

# APVMA APRIL NEWSLETTER



## Updates from the Executive Board:

Hi everyone! We hope you are all doing well with the end of the school year approaching. The newly elected APVMA Executive Board wants to thank you all for a successful Symposium! We have been busy ensuring a smooth transition by meeting with advisors and the past executive board to learn more about our responsibilities and meeting with each other to outline our goals for this year. Some of our goals include expanding the delegate program, making our social media accounts more interactive, and staying transparent and communicative with members. We hope to expand opportunities for members and make this upcoming year all about you!

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# A Letter From the APVMA President

Hello all!

My name is Sydney Paris and I am going into my super senior (5 th year) at Iowa State University, majoring in Animal Science and Microbiology with a Pre-Veterinary option. I am so grateful that you elected me to be your 2021-2022 American Pre-Veterinary Medicine Association President. My path to veterinary medicine started when I was 7, after attending NASA Space Camp, I decided that I would much rather be surrounded by pets and their owners than lonely space life, so here we are. I knew I wanted to push myself when I got to college, so I got an internship my first year at an animal rescue as an Animal Medical Assistant. The experiences I gained from this internship solidified that veterinary medicine is the path for me and I was able to continue finding experiences to feel more comfortable in my decision. I was able to get a job as a veterinary assistant at a local veterinary clinic, pharmacy technician at CVS Pharmacy and numerous tutoring and research roles. Using the experiences I've found, I want to find and give opportunities to pre-vet clubs around the country.

I was fortunate to be able to attend the symposium this year for the first time. The guest lecturer stood out to me as our experiences were so similar. While this may be my first time holding a national leadership title, it is not my first leadership experience. During my time at ISU, I have held numerous leadership positions including six presidential titles. These organizations include: Cardinal Key Honor Society, Phi Sigma Pi, Rho Lambda, Beta Beta Beta, Gamma Sigma Alpha, and Ladies in Fitness Training. That's a lot of Greek letters! While I have held the position of President of these organizations, it didn't begin that way. I used to be shy and quiet, sitting at the back of lecture halls. But I knew that if I wanted to be a veterinarian I would have to push myself outside of my comfort zone. So, I began by taking smaller leadership roles and performing small tasks to grow my confidence and now here I am, President of a national organization. I believe every opportunity you take can develop you into the individual you were meant to be.

I would like to thank the pre-vet club, advisors, staff, speakers, and sponsors at Michigan State University for hosting an amazing symposium. All the work that you put in is truly appreciated and you all made the experience memorable. It hasn't been easy working during the era of COVID-19 but you all made the event seem effortless. We are looking forward to working with Kansas State University for next year's national symposium. I hope to see you there!

For those that are graduating this year, I want to congratulate you on a successful undergraduate career and wish you the best on your future endeavors. You earned your degree and that isn't the easiest journey. I am hoping to continue the past boards work on conducting speaker series that you can learn more about. I'm excited to see what we accomplish this year!

If you have any questions or suggestions, don't hesitate to contact me through email: [americanpvmmapresident@gmail.com](mailto:americanpvmmapresident@gmail.com)

Sydney Paris  
APVMA President

# Former E-Board Farewell Letters

## NUBIA SALINAS-PRESIDENT



*Hello everyone!!*

*I just want to say that it was truly an honor and privilege to serve as your president for the 2020-2021 term. I feel so fortunate to have been elected for this position. Being your president was a rewarding experience for me with all the opportunities to grow within the APVMA as well as for the connections, and friendships I have made. This supportive environment allowed our team to thrive and make improvements to this organization. I will continue to be part of the veterinary field as a veterinarian hopeful and will continue to participate with other boards such as the Latin X Veterinary Medical Association and serving as a mentor for the 2021-2022 APVMA Executive Board. Again, I want to express how incredibly grateful I am to have been elected to this position and hope to continue to inspire people as a mentor for students interested in careers in this field. If you would like, you can find me on my YouTube channel, [Nubia Salinas](#), where I share my experiences, perspectives and advice while on my journey to becoming a veterinarian. I also want to say thank you to my incredible 2020-2021 E-board, for supporting me as a team member and as a friend. Our time working together was the epitome of teamwork. We were able to accomplish so much because of the bonds we made throughout this last term which helped us to persevere throughout such a difficult year. I'm just so thankful for them and I can't wait to see them prosper in the future. I am very excited to see what the new APVMA Executive Board will be accomplishing over the course of the 2021-2022 term. Again, I cannot say thank you enough! Keep up the amazing work you all do. I wish you all success in the years to come. Go Knights Charge On!!*

