



ADVICE  
From us  
TO YOU!

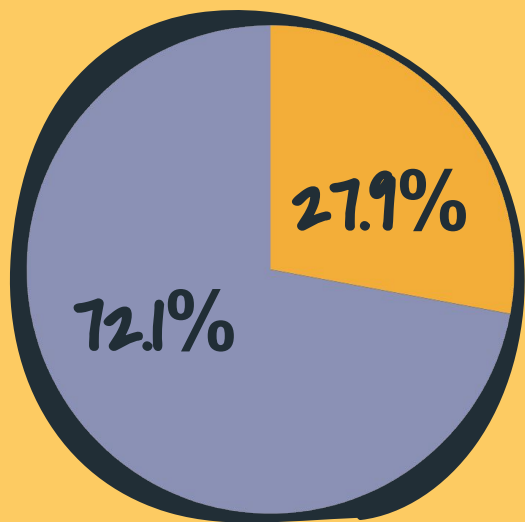




## INTRO:

HI everyone! A survey was provided to the other class years for your class. IT IS MOSTLY STATS, ADVICE, AND HELPFUL TIPS. ALTHOUGH, SAVMA ORGANIZED THIS SURVEY FOR YOU GUYS, ALL COMMENTS AND ADVICE WERE GIVEN BY CLASSMATES WHO PARTICIPATED IN THE SURVEY. EVERYONE'S EXPERIENCES AND OPINIONS ARE VALID. SOME STUDENTS TALK ABOUT DIFFICULT TOPICS AND STRUGGLES. WE WANTED TO MAKE SURE THAT EVERYONE COULD HAVE A VOICE, AND NO ONE WAS SILENCED. BUT WE ALSO WILL NOT BE TOLERATING SINGLING OUT SPECIFIC PEOPLE OR GROUPS OF PEOPLE. DIVERSITY IS SOMETHING VET SCHOOLS AROUND THE COUNTRY LACK AND WE WANT TO CHANGE THAT. SAVMA ALSO WANTED TO HELP EVERYONE FEEL INCLUDED AT OUR SCHOOL. HOPEFULLY, THIS SURVEY HELPS SOMEONE TO SEE THAT THEY ARE NOT ALONE AT THIS SCHOOL. ALTHOUGH EACH JOURNEY IS UNIQUE, MANY OF YOUR CLASSMATES ARE GOING THROUGH OR HAVE GONE THROUGH SIMILAR EXPERIENCES. THE PURPOSE OF THIS SURVEY WAS TO GIVE EVERYONE ADVICE AND ENCOURAGEMENT FOR THE UPCOMING SEMESTER. AND TO HELP THOSE WHO FEEL ALONE SEE THAT THEY ARE NOT ALONE. REMEMBER: BE KIND AND ACCEPTING TO YOUR FELLOW CLASSMATES, DON'T STRESS OUT TOO MUCH, AND GET READY TO BECOME DOCTORS!!!! (IN FOUR YEARS...)

<3 SAVMA EXEC

# PARTICIPANTS



-  CLASS OF 2024
-  CLASS OF 2023

WHAT DID YOU  
WISH YOU KNEW  
BEFORE ENTERING  
VET SCHOOL?



# WHAT DID YOU WISH YOU KNEW BEFORE ENTERING VET SCHOOL?

- ★ How important getting a hobby outside of vet med is.
- ★ You are capable of doing so much more than you think! If you feel pressure and are struggling lean on your classmates and friends, chances are you are not alone :)
- ★ I wish I knew that single exam grades do not define your worth. I got really tripped up for the first anatomy midterm and almost walked out without finishing/crying. I ended up getting a 47% on that portion of the midterm... literally less than half the questions right. I graduated from high school with a 5.5/5.0 and college with a 3.9/4.0 - I say this to emphasize that BAD grades can happen to ANYONE. I finished out the year getting a 92% on one of the anatomy finals and I was elated. Do NOT allow grades to define you or your worth. I also wish I knew that adjustments will be made, I think 1% of students come into vet school and have everything down perfect. Studying habits will change, relationships will change, and your confidence will change. Change is very scary but if you welcome it with open arms, I promise everything will work out.

# WHAT DID YOU WISH YOU KNEW BEFORE ENTERING VET SCHOOL?

- ★ The amount of stress and studying that goes into school. Don't get me wrong, I knew it was going to be challenging, but the amount of pressure you put on yourself is crazy. Also knowing that it is ok to fail and not doing as good as what you thought is ok.
- ★ Learn histo. It seems pointless but it shows up in every quarter after first year.
- ★ Sure, getting A's is nice, but making memories with your friends and classmates is what you'll remember most. If you're between going out to dinner or studying for another hour, go to dinner! You're going to end up spending most of that time wishing you were at dinner with your friends instead of studying anyway.
- ★ Your path is going to change probably 100 times. Don't be closed-minded about your career path. I know tons of people who said "I will never do \_\_\_\_\_", and are now interested in just that...myself included lol. Don't be afraid of that change, and don't be afraid to hate something you thought you loved or would be good at. We all find our paths!

# WHAT DID YOU WISH YOU KNEW BEFORE ENTERING VET SCHOOL?

- ★ Ask for help!!!! I've always felt like I'm too good to ask for help - that's embarrassing to type but I know I'm not alone! But one of my friends has no shame in asking for help, and she's someone I really look up to. Heck, if she can do it, I can step off my high horse and do it too!
- ★ Take advantage of free time more often
- ★ Imposter syndrome is normal and to not take yourself so seriously all the time, accept your flaws, you aren't perfect
- ★ It's better to fail now then out in the real world! Be brave and get comfortable being uncomfortable!
- ★ Find something outside of vet med that you are doing and stick with that. You will need to take a break from vet things so it is good to have something else you enjoy and do that. It is ok to not know the answer to everything and ask for help. Everyone has strengths and weaknesses, so help people in areas where you are strong and ask for help in areas where you are weak.

# WHAT DID YOU WISH YOU KNEW BEFORE ENTERING VET SCHOOL?

- ★ it's better to fail now then out in the real world! Be brave and get comfortable being uncomfortable!
- ★ It would be both the hardest and most rewarding thing that I have ever done.
- ★ it is gonna be hard, you're gonna cry, but take the time to make friends who are supportive of you in and out of school and make sure you take time to take care of your physical and mental needs like going to the gym or taking walks
- ★ No matter how hard it gets, and how rough a time you're having: 1. It will be okay 2. You're not alone in your struggle
- ★ It's a lot of work, but it's not that scary! It is manageable and your professors will help you through it the entire way.
- ★ Don't feel pressured to know everything. And don't feel like you have to like everyone right away. You'll find people you get along with as the weeks go on
- ★ That old study habits are not going to work and to then be flexible with changing the study habits.



# WHAT DID YOU WISH YOU KNEW BEFORE ENTERING VET SCHOOL?

- ★ That there's a large front end start up cost and saving over the summer will help majorly!
- ★ You don't know anything. Come in with an open mind and willingness to learn.
- ★ It's a very relaxed culture. As they said from day 0, it's like drinking from a fire hose. You're not gonna know everything on time. Just do your best.
- ★ I wish I knew how I wanted to take notes. I totally recommend investing into an iPad and downloading notability. This has allowed me to stay organized and has really helped with my studies plus it is nice because my notes are ALWAYS with me.
- ★ Every student is nervous about the same things. Whether it's the academics, making friends, money/budgeting, things will fall into place on its own in time. And you have so many peers in the same boat so don't be afraid to reach out. Regarding academics, you know more than you think you know, so don't doubt yourself!

# WHAT DID YOU WISH YOU KNEW BEFORE ENTERING VET SCHOOL?

- ★ I wish I knew how important it was to make connections with classmates. You need people who have different strengths and will hold you accountable for studying. No one likes studying in the anatomy lab by themselves. And studying in a group, even if you're all doing different things, helps you stay on task.
- ★ A support system is very very very very veryyyyyy important!
- ★ I wish I knew how easy I would have to be on myself. Vet school is a big adjustment, and despite me thinking I knew what to expect based on everyone I talked to, I definitely needed a lot of time to figure out how to manage. No matter how difficult things seem, and no matter how overwhelmed you feel, just remember that you will adapt and you will learn how to get through the material. You deserve to be here!!
- ★ Make sure to have a stress free activity or hobby to help you decompress.
- ★ It's okay to fail. You're not going to know everything. You're already in vet school, so Cs really do get degrees.

# WHAT DID YOU WISH YOU KNEW BEFORE ENTERING VET SCHOOL?

- ★ *Structure, classes, format stuff*
- ★ *That focusing on your mental and physical health is more important than doing well in school and actually taking care of yourself will more than likely show in your grades*
- ★ *Zoom fatigue is real, exercise helps*
- ★ *Not to stress, everybody here is fun and normal!*
- ★ *If you don't already practice self care, now is a great time to figure out what works for you! Set aside time every day for a small amount of self care. Exercise is my favorite, so I try to move in some capacity each day. Set aside time every week for a bigger amount of self-care: get your nails done, get brunch with your friends, go for a drive. Sure, you're taking away from study time, but you'll be 100x more productive when you're done, I promise.*
- ★ *You don't have to be perfect. Mistakes aren't a bad thing as long as you learn from them.*

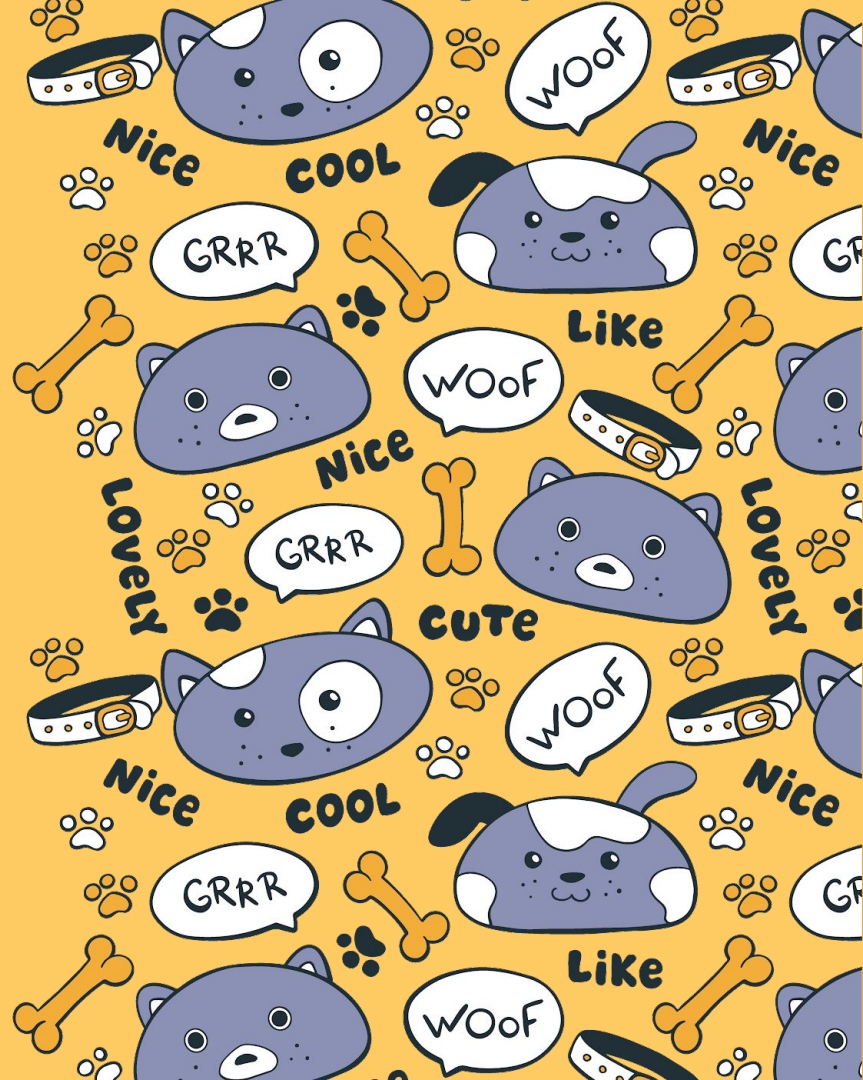
# WHAT DID YOU WISH YOU KNEW BEFORE ENTERING VET SCHOOL?

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- ★ You won't learn everything and that's okay
- ★ It's ok to not get the gpa you got in undergrad. vet school is hard!
- ★ Books are expensive but PDFs are free
- ★ You don't know anything. Come in with an open mind and willingness to learn.
- ★ Don't compare yourself to others. In any capacity - grades, lifestyle, whatever. It's emotional and physical energy you don't need to waste. Put it to good use bettering yourself instead - whatever that means to you!

# WHAT DID YOU WISH YOU KNEW BEFORE ENTERING VET SCHOOL?

- ★ I wish I had known about the Facebook group pages, like Vet Med Free and For Sale page, as well as the two pages for our class. I think some sort of email about these should be sent out to all new students because it is nice to purchase old coveralls/surgical instruments that are cheap from here, as well as asking others questions about what needs to be done before class starts.
- ★ That I will never ever be done learning and I will not come out completely prepared. Not that the school is doing a bad job at all. There is so much to learn and get good at in such a short amount of time. Just do your best. Remember you are here to learn how to be a doctor. Keep learning and keep building that resume.
- ★ How important it is to have a life outside of vet school. Vet school should be a priority and will take up so much of your time. However, it should not consume your whole life. Have hobbies, go for walks, and do the things that you enjoy.
- ★ number one important thing is your mental health!

HOW IS  
VET  
SCHOOL  
DURING  
COVID  
TIMES?



