

Advice from Us to You!

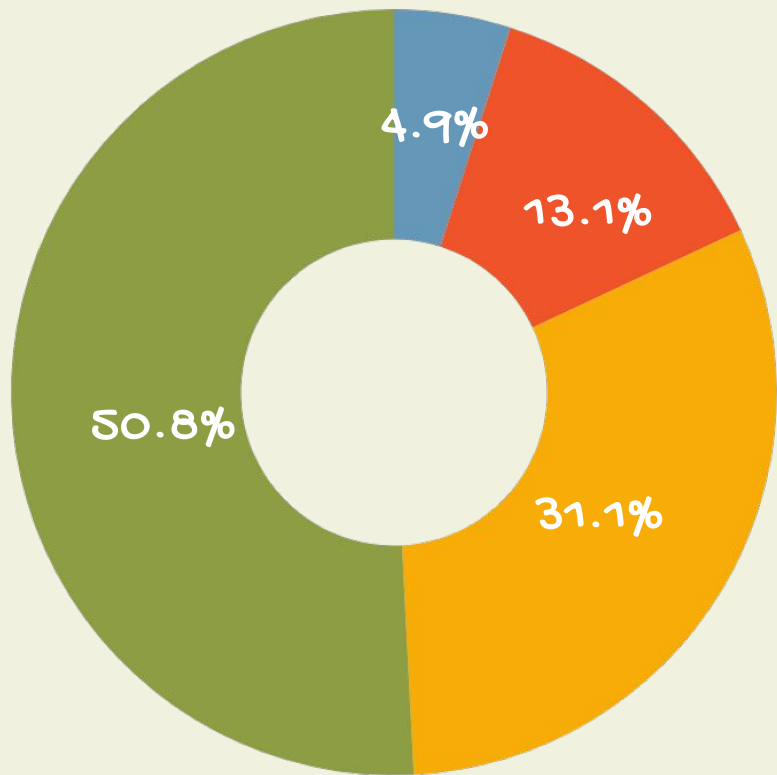
<3 Classes of UIUC Vet Med

INTRO

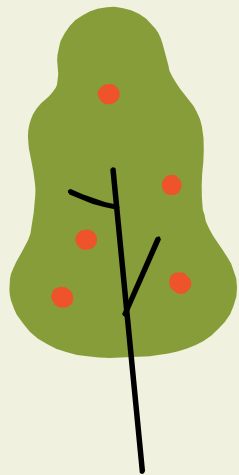
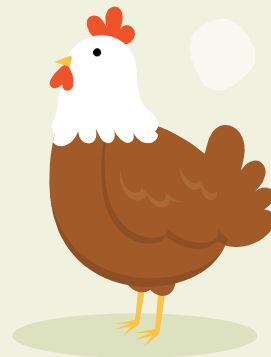
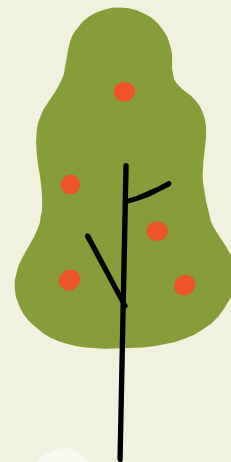
Hi everyone! A survey was provided to the other class years for your class. It is mostly stats, advice, and helpful tips. Although, SAVMA organized this survey for you guys, all comments and advice were given by classmates who participated in the survey. Everyone's experiences and opinions are valid. 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



- 2022
- 2023
- 2024
- 2025



A cartoon illustration of a pink pig with a curly tail, smiling and looking to the right. The pig is in a field with a wooden fence in the foreground. There are two green trees with red dots on them, one on each side of the pig. The background is light green with some white and green decorative elements.

What did you wish you knew
before entering vet school?

What did you wish you knew before entering vet school?

- It's not something I wish I knew, but more like wish I listened to and practiced earlier. Everyone will tell you grades don't matter, you're here to learn and make mistakes. But still, no matter how many times you hear it, you will beat yourself up for a long time until you learn to forgive yourself for making mistakes/not getting straight As. You're here to learn not be perfect. Learn to laugh at yourself when you make mistakes, carry on, and don't take mistakes too seriously because it will eat up at your mental health.
- Better studying strategies
- That I didn't necessarily need the large animal anatomy textbook
- That grades and rank do not matter in vet school. You're already in, just focus on learning and pushing forward. You'll be a doctor so long as you pass
- Graduated student here. I promise you, your grades will not matter unless you're going into an internship (I wasn't- sorry). My employer didn't even ask my GPA. Obviously you need to learn so that you can be a good practitioner, but at the end of the day if you're between studying an extra hour or going to bed? Go to bed. My third year grades went from all As to all Bs and honestly? Couldn't care less. I was so much happier than I was first or second year. I got to spend time with my cats, my boyfriend, and myself. No one cares about grades.



What did you wish you knew before entering vet school?

- Getting a C is kickass, make sure you tell your parents that too
- Your old study habits may not work and it's okay. Give yourself time to adjust and don't be too hard on yourself!
- Everyone is in the same boat as you and is just as clueless as you. Don't be intimidated by classmates with more clinical experience than you.
- These are your golden years kid! Remember to have fun
- It is okay to not have it all figured out in the beginning. It takes time to find what works for you. Do not listen to the chatter you hear around you in the anatomy lab or lecture hall regarding how much someone studied or how they did it.. as what works or one may not how it works for you. Even at the end of 602, it is more than okay to still feel a little uneasy. The best I performed was the end of the year!
- Learn the things you need to learn to be a good doctor!! I spent the first quarter stressing over learning every little detail of every lecture. It took me a second to realize that some topics are more important than others and you should focus on that!
- Grades literally do not matter. Get the Cs and pass. Hang out with your friends. Have that beer. Read that book. The extra hour of cramming only gets you an extra one or two questions right - is it worth it? you decide.



What did you wish you knew before entering vet school?

- It's not always helpful to discuss grades with classmates.
- Make school-life balance a priority.
- Have at least one hobby outside of vet med.
- I wish I knew how quickly the information piles up. I would recommend start reviewing material on day 1.
- How to study effectively. I always studied solely on weekends in undergrad but with vet school you need to study a little every day. I definitely got distracted during my studying first quarter and didn't perform as well as I wanted.
- It only gets harder so pace yourself and get comfortable with C's as passing.
- That there was going to be a pandemic
- Studying methods change with each course you're in and will be different than undergrad.
- The overwhelming workload and expectations
- 1) Get a parking pass or get on the waitlist for one ASAP
- 2) You do not /have/ to go to class. Make sure you go to lab and clinical correlations, but if you learn better from home, just watch the lectures on Echo360. I would have saved a lot of stress at the beginning of the year doing that.



What did you wish you knew before entering vet school?

