

DECEMBER 2021

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NEWSLETTER

Your Source for Quick, Important Pre-SOMA News



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HAPPY HOLIDAYS AND HAPPY NEW YEAR!

As this year approaches to an end, we would like to wish you all **Happy Holidays!** We hope this new year is one full of blessings, health, and prosperity for you and your loved ones. We encourage you to share with us on Instagram your favorite winter activity during this season! We look forward to see everyone's holiday traditions and ways to celebrate ringing in the new year!

Check out the **Florida Atlantic University Pre-SOMA Chapter** getting into the spirit of the holidays by making a Pre-SOMA inspired gingerbread house!



#WHYWEDO CAMPAIGN

For the next few weeks, National SOMA will be sharing the stories of current medical students focusing on why they chose Osteopathic Medicine as their profession! Make sure to follow National SOMA (@national_soma) on Instagram; We hope their stories further inspire you and fuel your motivation towards your career goal.

Share with us on instagram why you are applying D.O. to be featured in our story! (tag @pre.soma)

OSTEOPATHIC MEDICAL PROFESSION REPORT 2020-21

Every year, the American Osteopathic Association (AOA) provides data about the growth of Osteopathic medical schools and physicians in the United States.

The AOA reported that 67% of practicing osteopathic doctors are under the age of 45. The primary care specialty and non-primary care specialty chosen by most osteopathic doctors (DOs) are Family Medicine (30%) and Emergency Medicine (10%), respectively. Furthermore, the state with more practicing DOs is California with an 8.6% of the nearly 135k actively practicing osteopathic physicians which constitutes for an 80% increase of osteopathic doctors over the past decade!

To see the full report, [CLICK HERE!](#)

Happy
Holidays



AOA | AMERICAN
OSTEOPATHIC ASSOCIATION

OMP
Osteopathic
Medical
Profession Report
2020-21



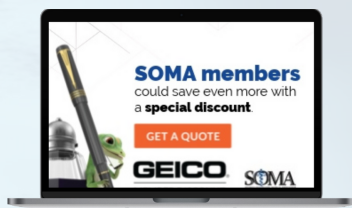
HOW TO COMBAT STRESS DURING FINALS SEASON

The end of the semester is finally here with winter break in sight! As you wrap up this semester with final projects, essays, and exams, it's important to remember that the best thing you can do is to take care of yourself. Again, we share these same de-stressing strategies from the last newsletter to remind you that there are so many ways to combat your stress!

- 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!

Good luck, we believe in you!

RESOURCES



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“Believe you can, and you're halfway there.”
— Theodore Roosevelt