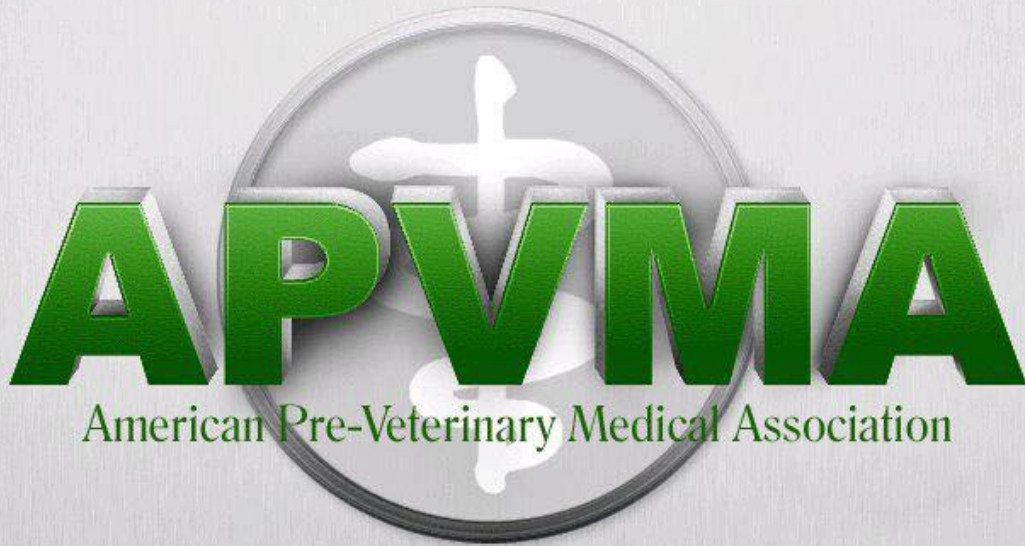


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APVMA NEWSLETTER

American Pre-Veterinary Medical Association



Updates from the Board

Final Stretch Everybody!

Winter break is almost here! Throughout the past month your board of executives have been working nonstop to keep everything running smoothly! The President has been working to secure the location for our 2021 symposium. The Vice President is currently collaborating with VIDA Volunteers and Safari4U Global Vet Experience to try and form a partnership for the 2020 year. The Treasurer has sent out the APVMA Delegate scholarships and is preparing for symposium. The Secretary has been sending out announcements through our listserv and working on newsletters. The Webmaster has been updating all of our social media accounts.

WANT TO BE INVOLVED?

**[CLICK HERE TO BE AN
INDIVIDUAL MEMBER OF
APVMA](#)**

**[CLICK HERE TO BECOME
A CLUB MEMBER OF
APVMA](#)**

**[CLICK HERE TO BE
ADDED ONTO OUR EMAIL
LIST](#)**



DECEMBER 2019

A Letter from Our President

Hello Friends,

I hope this letter finds you all well. In the past week Virginia-Maryland has informed me that registration for symposium is completely full! I am so excited to meet so many of you all at this year's event.

There are just a few updates that I have for you all. The first is regarding our scholarships; this year because of our phenomenal partners we are able to give away \$4,000 in scholarships. These scholarships can help to fund your educational endeavors or even club activities and all you have to do is to fill out the application. Every year it is amazing how very few people apply and leave this money on the table! The deadline is December 31st, and the applications can be found on our website at apvma.org.

The second update is with regards to our national advisory search. We currently have our three candidates for our two positions; Dr. Jay Kyle, Dr. Shweta Trivedi, and Dr. Cord Brundage. All of these candidates would make wonderful additions to our team and we are having a tough time making the decision. So, we are asking you to weigh in. If you have ever worked with one of these individuals, please let us know why you think they should join our team, email me at americanpvmmapresident@gmail.com. It could be your voice that helps them to secure a spot on our board.