- Have at least 1 non-vetmed hobby! Make sure you have something you can do outside of vet school and veterinary medicine that reminds you about the entire world that exists outside of VetMed. Have a hobby/activity that you can do at least once a week (or multiple times a week!) to take your mind off of the stress of school and becoming a veterinarian. My hobbies (pre-pandemic) were going to the movie theater once a week and doing a little bit of freelance photography. Both of these gave me an outlet for my creativity and passion that also provided a nice distraction from studying and stress! Some ideas for hobbies could be movies, bowling, walks/hikes, reading, writing, art, music, riding a bike, video games, or anything else that brings you joy and takes your mind off of vetmed, even if only for a few minutes!
- You will never have enough time or energy to do everything.
- You must spend ample time in the anatomy lab outside of class time if you want to do well in anatomy.
- That you don't actually need to buy all the textbooks (unless you like textbooks)
- I wish I knew that vet school isn't that scary. The professors are fantastic and approachable, all of the other students are nice and helpful, and classes aren't as difficult as they are made out to be.
- How to balance personal and professional time. Maintaining time for yourself is crucial to being successful in vet school. It helps prevent burnout and keeps you motivated in and out of the classroom.



What did you wish you knew before entering vet school?

- Your schedule can actually be very flexible, especially if you watch lectures asynchronously.
- To have more fun first year!
- There is little to no homework, it's all self-directed studying of the lectures
- As hard as it is, do not stress before hand. Things will be answered during the week of orientation and it will be okay. Allow yourself to get into the swing of things and enjoy the first couple of weeks and just give yourself time to adjust.
- Be kind to yourself and others, vet school is hard, don't make it harder on yourself or others by tearing people down. Remember that everyone is here with a common goal, so be kind and help those around you.
- What an average class day/week looks like for 1st/2nd/3rd year
- That you can have fun in vet school and it is not as scary as it seems
- I wish I knew that I wasn't going to know everything. You'll see your peers, 4th years, and interns and be like "wow, they're so smart and they know it all, I'll never be that smart or prepared" but I promise you, they don't know it all and felt (also still currently feel!) the exact same way you're feeling. Once you accept that you're not going to know the answer to every question, you're going to make mistakes, BUT that you're 100000% capable, you can relax and make the most of your experience. You're here to learn!



What did you wish you knew before entering vet school?

- How valuable quizlet is! Took me until about 3rd quarter to utilize quizlet for my benefit. Also, *everyone* here is on your team, so never be afraid to ask for help no matter where you are!
- Enjoy the summer before vet school starts! Pick up a hobby that you can continue in vet school to get you through stressful days.
- There are a few professors that have some difficulty presenting the material in a way that makes learning easier. This is especially a challenge with the respiratory physiology second semester. If you've had that type of class before, you are probably better off studying from your undergraduate notes or studying with someone who kept theirs.
- Also, don't worry about clinical correlations, it gets significantly better second semester.
- It is the hardest and most rewarding experience I ever had. Do not compete with other veterinary students. The best way to push yourself is to find motivation within and not to make your self worth dependent on how and what those around you are doing. Also, be mindful about how much you let academics seep into your social life. Get involved and always take every possible opportunity offered to you!
- It's okay that your strengths are not the same as others. Find your niche and spend your effort growing those skills. You will not and cannot know everything, so embrace the things you understand well and make it a strength.



What did you wish you knew before entering vet school?

- It will be one of the hardest things I do but I will get through it and the vast majority of the faculty here want us to succeed and move on so don't be afraid to ask for help
- You don't have to learn or study the same way everyone else does. It is okay to take breaks and work at your own pace.
- Be comfortable with being wrong.
- It will be hard but you would not have gotten in if the university did not think they could make you into a vet.
- Be gentle with yourself. You will all be called "Doctor" so try your best to avoid comparison.
- Try to enjoy the process. What you are doing is a hard thing, but you are capable.
- Getting my own parking pass would prevent a lot of stress.
- - You don't really need textbooks - if you learn better with them, ask your big for a digital copy!
- - You don't need to get A's and spend all your time studying!! Meet professors, join clubs, go to lunch lectures, and make some lifelong friends.
- how white the area is
- Imposter Syndrome is really hard but we deserve to be here!
- That I was NEVER going to be prepared for it and I'd have to just roll with the punches and adapt. You can't prepare for it, and that's okay.
- Everyone has a different background! Some people will "know more than you" and some people will "know less," and that's okay!

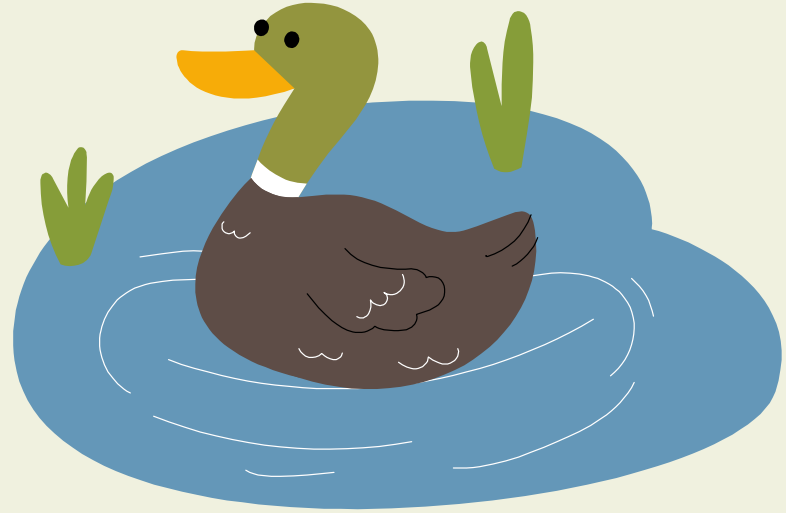


What did you wish you knew before entering vet school?

- Try not to overload yourself with so many things at the beginning of the school year
- You're not gonna be perfect and that's okay
- You are going to struggle. Whether it is with grades, social life, sleep schedule, you will have a hard time at some point in vet school. Everyone does, and you are not alone. Cut yourself some slack! And when you have free time, USE IT. Don't make yourself do extra studying over breaks or holidays. Take a nap, relax with friends, and make sure you save some time for yourself outside of school.
- I wish I knew that it was okay to not be at the top of your class. For years we had to compete to be the best of the best to make ourselves great applicants for vet school. I wish someone would have told me that grades did not matter as much once you made it into school. I really struggled at the beginning of the year when I didn't do as well on my first exam. After talking to professors I realized grades didn't determine how good of a vet you would be, and that has stuck with me.

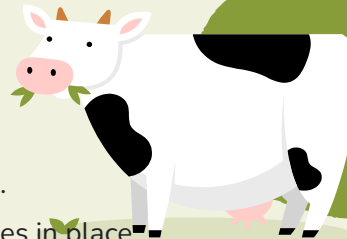


How is vet
school during
COVID times?



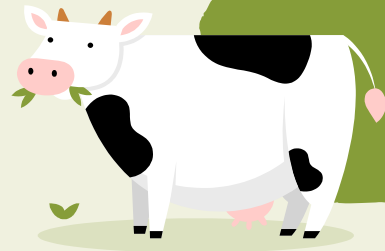
How is vet school during COVID times?

