

FEBRUARY 2020

APVMA NEWSLETTER

American Pre-Veterinary Medical Association



Updates from the Board

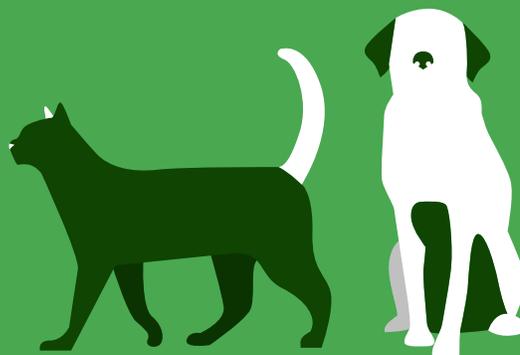
Hello APVMA Members!

Wow, time flies! This eboard's term will be done at the end of this month and this past month has been jam packed with finishing up our final tasks before we pass on the responsibilities to the next eboard! Our president has been preparing for symposium, evaluating scholarships, and interviewing our advisory candidates. Our vice president has been preparing for symposium and making sure all of our sponsors are taken care of and informed of the details. Our treasurer has continued to organize and prepare paperwork and digital files for the eboard transition. Our secretary has been preparing transition documents for the next secretary and evaluating scholarships. Our webmaster has been helping evaluate scholarships, updating the website, and preparing to see you all at symposium!

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February 2020

A Letter from Our President

Dear APVMA Family,

A year seems like a long time but looking back it has passed in the blink of an eye. For giving me this year and this amazing opportunity, I owe you my deepest gratitude. This year has been both humbling and empowering.

This year we set out with many wild dreams like setting up a national delegates program, increasing diversity and inclusion within our organization, and to gain more sponsorships to fund and ensure the future of our organization. And because of your phenomenal officer team we were able to get them done. However, for every dream that we achieved there were others that had to take a back seat. While some dreams may not have come true this year, we hope that they will provide inspiration for our next torchbearers.

This month we will be turning over this organization to a new team of leaders, but we won't be turning over the organization that was given to us last year. This year not only were we able to make plans for next year's symposium, but we have also made plans for the 2022 symposium. This will allow our team to focus on the future years and dream big. The new executives will also be inheriting the newly implemented APVMA Delegates Program, allowing them to better connect with our members and empower so many more leaders along the way. But that is not all! Our executives will be working alongside two newly elected Trustees to our Advisory Board, who will bring them new ideas and years of experience to better serve our members.

The past year has been a wonderful experience, that has brought so many beautiful things to life, but none more important than the people and friends that I have met along the way. There are many E-boards that I have served on in the past whose officers rarely talk with one another, but that isn't the case here. Ian, Jaylen, Jen, and Sarah, I could not have asked for a more amazing team, or better friends. And to Dr. Van Saun, Dr. Fraley, and Dr. Williams your advice was the wind that blew our sails. You pushed us, and pushed us some more, but it made us better leaders and allowed us to get so much accomplished. Also, we owe a tremendous debt to everyone at Virginia-Maryland who has helped to power this year's symposium, I won't list any names because they could fill up an entire page.

Last, before I sign off, I would like to say that it has been the honor of my life to serve as your president. Wherever life takes you, may success and happiness always follow. And to whomever inherits this position I send the best of wishes

With love,
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

I GOT REJECTED A LOT- and I Will Be a Better Doctor Because of it

By: Ashley Vasel

At 13 years old, my interests in veterinary medicine were deeper than those of my peers. Most kids want to be a veterinarian, but few take the steps to see what that entails at a young age. My fascination with anatomy and animal science grew while shadowing our local veterinarian, Dr. Haines, as he performed an enucleation. With each new patient, I marveled at his ability to read an animal's body language and aspired to be as talented. The veterinary hospital was old school, so I had the opportunity to dip x-rays the old fashion way!

During my undergraduate career, shelter work gave me the opportunity to gain a better understanding on how to care for animals that came from an abusive environment. My work with Macon County Humane Society and Lee County Humane Society opened my eyes to the gross tendencies of money-hungry breeders, and the unfortunate judgement for an animal's quality of life when it came to euthanasia. My focus began to shift towards looking for a job where euthanasia could be avoided and give those overflow animals a new purpose. Through working with Global K9 Solutions, LLC, I assisted in animal training and development and the trained dogs went on to become therapy or guide dogs. I then used my newfound awareness to create a platform in local areas and educate people on spaying and neutering pets, with hopes to reduce the overwhelming number of shelter animals.

However, I felt this was not enough to build up my resume and get into veterinary school. I participated in research my junior year of undergrad and continued researching throughout my senior year, and then presented my research at science conferences. My research was on gene expression and the epigenetic characteristics of early cattle embryos via in vitro fertilization and somatic cell nuclear transfer. Through the use of real time PCR, I hoped to develop new theories to further research in a progressive direction.

