

NEWSLETTER

Your Source for Quick, Important Pre-SOMA News



WHERE STUDENTS WHO WANT TO ADD D.O. TO THEIR LAST NAMES GO

Become a member for FREE at <https://studentdo.org/pre-soma/pre-soma-membership/>

TABLE OF CONTENTS

NATIONAL SHADO WEEK 2022

NATIONAL SPRING CONVENTION

INTERNATIONAL WOMEN'S DAY

[Click here to register for ShaDO Week!](#)



NATIONAL SHADO WEEK

National ShaDO week is almost here!

Have you registered yet?

This is a wonderful opportunity for undergraduate students to visit participating osteopathic medical schools and connect with current osteopathic medical students. This event not only allows Pre-SOMA members to access virtual campus tours and meet the faculty and staff of the school, but also gives them a first hand account of what life in medical school is like. Don't forget, this event is **FREE!**

TUESDAY, MARCH 29TH

HOST	TIME
WEST VIRGINIA SOM (LEWISBURG, WV)	4PM CST
LINCOLN MEMORIAL UNIVERSITY COM - HARROGATE CAMPUS (HARROGATE, TN)	4PM CST
MARIAN UNIVERSITY COM (INDIANAPOLIS, IN)	4PM CST
MIDWESTERN UNIVERSITY ARIZONA COM (GLENDALE, AZ)	4PM CST
MIDWESTERN UNIVERSITY CHICAGO COM (DOWNERS GROVE, IL)	4PM CST
UNIVERSITY OF THE INCARNATE WORD SOM (SAN ANTONIO, TX)	4PM CST
DES MOINES UNIVERSITY COM (DES MOINES, IA)	5PM CST
TOURO COM - MIDDLETOWN CAMPUS (MIDDLETOWN, NY)	6PM CST
UNIVERSITY OF NORTH TEXAS HEALTH SCIENCE CENTER TEXAS COM (FORT WORTH, TX)	6PM CST
MICHIGAN STATE UNIVERSITY COM (EAST LANSING, MI)	6PM CST
CAMPBELL UNIVERSITY COM (BUIES CREEK, NC)	6PM CST



Individual links will be emailed out before the event

WEDNESDAY, MARCH 30TH

HOST	TIME
EDWARD VIA COM - ALABAMA CAMPUS (AUBURN, AL)	4PM CST
NEW YORK INSTITUTE OF TECHNOLOGY COM - ARKANSAS CAMPUS (JONESBORO, AR)	6PM CST
UNIVERSITY OF NEW ENGLAND COM (BIDDEFORD, MAINE)	6PM CST
LAKE ERIE COLLEGE OF OSTEOPATHIC MEDICINE - SETON HILL CAMPUS (GREENSBURG, PA)	7PM CST
EDWARD VIA COM - VIRGINIA CAMPUS (BLACKSBURG, VA)	7PM CST



Individual links will be emailed out before the event

THURSDAY, MARCH 31ST

HOST	TIME
WESTERN UNIVERSITY OF HEALTH SCIENCES COM OF THE PACIFIC (POHONA, CA)	4PM CST
LINCOLN MEMORIAL UNIVERSITY COM - KNOXVILLE CAMPUS (KNOXVILLE, TN)	4PM CST
ARKANSAS COM (FORT SMITH, AR)	4PM CST
LAKE ERIE COM - ERIE CAMPUS (ERIE, PA)	5PM CST
ALABAMA COM (DOTHAN, AL)	5PM CST
IDAMO COM (MERIDIAN, ID)	6PM CST
LAKE ERIE COM - BRADENTON CAMPUS (BRADENTON, FL)	6PM CST
WESTERN UNIVERSITY OF HEALTH SCIENCES COM OF THE PACIFIC - NORTHWEST (LEBANON, OR)	6PM CST
LIBERTY UNIVERSITY COM (LYNCHBURG, VA)	6PM CST
ROCKY VISTA COM - UTAH CAMPUS (IVINS, UT)	7PM CST
ROWAN UNIVERSITY SOM (STRATFORD, NJ)	7PM CST
ROCKY VISTA COM - COLORADO CAMPUS (PARKER, CO)	7PM CST
PHILADELPHIA COM (PHILADELPHIA, PA)	7PM CST



Individual links will be emailed out before the event

NATIONAL SPRING CONVENTION 2022

The National Spring Convention is a multiple-days event where a new board for SOMA is elected for the upcoming year. Not only that, but this is when DO Day on Capitol Hill happens! On this day, osteopathic students and physicians travel to Washington, DC to advocate for the osteopathic community. ***We invite and encourage Pre-SOMA members to attend the National Spring Convention in Washington DC on April 24th and 25th!***

More details about these events will be announced soon. Make sure you are following us on Instagram and Facebook to stay up to date with Pre-SOMA news and events!

Save The Date: April 24 - 25

DO Day

INTERNATIONAL WOMEN'S DAY

The feminist movement started in the early 19th century. For many years, women gathered in different parts of the world in late-February and beginning of March to protest for voting rights. In 1977, the United Nations proclaimed March 8th as the official International Women's Day. The purpose of this movement is to promote social and political reforms that can allow women to participate as equal as men in society.

The courage and determination of the females that have shaped history is allowing women nowadays to vote; to pursue an education and professional careers; to be part of the armed forces; to own and manage big companies; and to hold high-level positions in the political system. We hope to see the progress continue until both, men and women, are treated as equal. We encourage and support women to follow their dreams and show the world their amazing capabilities and strong minds.



CELEBRATE THE MATCH!

The Match process is a uniform system by which residency candidates and residency programs simultaneously “match” to fill first-year and second-year post-graduate training positions. Last year, 98% of DO Seniors participating in the Residency match were placed in Residency Positions by the end of the SOAP in March 2021! Good luck to all who are trying to match this year in 2022!

Click here to read about Medical Student experiences with the match!



RESOURCES



The SOMA Shop

Interested in Pre-SOMA swag?
Check out the official SOMA shop for
osteopathic swag that you can rock!
[Click here!](#)



Pre-SOMA Mentorship Program

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



Amanda Buzzetta, OMS IV
Senior Pre-SOMA Director
presomadirector1@studentdo.org



Bailey Borycki, OMS III
Junior Pre-SOMA Director
presomadirector2@studentdo.org

"You will face many defeats in life, but never let yourself be defeated." -**Maya Angelou**