- Can't tell you any different, the staff was very flexible and made our experience the best it could be.
- Frustrating
- Class of 2025 only had to deal with wearing a mask during classes which wasn't so bad.
- Vet school has become much more manageable with Covid now than when I started. You will get all in person classes and see all your class's faces so don't stress
- It's definitely not as good as pre-covid. There's just this aura of anxiety, and all the small things like technical difficulties, not seeing friends in person, missing labs, etc. really do build up. BUT, it's probably better than waiting for covid to end before starting vet school (bc let's be real, will it ever truly "end"? and if it does, it could be anywhere from months to years from now) so I still recommend it.
- I think we're returning to normal? C/o 2024 had it hard but we're trying our best to get people re-integrated to normal
- More remote learning. Try to be active in the wet labs - you can learn a lot.
- Not bad
- Ehh
- Be cognizant of your classmate's comfortability regarding mask wearing and other covid guidelines. Everyone is different and have varying levels of comfortability. It is everyone's job to respect the rules in place and follow them diligently.



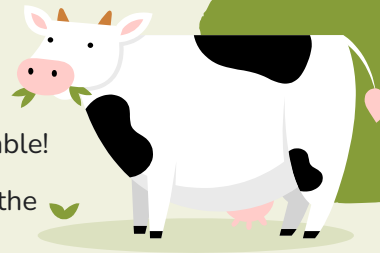
How is vet school during COVID times?

- I wasn't really here during covid times since I'm 2025. But having the lectures to watch from home is fantastic.
- I feel like COVID didn't really affect time at vet school aside from having to wear a mask.
- The rules have loosened up a lot since I started but it hasn't been that much different to regular classes
- I found that learning online was best for me as I could pace myself the way I wanted.
- Difficult. There's no mincing words about this -- it's hard to be in school during a pandemic. Thankfully, a lot of things have started returning back to the way they were before the world shut down, but it isn't completely back to "normal". Make sure you keep track of what lectures you need to look at a second time, work through the information at whatever pace is best for you! Don't push yourself past your limits; your grades are important, but even C's get DVMs and your mental health and wellness should always come first. The pandemic is hard on everyone, make sure to give yourself a little grace and don't let your GPA be the end-all-be-all
- A rollercoaster. Things changed so quickly sometimes it was hard to keep up with current regulations.
- Weird, but improving.
- Difficult but don't be afraid to ask ques
- Fine for me. Wearing masks and washing hands isn't that burdensome



How is vet school during COVID times?

- This past year was a lot better than when we were separated and partially virtual.
- I work well alone and can keep myself accountable, so I did not struggle with remote learning. I do feel I missed out on opportunities to connect with classmates.
- I'm in the class of 2025 and it didn't affect us much other than wearing masks and an occasional few days online.
- School was relatively normal except having to wear masks. The only time it felt like COVID times was the week after winter break where class was online and we could not enter BSB. It was not fun being stuck in my room attempting to focus on recorded lectures. It made for a rough start to the quarter.
- Not great, but we all make do - most stuff is in-person now so not too different from normal!
- Some at home days were hard amongst mostly in person classes, but we made it work.
- so lonely
- Honestly I believe we had it better than most schools. We were in class the whole time and got to keep most of our experiences. Things were a little different of course, as our class was separated in different rooms and we were limited on club activities at first, but it was manageable!
- It's weird. You have to try harder to meet up with people and make friends, but you kind of bond in the trenches.



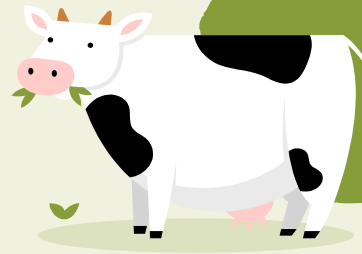
How is vet school during COVID times?

- Honestly, a lot of fun. People will always be around complaining that classes suck or that it is worse that they're online. Some of that might be true. Some classes are tough being taught online. With that said, you have to take vet school for what it is. Not everything is gonna be perfect but look to make the most out of those situations. If you have class online and it's not helpful sit there and listen to it then go out with some friends or watch netflix and come back to it later. Do what makes you happy and have fun
- It was weird during covid, but hopefully back to normal now! First year was normal for my class, so I'd say it was a pretty typical classroom/lab environment. During covid, we didn't see our classmates and that could get lonely. It was also really difficult for me to study because I can't focus at home. But I learned how to adjust my studying - so my advice would be to be flexible and keep an open mind!
- I found it very difficult to stay motivated when classes were online and we were studying at home. For me, keeping a couple of quotes or pictures that remind me of my why helped me push through.
- It was a bit difficult in regards to getting to know people and how they look like under the mask. But things are getting better.
- Pretty much like regular class except we've got to wear masks in class.
- Honestly, at this point, it's like normal school



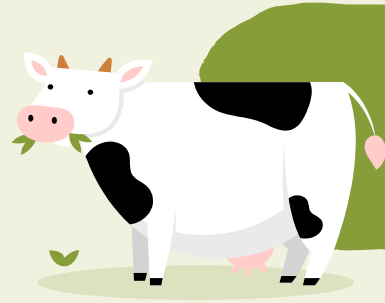
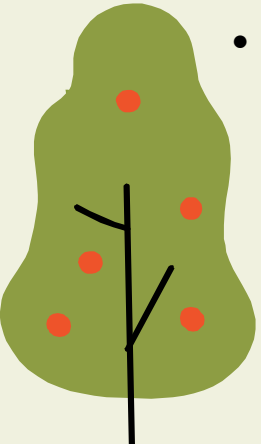
How is vet school during COVID times?

- Not ideal, it has hindered some of the clinical opportunities and face-to-face time with clinicians/professors, but I think the school does what they can to make the best of the situation and we are getting a lot closer to being back to normal.
- Really not bad since it's not 100% online anymore
- I definitely didn't have it as bad as the class of 2023 or 2024, so being fully in person for my year was wonderful.
- A greater amount of online coursework is challenging, especially at the tier of veterinary curriculum. Comparatively, Illinois has been amazing at maintaining in person learning opportunities. COVID curriculum is not ideal, but be sure to persevere because better times are around the corner.
- they have the same expectations of you regardless of what is happening outside of school
- Very isolated but the online accommodations were actually very good
- For me I think that school was pretty normal, except for wearing a mask.
- Less than ideal, but it is what it is and things are improving (you no longer need to double mask and wear a face shield with only half of your class in lab at a time)
- I loved online learning but it was hard meeting people.



How is vet school during COVID times?