I began working in the emergency room at Pieper Olson Veterinary hospital, which has 100s of staff members and 7 specialty fields, resulting in myself becoming well-rounded to all areas of veterinary medicine.

Nevertheless, I still feared I would not stand out from the many other veterinary applicants. I pursued a personal business that blossomed into a career full of respect and compassion. Something that started as a few dog walks a week turned into a packed weekly 4-5 client schedule. Owners trusted me to administer oral medications as well as inject subcutaneous ones. My business expanded from a local business to towns over. I saw this as I worked and continued to work hard as a self-employed entrepreneur.

For the past 9 years [THAT'S A LONG TIME!] I dedicated myself to furthering my knowledge and engaging in new environments to broaden my career. I had lots of small AND large animal experience, leadership due to my personal business, a strong GPA, good GRE scores, 2 years of research under my belt, LOTS of club involvement, and much more.

Yet, I was rejected by nearly every single veterinary school I applied to. I knew it would be challenging because there are less out-of-state seats available than in-state seats, however I felt like I was a very strong candidate. Some schools waitlisted me and others offered me an alternate interview if one was available, but at the end of the day I didn't understand why I wasn't good enough. However, I also knew getting into veterinary school was not easy and it would be foolish of me to sit here feeling like a failure after all the things that I have accomplished so far.

Ross University was the last school I heard back from. I had an interview with Ross, and they accepted me a month later! I have just finished my first semester here and I am so grateful for the opportunities that an international school has to offer. I have always had an interest in exotic medicine, and on the island I am around exotic animals every day. There are many clubs here that are perfect for me and in August I will be spending 2 weeks in Africa!

To all students who feel like their application will never be good enough, you are wrong! Stay strong and true to yourself! The greatest doctors are those who have struggled and worked hard to get where they are today. If you possess the ability to confidently pick yourself up and push forward, then you are going to be an amazing veterinarian. I was rejected by MANY schools and in the veterinary field you will face MANY unfortunate circumstances, but you will not gain anything by sitting around upset and wondering why life isn't perfect. Struggle leads to greatness! You are not alone, and I believe in YOU.

Check out my journey on YouTube! www.youtube.com/c/ashleyvasel



Fun Fact of the Month

Did you know... that the heart of a shrimp is located in it's head?



Upcoming Events

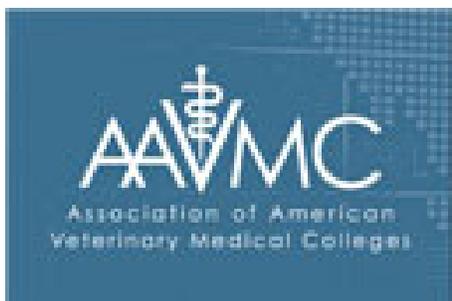
APVMA National Symposium February
28th-29th at Virginia Maryland!



AAVMC Pre-Veterinary Leadership Award

Every year the AAVMC gives out an award to a graduating senior that will be attending vet school in the fall. The award is based upon your commitment to your pre-veterinary community and how you have increased diversity within this community. The award comes with a \$500 reimbursement for your VMCAS application and a \$500 stipend to your pre-vet club. The deadline for submissions is February 7th. More information can be found in the link listed below.

<https://www.aavmc.org/additional-pages/pvla>



Interested in Running for an Officer Position for APVMA?

At the symposium on February 29th we will be holding elections for the 2020-2021 APVMA Executive Board. Elections will be held for each of our 5 officer positions; President, Vice President, Treasurer, Secretary, and Webmaster. If you would like more information on any position refer to the emails listed below!

What do you need to run for office?

- Obtain a letter of approval from your pre-vet advisor prior to symposium. This letter should state "I support (your name here) running for the position of (your intended position here)". It should also contain a statement that your advisor commits to meeting with you at least two times throughout your term to support you in your position. This letter must be presented to an APVMA officer either prior to or at the president's meeting on February 29th at 6:00 a.m. at symposium.
- Attend the president's meeting on the Saturday morning of symposium. At this meeting you can either nominate yourself or have someone nominate you for whatever position you intend to run for.
- Submit a short two paragraph biography about yourself to an APVMA officer. These biographies will be sent out to all APVMA members prior to the Saturday night elections.
- Give a 1-1.5 minute speech at the Saturday night formal dinner on why you would be a good fit for the position.

