

# APVMA AUGUST NEWSLETTER

BACK TO SCHOOL EDITION



## UPDATES FROM THE EXECUTIVE BOARD

We hope everyone has had a nice, relaxing summer and is looking forward to the new, upcoming school year! Over the summer the executive board had its annual in-person meeting at North Carolina State University. At this meeting, we outlined our goals for the year and further discussed details of the 2022 APVMA National Symposium at Kansas State University. We specified which action items each executive board student should be working on and are excited to see those plans pan out in the near future. We wish everyone a healthy and productive school year!

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# A LETTER FROM THE PRESIDENT

Hi Everyone! I want to first begin by wishing all of our members good luck on applying to vet school for this upcoming cycle! Just be mindful of the upcoming deadline on September 15th for most schools. That's only about a month left to get everything in on time!

Here's some advice I want to share on things to remember for your application:

**1. Make sure to get your letter of recommendation writers to submit their letters on time.**

At the end of the day, this is your responsibility, whether or not they get the letter in on time. Keep reminding them about it until you get the notification that it is done.

**2. Ensure you have all of your experiences inputted into the VMCAS application.**

Your experiences tell your story. How you got to your current success in life, what you know, and what you don't know. It tells admissions officers about what you have to offer as a potential DVM candidate and why you should be accepted.

**3. Take your time to really think about what you are going to talk about in your essay.**

This essay will really tell the admissions committees about your personality. Especially since there are many schools that are removing the interview portion from their application, it is important that you tell them your story and how what you have done will benefit them. If you have friends that were accepted into veterinary school in the past, ask them if you can see their admissions essay to give you an idea about what you will talk about but make sure you aren't copying it directly!

**4. Proof your essay.**

I feel like I shouldn't have to say this, however, many admissions committees still complain about seeing applications with typos, grammatical errors, or essays that don't make sense at all. It's important to have one or two family members or friends review it as well as one or two of your advisors or mentors. You can even use a writing center through your college to proof what you have written.

**5. Last but not least, make sure you get the application in on time.**

While a month seems like a long time before it is due, you have to remind yourself that classes will be starting soon as well as move in and you will likely have less time to dedicate to your application. Ensure that you have ample time to dedicate to this process.

All in all, the veterinary admissions process is extremely stressful and difficult, as I'm sure you are all aware. Take the time to really sit down and think about what will make you a successful veterinary student and veterinarian.

Good luck to everyone in this stressful time and I can't wait to see where you all end up!

Sydney Paris  
APVMA President  
americanpvmapresident@gmail.com

## WELCOME, DR. SHWETA TRIVEDI



DR. SHWETA TRIVEDI,  
BVSc, MVSc, PhD

THE EXECUTIVE BOARD WOULD LIKE TO  
EXTEND A WARM WELCOME TO OUR  
NEWEST ADVISOR, DR. SHWETA TRIVEDI.

Teaching Associate Professor/Director of VetPAC  
Department of Animal Science, College of Agriculture and  
Life Sciences

North Carolina State University

Email: [strived@ncsu.edu](mailto:strived@ncsu.edu)

Dr. Shweta Trivedi serves as the founding Director of Veterinary Professions Advising Center (VetPAC) for PreVeterinary track students at NC State University since 1998. VetPAC is the national model for PreVet Advising Center at a land-grant university. She is a veterinarian by training who completed a PhD in Parasitic Immunology at the College of Veterinary Medicine, North Carolina State University in 2005. Dr. Trivedi went on to do two postdoctoral fellowships at the National Institutes of Health. As a Teaching Associate Professor in the Department of Animal Science, she teaches Anatomy and Physiology of domestic animals, a Professional Development Course for PreVets as well as study abroad courses in the UK and South Africa. Her accomplishments as an advisor include several awards and honors at College and University level. She was the recipient of the Multicultural Scholar grant from USDA-NIFA (2013-2019) and is a strong advocate for diversity in veterinary medicine and other health professions. She served as the NAAHP Liaison to the American Association of Veterinary Medical Colleges for 6 years till 2017. She has hosted numerous presented workshops at the NAAHP conference on advising since the last 10 years. She has hosted the Annual Conference of the PreVeterinary Medical Association twice in 2012 and 2017. Her advising manuscripts have been published in NACTA, JVME, Translational Animal Science and NAAHP Advisor. In her free time, she likes to hike with her dog and children, bake and paint flowers.