*For the last time, this is your 2020-2021 APVMA President, Nubia Salinas, signing out.*

## CHRISTINA BAUTISTA- VICE PRESIDENT

*Thank you so much for the opportunity to serve as your vice president this past term. It wasn't anything like I expected (thank you Rona), however, I learned tons and better still, I have made some really amazing friends. If there is one thing I could depart on members of the APVMA it would be to run for a position on the executive board. It isn't terrifying, you just have to be willing to try and learn along the way. You will always have support from advisors that can help you with your ideas and support you when you're stuck. Our team managed to pull through during a pandemic, so I have high hopes for the 2021-2022 executive board. I wish them the greatest success. Thank you to our Advisory Board of Trustees and thank you to our 2020/2021 E-Board team. Nubia, Bryson, Bri, and Kylie it was a privilege working with all of you. To all our members, I hope you all never give up on your future careers. It's crazy hard but I am more than certain that all the effort will be well worth it.*



*Wishing you all the best,  
Christina Bautista*



## BRYSON JACOBS-SECRETARY



*To the members of the APVMA, I want to sincerely thank you for allowing me the opportunity to serve as your National Secretary. Throughout my journey on the E-Board, I have learned a great deal about myself, teamwork, overcoming obstacles, and the veterinary field at large. The connections and friendships I have gained over the past year have meant so much to me! Dr. Brundage, Dr. Williams, Dr. Pelzer, and Dr. Van Saun, thank you for answering my millions of questions and providing amazing advice/guidance! Nubia, Christina, Kylie, and Brianna, thank you for always being my support system when I needed one! I am SO proud of what we've been able to accomplish this year despite the COVID-19 pandemic. To the new E-Board, I believe you have great potential and will do amazing things with the organization.*

*From the bottom of my heart, thank you for this opportunity! I look forward to using the skills I have learned this past year in my future endeavors as a hopeful veterinarian.*

*Signing out,  
Bryson Jacobs*

## KYLIE BROCK-TREASURER

*Hey everybody! I think we can all agree that it has been a crazy year. As a result, being treasurer came with many challenges I wasn't expecting, but it also came with so many amazing experiences. It is truly because of you all that I had this opportunity in the first place and I am so grateful for that! Through this position I learned how much of a "team sport" veterinary medicine and pre-vet life can be. It is very encouraging to be a part of a community that supports each other and builds each other up in our endeavors. I hope you all have a fantastic year!*



## BRIANNA BROWN-WEBMASTER



*It is so bittersweet as I write my farewell letter to the American Pre-Veterinary Medical Association (APVMA). My relationship this past year with the APVMA has been nothing more than fulfilling, challenging (in a good way) and exciting. I learned so much about my peers, more information about the veterinary field and more about myself with what I was capable of accomplishing. The one thing I am proud of is updating the website with giving it a more fresh look. I came into this position knowing little about the APVMA and what they have to offer. Last year, I never would have thought to run for a National E-board position. I literally made that decision at 11pm that night of the deadline in my hotel room. Through it all, I wouldn't have done it any other way. I will cherish my experiences with this organization. Although it wasn't the physical interaction I hoped, I am grateful for the relationships with my former executive board members and the knowledge for my future endeavors.*

# Meet Your New APVMA Executive Board

## SYDNEY PARIS-PRESIDENT



*I am so excited for the opportunity to impact students in pre-veterinary medicine all around the country this next year.*

**Major:** Animal Science and Microbiology

**Year and University:** Senior at Iowa State University

**Veterinary Interest:** I have many interests including mixed animal and shelter animal medicine as well as research and academia.

