



# APVMA NEWSLETTER



## UPDATES FROM THE BOARD

Hello APVMA members! The month of December has been an extremely busy time for your executive board.

The president continues to work to bring all of you exciting new changes for the APVMA. The vice president has been diligently contacting potential sponsors for APVMA. The treasurer is continuing to monitor and record all of your transactions as you join the organization and pay dues via our new system! As you can see, your secretary has done a wonderful job with the newsletter format, We are working to increase engagement within the national organization as well as local chapters by introducing liaisons within our local chapters. The webmaster has been also working towards the same goal of increasing engagement through our official website and Facebook pages. As a whole, we are all getting to the end of another semester, as the last round of exams has arrived. As we get closer to the symposium if any of you have questions let us know. We are so excited to see you all soon. In general, feel free to email any of us!

## Table of Content

**Page 1:** Updates from the board

**Page 2:** Letter from the President

**Page 3:** Mental Health and Finals

**Page 4:** Symposium Updates

**Page 5:** Scholarship Information

**Page 6:** Club Liasion

**Page 7:** Fun Fact of the Month and Upcoming events

**Page 8:** Thank you to our sponsors



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# A Letter from the President

Hey everyone,

We are so close to finishing up this semester! I know it is a tough time (and crunch time) as we get closer to final exams. I am looking forward to sharing with all of you some new and improved changes the APVMA is bringing you. I also cannot wait for the National Symposium at Penn State in just a few months and I hope you all have registered to reserve your spot!

It's always an interesting time for me this time of year. I am always so excited to go home and see my family — even though I'm pretty sure they are more excited to see my dog than me. But, I find myself struggling to get through the few weeks between Thanksgiving and finals before that can happen. I don't know about all of you, but I lose most of my motivation for studying and finishing with a “bang” when in reality, that mindset is what I need most to finish strong. I'm from Alabama, for those of you that don't know, so when I say “cold weather” I'm sure it is considered warm for you. These few weeks is when the weather starts to drop into the 40°F-50°F and that automatically means I want to be inside curled up in a fuzzy blanket. Who wants to study when naps are nearly expected in this state? So, I put this driving comfort force aside and push through to get to finals.

I am going to be very real and raw with all of you right now — it isn't a happy time for me. I get extremely stressed out and find myself in a mental state that I haven't been in since the year before, prior to fall semester finals. No one is happy-go-lucky all the time and I want all of you to know, that it is okay to get like this as long as actions are taken to ensure it doesn't get out of hand. The best thing you can do if you ever feel yourself getting down is to talk to someone. Whether it be a friend, a counselor, a family member, or a teacher. I will be the first to tell you that your teachers care even when you think they don't. If you need someone to talk to, they are always going to be there for you. Letting someone know that you are struggling is a HUGE step in the right direction. Also, always remind yourself that you are greater than you believe. You are cherished and you are loved by so many. Curl up in your fuzzy blanket for a while but remind yourself of these things and get up and get going. Prove to yourself you are worthy and finish out your final exams with that “bang.” I hope all of you have a very Merry Christmas!

Loyally,  
Mary Ann McDougal

# Mental Health and Finals

Most people tend to push their mental health aside and convince themselves that they are “fine,” or they are “just having a bad day.” Unfortunately, it is a much greater issue that we have to address. Veterinarians have one of the highest suicide rates among all other professions — according to Business Insider, you are 1.54 times more likely to commit suicide working in the field of veterinary medicine. However, owning a pet, or simply being around animals, reduces stress and lowers the intensity of depression. As a student studying pre-veterinary medicine or a student that is currently in vet school, it is important to tackle this disease head on. Yes, disease; but that doesn’t mean you are defective or incapable — it simply means that it is something that must be addressed and not taken lightly. This profession is one that is so rewarding but also so personally challenging. It is extremely difficult to sympathize with someone and not internalize their struggle by making it your own.

As we come up on final exams, please be sure to not neglect your mental health. It is always more important than your college career, no matter what others might say.