# HOW IS VET SCHOOL DURING COVID TIMES?

- ★ It's different. Not bad, but different. Times are different, but the school is adapting rapidly to provide us with better, higher quality education.
- ★ Not ideal but we make it work
- ★ It was tough, I watched majority of classes from home, but went to optional in-person labs. It was definitely hard to stay motivated, but I found that sticking to a routine and setting little goals helped a lot.
- ★ Rough. Such different challenges on top of the usual challenges with time management, focus, camaraderie...
- ★ It was tough to adapt to it and study at home. I am a person who is very easily distracted.
- ★ In the beginning, it was a giant change. Now, since they changed it to hybrid, I find it better. I also feel like I have more time to study. But that also could be because second years have mainly had the morning schedule.

# HOW IS VET SCHOOL DURING COVID TIMES?

- ★ Hard but manageable. I enjoy class in bed though
- ★ Definitely a little weird! I'm not a first year, so I can't speak to what it was like trying to get to know my class during online school. But for online classes, staying focused during lecture was hard for me. Going in-person vs. sitting at my desk really helped me focus more. On days I didn't feel like going in-person, I'd hide my phone in my room so I wouldn't be distracted. I also had to switch up my study habits which took some trial-and-error.
- ★ Not horrible but I miss socializing aspect of class a lot :(
- ★ An adjustment but not impossible. Create a schedule and stick to it. If you learn better at home, do lectures at home. If you learn better at school, go to school. Whatever you do, create a schedule and stick to it as best you can.
- ★ Not horrible but I miss socializing aspect of class a lot :(



# HOW IS VET SCHOOL DURING COVID TIMES?

- ★ It is hard, but it seems to me that what you get out of it is correlated to what you put in. People that go to class and get involved seem to feel less isolated and more connected to the school than those who do things remotely.
- ★ oofra but could be a lot worse
- ★ i'm blessed that i made friends who make it a lot better
- ★ Eh.. I honestly don't know different.
- ★ Just fine - just find ways to hold yourself accountable so you stay on track with every lecture.
- ★ Hard but the university has handled it well. It's been really nice having the option to go to class every day, but also nice having the livestream to do class from home. Besides the lack of socializing, my vet school experience has been great so far.
- ★ Not bad. I do well with online classes and focus better with live-streamed lectures. But not being able to meet more people in school is difficult.

# HOW IS VET SCHOOL DURING COVID TIMES?

- ★ In short, it is a lot, but it is doable. Find people to go through this with you and find little things to look forward to that make studying long hours easier.
- ★ There are pros and cons. Pro - you have flexibility in watching lectures (whether asynchronously at home or in the lecture hall) and attend more lectures done by clubs due to most of them being held on Zoom. Con - not as much time spend face to face with your classmates and much less social interaction.
- ★ It's very odd and can be frustrating at times. It's also nice to be able to accomplish so much while staying at home since most things are available online.
- ★ Honestly I love being able to watch lectures online in my pajamas. You can still make friends while being safe.
- ★ Academically it's fine, socially it has been difficult. There has not been much to do and it has been hard to make friends.
- ★ Pretty much the same plus masks.



# HOW IS VET SCHOOL DURING COVID TIMES?

- ★ There are pros and cons. Pro - you have flexibility in watching lectures (whether asynchronously at home or in the lecture hall) and attend more lectures done by clubs due to most of them being held on Zoom. Con - not as much time spend face to face with your classmates and much less social interaction.
- ★ Not bad at all. A lot of computer time, otherwise stuff you've already been doing for the past year (masks, etc.) In your first year you don't really know what you're missing out on.
- ★ Vet school is definitely a challenge during covid times because on top of the difficult course load you also have to make sure you are keeping up with your covid duties like ensuring you have a covid test to get building access. I recommend creating a schedule so you get into a routine for when you go take a covid test to ensure you always have building access.

# HOW IS VET SCHOOL DURING COVID TIMES?

- ★ It is challenging. Sometimes it makes you feel isolated from your classmates and professors. It is what you make it at the end of the day and will only make you a better individual to push through difficult circumstances.
- ★ It's very odd and can be frustrating at times. It's also nice to be able to accomplish so much while staying at home since most things are available online.
- ★ Sick
- ★ It's hard to meet people, but it's possible if you make the effort. Don't be afraid to email your professor or ask for a classmate's contact info. We're all feeling isolated--reaching out is never unwelcome.
- ★ Tough but I'm tougher lol
- ★ While it has been hard to get to know my classmates and our schedules have all been flipped around, some good things have come out of it. The ability and option to watch lectures from home and having smaller groups in anatomy lab is nice.

# HOW IS VET SCHOOL DURING COVID TIMES?

- ★ It's hard to connect to my fellow first years, and make friends. There's also not a lot of wetlabs which is upsetting
- ★ It's hard and can be lonely, but you just have to learn to manage your time and find creative ways to meet people.
- ★ Crazy- but just try your best. No one knows what's going on
- ★ Bad lol but I think UIC is one of the better ones to attend rn.
- ★ Not that much different from undergrad!
- ★ Hard but friends make it better
- ★ Love it. I get to stay in bed and do lectures. Having lectures recorded is nice too because you can watch them at 2x speed and rewind and pause whenever you need to.
- ★ It's hard and can be lonely, but you just have to learn to manage your time and find creative ways to meet people.
- ★ Very strange. I still only know a handful of my classmates, but I did enjoy being able to spread out across the desk in the lecture hall since no one could sit directly next us.

# BEST WAYS TO STUDY?





# BEST WAYS TO STUDY?

- ★ Go to class. Quizlet. Study with friends.
- ★ The instructors are going to put the most important info for you to know in the lecture slides. I like to go through each lecture and make a quick summary sheet for each one, which makes it much easier to study later on.
- ★ I prefer quizlets. I have to test myself over material in order for it to stick. My roommate can study just by reviewing lecture slides, so it all depends. It takes a bit that first semester trying to figure out the study method that works best for you, so don't feel defeated if studying is a struggle in the beginning, you will figure it out! Don't be afraid to ask for help from other classmates or professors.
- ★ Interact with the material! That could mean rewording it, asking yourself questions, asking other people questions. Also do the work to keep yourself focused. 30 minutes of hard, uninterrupted work will serve you better than an hour with social media breaks.
- ★ Anatomy: study on the cadavers not your notes. The actual bodies don't read the textbook!
- ★ Histology: look for patterns of cell types/ patterns in organs. Don't focus as much on specific cells



# BEST WAYS TO STUDY?

- ★ Keep a notebook and write down anything that comes up in rotations, that you already learned, but have forgotten. Reviewing these things will prep you for year 2 and 3.
- ★ Focus on getting experience more than getting perfect grades.
- ★ use a flash card app like Anki or Quizlet and go through flash cards when you're standing in line or while you walk to another class. Those few minutes here and there add up and greatly decrease the amount of studying you'll need to do when you get home.
- ★ Don't try to learn everything, focus on the things the professors want you to know for the exam.
- ★ To make things interesting for yourself, pick a species and become an expert in each subject on that species.
- ★ Do NOT throw out old notes. The stuff you learn first year will come up in year 2.
- ★ Try to get comfortable with histology, year 2 is very histology heavy.
- ★ Don't freak out too much, I know people who gamed and went out almost every day and still pulled decent grades.





# BEST WAYS TO STUDY?

- ★ What I find helpful is rewriting the notes over again and picking out what I feel is important. But then I rewrite my notes again; constant repetition for me is helpful.
- ★ notecards, hand writing notes and share notes so you aren't doing them all alone
- ★ Figure out what studying method works for you! There's tons of quizzes online to get you started
- ★ If you like to study alone, don't feel pressured to study with your friends or in a group! But definitely try new methods - one day of non productive studying isn't going to change your grade, but it'll show you what methods really don't work for you.
- ★ The Merck vet manual has a really great section titled "how to study in veterinary school" that I read before classes started and it seriously saved my life! I use the spaced-repetition and interleaved practice methods basically every day.



# BEST WAYS TO STUDY?

- ★ Again, don't compare yourself to others!! Some subjects that come easily to your friends might be very difficult for you - that doesn't mean you're not smart or not going to do well. You might study for 3 hours a day and your friend does 5 - that doesn't mean they're working harder than you, or that you're smarter than them. We all have different study habits, so embrace what works for you!
- ★ 25 on 5 off, erase boards are your friend! Invest in ultra fine erase board markers
- ★ Put your phone away. It is a constant distraction and interferes with really productive studying. I learn best with repetition, so getting a whiteboard or paper and just writing things out helps. I also find it helpful to talk through concepts with other people. That will show you what you know and what you thought you knew and really don't.
- ★ 25 on 5 off, erase boards are your friend! Invest in ultra fine erase board markers



# BEST WAYS TO STUDY?

- ★ I think this is entirely dependent on what kind of learner you are! What works for me is using quiz-lets and going through lectures on my own, and then talking through everything with my friends so that we can explain things and make sure everyone understands the topics. Having conversations and working through things together on a deeper level allows us to make connections we otherwise would not and ensure that we succeed as a group. We use our strengths to help each other compensate for their weaknesses in certain subjects. Group studying has proven to work wonders for my friends.
- ★ study with friends! chances are each one of you will be better at one subject than the others and also a great way to have someone explain things to you that you don't understand.
- ★ make kahoots for everything with groups of friends
- ★ Honestly everyone studies different. My honest opinion on how to do good in school is not to fall behind and do your work. Dissection is a time to learn if you mooch off your partners they won't care, but you're only hurting yourself.



# BEST WAYS TO STUDY?

- ★ Repetition - review material and repeat the main points so that it sticks.
- ★ The vast majority of professors have learning objectives for each of their lectures which I have found are incredibly helpful and a good pointed way of studying. It's easy to get lost in small details in all the lectures but most professors test based off learning objectives so filling those out and using those as study guides are very helpful.
- ★ I take notes on the provided PowerPoints, then write out a summary of the more difficult topics. I also talk myself through the subject to reinforce my understanding. Group studying is nice too. Definitely stop studying and take a break if you're tired or having trouble understanding a topic. Stop, take a breather, and come back a little later to try again. YouTube videos are great to help understand difficult topics. Someone will likely make a class google doc to share study materials. And use your resources- professors and your peers are usually always willing to help!



# BEST WAYS TO STUDY?

- ★ Find a way that works for you. Don't compare your study habits to others. I'm a fan of Kahoot, drawing our structures and ideas, and just pay attention during lecture!
- ★ Start early and do a little bit at a time. Give your body and brain rest when it needs it. Follow the objectives as you study to make sure you're spending your time on the right things.
- ★ Preview lectures before the actual lecture. use YouTube (Ninja Nerd was a great resource for me.) Write lectures down in your own words (not typing) and draw pictures. Formulate questions you think the professor would ask and test yourself with them.
- ★ In the anatomy lab with friends or with a tutor/instructor, making study guides based on lecture objectives for non-anatomy subjects
- ★ I use quizlet A LOT! I also take notes on the learning objectives after every lecture.



# BEST WAYS TO STUDY?

- ★ Whatever works best for you. I hear about people staying in lab from dinner-10pm. I'm not that hardcore: I always get my 8 hrs of sleep. Don't be afraid to mix it up! At the end of the year I'm still doing something different each quiz/exam.
- ★ I recommend breaking down your study time into different sections don't study it all at once or you will burn out. Find another motivated student who you feel jives with your personality and study together!
- ★ Preview lectures before the actual lecture. use YouTube (Ninja Nerd was a great resource for me.) Write lectures down in your own words (not typing) and draw pictures. Formulate questions you think the professor would ask and test yourself with them.
- ★ Everyone is different. Personally, I make sure to set aside between a 30-60 min of practicing anatomy a day. Anatomy is all about repetition of quiz-zing yourself on terminology. I start my studying with the most difficult subjects/topics first and then move to the easier ones when my brain is tired.



# BEST WAYS TO STUDY?

- ★ Your notes
- ★ In a way that you're held accountable, whether that's with timers, other people, outside your apartment, or with other people. It's also helpful to have studying regimen: for each anatomy lecture I will write notes before class, make study guides, and spend an hour in lab. For physiology, I will look at slides before lecture, watch the lecture, do a quizlet, and then take summary notes.
- ★ Write down your lecture notes. And even if you never study, READ through the powerpoint at least ONCE. And do it while understanding what each thing means, like WHY does it happen versus just trying to memorize - trust me, it'll make life easier on exams, even if you have to guess!
- ★ I have changed study techniques almost every quarter throughout first year.. I use quizlet to make flashcards, I make study sheets from lecture, and I use the anatomy lab guides in the lab while looking at the specimens. One of the biggest adjustments coming into vet school was learning how to study. It is okay for things to not work for you. Just keep trying to find what clicks.



# BEST WAYS TO STUDY?

- ★ Whatever works for the material: notecards, writing it out, teaching someone etc. You will figure it out as time goes on. The important thing is to try not to stress.
- ★ I love ninja nerd and utilizing YouTube. Vetrevise and Anki are great flashcard makers
- ★ Focus on the objectives and don't worry about every little detail. Studying with others is super helpful too!
- ★ With friends and flash cards
- ★ Draw diagrams & flowcharts, make study buddies & hold each other accountable-quiz others & yourself
- ★ Zac Brown band blasting, with an ice cold coors light in your hand.
- ★ Alone at first then review in groups
- ★ Start early and do a little bit at a time. Give your body and brain rest when it needs it. Follow the objectives as you study to make sure you're spending your time on the right things.





# BEST WAYS TO STUDY?

- ★ **NOTES.** So many notes. I've noticed that the people who do well are the ones who thoroughly listen to the lectures and take lots of notes on them. Pause the video, rewind the video, slow down the video. Write down whatever it is that you need to make the material make sense to you now but also to your future self so that you'll be able to look back at it and make sense of what you wrote. Kahoots are a good study tool, too!
- ★ Focus on the objectives and don't worry about every little detail. Studying with others is super helpful too!
- ★ Memorization only gets you so far. Make studying into something fun. If you like games, form a study group and play jeopardy or make up another kind of competition. If you like to draw, draw out diagrams, anatomical models, etc. Quizlet is also a life saver.

GRRR

WOOF!

