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NEWSLETTER

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WE ARE THANKFUL FOR YOU!

The Pre-SOMA committee would like to extend our gratitude to all of our Pre-SOMA members and Pre-SOMA chapters who have helped us on our mission to promote osteopathic medicine! This semester has been filled with opportunities and we are thankful that you were able to take advantage of them all!

*Happy
Thanksgiving*

MEDICAL SCHOOL VIRTUAL EXPO

AACOM, in partnership with Pre-SOMA, invites you to meet with representatives from up to 36 medical schools from the comfort of your home on December 8, 2021, from 12-6 pm ET at our free Choose DO Medical School Virtual Expo!

REGISTER HERE!



PIXORIZE SCHOLARSHIP WINNERS

Once again, Pixorize has partnered up with Pre-SOMA to give away Pixorize MCAT Subscriptions and \$500 scholarships! This year **Anika Anand Lyer** and **Ummaiya Misbahuddin** were the recipients of a \$500 scholarship and a Pixorize MCAT Subscription! The following were awarded a Pixorize MCAT Subscription: **Anza Ali, Charissa Anunciado, Jessica Pham, Erica Ross** and **Megha Nayyar**! Thank you to all who have applied!

If you are interested in a Pixorize Subscription, please reach out to us for a special discount!

OMED SCHOLARSHIP WINNERS

Thank you to everyone who attended OMED 21 virtually this year! In the future, our hope is to have OMED be held in-person and to continue to serve all Pre-SOMA members with preliminary osteopathic education, medical school tips, and many more opportunities exclusively for Pre-SOMA members!

In honor of OMED, Pre-SOMA gave away two \$250 scholarships to those who were able to discuss how they incorporate one osteopathic tenant through work, volunteering or shadowing experiences. Congratulations to **Mahia Rahman** and **Troy Albert** who are this years recipients!

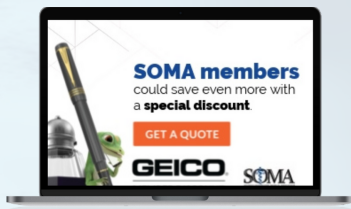


END OF SEMESTER DE-STRESSING STRATEGIES

We know it is that time of the semester where everything is beginning to get really stressful due to finals, but keep in mind that the entire Pre-SOMA committee is rooting for you! This is your reminder to take care of yourself! Here are a couple of de-stressing strategies that is guaranteed to help! Click on one of the de-stressing strategies to learn more about how its beneficial!

- Meditate
- Stay Positive
- Exercise
- Get some fresh air and go for a walk!
- Play with a pet
- Listen to music
- Get a hug from a loved one
- Play an instrument!

RESOURCES



GEICO Partnership with Pre-SOMA

Discount with GEICO available to you!
Get a Quote today by copy/pasting this link onto your browser:
<https://tinyurl.com/y5ro6yy8>



Amanda Buzzetta, OMS IV
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Pre-SOMA Mentorship Program

Interested in our Mentorship program?
Please sign up here:
<https://studentdo.org/pre-soma/pre-soma-mentorship-program/>



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“Nature has given us all the pieces required to achieve exceptional wellness and health, but has left it to us to put these pieces together.”

—Diane McLaren