**1. What are some of your goals for this year as an APVMA Officer?**

*My goals this year as President are to improve upon scholarship availabilities offered by our organization as veterinary school is expensive. I also want to find mental health resources to offer to pre-veterinary students as well as develop our delegate program.*

**2. In general, what advice would you give to pre-veterinary students?**

*My advice to pre-veterinary students is to stay determined. While veterinary school is a long and difficult road, it will be worth it in the end. Many times throughout my pre-veterinary journey I've had people try to get me to change my mind. Stay determined, stay motivated, and don't let others make your decisions for you.*

**3. What has been your favorite pre-veterinary experience that you have participated in?**

*My favorite experience so far has been my job as a veterinary assistant at my vet clinic. I have worked here for the past 2.5 years and have gotten a plethora of experiences. It helped me solidify that veterinary medicine is the career path for me.*

**4. What is a hobby of yours or something you like to do to relax?**

*I love to relax in nature so when I am stressed I will drive to my local lake and walk around.*

## GEORGIA DANIEL-VICE PRESIDENT

**Major:** Animal Science

**Year and University:** Junior at NC State University

**Veterinary Interest:** I am very interested in mixed animal veterinary medicine.

**1. What are some of your goals for this year as an APVMA Officer?**

*I plan on expanding our sponsorship for APVMA by adding new sponsors and I would like to get more involved within the delegate program and try to recruit more universities into the program.*

**2. In general, what advice would you give to pre-veterinary students?**

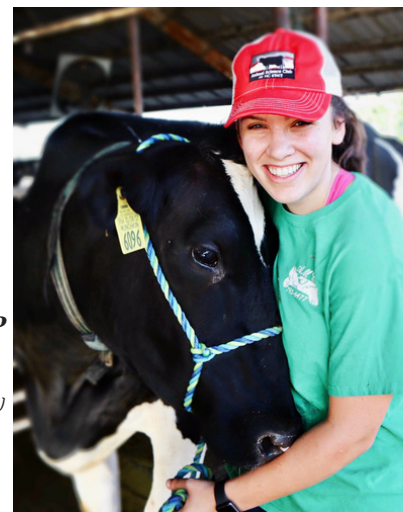
*Simply try your best and work hard. No one is perfect when it comes to making good grades or getting everything right at a job. As long as you show initiative and a willingness to learn, people will appreciate your hard work.*

**3. What has been your favorite pre-veterinary experience that you have participated in?**

*In the 2020 fall semester, I had the opportunity to participate in a dairy calf nutrition research project as an undergraduate research assistant. This project was so much fun because every Tuesday I had the opportunity to work with Holstein dairy calves hands on and I learned how to draw blood samples from the calves.*

**4. What is a hobby of yours or something you like to do to relax?**

*I love to listen to old rock music and draw in my free time.*



*I am so excited to get to work as your new APVMA Vice President and to complete the goals I have set forth for this year.*



**ASHLEY KROPF-SECRETARY**



*I am looking forward to serving you this year and increasing member opportunities!*

**Major:** Animal Science

**Year and University:** Sophomore at North Carolina State University

**Veterinary Interest:** I am not entirely sure which animals I would like to focus on but I will figure this out with more experience. At the moment, I am most interested in pursuing a mixed animal practice.

**1. What are some of your goals for this year as an APVMA Officer?**

I would like to increase communication between the board and members. The purpose of the board is to serve the members of APVMA so I think it is important that we increase opportunities for members and are highlighting their accomplishments.

**2. In general, what advice would you give to pre-veterinary students?**

It is important to keep in mind that what you're doing is enough. Recently, I was told that there is nothing you can do as a pre-veterinary student that is unique and I found this oddly reassuring. Most likely, lots of pre-vets have pursued the same opportunity that you currently are. Luckily, you don't need to be unique to be successful. In the end, your hard work will pay off, getting you where you're supposed to be.

**3. What has been your favorite pre-veterinary experience that you have participated in?**

My favorite experience so far was volunteering at the Carolina Waterfowl Rescue. I cared for ducks, geese, chickens, roosters, turkeys, etc. I worked in the hospital providing animals time to bathe and exercise along with cleaning their enclosures.

**4. What is a hobby of yours or something you like to do to relax?**

I really enjoy being outdoors. I like going for walks at the greenway and bringing a dog from the animal shelter that I volunteer at to a nearby park.

**SARAH HOFMANN-TREASURER**

**Major:** Animal science

**Year and University:** Sophomore at Purdue University

**Veterinary Interest:** I'm interested in exotics and small animals!

**1. What are some of your goals for this year as an APVMA Officer?**

I hope to be able to allocate funds to provide Covid relief to pre-vets who may have had financial struggles or have found it difficult to find opportunities! I also want to find a way to make entering the veterinary field more inclusive for those of different backgrounds who may not have had as great a head start into the industry as others.