Lastly as we move into the holiday season, we enter a time of gratitude and I would like to take a moment to thank everyone that has made this year such a success. First, I would like to thank you all, the hundreds of members that voted in March to give myself and my team the chance to represent you all, I hope we have served you well. I would like also to thank our three current advisors Dr. Greg Fraley, Dr. Robert Van Saun, and Dr. Chandra Williams, who have dedicated years of service to ensuring that the APVMA is a robust resource for pre-vet students across the nation. Finally, I would like to thank our partners at Virginia-Maryland like Dr. Jacque Pelzer, Billie Quesenberry, and Shelby Jenkins as well as the students at Virginia Tech like Allie Gonley and Kimberly Winck, we could not do this without you all!

Thanks and Warm Wishes,
Sam

APVMA DELEGATE WANTED!

Do you know a leader within your club that would be interested in putting their skills to the test on a national level? Beginning this year, the APVMA is starting an all new delegate program.

What's in it for you?

- A National Leadership Title
- A Discounted Symposium Registration Rate
- An Amazing Opportunity for Leadership Experience
- Providing your Club with a Voice on the National Level
- Recognition at the National Symposium
- Offer Topics and Ideas for what you want to see at the Symposium
- Get your Foot in the Door for APVMA Executive Board Positions

What are we looking for from you?

- One Delegate to Represent each Pre-Vet Club
- A leader and game-changer who can get information out about the APVMA
- Someone who will check in regularly and report back to their APVMA Executive
- Someone with innovative ideas about the future of APVMA
- A good communicator who can work with representatives from other clubs

Want More Details?

Email President Sam Johnson at
americanpvmapresident@gmail.com

Scholarship Applications are **OPEN NOW!**

Don't remember what they are? Read below!

Outstanding Club Community Service Award

This award is for APVMA member pre-veterinary clubs. This award will come with a \$500 award to be used to support club activities and the number of awards provided is at the discretion of the APVMA Executive Board. The award will be based on how well your club has helped to "promote and stimulate interest in veterinary medicine within your community." The winner(s) will be announced at the APVMA National Symposium.

Outstanding Senior Award

This award is for students belonging to APVMA member pre-veterinary clubs or students who are registered as non-club affiliated members. The candidate must have senior status within their institution. This is not a monetary award and the number of awards provided is at the discretion of the APVMA Executive Board. The winner(s) will be announced at the APVMA National Symposium.

Scholarship Award

This award is for students belonging to APVMA member pre-veterinary clubs or students who are registered as non-club affiliated members. Scholarships will be in the amount of \$500 per student awarded. This scholarship will be awarded based on leadership, activities, and participation within the club and other school/community activities. The winner(s) shall be determined by the APVMA Executive Board. The winners will be announced at the APVMA National Symposium.

One Health Scholarship Application

This award is intended for students who are members of the APVMA and have a passion for the One Health Initiative. Scholarships will depend on the number of qualified applicants. This scholarship will be awarded based on efforts in the area of One Health and future goals toward it. The winner(s) shall be determined by the APVMA Executive Board. The winners will be announced at the APVMA National Symposium.

Research Scholarship Application

This award is intended for students who are members of the APVMA and have an interest in research involving animals and the veterinary field. This scholarship will be awarded based upon current or previous research being performed by the student and what they have learned from it. The two winners shall be determined by the APVMA Executive Board. The winners will be announced at the APVMA National Symposium.

[Click here](#) to apply!



Stressed About Finals?

Read these 5 tips to try and get ahead of the game!

- **Make a Game Plan**

It helps when you have an organized schedule so you know exactly what you need to focus on during each day. This also ensures that you have enough time to cover each subject!

- **Start Early**

Start studying now! This way you have more time to retain information and you aren't trying to cram a huge load of information in your brain in such a short amount of time.

- **Sleep**

Try not to stay up until the early morning hours of the night. The more sleep you get, the more rested your body is. Your brain will perform better with more rest and energy!

- **Take a Moment for Yourself**

Spending a lot of time studying is important, but so is your mental health! It is okay to take an hour or two to step away from the books and computer screens to relax! Go hang out with friends, take a nap, or watch a movie. Whatever you like to do with your free time!