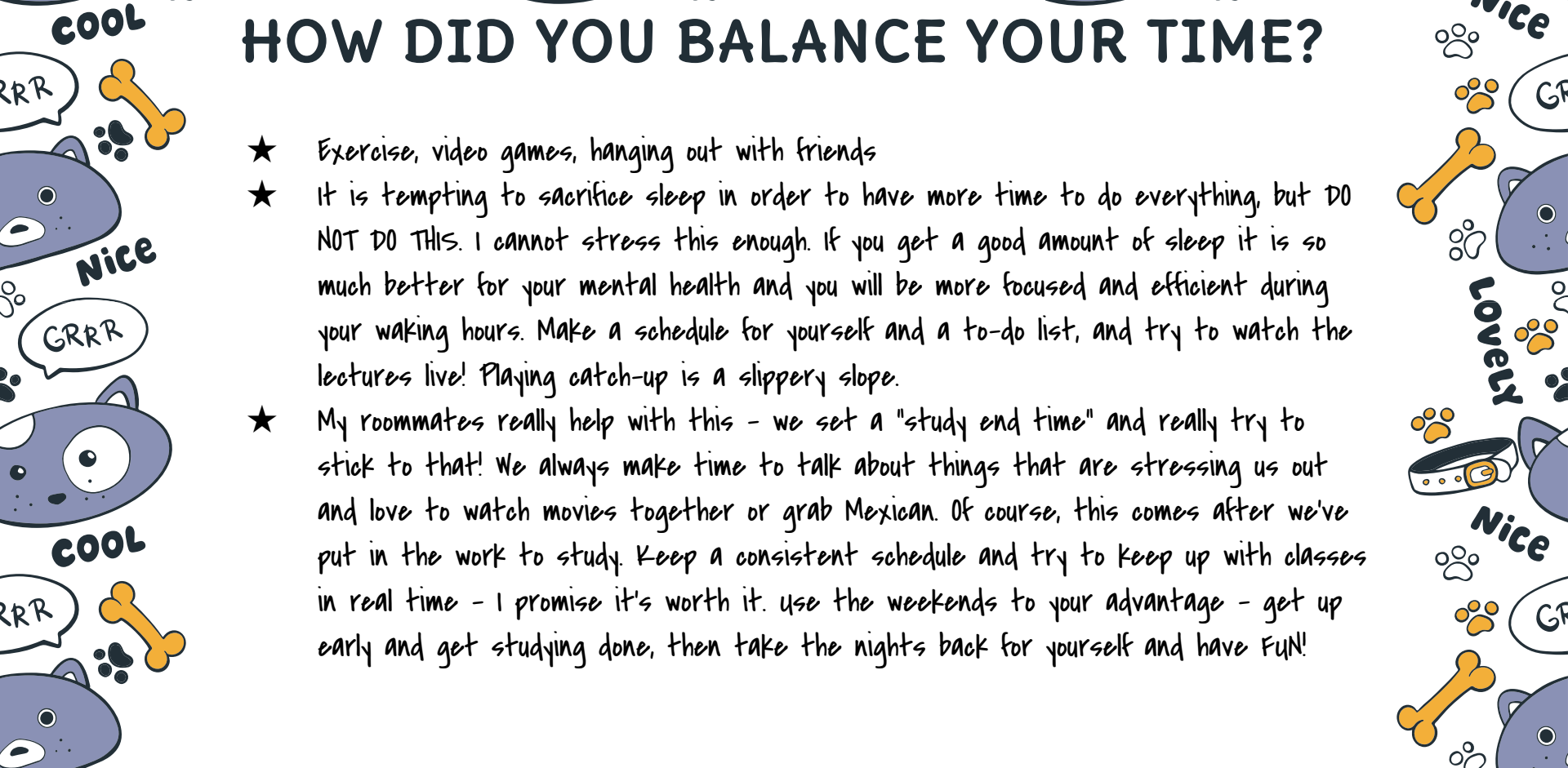
HOW DID YOU BALANCE  
YOUR TIME?





# HOW DID YOU BALANCE YOUR TIME?

- ★ Exercise, video games, hanging out with friends
- ★ It is tempting to sacrifice sleep in order to have more time to do everything, but DO NOT DO THIS. I cannot stress this enough. If you get a good amount of sleep it is so much better for your mental health and you will be more focused and efficient during your waking hours. Make a schedule for yourself and a to-do list, and try to watch the lectures live! Playing catch-up is a slippery slope.
- ★ My roommates really help with this - we set a "study end time" and really try to stick to that! We always make time to talk about things that are stressing us out and love to watch movies together or grab Mexican. Of course, this comes after we've put in the work to study. Keep a consistent schedule and try to keep up with classes in real time - I promise it's worth it. Use the weekends to your advantage - get up early and get studying done, then take the nights back for yourself and have FUN!





# HOW DID YOU BALANCE YOUR TIME?

- ★ I always made time for exercising and reading. Those are two ways I like to destress, so I made sure to get as much studying done as I could that day, but by no means did I give up running or reading for studying. Making time for yourself is a key to staying sane and healthy. And don't feel guilty about taking time for yourself. usually if you're tired or overwhelmed, taking a break will help in the long run.
- ★ Google calendar haha. Putting in everything from when to send emails or make phone calls to when to study a particular lecture.
- ★ Have a schedule and stick to it. Make sure you provide yourself with off-days where you don't study because you will burn out.
- ★ I'm an anomaly here. I like to keep studying after class without breaks for a few hours and then have the rest of the evening/night to myself.



# HOW DID YOU BALANCE YOUR TIME?

- ★ I also will study with people to help keep myself on track
- ★ I try to have at least two long breaks, like eating lunch and dinner. Then also realizing when my body needs to take a break.
- ★ I like schedules and also knowing if you are a morning studier or a night studier. There is no point going to a 8am class if you won't pay attention anyways. Just watch the recordings later. I have a friend who does school work from 6pm to like 4am and it works for her. Meanwhile I do go to class on time and study until 6 (8 on exam weeks). It all depends.
- ★ Make a daily schedule and stick to it. I'm a little crazy and like planning my days pretty much down to the minute: 7am, wake up. 7:30, breakfast. 8-12, class. 12-12:15, social media break...you get the point.



# HOW DID YOU BALANCE YOUR TIME?

- ★ Make to-do lists so your day has some structure. Write down what you want to study/accomplish for the day so you're not just sitting staring at your laptop for 45 minutes trying to decide what to do.
- ★ TAKE BREAKS & plan them into your day! I'm so much more productive knowing I want to get a coffee at 2pm, go for a run at 5, etc. Also, try googling study break methods to find one you like - some people do really well with the Pomodoro technique, while others can focus for longer periods of time. Also, if you're not focusing, don't feel guilty about taking a break - even if you just took one!
- ★ Block certain apps or put your phone upstairs if you get easily distracted by your phone. Or set a timer like every 20 minutes you get a 5 minute phone break or something.
- ★ At the risk of sounding like a parent here...go to bed early! Tons of studies show that trading those extra few hours of studying for sleeping instead positively impact your grades.



# HOW DID YOU BALANCE YOUR TIME?

- ★ Also, don't study until 10 minutes before going to bed. I like to stop an hour or so before going to bed. You'll fall asleep faster because you won't be stressed about what you were just studying.
- ★ Join clubs you're interested in and sign up for positions only if you want to, not just because it'll look good on your CV. You'll be miserable sending a million emails a week or going to lectures for something you don't care about
- ★ By not feeling guilty of taking time for yourself!! You balance your time by MAKING time! Wake up earlier if you have to in order to take time for yourself.
- ★ Sticking to a schedule. I made sure to write out my daily schedule in a planner and then on the side write out things I needed to get accomplished for that day. I also tried to take time each day to do some form of physical activity/something non-vet related. In my case that meant waking up a little earlier and going for a run before class to get my day started.



# HOW DID YOU BALANCE YOUR TIME?

- ★ By not feeling guilty of taking time for yourself!! You balance your time by MAKING time! Wake up earlier if you have to in order to take time for yourself.
- ★ I study quite a bit but exam weeks are generally very crazy while the week after the exam I do not study at all. It is a cycle for me to be honest.
- ★ what is balance?
- ★ I make sure to schedule going to the gym at least 4x a week during non class times, I watch class not live so I can go back and listen if I miss something and it allows for me to be productive with life things during the day and take breaks
- ★ I set a schedule and stick to it. Whether that's my workouts or class time. It's very frustrating when I stray since I fall behind or I miss a self care activity I had planned.
- ★ Write out my schedule for the next day every day. Schedule some down time for yourself.





# HOW DID YOU BALANCE YOUR TIME?

- ★ It's important to always intentionally set aside time for yourself. Some days it may feel impossible to set aside an hour to do something for yourself, however in the grand scheme of things, that hour that you could spend studying is not going to be a make-it-or-break-it for your grade and would be much better spent going to the gym, going for a walk, taking a nap or seeing friends.
- ★ I write lists of things I need to get done for the day/week and check off things as I go. I don't set specific times for myself to study, but do make sure I give myself a cutoff time each night.
- ★ After lecture, I make sure to take a break before getting back into studying. Normally, this means I take my dog for a walk. I also work out in the mornings a couple days a week to help relieve stress. I recommend taking time during the weekend to do fun things as well, whether that be hiking, seeing friends, or just watching a movie. Get your mind off of vet school for a bit because it is easy to let it become your whole world.



# HOW DID YOU BALANCE YOUR TIME?

- ★ Plan out your day or week ahead of time. I focus on specific things to study each day and of course take time to do other things.
- ★ I studied until I knew my brain couldn't handle any more for the day. If you know your brain has tapped out, no point in continuing to study cause you won't retain any information. Better to get a good nights sleep and start fresh the next day. I spend time with friends on the weekend. I'm probably not the best person to ask on how to balance time because I study..like all the time. Lol
- ★ It was difficult at first, but you will find your rhythm. Biggest advice, do not take on too much too fast. There will be a lot of open positions in clubs and boards, don't take on too much too fast. Vet school becomes more difficult as time goes on, don't be fooled by the beginning and overcommit, there will be more opportunities!



# HOW DID YOU BALANCE YOUR TIME?

- ★ I only joined one club at a time and got one job until I was sure I could handle the core coursework. I focus on big picture and stuff that I need to get done by the next day. Personally, I take one hour for dinner and one hour for "me" time every night. I also take one full weekend day and do no school-related things (unless it's finals week).
- ★ I make at least an hour a day where I get to go outside and workout. I run everyday and I feel like that not only has kept me physically fit but it has also kept me mentally in a good place. Get some fresh air! Make time for yourself it is important!
- ★ I studied until I knew my brain couldn't handle any more for the day. If you know your brain has tapped out, no point in continuing to study cause you won't retain any information. Better to get a good nights sleep and start fresh the next day. I spend time with friends on the weekend. I'm probably not the best person to ask on how to balance time because I study..like all the time. Lol



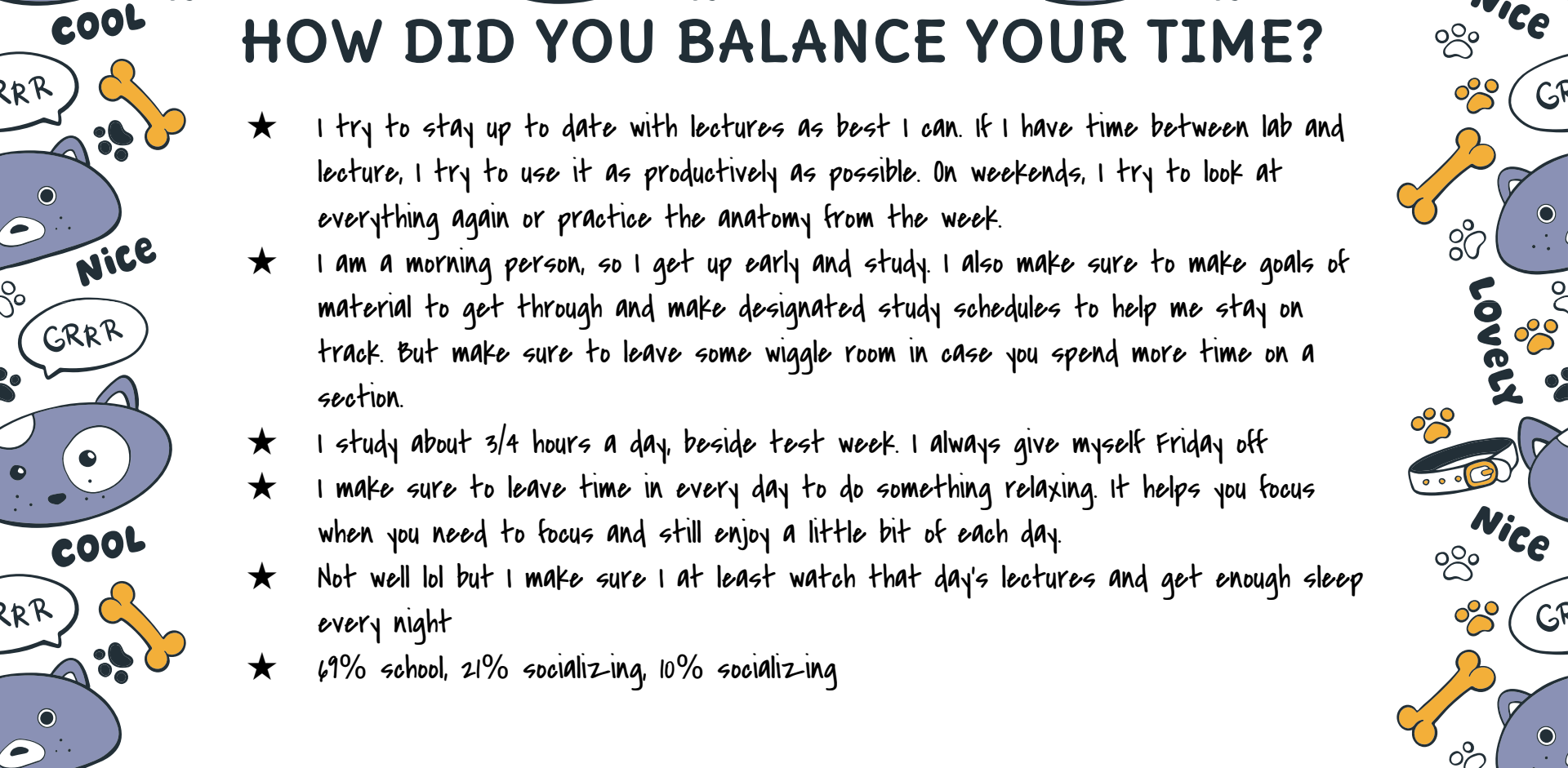
# HOW DID YOU BALANCE YOUR TIME?