- Besides mask wearing and limited socializing events, it wasn't too bad
- I don't think it affected our class nearly as much as the year above us. Masks can be annoying, but overall, I think the professors have done a pretty good job at making the material accessible even if you can't be at the school in person.
- I felt like our class, 2025, did not have as many restrictions as in the past. I only felt like we were really interrupted by covid after winter break. The college made their best attempts to keep things accessible to us and overall it didn't impact my learning too much.
- guidelines are loosening so covid is less at the forefront of everything we do but I still take precautions because being sick (with covid or anything else) is not fun with exams happening so close together
- Fine for me. Wearing masks and washing hands isn't that burdensome

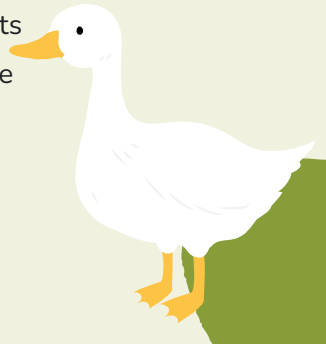
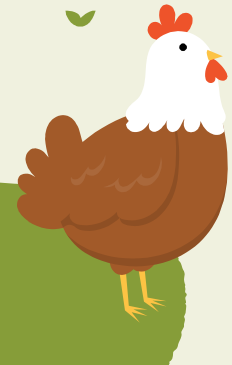




Best ways to study?

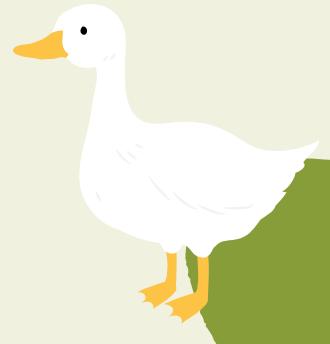
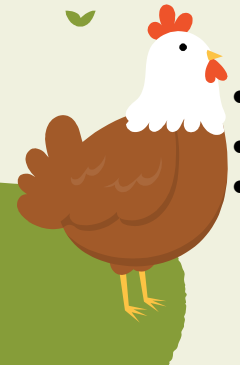
Best ways to study?

- Everyone is different, but I like making a quizlet and reviewing powerpoints works for me.
- Don't study by rewatching the lectures, it's going to be impossible to cover everything again and it's not worth the time. Almost every lecture comes with learning objectives and those are what instructors typically pull their questions from. Focus on big ideas and then work your way into the details. And generally it's important to be open to changing the way you study. If your strategy is just barely working, try something new!
- Quiz each other/yourself, learning objectives
- Study the objectives given & make your own study guides
- review class material that you learned the same day (after school)
- Find people either you can teach things to or that can teach you things. Vet school is not a competition and it's okay if you don't know things or if someone else doesn't. Help each other out!
- Studying is very personal bc we all learn differently. For me, I like to "re-teach" concepts. I taught my cats all about their own anatomy and drug calculations and the RAAS scheme.. you get the idea. But if you're looking for flash cards, study guides, etc. I do recommend you make your own, as the process of making those materials is usually equally helpful to studying from the materials. For NAVLE I recommend VetPrep, but I don't really recommend buying it too far in advance. I found it was most useful as short bursts of question review and I did in during down time on rotations for the month leading up to my NAVLE date.



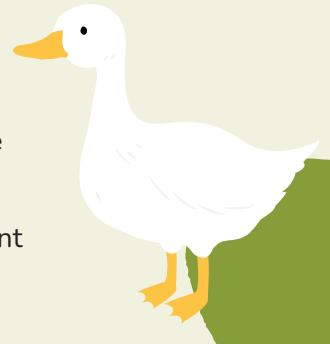
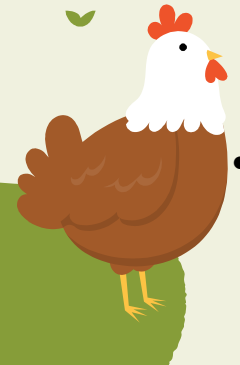
Best ways to study?

- Group study!! If you think you study solo study out loud with others
- Find new study spots and review with friends.
- Find a friend to study anatomy with! Quiz each other the way you think the practical is gonna ask you questions! For the rest, studying learning objectives is the best place to start :)
- Little bit every day, don't cram
- I like writing my notes
- For anatomy.. USE ANKI. This program saved my life with anatomy. There is far too much material to use a conventional way of studying. For the remainder of subjects, I found it helpful to download the presentations into one note and take notes directly on the slides as the lecturer presents.
- Rewatch lectures, go through powerpoints afterwards, re-read powerpoints as review before exams and quizzes again, and go over anatomy with friends IN THE LAB. I personally learn nothing in anatomy unless I am learning it on a specimen in front of me.
- Group study
- I liked CSU's virtual anatomy program for anatomy.
- Get a study group and stick to a schedule!!!! My group went into the anatomy lab to review structures EVERY day from 8-10p and my grade skyrocketed after.



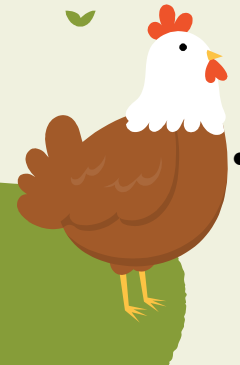
Best ways to study?

- During class I highlight important information and after class I write out 1 page study sheets for every lecture, following the objectives and what I found to be important. Then once the exams get closer I make another 1-2 page sheet summarizing all the information from the other summary sheets I've created so I just focus on the most important information overall.
- Get a group together and share notes. You do not have time to make study material for every powerpoint by yourself. Help each other. Our class has drives for each year where we can all add study material and it has been a life saver. This isn't a competition between students. You can all succeed and it's easier to do together.
- **WHATEVER WORKS BEST FOR YOU.** I cannot stress this enough -- **EVERYONE** learns differently. Even people who are both "visual learners" will learn and retain information differently than each other so find what works best for you and your style. I used flash cards a significant amount during first year, then switched to "practice question" powerpoints during second year, and then switched again third year to online videos/wet labs/hands-on practice. Don't stick yourself into a single box, try different studying strategies and give yourself the chance to find what works best for you (and whatever subject you're studying).
- The one consistent study strategy that I used throughout vet school was group studying the day before exams. Scrolling through the lectures we were about to be tested on and asking each other simple questions on the content we were looking at. Use your classmates as a resource; they may have different strengths and skill sets to help you in areas where you are struggling. Don't be afraid to ask for help



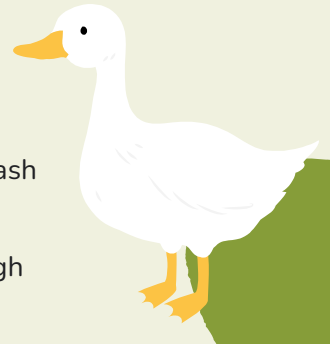
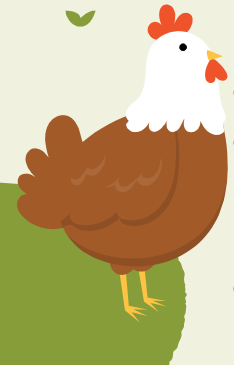
Best ways to study?

