

APVMA WINTER NEWSLETTER 2018



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APVMA EXECUTIVE BOARD ELECTIONS

National Symposium and APVMA elections are right around the corner. Here is what you need to know:

On Saturday morning of National Symposium, we will hold the president's meeting. The time and location will be announced on Friday night, so make sure you pay attention! Especially if you are considering running for the executive board, if you are not there to be nominated you will not be considered. Below you will find information regarding positions and the election process

President	Vice President	Treasurer
<p>Oversees any committees chosen by the executive board, except for those involving fundraising</p> <ul style="list-style-type: none"> o Will act as a liaison between the symposium host and executive board o Responsible for submitting one article per issue of the newsletter o Responsible for updating the Officer Manual as needed o Also assist with collaborating with other organizations outside for APVMA, and attending meetings the executive board feels is necessary for strong relationships 	<p>Responsible for recruiting new members</p> <ul style="list-style-type: none"> o Acts as the chairperson for any fundraising committees o Performs duties at the request or absence of the president o Updates the Officer Manual as needed o In charge of contacting outside organizations for sponsorships 	<p>Responsible for maintaining the checking and savings accounts for the APVMA</p> <ul style="list-style-type: none"> o Keeps a detailed record of all transactions in an online budget spreadsheet o Assists the secretary in maintaining the membership directory through payment confirmation o Maintains all hard-copies of financial documents o Presents hard-copies and current state of finances to new treasurer o Maintains the online apparel store o Responsible for purchasing Executive Board polos, and scholarship trophies o Assists with the creation and editing of any scholarship applications o Creates a projected budget with the previous year's financial information to be shared with the executive board and ABoT o Updates the officer manual as needed

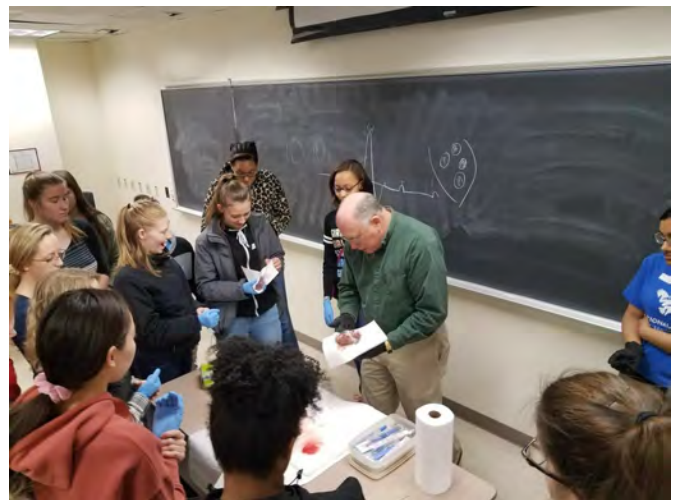
APVMA EXECUTIVE BOARD ELECTIONS CONTINUED

Secretary	Webmaster
<p>Takes minutes at any meetings of the APVMA or its executive board</p> <ul style="list-style-type: none"> o Compiles notes of all events, pertinent discussions, and important issues to be archived, and maintains this document o Responsible for publishing and distributing the quarterly newsletter o Maintains a current membership directory o Updates the Officer Manual as needed o Distributes APVMA ID numbers as the treasurer receives dues 	<p>Maintains and updates the APVMA Website</p> <ul style="list-style-type: none"> o Updates the officer manual as needed o Liaison between the website agency and the executive board o Maintains social media accounts, including the Twitter, Instagram, Snapchat, Facebook group, Facebook page, and will moderate these in a professional manner o Assists with the creation of advertisements for the APVMA and any events or pertinent information that needs to be sent to the general members

<p>The Election Process</p>	<p>In order to run you MUST be at the president’s meeting</p> <ul style="list-style-type: none"> • Another member of the APVMA must nominate you during the President’s meeting • After being nominated, you must accept your nomination if you choose by emailing the email provided to the board. o In order to be considered you must have an advisor present to approve your running, or have a letter from your advisor approving your running (if they cannot be present). This can be a Pre-Vet, Pre-Health, or any academic advisor. o You will include a brief statement (must be NO MORE than 200 words) about yourself and a photo. This information will be available to all general members during elections • Elections will take place Saturday evening. Each candidate will get five minutes, and NO MORE to speak before the vote occurs • If elected, you will attend a mandatory meeting following the dinner and elections to meet with the past executive board, receive your officer manuals, and meet the new board/ABoT
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APVMA ANNOUNCEMENTS