- ★ I will study for an hour then take a 15 minute walk to refresh and regroup. Or I will take a break to call family or watch a TV show. You can study and be a good student and still have a life.
- ★ Set a normal wake up time and stick to it
- ★ I adopted the philosophy that even more important than being a good student, I need to be a good doctor. Being a good student is important to being a good doctor, but that's not the only component. Clubs may cut back on your studying time, but they offer good experience, help you make connections, and help direct your career: all important for being a doctor. Being physically and mentally healthy with good interpersonal skills is also important to being a doctor. If I get a slightly lower grade because I was gaining important skills instead of studying anatomy, that's okay with me.
- ★ I just try to set a hard-ish goal for the day and do my best to keep it - be it one lecture or five, or eating healthy, or even being social. :)




# HOW DID YOU BALANCE YOUR TIME?

- ★ I try to stay up to date with lectures as best I can. If I have time between lab and lecture, I try to use it as productively as possible. On weekends, I try to look at everything again or practice the anatomy from the week.
- ★ I am a morning person, so I get up early and study. I also make sure to make goals of material to get through and make designated study schedules to help me stay on track. But make sure to leave some wiggle room in case you spend more time on a section.
- ★ I study about 3/4 hours a day, beside test week. I always give myself Friday off
- ★ I make sure to leave time in every day to do something relaxing. It helps you focus when you need to focus and still enjoy a little bit of each day.
- ★ Not well lol but I make sure I at least watch that day's lectures and get enough sleep every night
- ★ 69% school, 21% socializing, 10% socializing

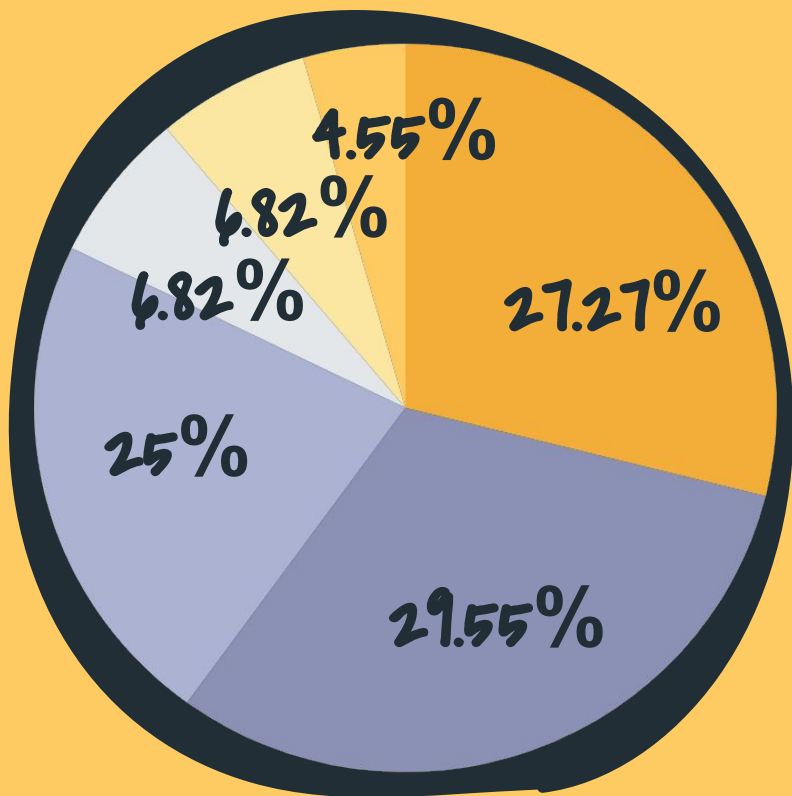










# HOW DID YOU BALANCE YOUR TIME?

- ★ using my planner
  - ★ First semester I really didn't, and my mental and physical health suffered because of it. This semester I've been better about exercising and getting fresh air and taking time off when I need it. Find something that makes your brain stop thinking, whether that's exercise or cleaning or TikTok. Just let your brain stop for a second.
  - ★ I make sure to leave time in every day to do something relaxing. It helps you focus when you need to focus and still enjoy a little bit of each day.
  - ★ Varied by quarter and what was going on in my life, but I typically gave myself a few hours of break when I got home and tried to do a little bit of something before bed, even if it was just doing a Quizlet set or sketching bones and muscles.
  - ★ If you get a part time job, make sure they are flexible. Maybe start working every other weekend until you get a hang of things and then increase your workload from there.
- 

# STUDY HOURS PER DAY



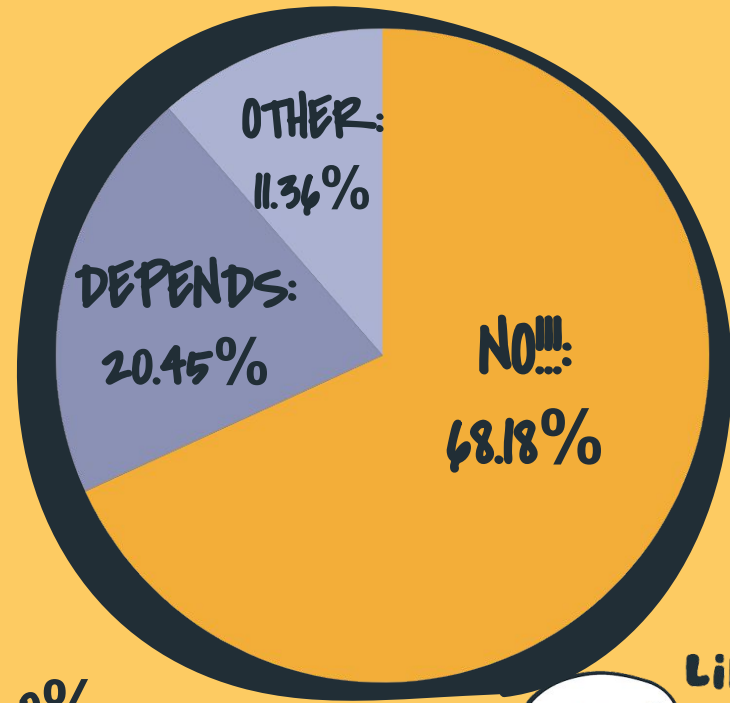
-  <1 HR/DAY
-  1-2 HRS/DAY
-  2-3 HRS/DAY
-  3-4 HRS/DAY
-  4-5 HRS/DAY
-  >5 HRS/DAY

# Are Professors mean and scary?



## OTHER:

- ★ For the most part no but there are maybe 2 that I avoid lol
- ★ They aren't, but their questions can be...
- ★ At first they're intimidating, but they're...
- ★ No the professors, are so kind and wa...
- ★ No, they're not mean or scary!! Some professors are definitely more blunt than others, but know that they're not trying to be rude to you. My advice is fake it till you make it (like pretend you're not intimidated by someone even if you are!), and don't let others' opinions of professors make you nervous before you meet them or sway your opinions about them.



YES!!!: 0%





# VET SCHOOL IS...?

NO. OF RESPONSES

1

6

7

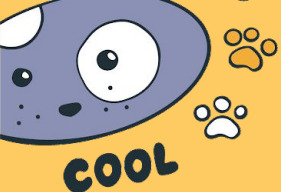
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9



SOOOOOO  
EASY!

HARDEST  
THING I HAVE  
EVER DONE!

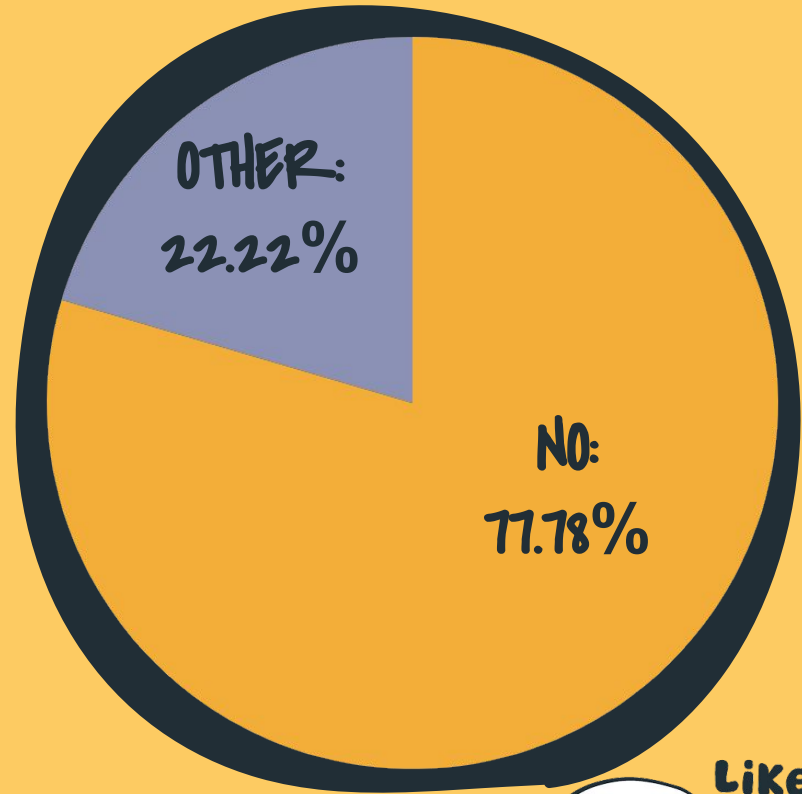


# DID EVERYONE KNOW EACH OTHER BEFORE SCHOOL STARTED?



## OTHER:

- ★ People knew people through our orientation week and just through our facebook page
- ★ There is a group of people who went to the same undergrad but generally no
- ★ I had texted with my roommates & my big, but other than that, I knew zero people in my class or any other class! If you don't know anybody, you will be FINE!
- ★ I knew one person.
- ★ I knew one person.
- ★ \*insert spongebob "Who are you people?!" meme here\*\*
- ★ I knew 4 people coming into vet school
- ★ Sure. Just like you knew your family before you were born ;P jkjk not everyone at least
- ★ I think some people might have, like if they went to undergrad at the same school, but that's not the majority.