**If you think you are struggling with your mental health, here are a few ways that you can get help:**

- \* **Listen to those around you.** If someone notices a difference in your mood or day-to-day actions and step forward to ask you how you are, notice that. Don’t brush it off or think it is unimportant. Those around you almost always see more from the outside looking in than you think they do.
- \* **Talk to someone you trust**, whether that be a teacher, family member, close friend, or counselor. Keeping your mental health to yourself isn’t going to help anyone. By speaking to someone, you will learn the beauty of vulnerability and prove to yourself you are so much stronger than you believe.
- \* **Determine your trigger.** What makes you spiral into a downwards slump? Is it a toxic person or relationship? Is it unnecessary pressure you are putting on yourself to make that 4.0 GPA? Find the trigger and eliminate it as best you can.
- \* **Do what makes YOU happy.** Yes, it is okay to be selfish when it comes to your mental health. If you want to take a nap or take a walk, don’t feel bad about it because the little things almost always make a difference.



APVMA 2019  
SYMPOSIUM  
UPDATES



# Ice Cream Social and a Big Surprise!



Following dinner at the Penn Stater on Friday, March 8, students will be given the option to attend an ice cream social, just outside of the President's Hall. The ice cream served will be from Penn State's one and only Berkey Creamery, the largest university creamery in the United States conveniently located in the heart of campus. Built in 1865, Berkey Creamery is renowned for its homemade ice cream. The creamery sells more than 750,000 cones each year, more than 50% of which are made from milk collected from the University's very own dairy herd!

More information about Penn State's Creamery can be found here:

<https://creamery.psu.edu/our-story>



Various exhibitors will be in attendance at the social, giving students the opportunity to speak to vet school representatives, meet some of the weekend's exhibitors, as well as get to know other pre-veterinary students. This is a great opportunity to have even more time with exhibitors as well as to see where lectures will be located!

Saturday night's dinner will be held at the Bryce Jordan Center, a 15,000 seat performance venue located on Penn State's campus. This venue has hosted many large events, including circuses, sports exhibitions, family shows, commencements, lectures, Big Ten Basketball, as well as some of the top-name performers in the entertainment industry! The BJC is also home to Penn State's THON, a 46 hour dance marathon which raises millions of dollars every year for pediatric cancer. Following dinner, students will have one final opportunity to partake in social activities and meet other students. In the venue's concourse, students will also be able to take photos, and meet some of the highlighted speakers of the weekend. Stay tuned for Saturday night's **big** surprise- to be announced in the coming weeks!

# Apply for Scholarships Today!!!

ALL SCHOLARSHIP APPLICATIONS DUE JANUARY 25, 2019 AT  
11:59PM EST/8:59 PCT

## APVMA SCHOLARSHIPS

- Outstanding CLub Community Service Award
- Outstanding Senior Award
- Scholarship Award



## AVMA SCHOLARSHIP

## APVMA-AAVMC SCHOLARSHIP

- One Health Scholarship
- Two (2) Research Scholarship



## C.E.L.A BELIZE SCHOLARSHIP

Please visit our scholarship page on the APVMA website to receive additional information about the above scholarships.

# **Be the APVMA Liason for your Pre-Vet Club**



# **WE WANT YOU!**

**Interested in becoming a member of the  
APVMA Executive board?!?**

Please visit our website and read each position's Standard Operating Procedure under "Executive Board Roles and Election Info"

[Click Here: APVMA website](#)



# Fun Fact of the Month

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## Do Penguins Have Knees?



Although we constantly see penguins waddling, their anatomical structure does consist of a knee. A penguin's leg has a short femur, knee, tibia, and fibula. Due to their preference for water, their morphology has assumed a structure that has compromised aquatic and terrestrial locomotion. Which is why we see penguin's wabbling throughout their environment.

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## Upcoming Events

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- **March 8th - March 9th 2019**  
2019 National APVMA Symposium at  
Penn State University



# Thank You To Our Sponsors

