



**CALTECH PREMED ASSOCIATION
2008-2009**

MEETING MINUTES: NOVEMBER 10, 2008

Attendees: Angela Wood, Cat Oracion, and 15 students – 60% being frosh

Location: Center for Student Services Building, Brennen Conference Room

Time: 12 noon to 1 PM

A) Welcome

B) Announcements

Discussion Points:

- **Focus Group Meeting for Caltech/UCSD Medical Scholars.** Thursday, November 13th at 12 noon. Brennen Conference Room.
- **2nd Annual California Regional Meeting of the American Physician Scientists Association (APSA).** Saturday, November 15th. Beckman Institute Auditorium.
 - Registration is still open.
 - Volunteers are needed to distribute flyers, assemble folders, and assist with set-up on the day of the conference. Please contact Nitzan Roth (BS/2003) at nroth@usc.com
- **CPMA t-shirt contest.**
 - Submit entries by January 5, 2009. Email your entry to Cat Oracion at coracion@caltech.edu
 - Grey t-shirt with one-color imprint. Front and back design.
 - Vote on best design at CPMA meeting on January 12th. Winner announced by January 15th.
 - Caltech CDC will print winning design.
 - Fund-raiser opportunity? Sell t-shirts? How much?
 - Caltech CDC will distribute limited quantity to raise awareness of CPMA.
- **Walk for Hope.** November 9, 2008. City of Hope. Duarte, CA.
- **Posada Candlelight AIDS Walk.** Saturday, December 6th.
 - Registration is open. www.posadaaidswalk.org
- **CPMA web page** needs suggestions for content, especially about sub-committees. Photos are welcome. Send suggestions to Cat Oracion at coracion@caltech.edu <http://www.career.caltech.edu/programs/premed/cpma.shtml>

Action Items:

- **CPMA t-shirt contest** - Cat Oracion to send out email reminders in December. Prizes for 1st, 2nd, and 3rd place winners – gift certificates for food/grocery stores, books
- **CPMA web page** - Suggestion made by Angela Wood is to feature CPMA students with photos and brief academic and personal profiles.

C) Sub-committees

Discussion Groups

- **Seminars** - Giulio Rottaro, Aarathi Minisandram, Shruti Mishra, Emily Kim, and Yuehan Huang

Suggestions

- Schedule from 4 pm to 6 pm
- Students should send ideas and suggestions to Angela Wood. She can try to connect with speakers who are visiting other schools in the area.
- Look for doctors who took an unusual career path



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- **Course recommendations** - Lu Chen, Jeffrey Lin, Yuanyi Dong, Larissa Yee, and Brian Peng
Suggestions
 - posting premeds' schedules of courses taken, by major. Would change their schedule in hindsight? as a reference for frosh and sophomores.
 - a list of recommended professors and electives
 - course review forms should include how much time should be spent for the class (to do well), if the class is curved, if another class should be taken before this class, and maybe also how useful the book and lectures are. Some of the information can be found on donut, but there are not very many reviews, and there are frequently contradictory reviews.
- **Funding for programs & events** - Elizabeth Mak
 - No discussion group today. Elizabeth joined Volunteer/Social Events group.
- **Volunteer opportunities & social events** - Ilia Shadrin, Vivian Yang, Adam Khan, Elizabeth Mak, Veena Chavakula, and Lydia Dennis
Suggestions for social events:
 - beach trip
 - ice cream social
 - broomball
 - salsa dance lessons
 - surf and windsurf
 - hike to local mountains**Suggestions for volunteer events:**
 - book recycling - students donate old books to a box either in the houses or in one of the libraries (could also do computer recycling, although the book idea is favored)
 - talk at elementary/middle school about health, nutrition - could make it a school-wide event, but would need individuals to step up and lead this
 - host our own Walk-a-thon (kind of like Walk of Hope)
 - Adam mentioned Challenged Athletes Foundation as an organization we could team up with
 - the idea is to raise funds for a charity by getting students interested in the cause
 - promotional material is crucial--could try to get a restaurant (like Chipotle) to sponsor us, providing some food maybe
 - Walk-a-thon to take place through the streets next to Huntington Gardens, as the area is gorgeous and not too many cars

Action Items:

- **Seminars** – Angela Wood to follow-up with lead (doctors who are advisors on medical TV shows). Students to follow-up with their leads (founder of Doctors without Borders, and Dr. Sanjay Gupta from CNN)
- **Course recommendations** - Lu Chen reviewed the current online course recommendation form and submitted ideas and suggestions to Cat. Those will be reviewed by Angela Wood and Cat. Updates will be made in the coming weeks and will be discussed at the next general meeting.
- **Funding for programs & events** – Names of students who worked on funding proposals last academic year should contact Cat Oracion. What deadlines are approaching?



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- **Volunteer opportunities & social events** – Suggestions will be discussed with all CPMA members at the next general meeting.

D) Next CPMA General Meeting

Monday, December 8, 2008 @ 12 noon. Brennen Conference Room