YES: 0%



Like

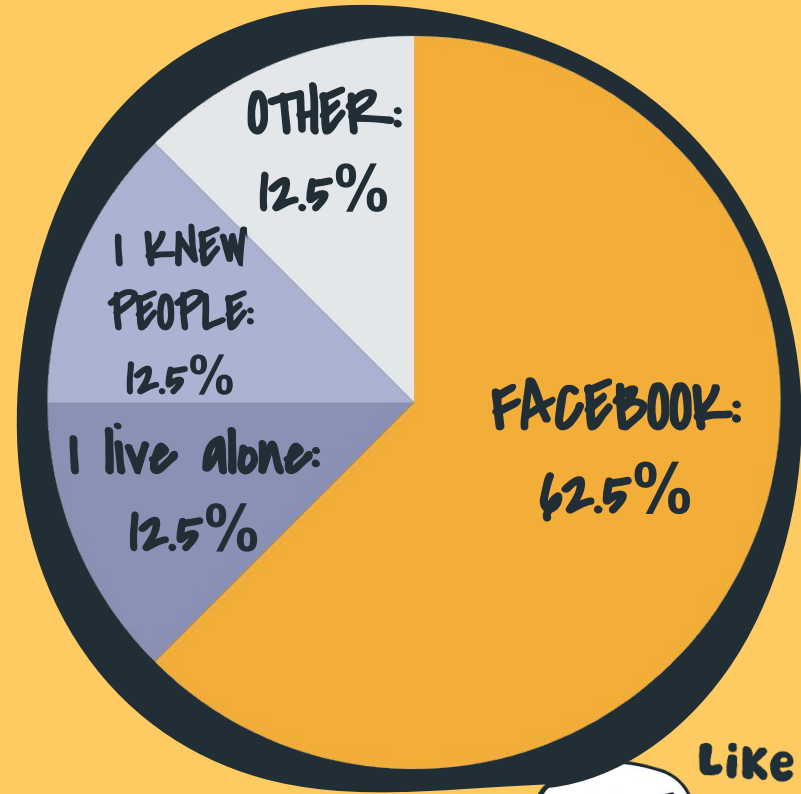


# HOW DID YOU FIND roommates?



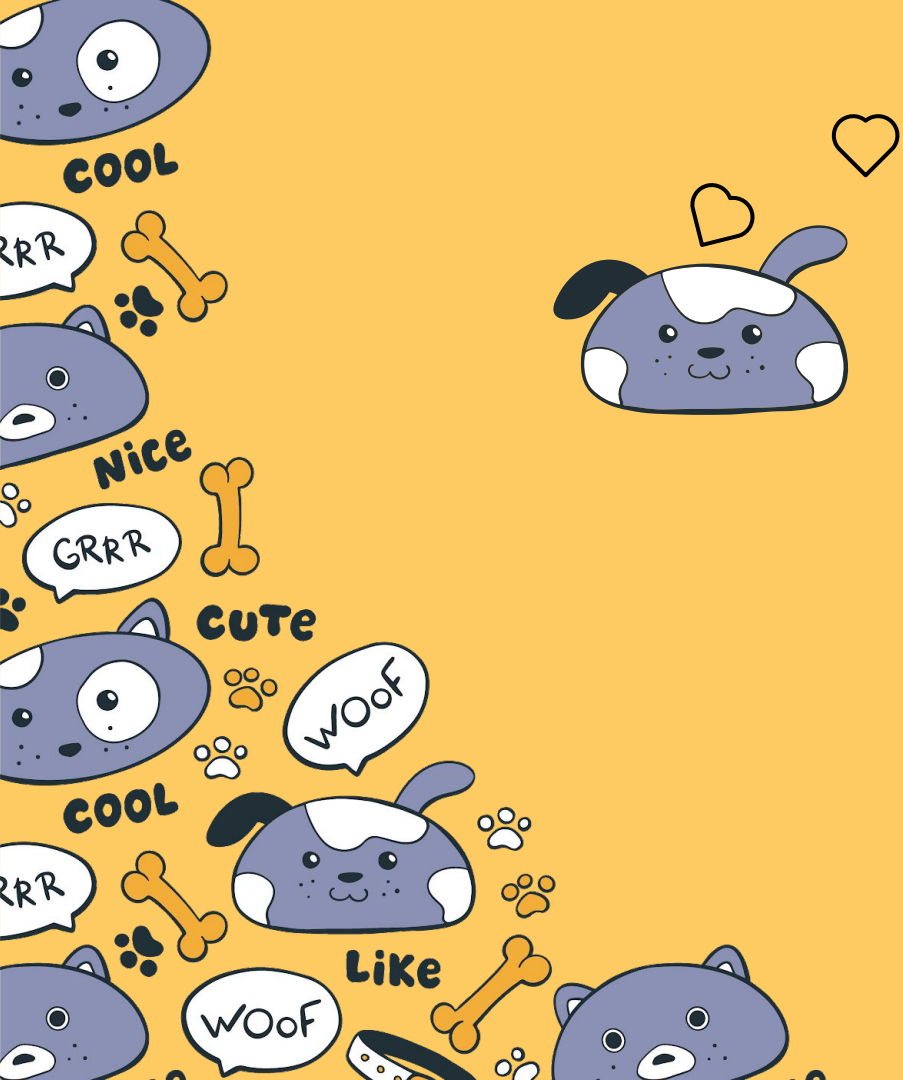
## OTHER:

- ★ Student Doctor Network
- ★ I live with my partner
- ★ Live alone if you can
- ★ In class
- ★ My roommate first year was not another vet student. I was roommate matched through my apartment complex



Like





HOW DID  
YOU meet  
PEOPLE/  
make  
FRIENDS?

# HOW DID YOU meet PEOPLE/ make FRIENDS?

- ★ Went outside of my comfort zone
- ★ Join lots of clubs! Even ones that you think you won't be as interested in. They are a great way to meet people and get free food, and all the wet labs are great learning opportunities!
- ★ Anatomy lab is great if you have a good group and like getting to know them, get togethers are fun as well. It's been harder with COVID, but go out to the gatherings people have! It will be worth it - I wish I had done more of this last year but I had a long term relationship that recently ended and I feel like that held me back! Even if you're in a relationship there's NOTHING wrong with making new friends!
- ★ I'm closest with the people from my anatomy group and from AAEP club, as well as my roommate.

# HOW DID YOU MEET PEOPLE/ MAKE FRIENDS?

- ★ Class, mutual interests, study groups. There will be hits and misses. Just keep rolling with it until you find your people.
- ★ I Facebook messaged some people I met at IVLE and asked to hang out. Then the friend group grew from there!
- ★ By going to different social events, whether that would be going to a bar or having a game night at someone's place.
- ★ I'm weird and just looked for people at IVLE that looked as exhausted as I was to be socializing that much and then sat next to them the first week. Also joking wildlife medical clinic helped with making friends. Finally my anatomy lab group was a good way to meet people.

# HOW DID YOU MEET PEOPLE/ MAKE FRIENDS?

- ★ I became friends with my roommates, those I met at IVLE, in anatomy lab, and who I sat near in class. I also met people through clubs and 601 rotations! It might feel weird, but make an effort! Join intramural sports, have people over to cook dinner, ask if anyone wants to meet you for a hike - share your interests with your classmates, and you'll find your crew! And don't be discouraged if you're not close with your lab group or roommates or even anybody by the end of your first year. I made my best friends in undergrad during my junior year! Good things take time :)
- ★ Go to events at beginning! Idk how to make friends during covid tho that's tough
- ★ Go to class, especially in the beginning. You are much less likely to make friends if you don't put yourself out there. Everyone is starting a new chapter of their life and wants to make new friends just like you.

# HOW DID YOU MEET PEOPLE/ MAKE FRIENDS?

- ★ my big introduced me to her friends' littles and we hung out at Riggs the weekend before classes started. during orientation i made sure to get to know people in my classroom since they are also in you lab section. i got really lucky and have a friend group of about 25 solid people that i absolutely love and would do anything for
- ★ Randomly messaging them if i found them interesting.
- ★ Through my classroom and by random chance!
- ★ In class and lab groups
- ★ Non-school events that were sent out in the big group text- dinners out, pickup sports games, game nights, etc.



# HOW DID YOU MEET PEOPLE/ MAKE FRIENDS?

- ★ My roommate and I went to undergrad together, so I knew her going in. But I met friends through multiple different things just because of COVID. A lot of our class still does not know everyone because of COVID, but I met friends through lab, school events, and outside hikes!
- ★ Clubs, labs, research groups
- ★ Through our bigs.
- ★ Talked to people in class and during lab. I have a dog so I'd meet other dog owners on walks in my neighborhood!
- ★ Being around the BSB, going to early social mixers, saying yes to new things
- ★ Clubs, labs, research groups

# HOW DID YOU MEET PEOPLE/ MAKE FRIENDS?

- ★ Talked to people in class and during lab. I have a dog so I'd meet other dog owners on walks in my neighborhood!
- ★ I made a lot of my friends through lab and class.
- ★ Through our bigs.
- ★ Talking to them, going to club activities, the bar, in class, literally anywhere, any way.
- ★ Through clubs, my big, and through my roommates
- ★ I said hi to everyone I saw! Be kind, you never know what other people are going through, and no matter how great or small you or they may be, you are all here now, and that is what matters. Make something beautiful out of it! :D

# HOW DID YOU MEET PEOPLE/ MAKE FRIENDS?

- ★ The people I sat next to during orientation became my friend group. I also became close with my anatomy lab partner. With Covid, it has been hard getting to know my classmates but it is possible! Remember that everyone is just as nervous as you are going into this, so just say hi :)
- ★ Talk to people! Don't be afraid to say hey let's go on a hike this weekend or let's go study anatomy or histology after school, etc. etc. Don't stress and be yourself! You got this! I know y'all can do it!
- ★ I met my really good friend through an executive board member position
- ★ Go to events! Just talk to whoever is around you and go to things you get invited to! Find people in the same clubs as you.
- ★ My roommates were my first friends! Later on, people in my lab groups. It's been pretty difficult due to COVID

# HOW DID YOU MEET PEOPLE/ MAKE FRIENDS?





- ★ When restaurants/bars opened
- ★ It's hard during covid, but any outdoor activity is good. Also histology lab groups are good.
- ★ Go to events! Just talk to whoever is around you and go to things you get invited to! Find people in the same clubs as you.
- ★ Going to labs (my anatomy lab group became very close), joining clubs, and just hanging out at school all day.
- ★ Facilitation!
- ★ Lab group/class groupme. I don't go out. I did manage to gain some friends by cornering the meme market.
- ★ Clubs, lab groups, Facebook, people with similar interests
- ★ Go to events at beginning! Idk how to make friends during covid tho that's tough

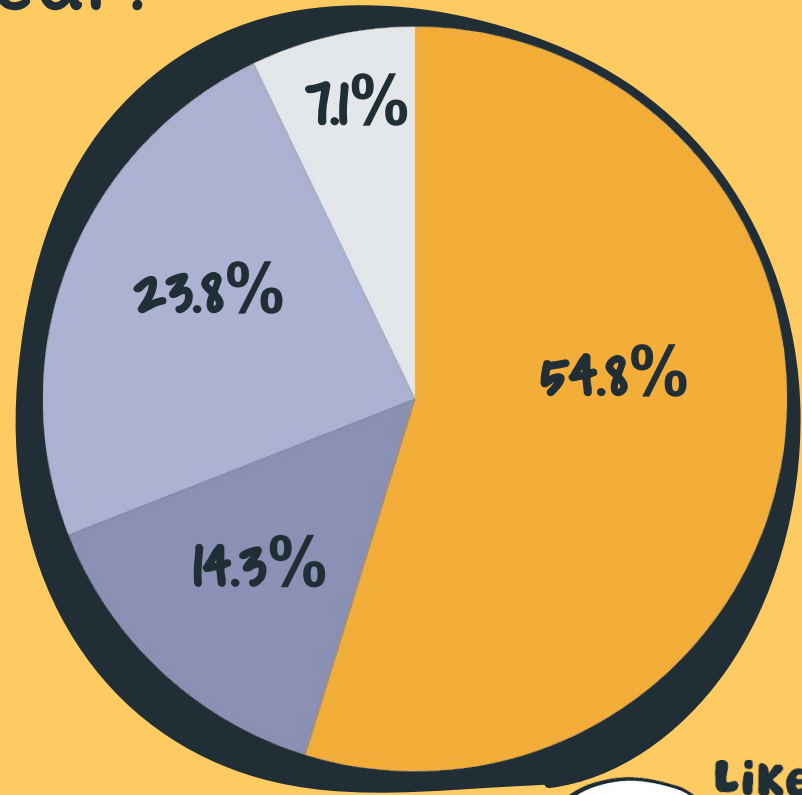
# DID YOU EXPERIENCE IMPOSTER SYNDROME ENTERING YOUR FIRST YEAR?



## OTHER:

- ★ Always and forever we love a good imposter syndrome
- ★ Bruh. always.
- ★ Not sure?

-  Yes, I still do sometimes
-  Yes, but not anymore
-  nope
-  other



# DID YOU EXPERIENCE ANXIETY ENTERING YOUR FIRST YEAR?



## OTHER:

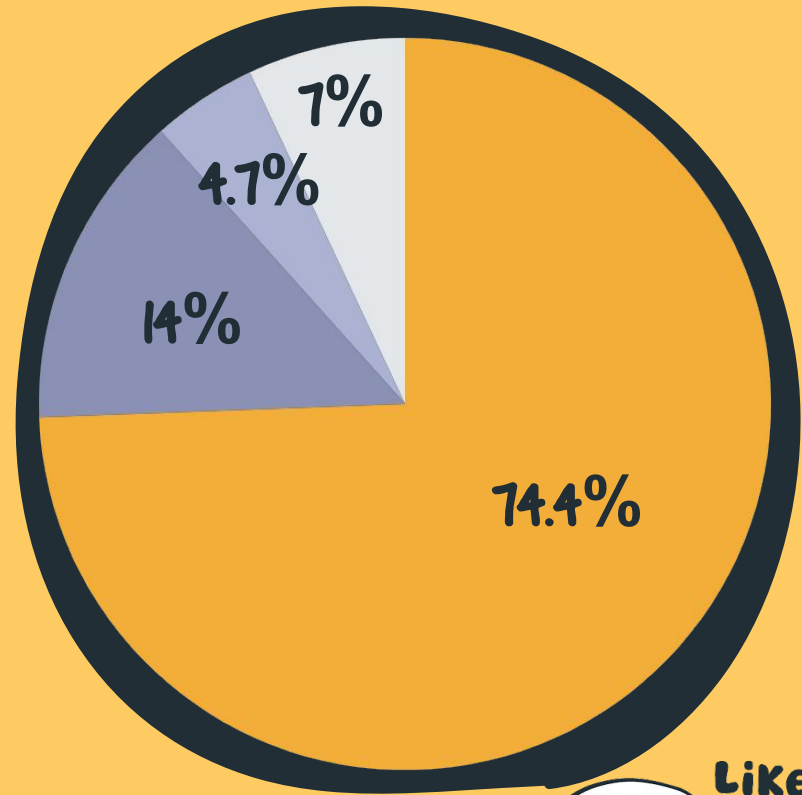
- ★ Not as much but if I'm overwhelmed yes
- ★ No, but now I do lol
- ★ I felt anxious due to the uncertainty and the lack of communication from the school

 Yes, I still do sometimes

 Yes, but not anymore

 nope

 other







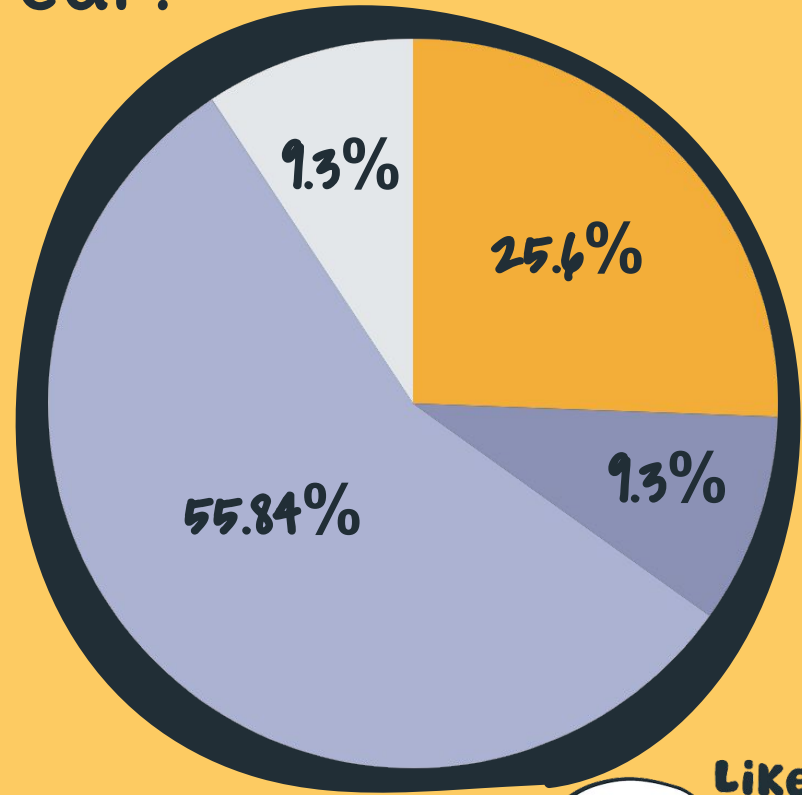
# DID YOU EXPERIENCE DEPRESSION ENTERING YOUR FIRST YEAR?