# VETERINARY Q&A : ANDY ROARK, DVM

**Dr. Andy Roark – I went to the University of Florida for my Master’s degree and my DVM. I am best known for my Dr. Andy Roark Facebook and IG social media accounts.**

**What area of veterinary medicine are you currently in and is this the area you originally imagined yourself being in when you got accepted into vet school? Did you enter undergrad planning to go to vet school or was another career path in mind?**

I am a general practitioner, international speaker on veterinary business and communication, and I own and operate the Uncharted Veterinary Conference, which is a veterinary leadership development conference and community.

I did not enter undergrad thinking I would go to veterinary school. I didn't even leave undergrad thinking that. I thought I wanted to be a college professor. Once I got into my Ph.D. program, I realized how much I loved teaching and fixing problems with my hands. I decided research wasn't what I wanted to do, and that's when I decided to apply to veterinary school.

**How do you manage your career and life outside of work? We are seeing many pre-vets struggling to find hobbies amongst their studies and would love to hear how you spend your time and have fun when you are not out busy saving animals!**

I'm a huge believer in hobbies and generally doing things outside of veterinary medicine. I think that if you want to be happy in vet medicine, you really need to see yourself NOT as someone defined by medicine, but as a whole person who happens to practice medicine. I do improv comedy, lift weights, read, write, and spend time with my kids and wife. I would never have time for this stuff if I didn't have good personal boundaries and an ability to leave work at work.



@drandyroark



@Dr. Andy Roark

**What made you want to start a social media account and publicize your day?**

My oldest daughter was just learning to talk as Facebook was catching on. I had a personal account and shared my adventures with her, and really enjoyed the experience. Later, I was writing articles for vet magazines and decided to try to get what I was writing in front of more people. I took my enjoyment of social media and telling jokes and smashed that together with my article writing to start a fun Facebook page. Before long, I was seeing a lot more interest in my writing and I was being invited to speak at conferences across the United States.

**If you had to give just one piece of advice to a pre-vet, what would it be?**

Do not feel tied down by decisions you have made in the past. Every day you should think about what you honestly enjoy doing and what you are good at, not what you think you should enjoy or what you want to be good at. Then, figure out how to do more of what you enjoy and less of what you don't. Repeat daily.

# MARISSA HAKE, DVM

**Dr. Marissa Hake - I did my undergrad in Animal Science, Vet school and my Masters in Public Health all at Michigan State University (GO GREEN!). I can be found on Facebook @CalfVet and Instagram @CalfVet\_**

**What area of veterinary medicine are you currently in and is this the area you originally imagined yourself being in when you got accepted into vet school? Did you enter undergrad planning to go to vet school or was another career path in mind?**

I currently work for Fairlife (the milk brand) as their Director of Animal Welfare. In this role, I get to work directly with our supplying dairy farms on welfare and sustainability programs. Initially, I started undergrad planning on getting into vet school and pursuing equine medicine. After exposure to production animal courses, I changed my route to food animal medicine. In vet school I kept my options open, I really liked dairy and swine medicine. I ended up working the first 5 years of my career solely with calves before transitioning to my current position.

**How do you manage your career and life outside of work? We are seeing many pre-vets struggling to find hobbies amongst their studies and would love to hear how you spend your time and have fun when you are not out busy saving animals!**

Work-life balance is really hard and most days it comes down to actively choosing how you show up and prioritizing what's most important. As students, it's so important to start developing these healthy mental health habits. What I mean by "prioritizing" is that it will always feel like you are unbalanced. The important thing is knowing how and when to shift things to balance your "scale". This takes practice and it also takes boundaries. My boundaries are my marriage, my children and physical movement. If those 3 things are out of my top priority, I know that I need to shift!



@CalfVet\_



@CalfVet

**What made you want to start a social media account and publicize your day?**

I started my social media accounts to share about calf care. There was so much misinformation out there about what happens to dairy bull calves, that I felt compelled to share.

**If you had to give just one piece of advice to a pre-vet, what would it be?**

My top advice for pre-vet students is to be open to ANYTHING and get experience EVERYWHERE!