- A survey has been sent out to all APVMA clubs and members including advisors regarding the future of national symposium please fill this out!
 - The survey will close at midnight, March 22nd EST
- Regional Symposium at Delaware Valley University and Penn State was a success! Please look forward to seeing more of these.



Pre-Veterinary Students Finding a Passion for Wildlife Medicine Conservation

As pre-veterinary students make their journey through their undergraduate studies in preparation for veterinary school, they will solidify their passion through hands-on experience from both ends of the animal spectrum. Most commonly, undergraduate students will study livestock or companion animals, but many pre-veterinary students are developing a strong desire to aid in the well-being of exotic or native wildlife species. Experience with wildlife rehabilitation and care can further lead to an interest in pursuing a career as a wildlife veterinarian.

The role of veterinarians in wildlife medicine and conservation is imperative. Wildlife medicine may be practiced either in a clinical setting or out on the field. The motive is the same for both settings: to treat, rehabilitate, and conserve wildlife species. However, there are several distinct differences amongst each setting. Veterinarians who treat exotic animals in a clinic are trained to treat specific animal cases with unique diagnostics for health and function restoration whereas field veterinarians are focused on the conservation of overall populations of wildlife species, while also preventing injuries and the transfer of diseases.

Many pre-veterinary students are actively seeking internship or volunteer opportunities that involve rehabilitation and treatment of wildlife species. This interest may blossom when taking ecological and conservation classes as requirements for specific majors in undergraduate studies or as prerequisites for veterinary schools. Another major contributor to pre-veterinary interest in wildlife medicine is the American Pre-Veterinary Medical Association (APVMA), which is a student-led national organization aimed to stimulate interest in veterinary medicine. Each year, the APVMA provides a symposium that is hosted by a different veterinary college in the United States. These symposia expose pre-veterinary students to the diversity of the veterinary field through lectures, hands-on labs, and networking opportunities. Guest lectures can include wildlife experts, researchers, and practitioners who may explain their personal journey from veterinary school to their career as a zoological vet or give a demonstration on how to repair a fractured turtle shell. Attendees without prior experience and knowledge of wildlife medicine may suddenly spark an unexplored interest towards this facet of veterinary medicine,



which is the primary goal of the APVMA. Education and exposure is the first step for a pre-veterinary student to realize their eagerness resides in rehabilitating orphaned hawks or performing necropsies on manatees exposed to red tide.

Mores pre-veterinary students are finding a passion for wildlife medicine and conservation due to an increase in education and opportunities in the field. A pre-veterinary student and APVMA member at Grand Valley State University in Michigan, Ilissa Chasnick, was asked how she became interested in wildlife conservation medicine. She responded, “I wanted to be a small animal veterinarian almost my entire life, until I took a zoology class in high school. The class opened my eyes to the amazing creatures of the world, aside from cats and dogs. With that class, and my love for the outdoors, I became interested in wildlife conservation medicine. The idea of protecting species through their health and well-being sparked my interest in wildlife conservation medicine” (Chasnick, 2017). Upon acceptance into the ever competitive programs of veterinary medicine, veterinary students develop a passion towards specific areas of specialized medicine they may wish to pursue, and many are finding a passion for wildlife animal conservation. The increase in education, awareness, and student curiosity is crucial not only for the conservation of endangered species, but for preventing the spread of zoonotic diseases and emergence of new diseases.