## OTHER:

- ★ Yes, but it was outside the university and not pertaining to school at all.
- ★ Sometimes
- ★ I suffer from PTSD so I feel depression but do not have clinical depression
- ★ Again no, but now I do - reaching out is the key! (I did lol and that has made all the difference)

-  Yes, I still do sometimes
-  Yes, but not anymore
-  nope
-  other



# DID YOU EXPERIENCE ANY OTHER MENTAL HEALTH PROBLEMS ENTERING YOUR FIRST YEAR?



## OTHER:

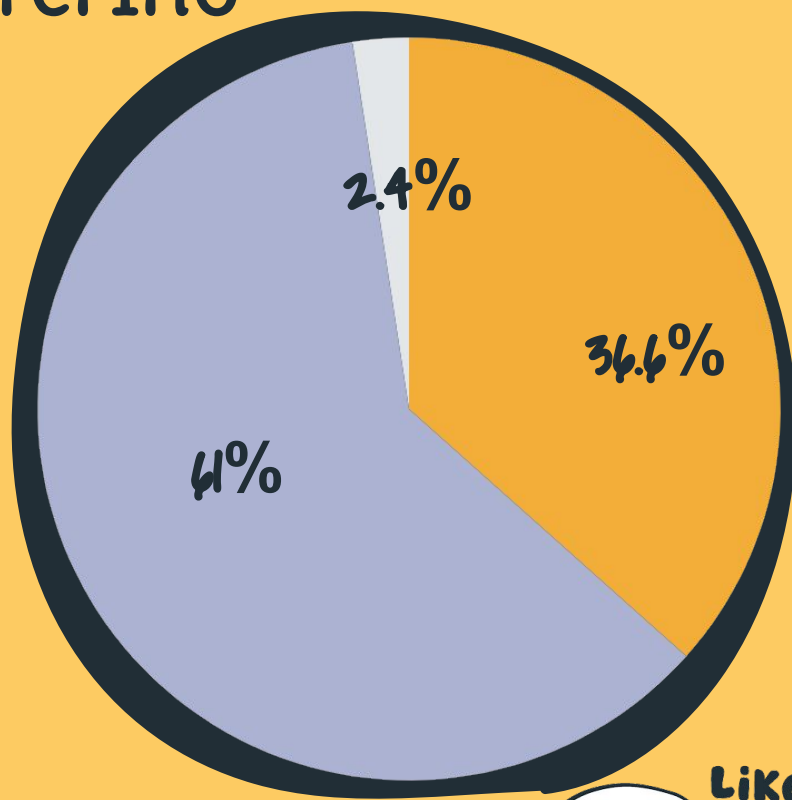
★ Ooh ooh, ADHD! I can't focus - it's perfect for vet school

 Yes, I still do sometimes

 Yes, but not anymore

 nope

 other



Like

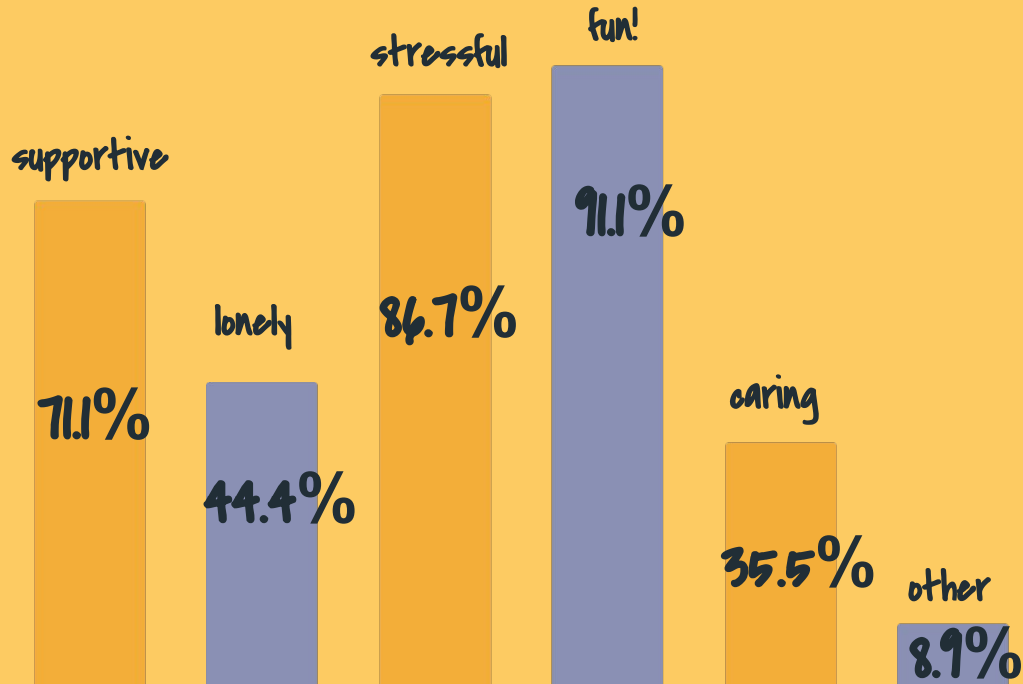




# VET SCHOOL IS...?



\*MULTI SELECT QUESTION- ALL PERCENTAGES OUT OF TOTAL PARTICIPANTS



## OTHER:

- ★ There are ups and downs but it's up to you to shape your experience!
- ★ I have never enjoyed school and life more than I do now!
- ★ Rewarding
- ★ Cherish your time, it flies by.



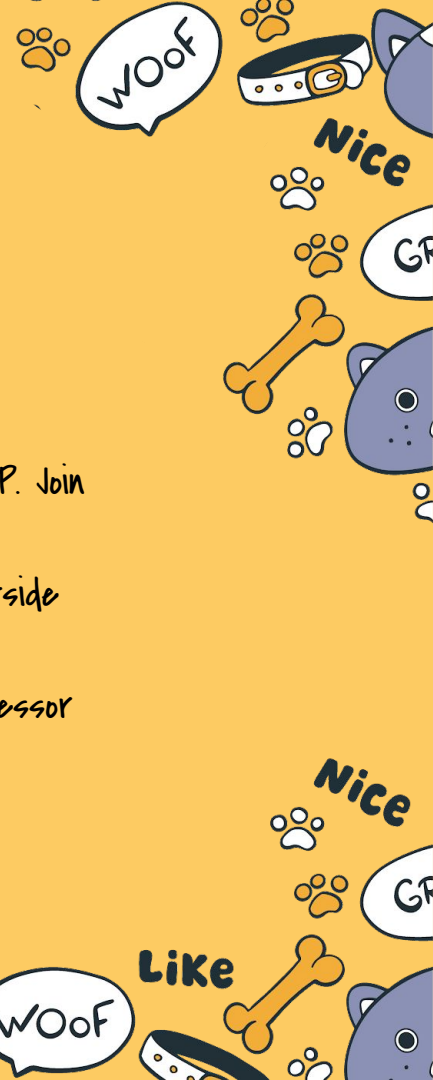


WHAT RESOURCES DID  
YOU USE TO HELP/  
WHAT RESOURCES DID  
YOU WISH YOU HAD  
EASIER ACCESS TO?



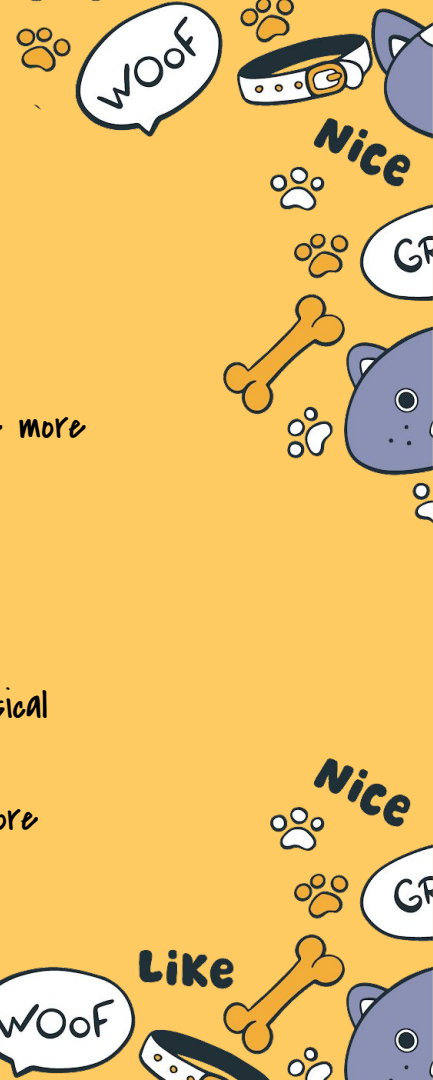
# WHAT RESOURCES DID YOU USE TO HELP/ WHAT RESOURCES DID YOU WISH YOU HAD EASIER ACCESS TO?

- ★ Kate
- ★ My friends
- ★ My friends and family - having a strong support system is a must! Find them ASAP. Join the Facebook mental health group - really helps knowing that you're not alone
- ★ Talk to people outside of vetmed. I know it is work to keep up with friendships outside of here especially with our insane schedule that not everyone will understand.
- ★ The cadaver lab was the best resource for anatomy. Especially when you get a professor to walk you through body systems.
- ★ I found most lectures sufficient and didn't need to buy any additional books.
- ★ Our counselor Kate is absolutely fantastic!
- ★ Mostly friends and sometimes Kate



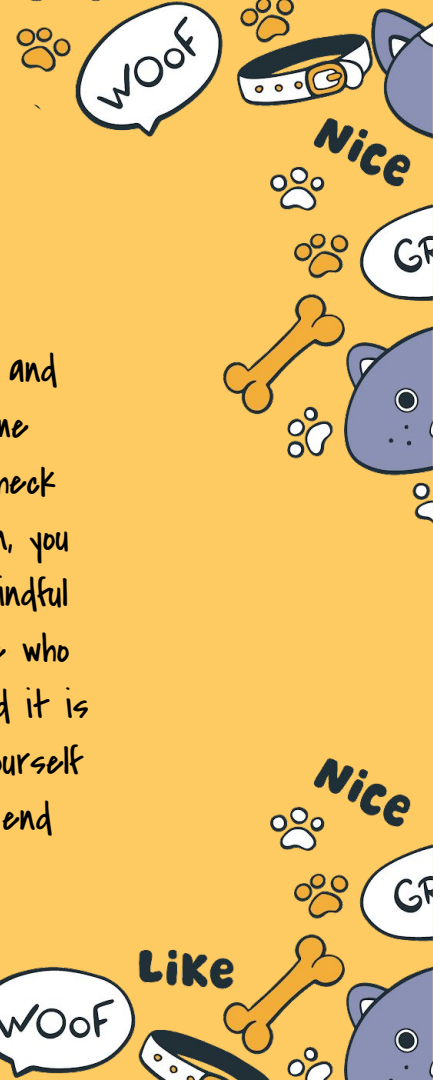
# WHAT RESOURCES DID YOU USE TO HELP/ WHAT RESOURCES DID YOU WISH YOU HAD EASIER ACCESS TO?

- ★ Merck vet manual "how to study in veterinary school"
- ★ The OSU anatomy program that you have to download onto your laptop...can there be more flash drives made for that/distributed in a more organized fashion?
- ★ We have a free membership to VIN!
- ★ Encourage your classmates to create/post in a google drive. Seriously life saving
- ★ Kateeeeeee and friends
- ★ Talking to Kate (the counselor) really helps if you are feeling down. I also found physical activity makes me feel better
- ★ Having a good Big and supportive social network is very important. I wish we had more communication with upperclassmen



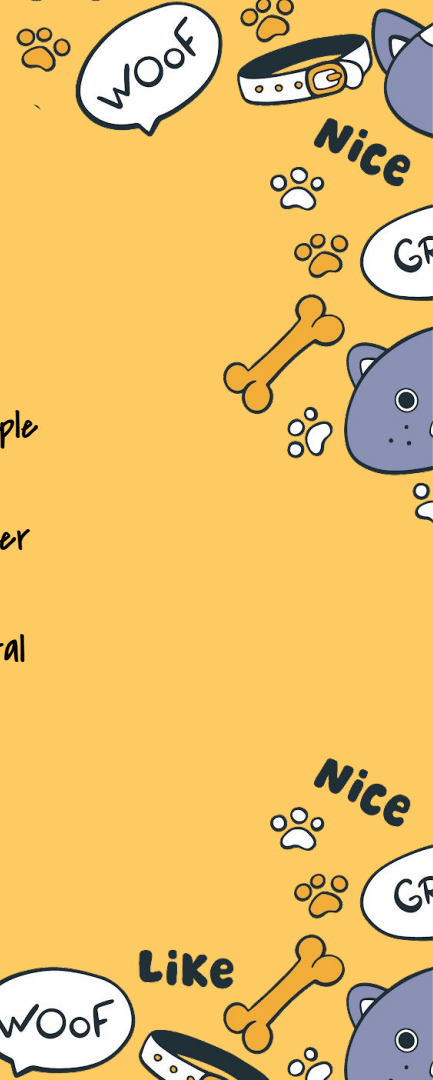
# WHAT RESOURCES DID YOU USE TO HELP/ WHAT RESOURCES DID YOU WISH YOU HAD EASIER ACCESS TO?