- Quizlet is my fave in general. For anatomy, I found drawing out the muscles and making flow charts for blood vessels helps a lot.
- Summaries or outlines of lectures, quizlets, charts, group study- you have to find a way that works for you
- Review the lecture slides and make charts
- Repetition and recall. Find study groups/ friends
- Answer learning objectives, re-write information/make study guides, flashcards/quizlet. For anatomy spend a lot of time in the lab looking at the specimens. Utilize the class google drive.
- Review that day's lecture notes when you return home for the day. As you review the lecture notes, open up your email and type in any questions that you have for your professor as they arise. Once you are done reviewing that lecture and can't think of any more questions at the moment, send the email to the professor. At the end of the week, review the lectures from that week. The best way to do this- active studying. Many students will be making quizlets for the material, so be sure to share your quizlet information with other students; if there is already a quizlet on certain material, don't waste your time making an identical quizlet. Review these quizlets from the previous week on the weekends. And also can be used as a quick review if you want to review something quickly between classes.
- Form study groups. Make sure you have at least reviewed the material first so you can discuss the material with your peers. If you understand a topic very well, the best way to solidify this knowledge is to teach this material to others.



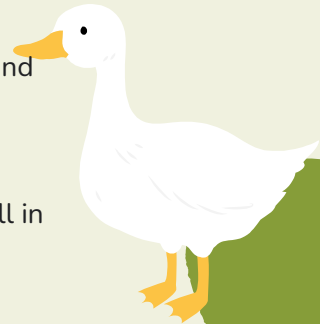
Best ways to study?

- Go into the anatomy lab to learn the material with friends or with your lab group. Stay after lab to learn the material. Review during lab time when available. Come in on weekends/after hours to study the structures. I also scheduled weekly one-on-one sessions with an anatomy professor to ensure I understood what I was looking at and to check my current understanding.
- Notecards, quizlets, learning objectives!
- Try to study every night, but don't go crazy. I know a lot of people may think that studying all day every day is the only way to succeed, but I honestly did amazing on everything and only studied a few hours each night.
- Solitary review of the material followed by a group quizzing session. Ending a study period with group dynamics brings out what you may not know and what your strengths are.
- shittion of ultrathin expo markers, portable white boards, writing out the BASIC concepts dont waste time writing every detail
- Anki flashcards
- Sometimes presentation can be all over the place so I would always go back and condense the PowerPoints into one page notes and organize it in a way that flowed in my brain. I would also make flash cards so it helped me with my recall of information.
- Whatever works for YOU. Quizlet, whiteboards, drawing things out. Don't judge if you've studied enough based on what your classmates do.



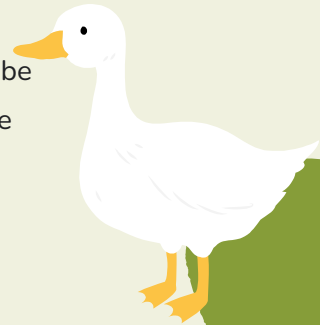
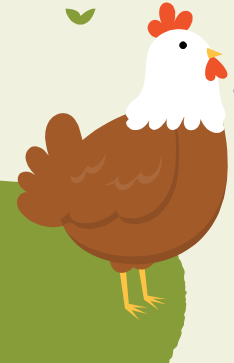
Best ways to study?

- Manage your time well and be efficient when you have to study and study hard when you're most productive. I legit stop studying at 9PM on finals weeks bc i get tired at night and i am not as efficient. You do not have to be up at 3 AM trying to pass a final. Again, do what makes you happy. Staying up till 3 does not make me happy lol
- Take a quiz to find out how YOU study best - there's a bunch online. Also, the Merck manual has a "how to study in vet school" guide with researched-backed ways to study in vet school. Find out if you like studying at home vs the library, alone vs in groups (also- with friends or with a specific study group), if you're a visual/auditory/etc. learner. Trial and error is annoying but key! You absolutely CANNOT cram for vet school exams, so start studying week 1. I know that seems overwhelming, but if you study a little every day, you'll be SO surprised how much you retain and how manageable it is!
- I find that writing out the learning objectives at night after class then using those to quiz myself over the weekend was very helpful. For anatomy, the key is repetition.
- QUIZLET. Flash cards, repetition, and do it often. I also learned better not in class... I would stay home and watch lectures and found that to be the best way to learn (for myself)
- Do the lecture objectives each day and practice by reading each objective and writing down as much as you can remember about that objective and then once you write down as much as you can remember fill in the rest of what you forgot by reviewing your notes.



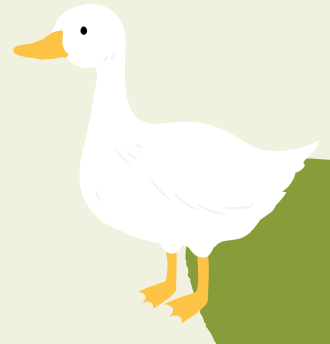
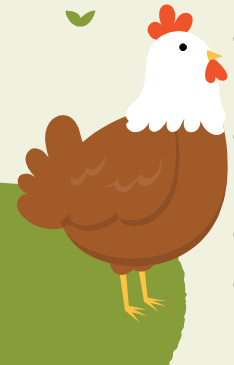
Best ways to study?

- Going home after and taking a good break, then review the lectures from that day. Use the weekend to catch up on the more difficult topics and also do something outside of vet med!
- I studied by going through every day's lectures at the end of each day. I would write note cards on as many topics and in as much detail as possible because by putting the material into my own words I learn it a lot better. On the weekends I would go through those notecards and quiz myself on the information until I had at very least the underlying concepts down. If you can find a group to study with where you are able to teach the topic to some of the others, that is also a very good way to learn the material yourself.
- It's all up to you, don't stress over how other people study or how people tell you to study, everyone is so different.
- I study by memorizing lecture slides and discussing topics with classmates.
- Everyone is different, but what helped me the most was to make written outlines of every lecture (ideally same day) and then review those outlines the 5-7 days prior to the exam.
- Do your best to keep up with classes because it's hard to catch up if you fall significantly behind (try to be caught up by the end of the week), spend extra time in anatomy lab seeing structures in person because that's what they test you on, don't be afraid to take a break or even a night off from studying



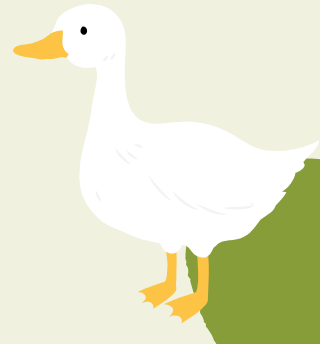
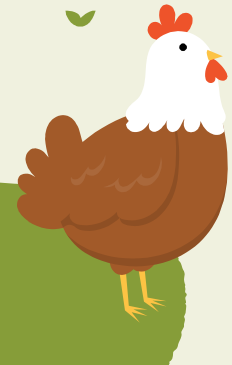
Best ways to study?

