

FALL 2012

BI-QUARTERLY NEWSLETTER

# PUSO PAGES

*Pilipino Pre-Health Undergraduate Student Organization*



VOLUME 18 ISSUE 2

**PUSO'S 14TH PHC!**  
COMPOSING OUR OWN TRACKS!

This quarter has come and gone! We hope you all had an amazing autumn. Get ready for more PUSO fun in the winter.

**MEETINGS: EVERY TUESDAY  
5-6PM DR. WHITE ROOM**

**Next Quarter!**

## Website

**[pusoonline.wordpress.com](http://pusoonline.wordpress.com)**  
Make sure to follow our website for updates each week! You'll find all necessary forms and applications there!

## PUSO Beat

**Notes, keys, and beats?**  
Waltz, hip hop, boy band? Dancers of all levels are welcome to join PUSO's very own dance crew, PUSO Beat! Practices will be held during winter quarter. Contact our PUSO Beat Coordinator, Allison Anguren at [aangur3n@gmail.com](mailto:aangur3n@gmail.com) for more info!

## General Member Retreat

**Location: TBD!**  
Get ready for our general member retreat! For many, this is where favorite PUSO memories are made. Bond with your PUSO family away from Irvine! Location to be revealed soon!

## Med Mission Info Meeting

**Scholarship & Gala!**  
Find out more about Medical Missions and how you can apply. Get ready for our 14th Annual Gala :)

**We'd love to hear our General Members' ideas! If you have any suggestions, email us at [publicity.puso@gmail.com](mailto:publicity.puso@gmail.com). First 5 members get points for their families!**

### DIRECTOR'S MESSAGE

We hope you all had a terrific Thanksgiving weekend with your family or friends and are looking forward to the holiday season in store for you in no time! As fall quarter is coming to an end, we hope that we have provided you all an amazing experience in PUSO thus far and will continue as time comes along! From our general meetings, to after events, to volunteer walks, to JFAV, and most of all to our Pre- Health Conference, we want to thank you all for coming out, supporting, and allowing us to make PUSO happen, because if it were not for our general members, there would not be a PUSO. Again, on behalf of 16 keys, we want to thank all of you guys for taking the time out of your schedule and choosing to come out to our meeting and events.

Although our EOTQB will be our last event of the quarter asides from our finals study hours, be sure to look for more exciting events that are coming up in winter quarter! This means general member retreat, PUSO beat practices, High School Outreach long term program, more spam musubi fundraisers, and our wonderful meetings. If you are not a paid member yet, don't fret! Fees are 18 dollars and they include a beautiful PUSO t-shirt that you can pick up during EOTQB! It is never too late to join if you are a new member.

We would like to invite you all to our last spam musubi fundraiser during the end of this quarter, and to our finals study hours. We all know that the misery of finals are approaching, but have PUSO as your study buddy and be motivated to ace those finals and end the quarter on a good note. In honor of the holiday season, as our Humanitarian Director mentioned, we will be accepting cans for our can drive, or any non-perishable goods that will be donated to the less fortunate. It will be the battle of the families don't forget! For more information, please contact Terisha Gamboa! Lastly, we want to wish you all a wonderful Christmas and a Happy New Year. Feast up with home-cooked meals, and enjoy your much needed break. See everyone in the year 2013!

With much PUSOlove,  
Jessica Tan, Jonathan Zaballero, Rina Ong and Terisha Gamboa (Your Directors, The 4 Notes)

# PUSO's General Member Spotlight

By: Mitchell Timbol



**Full Name:** Sharlene T. Quinto

**Major:** Undeclared/ undecided. Switching to Public Health Policy

**Year:** 2nd

**Hometown:** West Covina, CA

**What made you decide to join PUSO?** I wanted to become more involved in student organizations on campus. I joined PUSO because this organization fits my interest of wanting to become more involved in the Filipino community (on campus and off), and to further my interest in Public Health. I would encourage students to join and "spread PUSO love!"

**What career do you hope to pursue in the future?** I am still deciding on what career I would like to pursue in the future. I am interested in becoming a health promotion specialists or pursuing a career in public health communications

**What is your favorite part about being a college student?** I am a shy person; joining different clubs and organizations on campus is helping me become a more social person.

