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!
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**

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**DO Day**

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**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.
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!

CELEBRATE THE MATCH MADNESS
MARCH 14TH - 16TH | #MATCH2022

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/

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