- Some friends and I divide up each days lectures and make study guides for each of them. I like to review those or write things out on a white board. Review notes. I don't recommend rewriting EVERYTHING - pick out the major concepts. Find some people you study well with and hang onto them but only if you can truly study with others and don't get distracted.
- For anatomy, definitely go into lab and find someone you study well with. I tried to keep my study group to four or less otherwise we would get distracted too often. It worked best to go in with one friend I knew I studied well with and go through the terms list and point out structures and name them out loud so we could catch each other on mistakes. For all my other classes I definitely focused on filling out the learning objectives and reviewing those for the exams.
- Figure out the best way to study for YOU. Everyone I know has different study methods - I suggest not spending all your time making flashcards and memorizing. Make an effort to understand and be able to explain the information - that's what will make you a better doctor.
- Still working on that. I like to prepare the next day's learning objectives into a guide for how I will take notes during the lecture and that tends to keep me focused on the important info.
- DO NOT let anyone tell you the way that works for you isn't the right way. I wasted sooooo much time trying to study the way other people did and it only hurt me. Do you.
- Making/reading through study guides, discussions with peers
- I like to use flashcards or make lecture outlines. It really helps me to write things out on a whiteboard!

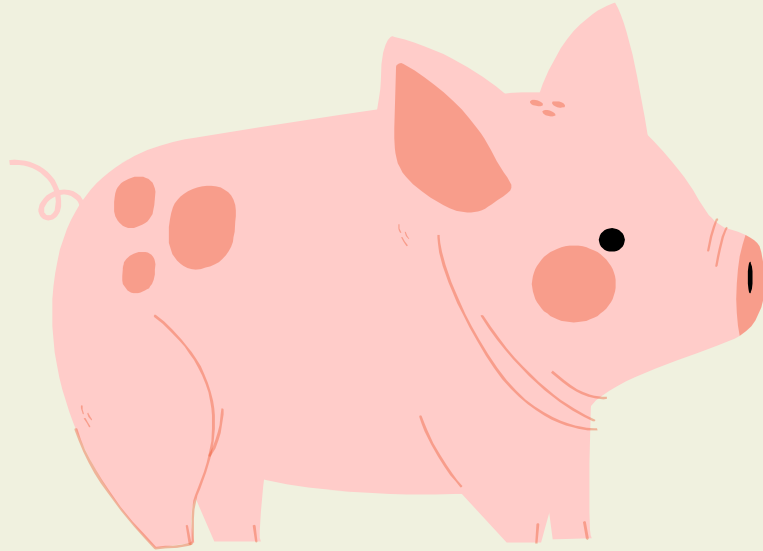


Best ways to study?

- Try to study on your own first before getting together in a group to study together if needed. If you have questions about certain topics, reach out to professors or watch YouTube videos relevant to the topic
- I made little study guides and condensed my notes into a couple of pages, which was easier for me to review compared to reviewing 30-50 slides per lecture.
- BEATS ME! Trial and error. Ask friends or even professors what works for them and test things out. You have to find your own rhythm!
- I set a timer for 5 min to make sure I don't zone out and time myself for each subject
- I always made a summary sheet for each lecture after class that day. I tried to keep it to roughly 1-1.5 pages for each lecture. I based it off of what I felt was important and made sure it answered learning objectives as well. Although learning objectives are the most important, don't put blinders on to the other material. Towards the exams, I would make a powerpoint quiz that integrated all of the classes for my friends and I to study off of. I also made big picture study sheets at the end too.
- with friends!



How did you balance your time?



How did you balance your time?

- You actually have a lot more free time than everyone made it out to be. I keep an agenda and prioritize school above all else. Many students chose not to go to class and watch the recordings later so there are options.
- I did most of my studying in the evenings and worked in my extracurriculars on the weekends and free afternoons. It always gets busier around exams but I was able to be involved in clubs, hold a part time job, attend class, study, take time to go to the gym, and be with friends. And for the most part I was able to set aside schoolwork by 10pm every night. I can't stress enough how important it is to say no to things when you're already busy though.
- It was nearly impossible to balance my time while also having a job, but every free hour I had would be filled with making my own study guides or going over my notes.
- Using my calendar to plan out my days helped me to stay organized and on task
- I made sure to put down the books and pencils and go have fun with my friends
- I don't :/ I definitely trade off grades for doing fun activities that I wouldn't get the chance to do outside of school though (volunteering, on campus jobs, etc)
- Still working on it! I found the less pressure I placed on myself the better grades I was getting. Take time to take care of yourself!!



How did you balance your time?

- The most important factor for balancing your time is determining how much grades mean to you. And how much grades SHOULD mean to you. If you are going into an internship, grades will be more important than if you aren't going to do an internship. If you aren't going into an internship, I find it's much healthier to ask "Do I feel like a competent veterinarian" more so than "What are my grades". Obviously one SHOULD signify the other, but let's be real here. If you're going to become an equine-only vet....does it really matter if you're getting a B or C average on the small animal portions of your exam? You need that material for the NAVLE and also a lot of material IS comparative across species, but ultimately if you are doing well in your primary species then take that hour off. Go out to dinner. Get some sleep PLEASE. As someone who just graduated and has a job, grades really don't matter in the career world.
- Give yourself a cut off time on studying! I would come home from class, take a nap or watch an episode of netflix, make dinner, and then give myself 2-3 hours a night on studying. I also made sure to give myself friday and saturday nights OFF- no studying after class on friday & light studying during the day on saturday. It's important to make time for other things you enjoy doing or you're gonna get burnt out
- Not well
- What time?
- I didn't go to class. (Just being honest)
- walk my dogs, get outside



How did you balance your time?

- You need to give yourself at least 1-2 days a week of mental health nights after school. If you work every night after school burnout can easily happen. It is okay to take some time off every week as everyone needs it and I believe it will have a positive impact on your academic performance. Giving yourself time away from the classroom/relaxation is every bit as important as studying hard.
- Plan out your day and stick to it.
- Normally got all of my studying/classes done during the day so I had the evenings to chill
- I planned specific activities and “me” time and incorporated them into a schedule. For example, Friday night at 7 was always board game night at my apartment so I would study until then, and then turned off my brain for the night. For during the week, I recommend having a set deadline to stop studying so your brain can rest.
- I have a pretty strict “no work past 9pm” rule with myself. I make exceptions closer to exam time but overall I try to give myself 2-3 hours a night to just sit on the couch and relax
- Have a start and end time. I usually started at 10am and ended at 6 or 7pm. I could do this because I didn't go to lecture and watched the recordings at home. Saved me a TON of time. Also if you know you are a night studier, study at night. I highly suggest trying at home learning instead of going to lectures in person. It's scary at first but it puts so much more control for the day in your hands. And don't let the professors guilt you. You are here to learn and should find the way that works best for you.



How did you balance your time?

- I struggled to balance my time during all of vet school. It's hard to have good time management, especially since most students are trying to balance not just school, but clubs, jobs, wildlife clinic, etc.
- The thing that worked best for me was using my planner to list out all of the due dates and create a schedule for myself to make sure I worked through all of the content being presented. I didn't do set time-frames for each day, I did set task-lists. This helped me to allocate my time and attention efficiently, but everyone works differently. Find what works best for you!
- Probably not as well as I could have. I stay on campus between lectures and labs and use that time to either work or study/review. I also started making quizlets during lectures so that I can go back and start looking at them as soon as possible.
- Make time to relax. It's ok to take a day off now and then. But keep up with notes so you don't get so far behind you can't catch up
- Keep a planner and schedule of my time, try to stay on top of studying lectures each day they occur so that it doesn't build up, take breaks and prioritize your personal wellness, use study breaks to do other productive things (exercise, clean, cook)
- Mental health is first thing first. Everything else fills in the blanks
- Know how to use any amount of free time you get. Don't be afraid to take breaks, go outside, or be with friends.