**What is your least favorite part?** Finals.

**What is your favorite Filipino dish?** Bicol Express. Yummmm.

**What's your number one played song on your iTunes?** Check The Rhime- A Tribe Called Quest

**Biggest Pet Peeve:** when people do not say thank you when you open the door for them

**What is a quote you like or live by?** One of my favorite movie quotes is from Farris Bueler's Day Off: " Life moves pretty fast. If you don't stop and look around once in awhile, you could miss it."

**One word to describe you?** Oddball

## UNDERCLASS REPRESENTATIVE MESSAGE

Hello PUSO!

My name is Joseph and I am your new Underclass Representative for this school year. I would like to thank all of you for allowing me this unique opportunity. I will do my very best in relaying information as quickly as possible from the board to everyone. However, I ask that you to feel free anytime to give me any feedback to the board members. Whether it is through an email, message, or written note your opinions and ideas are heard. I am looking forward to meeting each and every one you this following year through all the different PUSO activities and events. If any of you ever need to talk or just hangout do not hesitate to give me a call or message me on Facebook! Also, if anyone needs groups to study with I'll be setting up study sessions this winter quarter. I would also thank everyone who filled out the PUSO Suggestion Survey. The surveys will help the board assess the past quarter's meetings performance and quality allowing the future meetings to be even better!

This message is especially for the underclassmen of UCI. I hope UCI is treating you all well, and that PUSO has helped made that transition from high school to college a little easier. As a freshman myself I at first felt overwhelmed with the pace of classes. On the other hand, while so many things academically are giving pressure, I hope everyone has found the time to make new friends, explore the campus, and the discover the great things UCI has to offer. Remember to use the resources around to help reach your goals. Always remember to take a break and enjoy the little things in life. We are all on the same journey and I hope this first quarter was a giant step towards the right direction. Thank you, I wish my best to all you and good luck on this quarter's upcoming finals.

**Best Wishes,**  
Joseph Tafalla



### ***Did you know?***

Our Underclass Rep is in charge of coordinating PUSO's Annual **Hella Fun Day!** It's a great day of bonding for all of our members and alumni! Be on the lookout for it during spring :)





## PUSO'S 14TH ANNUAL PRE-HEALTH CONFERENCE: RECAP

*The most important takeaway from her speech is, "to act as if you are the person who has the position you are interviewing for."*



Every year, PUSO holds an annual pre-health conference coordinated by its Academic Director and both Co-Secretaries. This year was PUSO's 14th Annual Pre-Health Conference fondly known to all PUSO members as PHC. We the co-secretaries and our Academic Director, Jessica Tan, decided to create a theme that was related to our board name: 4 Notes and 16 Keys, thus this year's PHC theme was named **"The Sounds of Pre-Health: Composing Your Own Track"**. It was our hope that PHC attendees would take this opportunity to network with professional schools, graduate students, and other UCI student organizations. This was meant to help attendees figure out or compose their own pre-health track.

We had six professional schools table at our event including: Loma Linda University, Western University, and Mount St. Mary's. Hoag Hospital also had a table as well as our sponsor, The Princeton Review, and Making Conversations which was founded by this year's keynote speaker, Peggy Wallace. Peggy spoke about how to be a great interviewee and provided materials for attendees to improve their interviewing skills. The most important takeaway from her speech is, "to act as if you are the person who has the position you are interviewing for." ***If you missed out and are interested in obtaining any of the handouts from Peggy or any of our tabling schools, feel free to ask a board member because we have plenty of extras!*** Eight workshops were held throughout the night and included: UCI School of Medicine, American University of the Caribbean School of Medicine, two graduate panels, and National College of Natural Medicine. At the end of every PHC we raffle off a free Princeton Review test prep course and this year was no exception.

It is very important that you are present during the raffle because you must claim your prize in person. Hopefully next year you can be lucky like our intern, Angela McKinney, our our Political Director, Rina, and win a **\$1000 prep course!** Hope to see you at the rest of this year's PUSO events and next year's 15th annual PHC of course!