An understanding of zoonotic diseases is especially critical for endangered species particularly at wildlife conservation sanctuaries. These sanctuaries rely on veterinarians to research wildlife and to provide proper diagnostics and treatment of injured, sick, or orphaned animals. Wildlife veterinarians also aim to spread awareness and prevent the transfer of diseases, whether to other animals, such as nearby livestock, or to humans in zoonotic diseases (Reading, et al. 2013). Pre-veterinary students understand the importance of this relationship and find joy in educating their community of this relationship and to encourage them to also contribute to the welfare of wildlife. Another pre-veterinary student and APVMA member at Grand Valley State University, Alexa Levin, commented on her role in conservation medicine that, “The most important way I help wildlife is through educating children during the summer each year. Teaching the younger community about being kind to animals gives me hope that we can insure future wildlife will be taken care of properly” (Levin, 2017).



The relationship between veterinarians and wildlife is vital. The various roles that veterinarians play in society is numerous, though in wildlife conservation, veterinarians make great efforts to protect wildlife populations, restrict diseases from spreading, and study wildlife species to better understand their behavior and function. The future of wildlife conservation medicine lies with our students, and pre-veterinary students strive to equip themselves with diverse wildlife experiences and further their knowledge prior to veterinary school in order to preserve Earth's cherished species for generations to come.

Works Cited

Reading, R.P., D.E. Kenny, K.T. Fitzgerald. 2013. The Crucial Contribution of Veterinarians to Conservation Biology. Elsevier Inc. 28:131-134.
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Chasnick, Ilissa. Personal interview. 27 Feb. 2017.

Levin, Alexa. Personal interview. 25 Feb. 2017.

Author Bios



Mackenzie Shannon is a 3rd year undergraduate Biology student at Grand Valley State University in Allendale, Michigan. She served as the Treasurer of the American Pre-Veterinary Medical Association and is a veterinary assistant at Mapleview Animal Hospital in Holland Michigan. She is also a certified 4H leader in Ottawa County.



Hunter Walker is a certified veterinary assistant and a 3rd year undergraduate Biology student at the University of South Florida St. Petersburg. She serves as the Vice President of USFSP's Pre-Veterinary Society, as well as former Secretary of the American Pre-Veterinary Medical Association.

Facing Denial

Some Words to Consider: Personally, I have been denied from 4 out of the 6 schools I applied to and placed on the waitlist for one. I was eventually accepted to one school but faced those denials in a very short time span before learning of this acceptance. During that time, I began to question so many things including: “Is vet school right for me”, “Am I even smart enough for this”, “I have a plan B, should I just go with that?”. I had two great loves to choose from: veterinary medicine or Emergency Medicine. I already have my foot in the door by being a Emergency Medical Technician (EMT) and I love it, particularly trauma. I love the unfavorable and sometimes gory situations I face every shift and being there for someone on their worst day. My second passion of EMS gave me my plan B: trauma nurse. However, I've wanted to be a marine mammal veterinarian since I was 5. Not only was I allowing these denials question my future, I was questioning myself and my self worth as a person. And that is when I came to this realization, after hours of thought, a few TED talks, and one or two tear-filled phone calls to my parents...**a denial from veterinary school DOES NOT define who you are as a person or your self-worth.**

With that being said, remember who you are: you are a pre-vet student. You are a special breed of people. You are hardworking, motivated, and have the courage to step up and tackle something like applying to vet school. We sacrifice so much to achieve high grades, obtain hours of experience, some maintaining a job, being apart of pre-veterinary clubs, and doing research. This gives us our skills of hard work but it also give us tunnel vision. We develop this mentality of: “its vet school or nothing.” This is simply not true.

Being a pre-vet student made me physically, mentally, and emotionally tough. This toughness is going to stay with me throughout my life and it will with you as well. You will succeed in anything you set your mind to whether that is within the field of veterinary medicine or not. **Why? Because you are a pre-veterinary student. You know what it means to work-hard. You will accomplish anything you put your mind to. You have the mental fortitude**

that will bring you far in life. Never give up on your dreams. And never allow a denial or an alteration in your road to success make you question your self worth or who you are as a person.

The Next Steps:

- 1. Have your time to be upset and sad, but this is not the end of the world!**
 - a. Watch a few TED talks
 - b. Read a book or two
 - c. Give yourself time to do some soul searching
- 2. Ask for file reviews with the schools that you applied to! Admissions offices can give you pointers on how to improve your application!**
- 3. Gap years are not bad!**
 - a. We have spoken to countless veterinary students that had to apply more than once, and they have nothing but good things to say about their gap year! You go to vet school when you are meant to!