How did you balance your time?

- BUY A PLANNER! Having a planner has been one of the most useful items I have purchased for vet school. Besides writing down any personal appointments, exams or lunch lectures, I also use my planner to write down the lectures that occur each day. Once I have reviewed those lecture notes (after watching the lecture in person), I will cross off the lecture as completed in my planner. It helps me to keep track of what I have done, what I have understood, and to ensure I am not falling behind.
- I set a time in the evening where I close my computer and books every night. I do this to create definitive time for decompression.
- At first I tried to go to class every day, but it just didn't work for me. I find that it's easiest for me to focus on watching lectures in the evenings, and answer emails/work/clean in the mornings. It's OK to follow your own schedule! Only you know how to make it work best for YOU!
- 1 hr of me time a day
- Only do whatever flash cards are due for the day then stop and do anything else
- I would write to-do lists and have that set out for myself to make sure I was getting through them. I would always make sure to put the most important thing at the top so if I didn't get to everything, the smaller tasks were at the bottom and we're not detrimental if they weren't done.
- I use a planner and prioritize studying.
- School is my priority but I take at least one hour before bedtime to just relax and be a person.



How did you balance your time?

- I just studied when i felt behind and hung out with friends literally all other parts of my day or weeks. You do not need to be putting in 10 hours a day to do well. You will do your best work when you're happy and in the right mindset so take time for yourself. When you work hard you have to play hard too
- I have a daily planner that I wrote literally everything in until I felt like I could mentally manage my time. Like 8am-4pm class, 4-4:30 study break, 4:30-6:30 study xyz topics, 6:35 drive home, etc. It really helped me plan out my days and make time for what I love - hanging out with my friends, reading, working out. This really helped me get the hang of managing studying with life outside of vet school. And don't beat yourself up if you stray from your schedule! You're not a robot - go have fun and (occasionally!!) skip studying.
- Take an hour or so when you first get home to relax. It allows you to decompress from the day then start studying fresh. I usually took Friday nights off from studying too. School shouldn't be your life.
- Know what you have to do each day and know how long things are expected to take. Also meal prep for yourself because it saves you time in the evenings.
- I had lists of things that I wanted to get through and crossed them out as I went. I gave myself a "reward" of netflix time or something similar to keep myself on track and motivated. If there was something that I felt I was having trouble understanding and spending too much time on, I asked friends, watched youtube videos on the topic or emailed the professor to try to get another perspective. If it still wasn't clicking I moved on, choose your battles!



How did you balance your time?

- My best advice would be to try and set aside one day on the weekend to not do anything vet-med related (Excluding exam weeks). I would also recommend trying to limit the amount of time you spend on the computer/watching TV on that day. Personally I have found that those activities aren't actually restful and so rather than recharging my batteries, I end up more stressed and more drained.
- I'd also recommend trying to find a church/engage in faith. Building a relationship with God helps you to see the meaning in everything we are going through and brings joy even in the pain and stress.
- A lot of time in anatomy, but don't lose sight of the other subjects.
- Because I made so many outlines, I was able to keep most weekends free aside from a few hours to complete assignments or left over outlines I didn't finish during the week. I also have a child, so it was important to me to get as much work done during daycare hours in order to be with him and to do all the other things that entails.
- google calendar - I put every single thing on it and sometimes even included meals and breaks to make sure I would take them
- After school I take a 30-45 minute break at home to clean or get ready for the next day and talk to friends. Then I work on making study guides until dinner and take a break to eat quickly. I try to do something not school related while I eat. After dinner I study until about 9 and then stop and relax until bed at 10. Overall if you can do a little bit each day you'll be okay. Of course during exam weeks this all goes out the window and it's a nonstop grind until exams are over.



How did you balance your time?

- My biggest piece of advice is to decide how much of yourself you are willing to give to this career. When you hit your max, take a break and don't feel guilty about it.
- I gave myself time to relax and not focus on school for about an hour when I came home and then I would work on the material we learned that day. I didn't feel as burnt out or exhausted as some classmates because I made sure to stop studying at a certain time to give myself enough time for sleep. I also gave myself small study breaks when I could feel myself losing focus. It helped a lot to not feel like I was drowning in vet school.
- - Don't take on too much - know your limits in terms of responsibility, and don't forget at the end of the day you're here for the education.
- - Have a planner, either in your phone or a notebook, and write things down as soon as you schedule them so you don't forget - leave yourself at least an hour a night to just unwind before bed.
- Vet school is already hard, don't make it even harder for yourself!
- I like to use the Flora app. I can set study times and then take small breaks to watch TikToks or take a walk or something and then go back to work.
- I found that doing things in big "blocks" worked better than trying to do something of everything every day. So I may study just anatomy of MWF, and the others Tues/THurs. Or I might study every day but one or two by subject and do errands and chores the others. But that's just what worked for me.
- Make time for yourself outside of vetmed