### Your Co-Secretaries, Jon and Kimi



## Planning out Your Winter Quarter! - *A Personal Perspective* By: Chris Ong

*Greetings PUSO!* As fall quarter quickly comes to an end and finals approach we are all looking forward to the long winter break and spending time with family at home. But wait, not so fast! Before you relax don't forget to register for winter quarter classes. This is an important time because your class schedule determines your bedtime, availability, and possibly even happiness. As such, it's important to become informed and research the classes that you are about to enroll in. Never forget to also choose professors that create a favorable and enjoyable learning environment for you. After all, this is your education!

For undergraduate bio majors, you are probably going to be enrolled in either Bio 94 – From Organisms to Ecosystems, or Bio 98 – Biochemistry. Speaking from experience, Bio 94 is the study of patterns of diversity, ecology and evolutionary biology. Additionally, this class also emphasizes the tree of life and how these members interact and are classified. The class focuses on both specific classifications of organisms as well their niche in their habitat. The class in general is much different than bio 93 in its course study. Bio 98 on the other hand is the study of structures and properties of proteins. Over the course of this class students will learn and memorize many general pathways and mechanisms. An additional requirement to bio 98 is concurrent enrollment in Chem 51B.

Chem 51B is the second class in the A-B-C organic chemistry sequence, which focuses in on fundamental concepts relating to carbon compounds with emphasis on structural theory and the nature of chemical bonding, stereochemistry, reaction mechanisms, and spectroscopic, physical, and chemical properties of the principal classes of carbon compounds.

Enrollment in both Chem 51B and Bio 98 will surely be difficult, and one should plan the rest of their schedule accordingly. For first years, it is typical to take Chem. 1B concurrently with bio 94 although it is not a requirement. Chem 1b is the study of the properties of gases, liquids, solids; changes of state; properties of solutions; stoichiometry; thermochemistry; and thermodynamics. This class is very similar in format and feel to Chem 1A so if you enjoyed it fall quarter, then this class is for you! These four classes previously mentioned classes are all requirements for progression through UCI's pre-med program however 12 units are required for enrollment as a fulltime student. As such, other electives or classes that fulfill undergraduate requirements in Categories I-VII must also be taken. Other common G.E. classes taken include the required undergraduate writing series 39b/39c or Humanities Core. Additionally, the calculus classes Math 2A/2B are required by pre-med students and are typically fulfilled sometime during undergraduate study. However these mentioned classes do not even begin to touch upon the plethora of classes that UCI has to offer to students. All classes offered are mentioned in the UCI General Catalogue, so if you think of a subject you would like to study definitely take a look and see if it is available. Good luck registering for classes, if you have any questions feel free to ask any of the PUSO board members for help!



## Recipe Guide for the Holidays by: Terisha Gamboa

Here are some fun treats to share with your friends and family and even your PUSOpal families for Christmas and New Year's!

For a healthy sweet treat try making **Santa Hats Brownies**.

You'll need 1 pan of your favorite brownies, cooled, and cut into desired size and shape (I used a round cutter) 12-16 small strawberries, vanilla-mascarpone buttercream or reduced-fat whipped cream.

To assemble, pipe a ring of the cream on top of each brownie. Cut off the base of a strawberry so it is flat and place it upside down on each brownie, pushing slightly to secure in place. Top the tip of the strawberry with a lot of cream to finish the Santa hat.



Another seasonal treat is **Peppermint Sticks**

You'll need 1 cup dark or milk chocolate chips, 1 teaspoon vegetable oil, 15 (4-inch) soft or hard peppermint sticks, white

In a small bowl, microwave the chocolate chips and oil for 1 minute, then continue in 10-second bursts, stirring between heatings.

When most, but not all, of the chips have melted, stir the chocolate until it is smooth. Spread the sprinkles on a sheet of waxed paper. Dip one end of each stick into the chocolate, then roll in the sprinkles.

Set the sticks on another sheet of waxed paper until the chocolate has set, about 1 hour.