# UP-TO-DATE SYMPOSIUM INFORMATION



**Location: Kansas State  
University**

**Date: March 11-13, 2022**



- Kansas State University has reserved all hotel rooms/spaces for members' arrival. All hotels provide complimentary breakfast.
- All events will be on campus
- Topics of presentations:
  - Application Tips, Behavior, Animal Welfare, Surviving Vet School From a Graduate's Perspective, Equine Respiratory Diseases, Wildlife Medicine, Opportunities in Exotic Animal Medicine, Infectious Diseases, International Opportunities in Veterinary Medicine, Bovine Obstetrics, Research and Dual Degree Opportunities, Small Animal Internal Medicine, GI, Urinary Procedures, Small Animal Dentistry, Toxicology, KSU CVM One Year Master's in Biomedical Sciences, Equine Medicine, Leadership Styles, Veterinary Emergencies, Non-Traditional Veterinary Paths
- Labs scheduled:
  - Behavior Assessment, Exotics, Anatomy and Comparative Anatomy, Small Animal Physical Exam and Neurological Exam, Equine, Exotics Husbandry and Handling, Introduction to Suturing and Surgical Skills, Gowning and Gloving, Parasitology, Radiology, Ticks and Fleas
- Virtual options will be offered for all lectures, including the President's Meeting, for a lower registration fee
- The most up-to-date COVID-19 information for the state of Kansas followed by KSU:

<https://www.coronavirus.kdheks.gov/>

# APVMA REGISTRATION

## Eligibility

- Any accredited institution in the United States with students pursuing pre-veterinary medical course work
- Any institution outside of the United States with students pursuing pre-veterinary medical course work from that institution
- Any individual students who do not have an affiliated pre-veterinary club at his/her institution

## Benefits of Membership

- Members have access and possible features on the monthly newsletters.
- Networking with pre-veterinary students from across the nation.
- Meeting with representatives from veterinary schools from across the nation in one location.
- Access to national symposiums held annually at different colleges across the country
- Sharing of ideas between members and member clubs.
- The opportunity to run for and potentially hold a position on a national executive board.

## Membership dues are used for

- Supporting students with scholarships, travel awards and attendance for the APVMA National Symposium.

**You must be a member of the APVMA to attend the APVMA National Symposium!**

**For more information on APVMA Membership and Dues, please visit our [website](#). The deadline to register your club or yourself with APVMA is December 31st, 2021.**

## HOW DO YOU FEEL ABOUT THE PRE-VETERINARY PATH?

Take our survey and help shape the future of veterinary medicine: Participate in Our 2021 Enrollment Study

The American Association of Veterinary Medical Colleges (AAVMC) is conducting a research study as part of our continued commitment to fostering innovation, diversity and quality of education, and we need your help. We value your opinion and unique perspective on veterinary medicine and health-related fields and invite you to participate in our study. We want to gain an objective view of the veterinary medicine profession, and our Enrollment Study is designed to help us understand how to speak to and recruit the next generation of veterinary professionals. This study is being conducted by our partner Youth Marketing Connection (YMC). All responses are strictly confidential. To participate, please complete the 10 to 15-minute survey by 8/31/2021. Please feel free to forward this survey to other Pre-Veterinary students.

Take the survey now <https://www.surveymonkey.com/r/M89XSLT>

# ADVICE FOR THE NEW SCHOOL YEAR

## 1. You don't need ONE study space.

A well-stocked desk in a quiet place is key, but sometimes you need variety. Coffee shops, libraries, parks, or even just moving to the kitchen table will give you a change of scenery which can prompt your brain to retain information better.

## 2. Track more than HW in your school planner.

Keeping a calendar helps you plan ahead—but you've got more going on than just homework assignments! Make sure you're marking your extracurricular, work, and social commitments, too.

## 3. Start small.

If you've got a big assignment looming, like a research paper, stay motivated by completing a piece of the project every few days.

## 4. Get into a routine.

When will you make the time to do your homework every day? Find the time of day that works best for you (this can change day-to-day, depending on your schedule!), and make a plan to hit the books.

## 5. Learn how to create a distraction-free zone.

A study on workplace distractions found that it takes workers an average of 25 minutes to return to what they were working on pre-interruption. Try turning off your phone notifications or blocking Twitter (temporarily) on your computer so you can concentrate on the homework tasks at hand.

## 6. Use class time wisely.

Is your teacher finished lecturing, but you still have 10 minutes of class left? Get a jump on your chemistry homework while it's still fresh in your mind. Or use the time to ask your teacher about concepts that were fuzzy the first time.

## 7. Don't let a bad grade keep you down.

A rough start to the semester doesn't have to sink your GPA. Take proactive steps by checking your grades regularly online and getting a tutor if you need one.

**Source:** [The Princeton Review](#)

## Stay Connected

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

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

**Email Listserv:** [Click Here to be Added!](#)

### APVMA Executive Board

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

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