

# AΩA

# at USU

## Letter from the President

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On behalf of the Alpha Omega Alpha chapter at USUHS, welcome to a new school year! This newsletter highlights different AOA initiatives that will provide opportunities to get engaged with the USU community and beyond.

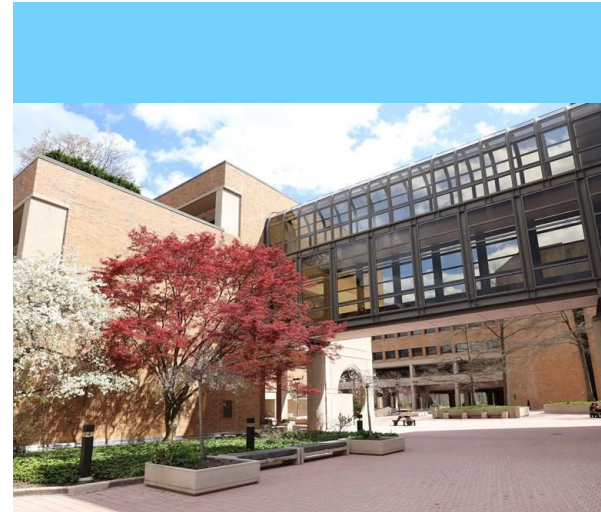
AOA is a national medical honors society which recognizes students who achieve academic excellence, pursue leadership opportunities, invest in research experiences, and seek out community service activities. At USU, students are invited to apply during the winter of their third year and the highest performing students are inducted into our chapter in the spring.

As the AOA Class of 2024, our goals are to increase engagement with underclassmen, enhance our involvement in the local community, and expand the AOA footprint on campus. This newsletter provides more information regarding initiatives we plan to implement in order to reach these goals!

Please visit our website at <http://www.usuaoa.org/> for more information, including a list of the class of 2024 AOA officers. If you see us around campus, feel free to stop us and say hello or ask any questions that you might have!

Very Respectfully,

Michaela Scanlon  
Class of 2024  
AOA President



## In This Issue

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- Class Officers

## What are coffee talks?

Coffee talks are virtual panels of AOA members providing advice and lessons learned on various topics and transitions throughout medical school. We anticipate holding them monthly with topics and the targeted audience described in the preliminary schedule to the right. They are an excellent opportunity to engage with your upperclassmen and procuring high-yield tips for success.

## A Special Welcome to the Class of 2027!

We had our first coffee talk of the year on “Success in Medical School”, focused on tried-and-true practices for succeeding in medical school and the academic curriculum. Thank you to all those who joined, and keep a lookout for future emails with more information on our upcoming talks below!

Topic	Month	Target SOM Class
Success in Medical School	AUG	2027
CV Building	SEP	ALL
Choosing a Specialty	OCT	2025
Preparing for ACRs	NOV	2025
Clerkship Success	DEC	2026
Catch Up with MS1s	JAN	2027
Interview Prep	FEB	2025
Preparing for Core Clerkships	MAR	2027



## Military Specialty Week 6-9 Nov 2023

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Join us for this year's Military Specialty Week, to be held virtually from Nov 6<sup>th</sup> to 9<sup>th</sup>. This four-day annual event is an opportunity for students and faculty to engage with Program Directors and Specialty Leaders from more than 120 military residency programs and learn more about the plethora of training opportunities military medicine has to offer.

More information will be posted on the event website as they become available:

<http://www.usuaoa.org/military-specialty-week>

## Peer Mentorship Program

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Our Peer Mentorship program is underway! This is a joint program between AOA and OSA that pairs interested mentees and upperclassmen with the aims of providing support and encouragement for students while fostering connections among our classes.

It is not too late to sign up! If you're still interested, please follow the instructions sent out in an email by 2nd Lt. Kaitlin Porter on August 10<sup>th</sup>. If you have any questions, please feel free to reach out to our Underclass Outreach Officers.

