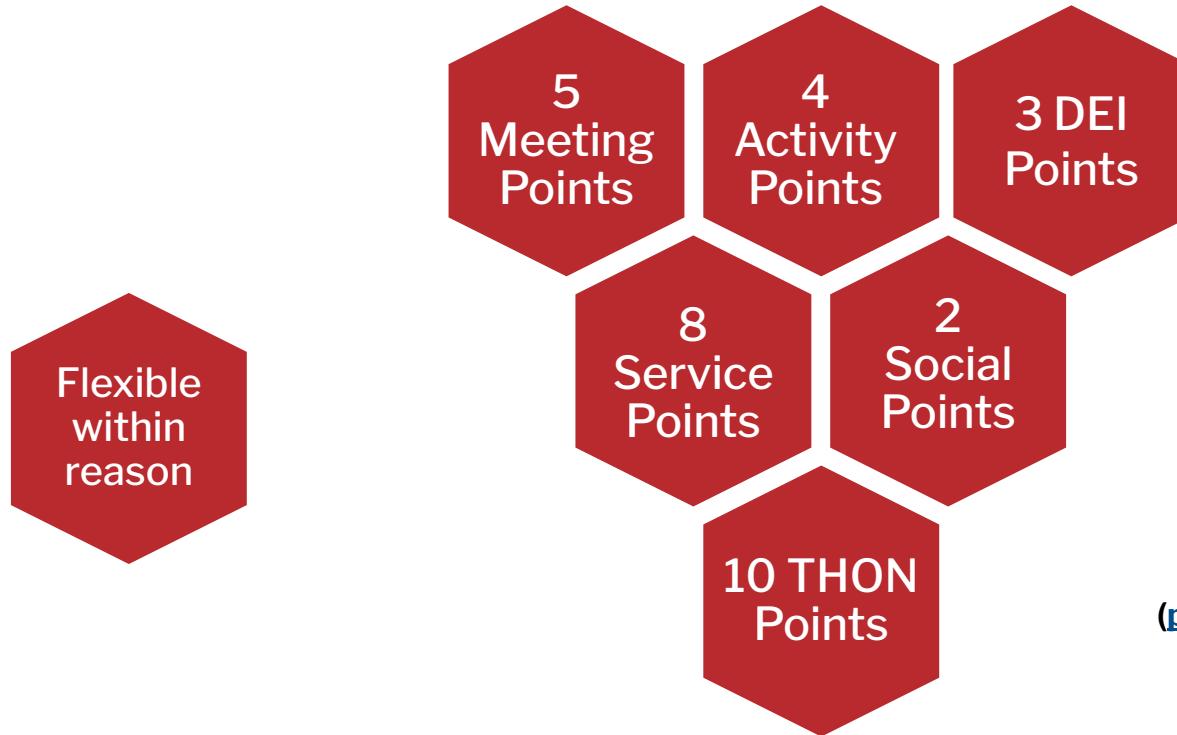
General Membership

- Highly flexible
- Utilize any resources shared

Distinguished

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

Distinguished Membership Requirements



Email AED Secretary
(psuaedsecretary@gmail.com)
with any questions!

AED Communications

AED ListServ

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

***Teams → Most Important**

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

GroupMe

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

Resources

AED Resources Folder

- Long-Term Volunteer Opportunities
- Volunteer Hours Tracker
- Preceptorship Sample Email
- THON Information
- THON DonorDrive 101
- 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

- Use by July 31, 2026
- Receive up to \$500
- Check **Eligibility Requirements!**



[LINK](#)

SP27 Abroad App. | Friday, 5/15

STEM Study Abroad Programs → **Priority Deadline on May 15, 2026**

- **Australia** → [University of Sydney](#) | [University of Melbourne](#)
- **Denmark** → [DIS: Copenhagen](#)
- **Ireland** → [University College Dublin](#)
- **Italy** → [ISI: Florence Biol Track](#)
- **Netherlands** → [IES: Amsterdam](#)
- **New Zealand** → [University of Auckland](#) | [University of Waikato](#)
- **Singapore** → [National University of Singapore](#)
- **South Africa** → [IES: Cape Town, Engineering & Science](#)
- **Spain** → [IES: Madrid, Engineering, Math, & Science](#)
- **United Kingdom** → [University College London](#) | [University of Leeds](#)

Joel Waters | joelwaters@psu.edu
Science Education Abroad Coordinator

Free Pre-Med Webinar Series

Free Pre-Med Webinar Series

Details: Open to any pre-med student to ask questions and get direct guidance on MCAT prep, medical school applications, clinical experience, and what the journey actually looks like.