- ★ If you can, please look into therapy. Having someone to talk you through your stress and emotions is valuable. Make friends and be nice to others. Everyone struggles at some point and that is okay. Please do not bully your classmates, faculty, or yourselves. Check your privilege, and remember your instructors are only human too. From this point on, you are in professional school and these are your colleagues for your whole career. Be mindful of how you act and how you will be writing letters of rec for each other. The people who complain about everything really stand out. We are the future of this profession and it is our responsibility to not be toxic. Take time for yourself and be willing to forgive yourself for not being perfect. This is hard. You may get a 100% or a 70% average by the end of your 4 years, but you'll be a DVM either way.
- ★ Self care is super important whether it's going on a walk or talking to someone.



# WHAT RESOURCES DID YOU USE TO HELP/ WHAT RESOURCES DID YOU WISH YOU HAD EASIER ACCESS TO?

- ★ Counseling services through the vet school
- ★ A way for students to be checked on with their mental/emotional health. Some people aren't comfortable reaching out for help.
- ★ Kate, our counselor, helped find study strategies that worked for me! I met with her midway through third quarter and she helped me find ways of studying that really worked! I definitely recommend asking her for help whether it be for studying, mental health, or for whatever else you may need!
- ★ Your peers and older students are such great resources.
- ★ Kate, tutoring through another veterinary student, off campus counseling, McKinley Mental Health
- ★ Your peers and older students are such great resources.



# WHAT RESOURCES DID YOU USE TO HELP/ WHAT RESOURCES DID YOU WISH YOU HAD EASIER ACCESS TO?

- ★ If you need someone to talk to I recommend reaching out to the counselor Kate. I also think it is a good idea that is vet students commiserate with each other open up to your friends they may be feeling the exact same way. This is a very tough point in our lives
- ★ I vented to my roommates and friends and many of my friends use the school counselor for help.
- ★ I wish I depended more on my classmates for support through classes
- ★ I really enjoy hearing from other students that their lives are going well also.
- ★ I wish I hadn't been so nervous about talking to professors and faculty. They're very helpful with school AND life advice, and they're always willing to help.
- ★ Friends, family, art, hobbies, exercise
- ★ Study groups :) they really helped me!



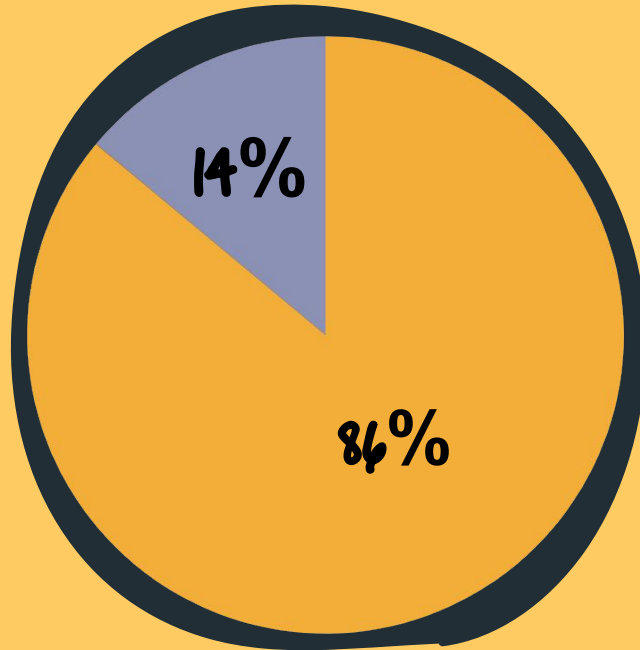
# WHAT RESOURCES DID YOU USE TO HELP/ WHAT RESOURCES DID YOU WISH YOU HAD EASIER ACCESS TO?



- ★ KATE
- ★ Talking to Kate helped a lot and my friends
- ★ USE CLASSMATES AS SUPPLEMENTAL TEACHERS!!! Most of the time, what you don't know, someone else does. Don't be afraid to ask for someone to explain something to you
- ★ I relied on my friend a lot for moral support. When I needed help with any academics I reached out to my professors which is something I did not do in undergrad; they seriously all just want to help you succeed. I reached out to Kate when I was struggling with some personal issues and she was super helpful. Being around my family would have been nice (they're 1000 miles away) but I can safely say that my friends have become my new family.

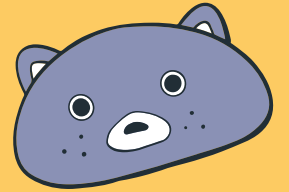
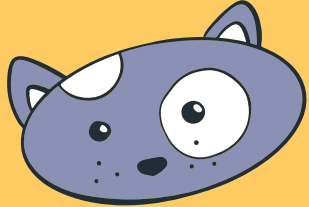




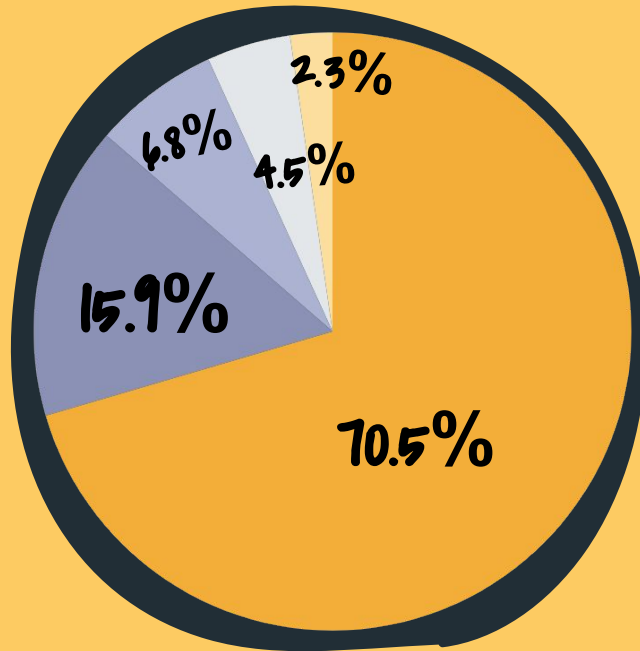
# I IDENTIFY AS...?



-  CIS male
-  CIS Female

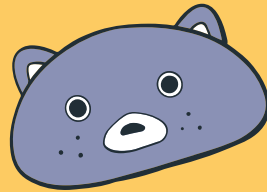
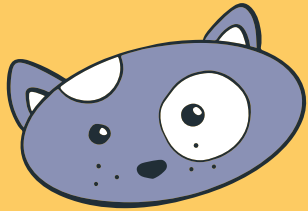


# HOW WOULD YOU DEFINE YOUR sexual orientation?



- STRAIGHT
- BISEXUAL
- BICURIOS
- GAY
- OTHER

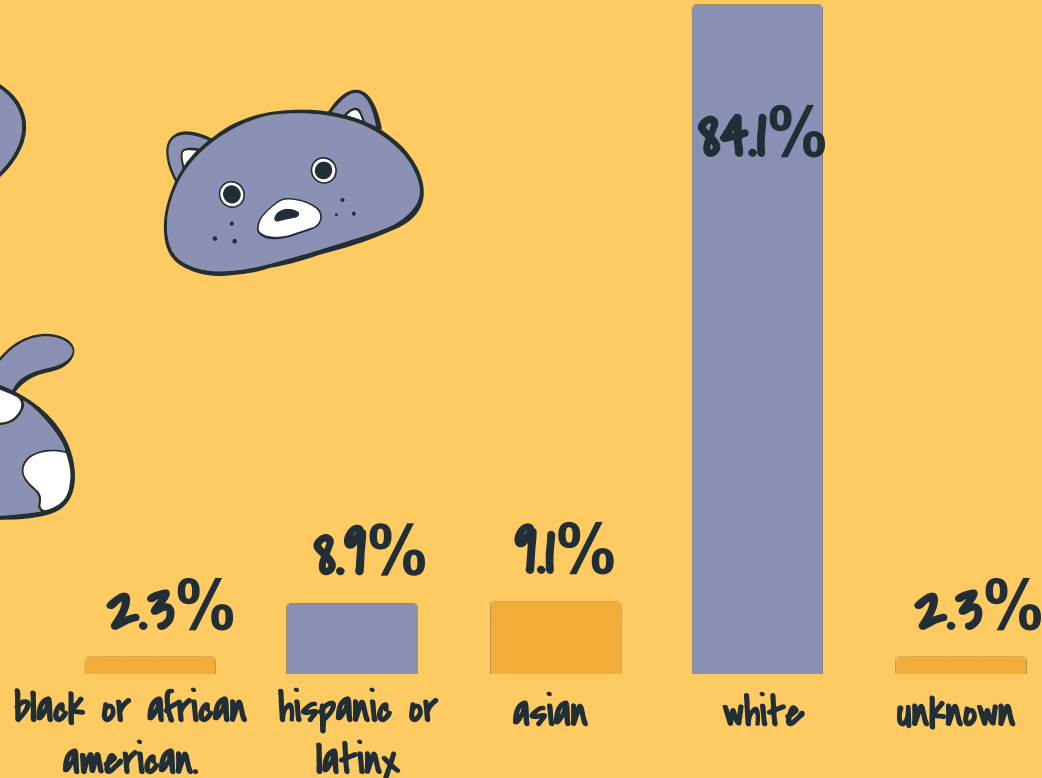
# WHAT RACE(S) DO YOU IDENTIFY WITH?



RRR



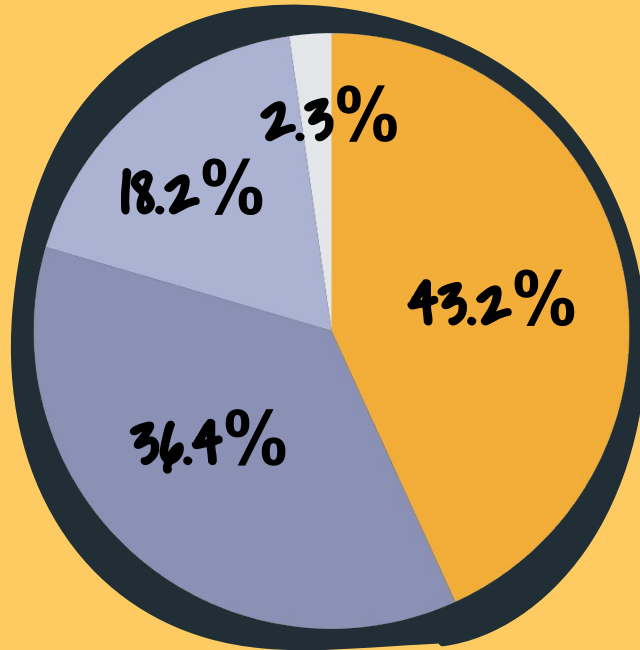
GR



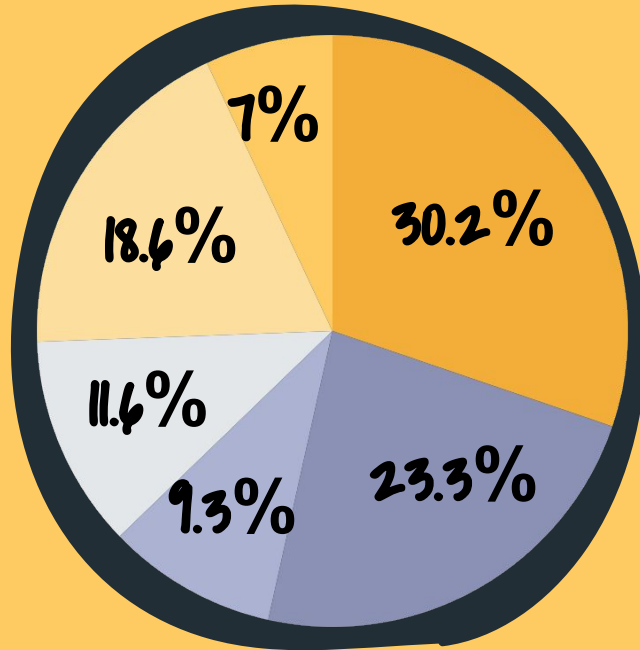
\*MULTI SELECT QUESTION- ALL PERCENTAGES OUT OF TOTAL PARTICIPANTS

# WHAT IS YOUR AGE RANGE?

- 20-23
- 24-26
- 27-29
- 30-33



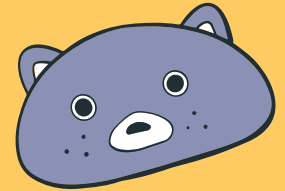
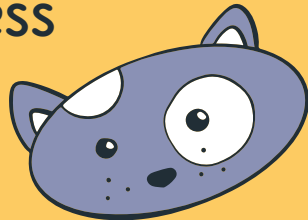
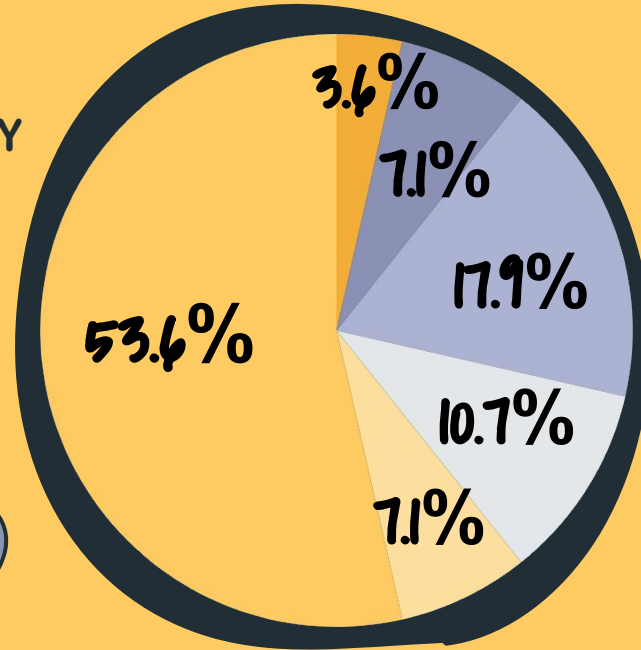
# WHAT RELIGION DO YOU PRACTICE OR IDENTIFY WITH?