**2. In general, what advice would you give to pre-veterinary students?**

I would say to never give up even when your path may seem difficult! I wish someone told me freshman that opportunities don't just come to you. You can't just wait for a chance to gain more experience to show up, you have to be the one to seek them out. Don't be afraid to email professors or doctors that are researching or doing work in topics you may be interested in!

**3. What has been your favorite pre-veterinary experience that you have participated in?**

My favorite pre-veterinary experience so far would have to be shadowing veterinarians while I was still deciding what major I wanted to apply to before college. I had experience from my high school in dissection, but seeing surgeries where the animal was still alive and applying everything I had learned was really cool to me!

**4. What is a hobby of yours or something you like to do to relax?**

I really enjoy hiking and doing things outdoors as well as painting! I also really enjoy traveling but I haven't had much of an opportunity to do that lately.



*I'm really excited to have the chance to be the treasurer for the executive board this year and I'm looking forward to meeting everyone!*

## SAMANTHA ANDERSON-WEBMASTER



*I'm very excited to be representing my college on the APVMA board and interacting with our members on accessible platforms.*

**Major:** Animal Science

**Year and University:** Junior at NC State University

**Veterinary Interest:** I am not exactly set on what path I'd like to take in vet med but I can definitely see myself doing mixed animal practice, potentially specializing in emergency/critical care.

**1. What are some of your goals for this year as an APVMA Officer?**

*This year I would love to enhance our social media accounts and make them more interactive for our members with easy access to all information.*

**2. In general, what advice would you give to pre-veterinary students?**

*Prioritize your mental health! Our field takes a huge toll on our mental health and over classes, work, volunteering, etc find time each day to focus on you! Something you enjoy doing that hopefully helps ease some stress.*

**3. What has been your favorite pre-veterinary experience that you have participated in?**

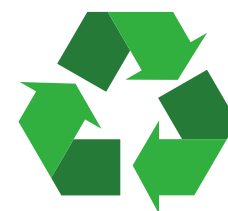
*My favorite pre-vet experience so far has been being the President of NC State University's Pre-Vet Club for 2 years. I gained a lot of leadership skills and had the chance to network with a wide range of veterinary professionals.*

**4. What is a hobby of yours or something you like to do to relax?**

*In my free time I love to take my dogs out on a walk or a hike as well as visit friends out of town.*

## Earth Month Sustainability Tips

1. Only use one paper towel when drying your hands. When possible (at home/in dorm room) use a hand towel.
2. Opt out of bags and plastic utensils when eating out and bring a container of metal utensils.
3. Take advantage of recycling/composting opportunities! Keep waste out of unsustainable landfills by recycling/repurposing.
4. Bring reusable bags when shopping.
5. Buy consignment clothing instead of new.
6. Carry around a reusable water bottle.
7. Only wash your laundry when you have a full load.
8. Turn off water when brushing your teeth.
9. Take short, cool showers.
10. Walk/bike places when possible.
11. Unplug appliances when not in use to conserve idle energy.
12. Reduce your food waste by only purchasing what you need.



# 2021 APVMA Symposium Recap

The 2021 APVMA National Symposium hosted by Michigan State University's Pre-Veterinary Medical Association and MSU's Animal Science Department was a success! With an attendee turnout of over 500 pre-veterinary students who took advantage of the virtual symposium setup, we were able to increase the number of attendees and expand their symposium weekend. The event spanned from March 12th to March 14th, giving ample time to pre-veterinary students to attend live lectures and multiple exhibitor sessions, interact with keynote speakers, and view diverse pre-recorded lectures and labs. The attendees were also exclusively given the opportunity to view the pre-recorded content, as well as the live lecture recordings after the event to give them adequate time to digest and appreciate the beneficial material. The first-ever virtual APVMA National Symposium was a huge triumph, not just for attendees, but for the sponsors and exhibitors as well. We wish the next host school, Kansas State University, well and lots of success.