# Doctor of Physical Therapy Programs

By: Nikko Mendoza

So over the summer I ruptured my Achilles tendon. That's why you saw me in a boot for a few weeks! Anyway, the **Achilles tendon** is attaches your calf muscle to your heel and essentially allows you to lift your heel from the ground. Even though this injury put me in a cast for two months, I can say that it has been somewhat of a blessing in that I was able to work with physical therapists and learn more about achieving my goals in becoming a doctor of physical therapy and working in the field of sports medicine. . A lot of people believe that a doctor does most of the work in "fixing" athletes, but that's only half true. Most of the work comes in the rehabilitation period after athletes undergo procedures. It is up to the **physical therapist** to make sure that athletes return to sports in the shortest amount of time possible as well taking preventative measures to reduce the rate of injury in athletes. A lot of professional athletes create personal bonds with therapists, because they know that these therapists have the knowledge necessary to keep them in their best shape.

A career in physical therapy in the field of **sports medicine** is highly coveted as most people imagine themselves working for their favorite sports teams or favorite athletes. Because of this, **DPT** (Doctor of Physical Therapy) programs have seen a dramatic increase in selectivity. The requirements to get into these programs vary from school to school, but generally they include a **minimum GPA, a minimum GRE test score, and several core sciences courses** including chemistry, human anatomy, and physiology. Some schools also require applicants to have some volunteer/work experience in the field of physical therapy. The GPA requirement for DPT programs is not as rigorous as those for medical school, but the competitive nature of getting into a DPT program comes from the high number of applicants to these schools. The DPT program at USC receives over 500 applications for around 90-100 spots every year. The typical DPT programs goes for **3-4 years** with some schools offering accelerated programs where participants receive their DPT degree in 2 years. Some of the best programs boast a 98% pass rate for the national licensure exam as well as a 100% of graduates finding jobs within six months of graduating. As the number of people leading active lifestyles as well as the number of people participating in recreational sports, the job outlook for physical therapists look exceptionally good.



## Health & Fitness

By: Jonathan Zaballero

It turns out that independence isn't all it's cracked-up to be. With independence and freedom comes responsibility. Most college students feel invincible that we take from granted. Faced with the freedom to structure their own lifestyles, sometimes college students slip into habits that, if allowed to continue, "chip away" at their basic good health. We become fatigued, stressed out, and less resistant to the viruses encountered in any environment where there are lots of people.

Here are some suggestions that may help make sure these new freedoms and challenges inherent in the college situation are handled as they should be handled, resulting in greater physical and mental health.

Establish a routine for your daily life. Establish daily agenda that'll sort out all responsibilities ranging from school, working out at the gym, catching up with a friend, and household tasks. Another task would be to designate Establish patterns that make for an orderly day. Put things you need to use every day, like keys, ID-cards, notebooks, in a designated place. Keep materials for each course in its own folder or notebook or scanned in to a file in your computer. These are simple things, but they'll bring a calming, "de-stressing" effect on your busy days. They also give you "space" in your days for surprises or extra opportunities that arise.

Get enough sleep.

Eat properly... that means breakfast, too!

Learn to avoid and/or manage the stressors of college life.

Don't over-commit your time and energy.

There are a multitude of "extra-curricular" things on which to spend time in college.

Don't procrastinate.

Due dates for papers and projects that seem far in the future will be here before you know it!

Time pressure is a major cause of stress; lessen it by starting early and completing major projects in a step-wise, organized fashion.

Learn to live in today, rather than yesterday or tomorrow. We can wear ourselves out worrying about mistakes we made yesterday, or things that may happen tomorrow. That is an "exercise in exhaustion".

Build at least a half-hour of physical exercise into your daily routine.

There's many exercises you can do within your dorm or apartment so don't feel discouraged to always have to travel to the gym. It does take some travel time but as mentioned above make time to visit the gym 2-3 times a week.

# THERE'S NO PLACE LIKE CHOC

By: Symone Magsombol



Last year I became a Bedside/Playroom volunteer CHOC Children's Hospital, and it has continuously been the most rewarding volunteer experience I have been involved with on a weekly basis. CHOC has been voted as "The Best Place to Volunteer" by the Orange County Register in Fall 2011, and from my experience this definitely holds true. I have volunteered at other hospitals prior, and I felt CHOC really gives a great opportunity for those who not only want to become more exposed into different health careers, but gives an opportunity for volunteers to truly make a difference in the lives of children and their families.