- **Stay Healthy**

It doesn't hurt to keep a better diet and exercise when preparing for finals. A healthy body will help you function better and have an overall better feeling! Drink lots of water too!

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From Great Lakes to Corn Belt – an Iowa State University DVM Student's Story

By: Calli Morris

I wasn't really the smartest child growing up, but I was the kind of kid who sat themselves down in front of Nat Geo every day after school to watch Meerkat Manor and Big Cat Diary, soaking in every bit of information I could get about the life of animals. Like so many others, I also adored horses growing up, but I could never get one – four siblings made for a busy family, so I stoked my dreams by spending as much time as I could on the fringes of the 4-H world, following friends around the barn with their horses and helping them get ready for shows. Throughout my teenage years, I developed a passion for writing after I tore my ACL and meniscus, leaving me unable to do most physical activity for a few months but building the foundation for a potential career. I set my eyes on the fast-paced world of journalism, but once I was able to get my first after school job, I immediately drew back on what I had been wanting for several years – to lease a horse to compete in 4-H. I could only afford one year of showing with some help from my parents, but it was the year of my dreams and the entrance to the world of 4-H that I would grow to love. At the end of that year, I graduated from high school and set my eyes on Central Michigan University's top notch journalism program to further develop my writing.

I may have left my hometown for a slightly larger city, but even while I was developing my journalism skills, I was working hard for a new animal project – dog showing. I rapidly found myself discontent with journalism and changed to photojournalism, working for the school's award winning newspaper. I worked events from concerts to portraiture to soccer games, but I still wasn't content until the day that my 4-H leader told me what should have been obvious – why don't you work with animals? I was two years into my degree and panicked, how was I going to stay on track to graduate in four years and be good enough for a veterinary school to take me? Before I made the big jump, I followed a friend to one of the CMU Pre-Vet Club's meetings to see what it was like. They needed a Public Relations chair and to me, it seemed to me to be fate. As a photojournalism major, I became the club's head of PR. I crafted websites, social media accounts, and took pictures of everything I could think of. Over half way through my sophomore year of undergrad, I decided to take a leap and become a pre-veterinary student.

I practically knocked down the office door of the Applied Technology in Conservation Genetics (ATCG) lab professor who would become my mentor and begged for a position in his lab. With his help, I reorganized my entire college experience to fit what I needed into two years. From there, it was a bit of a whirlwind! I became the CMU Pre-Vet Club President, the APVMA Webmaster, and a squad leader for my section of the CMU Marching Band. I spent my summer researching turtles and my winters researching wild rice genetics. When I wasn't studying, shadowing in clinics, or working on meetings for the pre-vet club, I was writing my essays for the VMCAS. Then finally came the time when I had to send in my applications for veterinary school. I didn't have a lot of money and I truly at that point didn't realize how difficult it was to be admitted to veterinary school. I applied to Michigan State University (my in-state), The Ohio State University, and Iowa State University. Unsurprisingly, I was rejected from MSU and OSU outright, leaving me heartbroken and confused as to where I had gone wrong. A month later, I received a waitlist response for ISU – roughly spot number 60.

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I'd be lying at this point if I said I had just pulled myself up by my bootstraps and gotten over it. I spent a month moping, letting my grades drop, and just plain feeling sorry for myself. When I called for my MSU file review, I learned that I was one point shy of an interview offer and that if I'd known a few more things about the application process, I would have received that interview. At this point, I was down, but I knew that there were points I could fix in my application that would make me a stellar applicant, one worthy of a seat in the class of 2023. In January, I started working on a dairy farm from 2 am – 9 am every Friday before class to fill my farm animal experience gap. I secured a job for myself at an animal emergency hospital where I could learn my basic clinical skills like phlebotomy and physical exams. All of this, I had set in motion before mid-April. On a trip to MSU to take an admissions tour with my pre-vet club, I received an inconspicuous message from Iowa State University through their admissions portal, but I figured it was just the final rejection and waited until I got home to look at it. When I finally looked, my heart nearly stopped. I had been offered admission into the ISU CVM Class of 2022.