Register Here: [LINK](#)

1 Activity Point

MedSchoolBro

Details: A medical education space

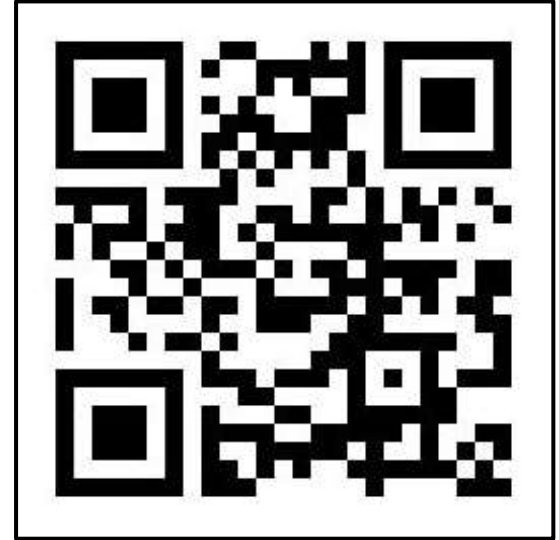
Head Advisor: Dr. Khalid El-Jack | Ophthalmology Resident, University of Pennsylvania Perelman School of Medicine

Co-Advisor: Dr. Fahad | Dermatology Resident, University of Pennsylvania Perelman School of Medicine

Draw Medicine Summer Fellowships

Overview

- **Format:** 10-week, remote, mainly asynchronous
 - Starts in June
- **Learn:** How to verbally and visually communicate pathologies and operations
- **Why Apply**
 - Learn medicine and gain exposure to multiple specialties
 - Practical, standout skill to use in research, clinics, and interviews
 - Connect with other motivated pre-meds
- **Application**
 - [Pre-Med](#) | [Pre-PA](#) | [Pre-Nursing](#)



Contact: Dr. Rebecca Kellner
rebecca@drawmedicine.com

Draw Medicine [Website](#) &
[Instagram](#)

Jobs & Internships

Gap Year

- **Thermo Fisher Scientific:** [Clinical Research Associate \(Full Time\)](#)
- **Johnson and Johnson:** [Scientist Position \(Full Time\)](#)
- **Scribe America:** [Scribe Positions \(Full Time\)](#)
- **MITRE:** [Entry Level Data Scientist \(Full Time\)](#)

Summer 2026 Internship

- **MD Anderson Cancer Center:** [Cancer Biology Internship \(SU26\)](#)
- **Catalent:** [Pharmaceutical Development Scientist Internship \(SU26\)](#)

Visit [Nittany Lion Careers](#) for full time jobs, internships, co-ops, and other professional development opportunities!

FA26: New Health Equity Certificate

This certificate is excellent preparation for students pursuing clinical careers that want to incorporate community health and public health perspectives into their practices.

A great way to apply the things you may have learned in DHT Discussion Sessions or the Conference!

Next Step

- Register for BBH 302 & email **Dr. Rhubart** (dcr185@psu.edu) to request an application for BBH 303
- Register for BBH 316 & email **Dr. Rauff** (elr12@psu.edu) to request an application for BBH 317

**CIVICALLY ENGAGED
HEALTH EQUITY
CERTIFICATE**

WHY THIS CERTIFICATE?

- Experiential learning with local community partners
- Hands-on practice with promoting health equity
- Great fit for public health, health care, health promotion, social epidemiology & other community-oriented careers

FALL 2026 COURSES

- **BBH 302 + BBH 303:** Volunteer with the State College Food Bank weekly & attend once weekly course
- **BBH 316 + BBH 317:** Coach with Girls on the Run & attend once weekly course

Next Steps: Register for BBH 302 & email Dr. Rhubart (dcr185@psu.edu) to request an application for BBH 303 OR Register for BBH 316 & email Dr. Rauff (elr12@psu.edu) to request an application for BBH 317

Make an impact. Build skills. Engage with your community.

Service

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](#)

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)

THON™

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