Contact Information

President- americanpvmapresident@gmail.com

Vice President- apvmavicepresident@gmail.com

Secretary- apvmasecretary@gmail.com

Treasurer- treasurerapvma@gmail.com

Webmaster- americanpvmawebmaster@gmail.com

Outgoing Letters

President: Sam Johnson

This is not goodbye, but simply a farewell until we meet again. To everyone who has made this year such a success, our members, advisors, fellow officers, our family at Virginia-Maryland, and the many others who have helped along the way I cannot tell you how grateful I am for you. To each and everyone wherever life takes you, may success always follow.

Ian- Thank you for being the Vice President that every President needs. You always exuded such an easy-going confidence that I will always be jealous of. Your class and work ethic helped to secure us more funding than we have ever had in the past. So, for that I thank you.

Jaylen- You have been a phenomenal treasurer, always willing to look into the finances of whatever project that we thought up. And I cannot thank you enough for always stepping up to help without ever having to be asked. Besides your tremendous work, I have to commend you for being the kindest officer I have ever worked with. So, for that I thank you.

Jen- You have been my partner in crime and I always know that I can call you to chat about anything that comes to mind. Last year you had big shoes to fill when Alexis left, but fill them you did. In addition, you have enlivened our newsletter. I also have to thank you for never getting frustrated, or at least showing it, when I waited until the last minute to send you my president's letter. So, for the friendship and so much more, I thank you.

Sarah- You have boosted our social media accounts tremendously and we could not be more thankful. It's been great to go through the application process with you. Besides that, you never hesitate to challenge us too consider other ideas, and I am grateful for that. So, thank you.

To the team that has been chosen to fill our shoes, I wish you the best of luck. Cherish every minute of it and never lose sight of the wonderful changes that you can bring about. Because like Dr. Seuss said, "Unless someone like you care a whole awful lot, nothing is going to get better. It's not".



Outgoing Letters

Vice President: Ian Brown

I am truly honored to have served as Vice President of the APVMA for the 2019-2020 term. With my time as a part of this great organization, I have learned a lot about myself and about the veterinary field. I also had the opportunity to work beside four amazing individuals who I not only call executive board members but close friends. The connections I have made with these individuals happens to be deeper than APVMA and I can truly say that they will last for years on end. It feels like yesterday that I was hearing my name being called as Vice President, then a burst of excitement and nerves rushed my body. Now it is time for me to call out that next name, and for the next student to help keep the momentum of APVMA's growth and accomplishments moving forward.

With my position as Vice President, I was able to build new and stronger relationships with our current sponsors and keep close communication with them throughout the year. I have spent countless hours in conversation, not only with our current sponsors but with a great deal of organizations to formulate new sponsorships and opportunities for our members of APVMA. I was able to collaborate with Veterinary Information Network and Student Doctor Network to organize the Apply Smarter webinar. This gave various pro tips on how to save money when applying to vet school and what to look for when choosing the best vet school for you!

Additionally, I have been working to clear up any gray that there may have been with any of our sponsors and build stronger relations with each. Also, as being a part of the APVMA E-Board, we worked deliberately together on several projects. We have worked on a system that allowed us to increase the number of posts monthly to inform our members about current veterinary events and bring awareness to mental health. We have continued the monthly newsletter which improves the communication between APVMA and our club members. We have begun to illustrate the delegate program which allows for more inclusiveness between APVMA and our members, as well as creates greater assistance for the E-Board members. We have also worked on a five year plan for the future of APVMA, and much more!

It has been an amazing experience being a part of this Executive Board and serving as you 2019-2020 Vice President. If anyone is interested or have merely thought about joining an APVMA national position I highly recommend pursuing leadership. There are so many great experiences, accomplishments, and relationships that come with this responsibility. There is so much that you will be able to learn about the veterinary field as a whole and even personal endowment. Do not be afraid to step out of your comfort zone. Stepping out creates room for personal growth and the ability to confront similar situations in the future with precision. I am excited to see where APVMA will be taken over the next few years. There is only light for the future of this great organization, and I am glad that I was a part of this journey.



Outgoing Letters

Treasurer: Jaylen Davis

Dear APVMA Pre-Vet Students,

What a year it has been! Thank you all so much for this opportunity to serve as your treasurer this year. I have learned so much about what it means to be a leader and have grown in ways that I could not have imagined. Serving on the APVMA National Eboard has opened my eyes to how big the pre-vet community is. All of you have motivated me and inspired me to be the best that I can be. Whenever I feel like giving up, I just keep in mind that there are hundreds of students across this whole country that are going through this with me. You all are so determined and motivated and it is because of you that we are able to continue to grow as an organization (ex. Delegate program) and I am so proud to be a part of that. As I write this, I want those reading to keep in mind that you are capable of achieving all that it is you want to. Go after your goals and dreams even if you feel that they are too big. I do not want to sound corny or cliché, but in the words of Nike and Shia LaBeouf, "JUST DO IT"! You never know what doors will open and what opportunities will present themselves.