I have volunteered in various departments throughout the hospital, but the main one I am assigned to is Pediatric Oncology. This floor has patients ranging in age from only a couple months old to 20 years old that are diagnosed with cancer. As a volunteer, I work under the Child Life Program where I have the opportunity to interact and play with the children either in the playrooms or by their bedsides. I am there to bring fun and a warm smile to the children, and to remind them that they are still children first, and a patient second. Although each shift is always a different experience, my commitment to be there and serve these children remains the same.

So many children at CHOC have touched my life in more ways than I can explain. They have taught me so much through their deep sense of resilience, wisdom, patience, and strength that is beyond their years. One of my favorite experiences are the ones in which I am able to not only able to help the children, but their parents as well. To receive grateful words or a comforting smile from children's' parents or family is beyond words. My time at CHOC has been so rewarding and life changing; it continues to feed my passion to help others who need it the most. My experience at CHOC has inspired me to pursue a career in pediatric nursing and hopefully someday work in a children's hospital.

If you want to make a difference in your community and gain more experience in a diverse health care setting, CHOC is definitely the place for you. Applications come out the first Wednesday of every month via online at <http://www.choc.org/volunteer/> open only from 8:00am-5:00pm, so mark your calendars! The application process and enrollment to begin maybe tedious and take a couple of months, but aside from this the experience you gain from being a CHOC volunteer is irreplaceable. If anyone of you have any further questions, or want to hear personal stories of my experience, please don't hesitant to ask! I would love to help you, and I hope you are able to take advantage of this amazing volunteer opportunity.

We'd like to wish our members a HAPPY BIRTHDAY!

## November

16- Julie Perez  
18- Jaylen Mungcal  
19- Bernard Beronio



## December

6- Christine Padua  
8- Edsole Esteban  
14- Marianne Manalang  
16- Diamond Dale Demanawa  
16- Kathleen Nicanor  
17- Joel Christian Andrade  
22- Joseph Tafalla  
24- Jilian Binuya



## *Reasons to get excited about Winter Quarter!*

- PUSObeat
- Winter General Member Retreat
- HSO Long-Term
- Medical Mission Gala Info Meeting
- And lots of memories!





## EDITORS' NOTE

To our dearest PUSO loves,

Can you believe it? Fall quarter is nearing its end and finals are right around the corner. However, also coming up are the holidays! On behalf of the 4 Notes & 16 Keys, we would like to wish you all an advanced Happy Holiday Season! We hope your winter breaks are filled with family, food, and love!

While you all enjoy a restful winter vacation, we cannot help but wait for our exciting Winter Quarter! Our HSO long-term program will begin its quarter-long mentorship program at Santa Ana High School! PUSO's very own dance crew, PUSO Beat will begin practicing in preparation for Medical Mission Gala. We can't forget our much awaited General Member Retreat also!

We hope you enjoyed this edition of PUSO Pages! Our next issue will be distributed on Week 4 of Winter Quarter 2013. PUSO Pages is designed for you, the general members. We would love more than anything to hear your voices. If you have any suggestions for future topics or comments or if you would even like to write an article of your own, please email us at [publicity.puso@gmail.com](mailto:publicity.puso@gmail.com) **The first 5 people to email us will get family points!**

With much PUSO love,  
Lora-Anne Cayanan & Idda Colcol

**Facebook:** facebook.com/puso.uci  
**Website:** pusoonline.wordpress.com  
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**Instagram:** @pusoatuci



## Pilipino Pre-Health Undergraduate Student Organization (PUSO) Mission Statements

1. To provide service, guidance, and support to pre-health students.
2. To sponsor programs for minority youth to encourage their entrance into health professions.
3. To increase the number of culturally sensitive health care professionals.
4. To serve the campus and the community of Irvine as well as the Pilipino community at large.
5. To spread "PUSO Love."