Fast-forwarding to now, you can probably tell that I said yes! I moved across the Midwest to settle in Ames, Iowa and it's been a pretty big adjustment. Now, I'm working towards a future in equine ambulatory medicine, but my passion for teaching and volunteering with 4-H has only grown with time. When free, I'm a canine 4-H instructor and I love making studying resources for my classmates. I am also the Iowa State University SAVMA Senior Delegate, serving my classmates and school on a national level while also functioning as the committee chair of the Integrative Communication and Diversity Committee. A lot of my days are really tough. I'm busy from sun-up to sundown, but my dog Five-O keeps my spirits up and I have a job I love, working in the equine ICU at the CVM. I'm excited to be planning an outreach trip to the Rosebud Reservation in South Dakota to provide basic healthcare to the horses of the people there and I can only guess at what the future holds for me!

If I had to pass on a lesson or two from this crazy journey I've had to vet school, it would be these two tidbits: be resilient and know that you are good enough. Resilience is what makes great vets and greater people – the ability to get up after being pushed down over and over, even if it takes you a bit of time. On the other hand, don't measure your success by that of other vet/pre-vet students or by admissions. You are unique, strong, and add to the profession in your own way. I might not always be the smartest person, but I endeavor to be the kindest I can be and give back when it's possible. There are students from every walk of life in my class and there's no right time to go to vet school. When you get in, it's the right time. You're going to be fantastic!

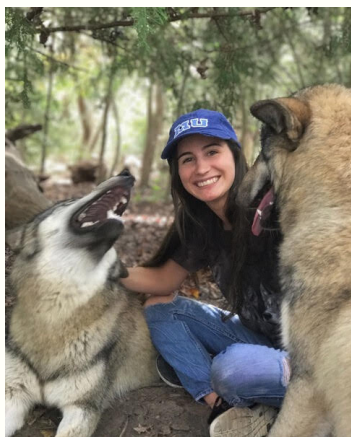


Fun Fact of the Month

Did you know...some Northern American Reindeer species can travel over 3,000 miles per year, averaging around 23 miles a day? They are also strong swimmers and can covered around 4-6 miles per hour in water!



Florida State's Pre-Vet Club



President:

Katherine Glibowski is a senior at Florida State University majoring in Biological sciences with a minor in Chemistry. In her free time she loves to play with her dog and cat, play soccer, go to Disney World, and hang out with friends. She currently works at a Veterinary Hospital as a Veterinary Technician getting to handle small and exotic animals. She has also been able to volunteer at a marine lab, a wolf preserve, and horse farm to expand her knowledge on every species she can get her hands on. She also shadows and volunteers with veterinary specialists in Tallahassee in hopes of one day becoming a veterinary specialist in surgery and owning her own practice.



Vice President:

Taylor Belusic is a junior biological sciences major at Florida State University. She loves to watch movies, hang out with her friends, and bake. She has previously interned at Zoo Miami in the African hoof stock department, where she assisted zookeepers in the daily care of giraffe, okapi, zebra, kudu, ostrich, and pygmy hippos. She currently volunteers at St. Francis Wildlife Association in Tallahassee, where she has learned how to care for orphaned/injured squirrels, opossums, turtles, and many other types of Florida wildlife. In the future, she aspires to work as a veterinarian in an AZA-accredited zoo and wants to participate in various wildlife conservation projects.

**Want your
club featured?**

Just email
apvmasecretary@gmail.com
for more details!

Club Highlights

The Pre-Veterinary Club at Florida State University strives to create a supportive environment for undergraduate students seeking a career in both the veterinary and other animal-related fields. Our members have interests in a variety of subjects, including small and large animal medicine, wildlife/exotic medicine, marine biology, and many more! Our club members donate their time to volunteer at various local institutions, including Mahan Farm, the Avian Biodiversity Center, St. Francis Wildlife Association, and Tallahassee Animal Services. During the 2018-2019 school year, our club successfully raised over \$2000 in support of Florida panther conservation. With the support and guidance from various members and alumni, many of our members have been accepted into veterinary schools across the country.



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Thank You to Our Sponsors!