Coming from one pre-veterinary student to another, I hope you found this helpful.

Piece written by:

Liz Price

APVMA Secretary 2017-218

Calli Morris

APVMA Webmaster 2017-2018

“ Every time I thought I was being rejected from something good, I was actually being re-directed to something better. ”

- Dr. Steve Maraboli

www.stevemaraboli.com

Mental Health and Self Care

I am sure that you have heard countless people in the field talk about the importance of mental health in our field. The AVMA did a study on psychological disorders and suicidal thoughts in veterinarians and found that 1 in 10 veterinarians are likely to experience psychological distress, and 1 in 6 veterinarians have considered suicide

(<https://www.avma.org/News/JAVMANews/Pages/150401d.aspx>). We have seen this countless times in our colleagues, peers, friends, and more. It is so important to address the mental health of yourself and others to ensure the safety of all.

While we all know it is important to be the *perfect* pre-veterinary student, it isn't possible for everyone. Getting a 4.0, working a job, shadowing veterinarians, and studying for the GRE are not necessarily possible for everyone. It is important to know that you don't have to push yourself to do all of this--you NEED to pay attention to health.

If your mental health is in distress, you aren't your best self, and you may not be able to work as well. Thus it is important to practice good self-care in your undergraduate studies so that you can carry that over to vet school. Here are some of the executive board's forms of self-care:

Legend Thurman: Every weekend, even if there is some big assignment or exam on Monday, I make sure to do something really fun that not only helps me to de-stress but to keep me healthy emotionally and mentally as well.

Kalyn Bryan: My form of self-care is spending time with my family and working out.

Ilissa Chasnick: I personally enjoy hanging out with my roommates and friends. This is a good way to de-stress and keep good relationships with people that support me. I also like to read books. They keep me calm, and it is a good mental break from pre-vet.

Liz Price: My form of self-care is Crossfit. Crossfit allows me to release the tension of everyday stressors but it lets me see how strong I am and potentially can be.

Calli Morris: My personal form of self-care is in music and friends. When my day has been bad, I know I can count on music performance to turn it around. Relaxing with friends, bingeing a good series, and getting a few cat cuddles are all great ways for me to kick back and relax.

A Letter from our President

March 20, 2018

To my fellow pre-veterinary friends:

I do not know where the time has gone by. It seems just like yesterday that we were all gathered in North Carolina at NC State enjoying ourselves in the various activities provided, and now, we find ourselves in that situation again. This weekend, we will all be together in Auburn, Alabama celebrating not only our great passion for this field but the love and friendship of the community of people that have gathered from all around the world. Yes, thoughts of warmer weather, end of term exams, and possibly, for some of us, graduation has already entered our minds, but this weekend, all of that will be put on hold.

As I have reflected on this past year and my role as your president, I cannot tell you the great joy myself and my fellow E-board members experienced as we worked to promote this organization, what it stands for, and the future routes it can go down. A great many things have been edited and there are many still that remain, but I am confident that this organization will continue to grow in the subsequent years to come.

Some final pieces of advice I would like to leave with all of you before the conclusion of my term this weekend: First, take note of the passages commenting on mental health and denial to veterinary school in the newsletter; for there is so much to be accomplished and even if every little detail did not go “according to plan” know there is a bigger purpose to what seems difficult right now. Secondly, to the newest members of the American Pre-Veterinary Medical Association: I hope you keep your eyes and mind open to the endless possibilities that this organization and profession can offer you; Seniors: congratulations on completing another milestone in your lives no matter what the next step is going to be; I know you will all go on to do great things. To the new Executive Board (whoever you may be): good luck on leading this organization to higher heights and even bigger aspirations; I look forward to seeing them implemented in the year to come. Finally, I want to leave all of you with an old-fashioned Irish Blessing:

**May the road rise to meet you
May the wind be always at your back
May the sun shine warm upon your face
The rains fall soft upon your fields
And until we meet again
May God and all of his creatures
Hold you in the palm of His hand.**

Legend Alexandra Thurman
American Pre-Veterinary Medical Association President 2017-2018

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