# get involved

## Volunteer

**So What Else** is a nonprofit organization based in Rockville, MD dedicated to providing food resources and enrichment opportunities outside of the school day for children in the Baltimore-Washington Metro Area. Full calendar and sign up found at this [link](#), with SATURDAY volunteer roles described below:

*0830-1500 Packer/driver assistant* - Volunteer Packers will help drivers load/unload trucks & vans carrying donated items.

*0930-1500 MoCo Driver* - Prepared food parcels are picked up from So What Else, 4924 Wyaconda Road, Rockville. Routes take 1-2 hours depending upon location and number of clients. Please contact Will Harmon if you're interested in helping out with home deliveries at 301-832-6272 or email [wharmon0302@gmail.com](mailto:wharmon0302@gmail.com) with your availability (days/times) and the area you can serve. Please allow at least 48 hours for a response from Will.

*1000-1300 Food Pantry* - Food Pantry volunteers are needed to help with the setup, running and takedown of the Food Pantry.

Be on the lookout on our website <https://www.usuaoa.org/volunteering> and future newsletters for more volunteer opportunities!

## Awards & Funding

Several awards, writing competitions, fellowships and grants are posted throughout the year open to both AOA and non-AOA members and valued anywhere from \$200 to \$25,000! There are a total of 13 national and 3 local awards, with four upcoming deadlines described on the following page. Please visit <https://www.alphaomegalpha.org/programs/> for additional information on all available awards.

## Awards & Funding: Upcoming Deadlines

### **AQA Professionalism Award - October 17th**

- Award: \$10,000 award to recognize and honor faculty, programs, and institutions with the best practices in medical professionalism education.
- Description: This award requires the nomination of a professionalism program at their home institution. Leaders of the program will then attend an AOA sponsored medical professionalism conference and, subsequently, be asked to submit a Chapter to be published by AOA.
- Eligibility: Any active professionalism program affiliated with a medical school. Only one nomination per school.

### **Robert H. Moser Essay Award - October 24th**

- Award: \$4,500
- Description: Write an essay that best highlights the life of a physician who has enriched the world of medicine.
- Eligibility: Any physician.

### **The Pharos Poetry Award - November 7th**

- Award: Cash awards of \$600 for first place; \$350 for second place; and \$200 for third place. The three winning poems will be published in the Autumn edition of The Pharos.
- Description: To encourage medical students to write meaningful poetry related to health or medicine.
- Eligibility: Medical students. Only one entry per student.

### **Helen H. Glaser Student Essay Award - December 5th**

- Award: Cash awards of \$1,500 for first place; \$1,000 for second place; and \$850 for third place. Winning essays will be published in the Autumn issue of The Pharos.
- Description: To encourage medical students to write creative narratives or scholarly essays relevant to medicine.
- Eligibility: Medical students. Only one entry per student.

# AOA Class Officers

# of 2024

## President

ENS Michaela Scanlon

## Vice President

ENS Piragash Swargaloganathan

## Treasurer

2d Lt Pranav Ravichandran

## Webmaster

2d Lt Sam Gentle

## Underclass Outreach

ENS James Pierre

2d Lt Kaitlin Porter

2LT Devin DeFeo

2LT Kyle Manetz

## Specialty Night

2d Lt James Bishop

2d Lt Lily Swope

2LT Sarah Walsh

## Resident/Faculty/Fellow Alumni Elections

2LT Dane Fishburn

2LT Autumn Augustine

2LT Erik Holm

## AOA Banquet / Visiting Professor

2d Lt Katie Waring

ENS RG Pickering

## Student Elections

2d Lt Taylor Wallworth

ENS Molly Shields

2LT Laura Martin

2LT Michael Deegan

## Awards Officer

2d Lt Nathan Pierron

## Research Coordinator

2d Lt John Caraway

## Alumni Outreach

2LT Perry Wiseman

2LT AJ Steinlage

## Volunteer Coordinator

ENS Lance Culjat

## Social Chair & Community Outreach

ENS Marcus Kunzmann

## Newsletter Officer

2LT Somin Kwon