



APVMA NEWSLETTER

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Updates from the Eboard

Hello APVMA members! The month of August has been an extremely busy time for your executive board. The president has been working towards revealing our official apparel for the fall, which will be available via links on our Facebook and website. Be sure to lookout for that! 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, as we are working to increase engagement within the national organization as well as local chapters by updating you all via newsletter every month. 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 back into the groove of school, since classes have just started back up. Most of us are also finishing up our VMCAS and getting them ready for submission. As always, if any of you have questions regarding applications or APVMA in general, feel free to email any of us!

LETTER FROM THE PRESIDENT

Hey everyone,

I hope it was a smooth transition as classes started back up. I had my last “first day” of fall semester and I’m not going to lie, it was bitter-sweet. I am in a stage of life where I am ready to begin my future and embrace life after graduation. I am struggling a bit with the idea that before I get to embark on this new journey I have to graduate first, while trying not to wish away the little bit of college I have left. For those of you who attend, or have attended, an SEC school you know how quickly fall semester goes by. You wake up bright and early Monday morning for class and before you know it, it is Wednesday and campus starts to buzz. By Friday morning, tailgaters are camped out waiting to reserve their own piece of paradise for the football game the following day. I always walk campus on the days before home football games and smile to myself knowing I am at a school that people want to visit on their off days. They choose to be here and experience life on the Loveliest Village on the Plains, and well, I am here just trying to graduate.

We are always told “don’t take this for granted.” Whether we are talking about a season of life, or simply a football season, it is a truth that goes in one ear and out the other. You never really understand the full complexity of a statement until it has impacted you on a personal level. I will take my undergraduate college career for granted until I don’t have the luxury of living it every day. I wish I could say this wasn’t the case, but unfortunately, it happens to all of us. I find myself getting so caught up in studying for an upcoming test or preparing for a lab when I realize it is already 9pm and I haven’t taken the time to walk my dog further than our front yard. I catch myself throwing around the phrase “we have to hang out soon” to friends in passing more than I should, when I have little intention of actually finding time to spend with them. Why would I spend time with friends when I could be studying for the Organic Chemistry exam I know I have coming up next week? Besides, I am here just trying to graduate.

That is when it hit me. You see, you are in college to get a degree but, through the few years of learning how to be on your own, you become the person you were created to be. You learn life experiences, outside of the textbooks, that shape you into the person that shines during Veterinary School interviews. When someone tells you not to take college for granted, they mean soak it up like a sponge. Embrace the sunny days while walking across campus to your class but also find the time to focus on yourself, whether that is going to the gym or getting dinner with friends. College goes by in a blink of an eye. So, don’t look up one day and only have memories that involve a textbook — I promise you’ll regret it.

Loyally,
Mary Ann McDougal

How Do You Juggle A Social & Academic Life?

We asked current veterinary students how they juggle having a social and academic life since they've been enrolled.

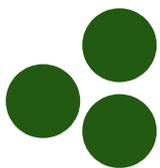
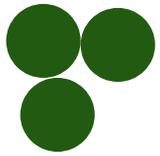


"Take time out of everyday for yourself. It's important to not get burned out and overwhelmed. Remember, it's all about balance and time management."



"Plan out your study time at least a week in advance. Planning out my study days and times has allowed me to do all of my favorite extra curricular activities."

"My biggest lesson learned was going to bed by 11pm on school nights- no matter how far I got in studying. I also always took Friday's and Saturday's off of studying and dedicated those days to friends and family."

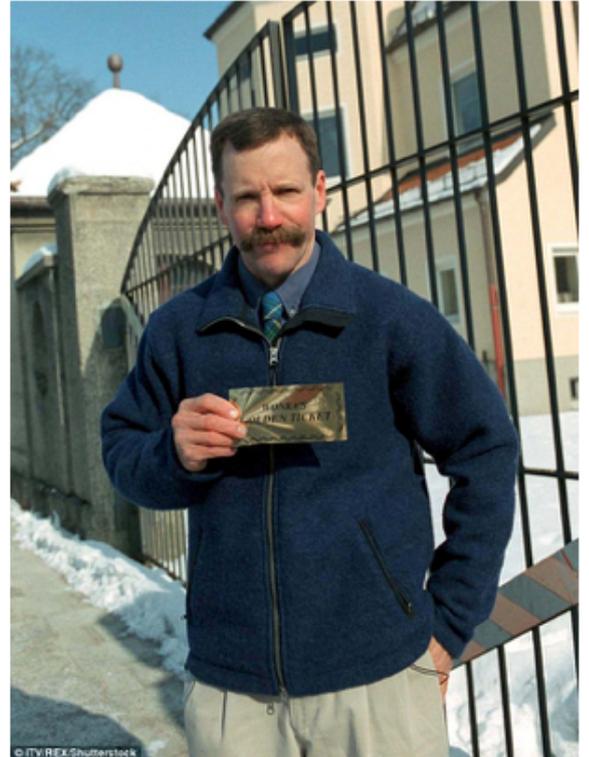


"I do something active for an hour after each day ends just to clear my mind from the day. Having a hobby is super important! Don't let anyone tell you you're too busy in school for a hobby."

**APVMA 2019
SYMPOSIUM
UPDATES**

Is Charlie Bucket Attending the 2019 National APVMA Symposium?

We are very excited to announce that the keynote speaker of the 2019 National APVMA Symposium is Dr. Peter Ostrum, DVM, better known as Charlie Bucket from *Willy Wonka & the Chocolate Factory*. Dr. Ostrum was discovered by talent agents in his hometown of Cleveland, Ohio through his involvement in a children's theatre. He went on to star in the film, *Willy Wonka & the Chocolate Factory*, which was released in 1971. Despite the close relationships formed with other cast members and the instant fame of the film, Dr. Ostrum never accepted another acting role.



It is reported that after filming the film, Dr. Ostrum's family purchased a horse, which sparked his interest in animals. After spending time caring for the family horse and working at the Delaware Equine Center in Pennsylvania, Dr. Ostrum decided to pursue a career in veterinary medicine. Dr. Ostrum graduated from the Cornell University College of Veterinary Medicine in 1984 and is currently working in a large animal practice located in the state of New York. Although the childhood actor never starred in a film again, Dr. Ostrum has participated in the video series *Veterinarians on Call*, highlighting the responsibilities of a large animal veterinarian.

Dr. Ostrum annually reaches out to the public to speak about his experiences as a childhood actor and large animal veterinarian. The 2019 National APVMA Symposium is very excited to welcome Dr. Ostrum to Penn State University! He is a prime example of the diverse, hard-working members of the veterinary medicine field. Be sure to attend his lecture at the symposium on March 8th-9th, 2019!

FUN FACT OF THE MONTH

What are the various career opportunities in the veterinary field?

- Private Practice
- Biomedical Research
- Consultation
- Education
- Diagnostic Laboratories
- Public Health and Regulatory Medicine
- etc...



For more information about each of these fields,
CLICK HERE!!

UPCOMING EVENTS

- **September 7th, October 12th, and November 9th 2018**
Cornell University Admission Presentation & Tours
- **March 8th - March 9th 2018**
2019 National APVMA Symposium at Penn State University



THANK YOU TO OUR SPONSORS!



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