## STATS

- 622 Registrants
  - 560 Turnout
- 14 Countries represented
- 70 Clubs attended
- 19 Individuals attended
- 30 Sponsorships



## SPEAKERS

- 2 Keynote Speakers
- 9 Live Lectures
- 2 Pre-Recorded Lectures with a Live Q/A Component
- 4 Pre-Recorded Lectures
- 35 Pre-Recorded Labs

## SCHOLARSHIP RECIPIENTS

- Resiliency as a Pre-Veterinary Student
  - Alexandra Van Horn from Michigan State University
- BIPOC Pre-Veterinary
  - Kadejah Willis from the University of North Carolina at Charlotte
- APVMA Outstanding Club
  - Louisiana Tech Pre-Veterinary Club
  - Mississippi State University Pre-Veterinary Club
  - North Carolina State University Pre-Veterinary Medical Association
- APVMA
  - Ashlyn Lewis from Cal Poly Pomona University
  - Neesha Palleti from the University of Central Florida
- AAVMC-APVMA Research
  - Elle Rottman from the University of Arkansas
  - Mallory Flanagan from North Carolina State University
- AAVMC-APVMA One Health
  - Breezy Brock from Northern Arizona University
  - Meghan McClendon from Auburn University
  - Olivia Barner from Pennsylvania State University



## THOSE WHO MADE THE SYMPOSIUM POSSIBLE

- Michigan State University Pre-Veterinary Club
  - Hanna Burton, MSU Pre-Vet Club President
  - Kayleigh Hudson, MSU Pre-Vet Club Symposium Chair
  - Haley Weber, MSU Pre-Vet Club Symposium Chair
  - Carla McLachlan, MSU Pre-Vet Club Advisor
- APVMA Advisory Board
  - Dr. Brundage, Cal Poly Pomona University
  - Dr. Van Saun, Pennsylvania State University
  - Dr. Pelzer, Virginia-Maryland Regional College of Veterinary Medicine
  - Dr. Williams, University of North Carolina at Charlotte
- Former APVMA Executive Board
  - Nubia Salinas (President), University of Central Florida
  - Christina Bautista (Vice President), Cal Poly Pomona University
  - Bryson Jacobs (Secretary), North Carolina State University
  - Kylie Brock (Treasurer), North Carolina State University
  - Brianna Brown (Webmaster), Tuskegee University

## 2022 APVMA SYMPOSIUM

Thank you to



**KANSAS STATE UNIVERSITY**

for hosting the 2022 Symposium.

# Tips for Finals

## STUDY ADVICE

1. Study with classmates.
2. Find a good study spot.
3. Change topics every 30 minutes to prevent learning fatigue.
4. Focus on understanding, not just memorizing.
5. Put your phone on airplane mode to help you stay focused.
6. Learn by teaching others.
7. Try the Pomodoro Technique: study for short bursts, taking breaks in between (ex. study for 30 minutes and then take a 10 minute break).



## FINALS WEEK TIPS

1. Take good care of yourself: eat well, move throughout the day, get a good night's sleep.
2. Reward yourself: treat yourself to study breaks, an episode of your favorite TV show, phone time, etc to keep you motivated.
3. Relax: It is important to take time to yourself to unwind and destress. Try breathing exercises, mindful meditation, listening to soothing music, taking a warm bath, and yoga to prevent burnout.

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Have ideas on how APVMA can increase member involvement? Please let us know through our [Google Form](#)

## STAY CONNECTED



@apvma\_prevets



@apvmaprevets

Email Listserv:

[Click Here to be Added!](#)

Website:

[www.apvma.org](http://www.apvma.org)

## APVMA Executive Board

**President-** Sydney Paris, [americanpvmapresident@gmail.com](mailto:americanpvmapresident@gmail.com)

**Vice President-** Georgia Daniel, [apvmavicepresident@gmail.com](mailto:apvmavicepresident@gmail.com)

**Secretary-** Ashley Kropf, [apvmasecretary@gmail.com](mailto:apvmasecretary@gmail.com)

**Treasurer-** Sarah Hofmann, [treasurerapvma@gmail.com](mailto:treasurerapvma@gmail.com)

**Webmaster-** Samantha Anderson, [americanpvmawebmaster@gmail.com](mailto:americanpvmawebmaster@gmail.com)

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RENEW OUR PREVIOUS SPONSORS AND  
WE LOOK FORWARD TO WORKING WITH  
THEM IN THE UPCOMING YEAR!**