- CHRISTIANITY
- CATHOLICISM
- SPIRITUAL
- AGNOSTIC
- ATHEIST
- SPIRITUAL /non-religious

# SELECT THE FOLLOWING THAT APPLY TO YOUR LIFE JOURNEY.

- HEARING IMPAIRMENT
- LEARNING DISABILITY
- PSYCHOLOGICAL DISABILITY
- AUTISM SPECTRUM or ASPERGERS
- ABLE-BODIED
- CHRONIC ILLNESS



HOW DO YOU THINK YOUR  
DIVERSITY AFFECTED YOUR  
experience?









WOOF

## HOW DO YOU THINK YOUR DIVERSITY AFFECTED YOUR EXPERIENCE?



GRRR

- 
- Nice
- 
- COOL
- ★ Always learning and listening to different life experiences and perspectives. In these cases, listen to learn, not to respond.
  - ★ It's fine.
  - ★ It definitely singled me out in specific conversations
  - ★ I am a gay man which means that I have always felt a bit out of place in the STEM field. However, as a man I am still privileged and recognize the ways in which I need to use my voice to advocate for others and when to be quiet so that their voice is amplified. I never had a role model that does what I do and I have carved out my own place. I hope to be someone that LGBTQ+ youth can look up to and see as a role model and see that they too can make it in veterinary school.
- 
- Lovely
- 
- Nice



WOOF

## HOW DO YOU THINK YOUR DIVERSITY AFFECTED YOUR EXPERIENCE?

GRRR

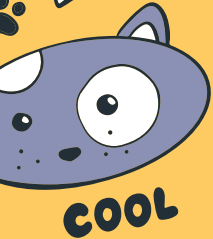
- ★ I really liked hearing from people from other places and their experiences and learning about what others do
- ★ Yes, no matter how old I get and it doesn't matter if this is a field of "professionals" people will still say racist things, and expect you to agree with them.
- ★ Having ADHD & PTSD while adjusting to vet schools during covid has been difficult to say the least. My ADHD is well managed, but my PTSD combined with the lack of social interaction has been hard to manage with course work.
- ★ I don't feel very diverse but I am open-minded, determined, and hardworking which I think fuels most diverse individuals.

GRRR



Nice

GRRR



COOL

GRRR



Lovely

Nice



WOOF

# HOW DO YOU THINK YOUR DIVERSITY AFFECTED YOUR EXPERIENCE?



GRRR

- ★ Makes me grateful for where I'm at
- ★ Gave me different way of viewing life and obstacles I had to overcome to get to vet school.
- ★ Negatively bc of symptoms of my chronic illness, but I am able to handle it
- ★ Not really at all
- ★ Getting to know people of different backgrounds than myself.
- ★ Being an older 2nd career student I think has actually helped me navigate first year and roll with the constantly changing COVID guidelines.
- ★ You really can't judge anyone's capability of anything without knowing what else is on their plate.



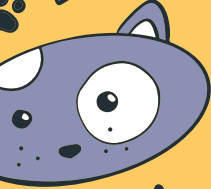
GRRR



Nice



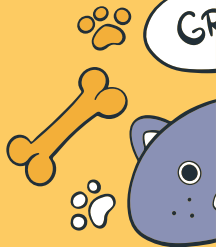
GRRR



COOL



GRRR



Lovely



Nice



**WHAT ADVICE WOULD YOU  
GIVE TO SOMEONE WHO IS MINORITY IN  
ONE OR MORE CATEGORIES OF DIVERSITY?**



# WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO IS MINORITY IN ONE OR MORE CATEGORIES OF DIVERSITY?

- ★ Don't take criticism from someone you wouldn't go to for advice. It is not your fault if someone is rude or intolerant of who you are..
- ★ I'm sure your class will be like the others and have stuck up [members of a majority group on campus] who will decide to be the comment police. Set boundaries early or you'll be dealing with that for the rest of your time in vet school. There are plenty of clubs and groups for you to join for non-heteronormative people! If you have concerns, voice them. You'll be dealing with a lot of [people] with an ego and unchecked privilege. If you don't say anything, nothing changes.
- ★ Know that while it doesn't define you, it is something to embrace and even be proud of.



# WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO IS MINORITY IN ONE OR MORE CATEGORIES OF DIVERSITY?

- ★ To represent who you are as an individual, to be confident and to be whoever you wanna be
- ★ Be unapologetic and do not let ANYONE make you feel unwelcome or unworthy of your spot here. You belong here and the veterinary profession will be better because of your presence.
- ★ Teach others about yourself and don't be afraid to speak up when something isn't right
- ★ If you're a minority it can be very difficult to navigate through this field. It is very important to find people like you that can relate to your experiences.
- ★ Own it man.



COOL



Nice



# WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO IS MINORITY IN ONE OR MORE CATEGORIES OF DIVERSITY?

- ★ There are others like you in vet school, seek out clubs that represent you best so you can find a supportive group within.
- ★ Do not be afraid to ask for help or adjustments in your current management. Vet school is different from any previous schooling and may require new solutions. There are resources available to help!
- ★ Reach out! Talk about the difficulties you face without fear of judgement. Odds are someone else is in the same boat, or at least is happy to listen. Stand your ground! If something makes you uncomfortable, let people know. More times than not it's an honest mistake we will work to correct.



# WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO IS MINORITY IN ONE OR MORE CATEGORIES OF DIVERSITY?



- ★ Haters gonna hate. You do you boo! : \*
- ★ Be proud of who you are and you are meant to be in vet school. Don't doubt yourself.

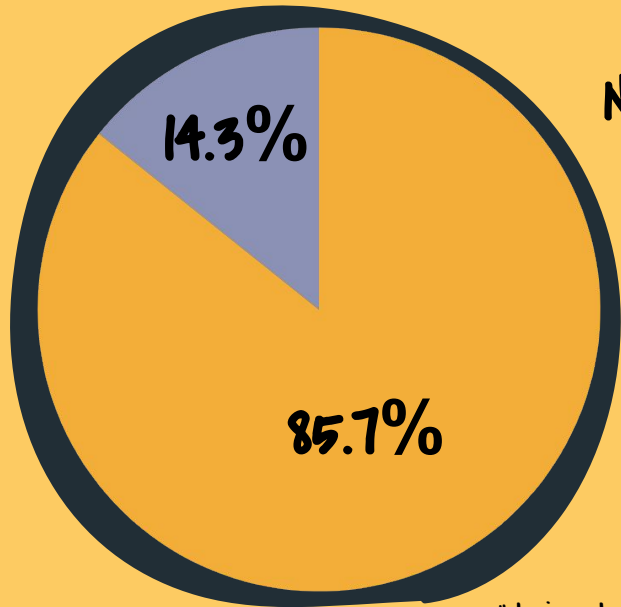


- ★ For someone in a sexual/romantic minority- people are generally more accepting than you think! Also VOICE is great
- ★ It is okay to be insecure and try and hide who you are, but when you are ready share yourself with your friends, family, etc... You might be surprised at how welcoming people are towards the real you :)



- ★ Don't be afraid to stand alone (be strong)

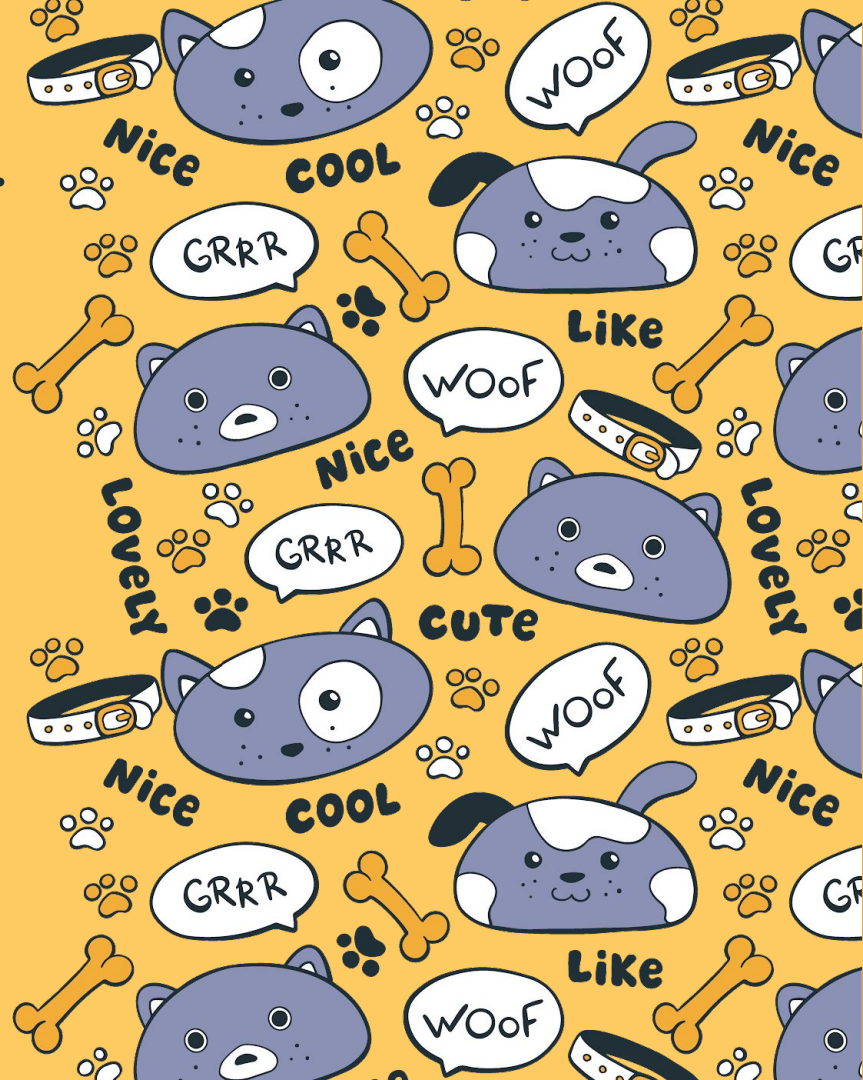
# DO YOU FEEL LIKE YOU HAVE A PLACE AT U OF IL COLLEGE OF VET MED?



No: 0%

- Yes
- sometimes

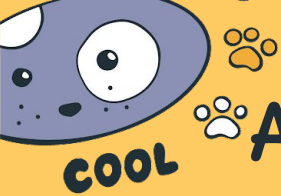
"It is challenging and something [you] have to cope with a lot."





ANYTHING  
else YOU  
want TO  
say?



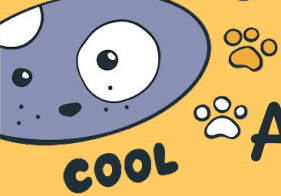


# ANYTHING ELSE YOU WANT TO SAY?



- ★ You guys are amazing. Keep it up. When in doubt, keep that integrity and lead with it.
- ★ If you get a pet, get a healthy pet. You won't have enough time on your hands to deal with a pet with health issues or a pet that needs a lot of behavioral work.
- ★ I am really glad y'all chose Illinois to be your home! You will find out really quick that everyone knows what you are going through and your current struggles. Please remember that you were chosen to be here for a reason. Don't let go of your initial acceptance feeling and how excited you were!

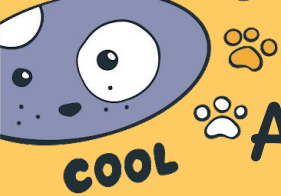




# ANYTHING ELSE YOU WANT TO SAY?

- ★ use your big as your resource and do not be afraid to ask questions! It is important to ask for help especially amongst the chaos of the pandemic. The second years have gone through a whole year of classes during covid and are a great resource so never be afraid to reach out.
- ★ Vet school has been the greatest part of my life so far! I am so excited to continue making friends, learning, and living life.
- ★ GET INVOLVED! Vet school feels like a lot on its own, but I feel most capable, most included, and most fulfilled when I'm doing extracurricular stuff.
- ★ You're here for a reason - you CAN do this. Anytime you need that reminder please reach out to me (630-660-5024) because I will be happy to remind you as many times as you need it.





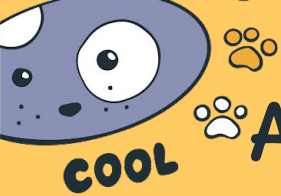
# ANYTHING ELSE YOU WANT TO SAY?

- ★ Vet school is what you make of it. Get involved and do things outside of your comfort zone. Academics are important but don't forget about all those wet labs where you can develop your clinical skills
- ★ You probably already know this, but vet school is hard. Like really hard. But that doesn't mean you should spend every minute studying. I promise you that that grade isn't worth your mental health and/or overall well-being. You got this.
- ★ Don't be afraid to reach out to professors or your big for help and guidance. You got this!
- ★ No matter what happens, you can do this.
- ★ Don't be afraid to mute the groupme lol



Nice





# ANYTHING ELSE YOU WANT TO SAY?

- ★ Ask for help. You are rarely the only person that feels the way you do and most people will want to help. You just have to ask for it.
- ★ Vet school is a lot of work, and can be stressful and scary. BUT everyone feels that way at some point during their time in vet school. People in upper classes are more than willing to answer questions and help you out if you need it, so don't be afraid to ask. We are so excited to have you!
- ★ Veterinary school will be hard. However, it will also be incredibly rewarding. You will be amazed at how much you learn! Remember, you deserve to be here and you do not need to be the best. Be your best.
- ★ YOU CAN DO THIS!
- ★ YOU ARE NOT ALONE!



Nice



**THANKS FOR  
READING AND  
THANKS TO THOSE  
WHO PARTICIPATED  
IN THE SURVEY!**

DO YOU HAVE ANY  
QUESTIONS?  
CLICK HERE!

CLASS OF 2025, HAVE A GREAT YEAR!  
REMEMBER YOU'RE NEVER ALONE  
AND YOU BELONG HERE!

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