Thank you again for this opportunity. I am so proud of the community that we have built and I can wait to see this community grow.

APVMA National Treasurer 2019-2020
Jaylen Davis



Outgoing Letters

Secretary: Jen Baughman

If you would have asked 5-year-old me where I'd be almost 16 years later, holding a position on a national eboard would have been the last thing to come out of my mouth. In a blink of an eye my term is almost over and every second of it has been one incredible journey. I have enjoyed interacting with several of you over the course of the year and I want to thank you all for electing me into office and giving me the opportunity to not only express my creativity, but to help shape APVMA for the future years.

This past year I have developed the newsletter even further. I have added new features such as case studies, monthly highlights on either a veterinarian student or a veterinarian, and a club of the month feature in every newsletter. I have also added tips and tricks in some of the newsletters to help with stress, applying, and goal making!

Another huge task I accomplished was organizing all of the emails that we have listed to receive updates from APVMA into a listserv, so it is easier to send out mass announcements. Since this has been done, I have emailed out the newsletter monthly in order to reach and communicate with more people!

It has been an absolute honor to serve as your national secretary for the 2019-2020 term. I cannot express enough gratitude to you all for electing me into this position and trusting me to do it justice. For any of you out there that are interested in this position, I encourage you to jump out of your comfort zone and run for it! Allow yourself to be bold and creative! Through this position I have learned a lot about myself and I have grown immensely. I can't wait until I see you all again and thank you again for this unforgettable opportunity. I am so excited to see where APVMA goes from here!



Outgoing Letters

Webmaster: Sarah Zelli

Has it really already been a year? I remember the day I stood up on the stage at Penn State, shaking like a leaf, as I gave my speech to all of you. It feels like it was just yesterday! What an honor it has been to be a member of the APVMA executive board. I have learned and gained so much from this experience. Not only have I learned more about the organization, but I've learned so much about my own strengths and capabilities. I truly believe that, as a board, we made a lasting positive impact on the organization. I am extremely thankful for the opportunity to work so closely with such an amazing group of people. I wouldn't take it back for anything! I am so proud of the other board members, and I know they will all be so successful in their future endeavors. Furthermore, I want to extend a huge thank you to the Advisory Board of Trustees. They have taught me so much and have helped me develop as an aspiring veterinarian. I am very eager to see what the future has in store for all of us.



As we all say goodbye, I want to mention a few projects that I personally have been working on throughout the year. I significantly changed the design and structure of the website, increased our social media outreach, and ensured our sponsors received their "benefits". As an eBoard, we really focused on member outreach and establishing a relationship with you all. We also examined what's in store for the APVMA in the future and how we could aid in the stability of the organization as it expands. One major project that was put into place was the Delegate program, which is aimed at making sure each club is receiving resourceful information about what we are doing, what opportunities are available, etc. It will be exciting to see where the APVMA goes from here!

With my final farewell, I wanted to thank you for granting me this opportunity to serve as your 2019-2020 APVMA Webmaster. As far as my upcoming plans, I will be attending veterinary school in the fall! (Where I will be is still undetermined!). For those of you considering running for a position, do it! You will experience so many wonderful opportunities for personal and professional development, and end with a feeling of accomplishment. Feel free to ask me any questions you may have about my experience. Thank you, and I hope to see you all again soon!

Rutgers University's Pre-Vet Club



President:

Rose Bogina is a senior Animal Science major at Rutgers University. She recently interned at a wildlife rehabilitation hospital in New Jersey and has learned how valuable it is to support your local ecosystem. Rose would like to focus on conservation and rehabilitation medicine after vet school. Rose is also currently raising a puppy for The Seeing Eye who will hopefully become "someone's eyes" one day as a working Guide Dog!



Vice President:

Jorge Flores is a senior Animal Science major at Rutgers University. He currently works as a Veterinary Technician in a metropolitan small animal hospital in the NJ/NYC area. Outside of his studies and work, he loves hiking, breeds leopard geckos, and sails for the Rutgers sailing team. He's pursuing a career as a Zoo or Exotics Veterinarian and hopes one day to contribute published research in the zoo/exotic medicine field.

Want your club featured?

Just email
apvmasecretary@gmail.com
for more details!

Club Highlights

The Rutgers University Veterinary Science Club is an important resource for pre-vet and other animal science students at Rutgers. RUVSC hosts veterinarians with various specialties at biweekly meetings, as well as vet school admissions representatives to educate their students on the careers within vet med. The club also hosts a Fall and Spring Mixer for students to network with local professionals to gain shadowing, internship and job opportunities. Additionally, RUVSC takes multiple field trips throughout the school year with their biggest trip being to the annual APVMA Symposium.



Thank You to Our Sponsor's!