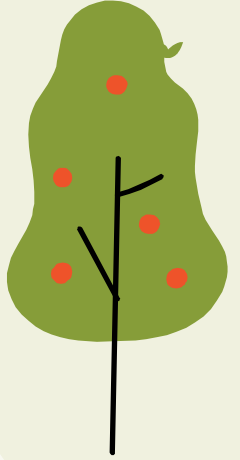
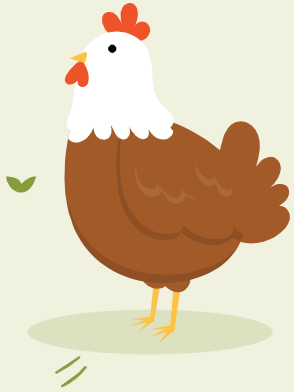
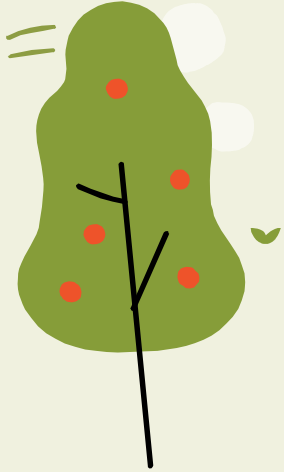
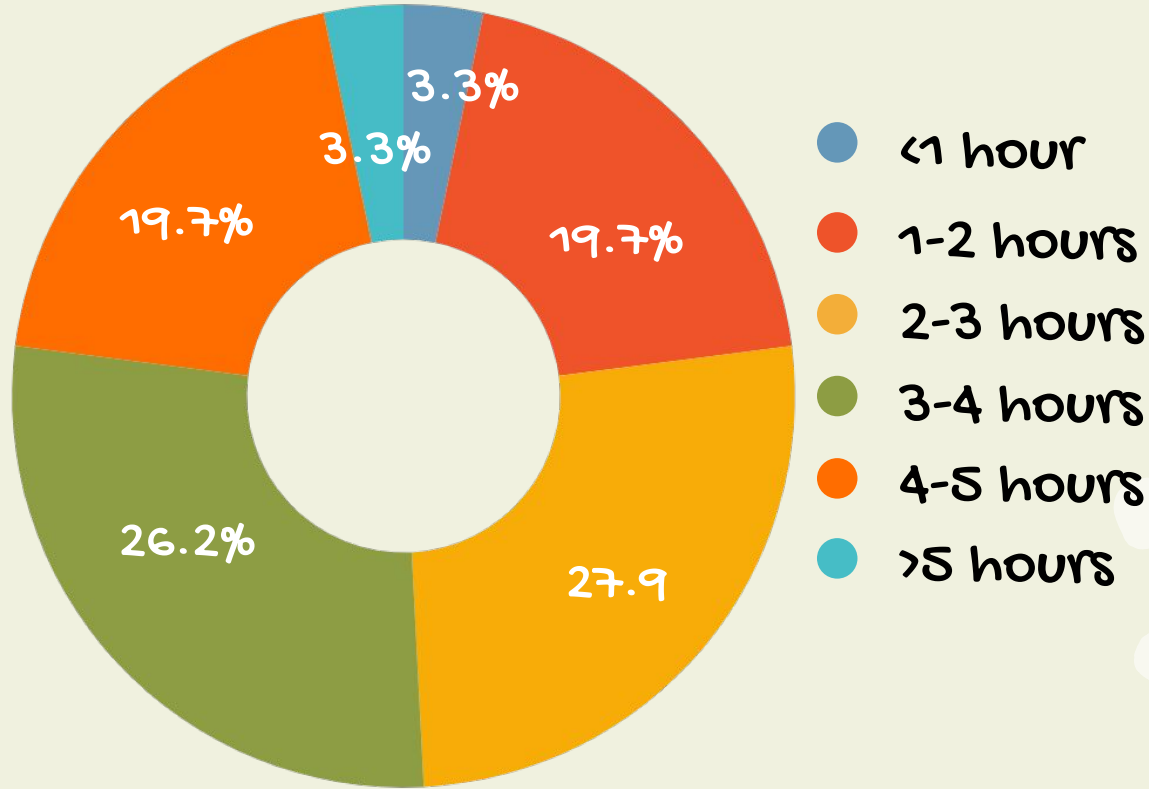


How did you balance your time?

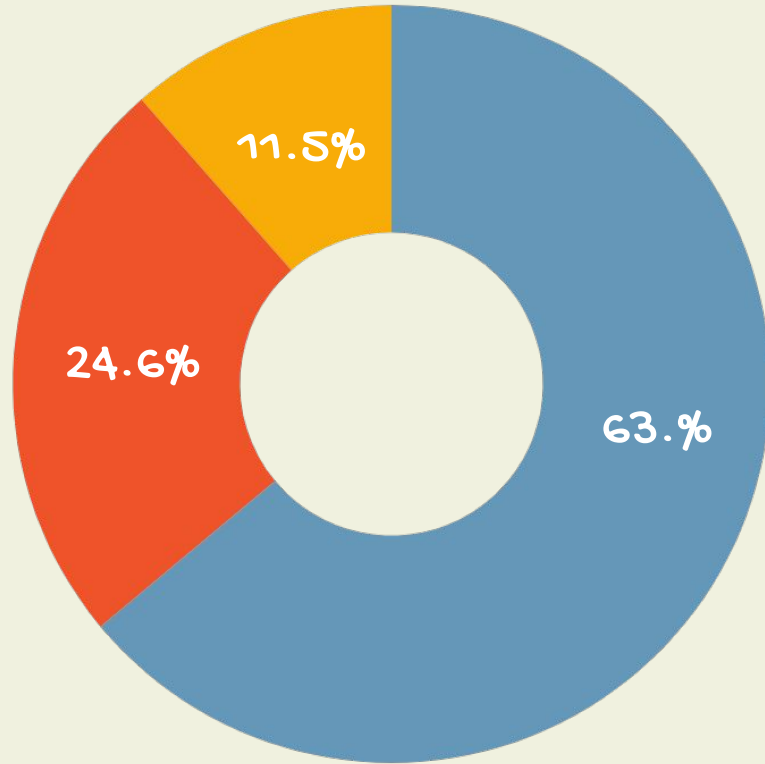
- Personally I don't do much school work after about 8pm. I think it is really nice to wind down a bit before bed by doing things you enjoy like watching a show, playing a video game, reading for fun, etc. Everyone is different, and you will find what works for you. My best advice would be to just make sure you take breaks and listen to your body. You and your brain need to rest when the curriculum is this rigorous!
- I set aside time every week to go see my horse, no matter what. This is how I ensure that I shut down for at least 2 hours every week. Bedtime is also a set 9-10pm for me so that I always get enough sleep. Other than that, I really just wing it. I sign up for things that seem cool and build studying around that.
- Spend my evenings during weekdays and most of my weekends studying
- You don't honestly
- I like to give myself a curfew. For example, no school work between the hours of 12AM and 5AM. If you haven't finished studying by midnight, it can wait until tomorrow! Friends and loved ones tend to be understanding that you will be busy with school. Put your mental health and well being over EVERYTHING.
- I tried to give myself an hour or two when I got home to just relax and hangout with my dog. I would eat dinner and then start studying. I picked one day a weekend to just do nothing. It is so important to give yourself a day to just relax. My day was typically Fridays unless I had a school event over the weekend that I knew I wouldn't study. I felt like it was a good balance because I was only missing out on half a day of studying on Fridays versus a whole day on Saturday or Sunday.



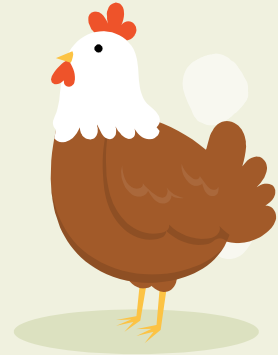
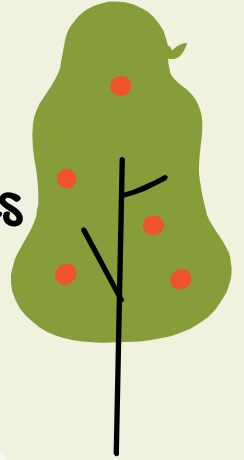
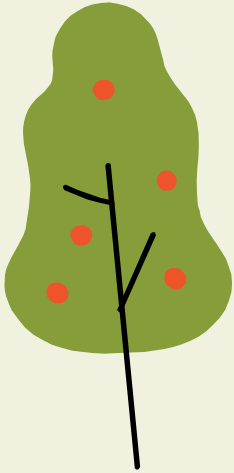
How often do you study per day?



Are the professors mean and scary?



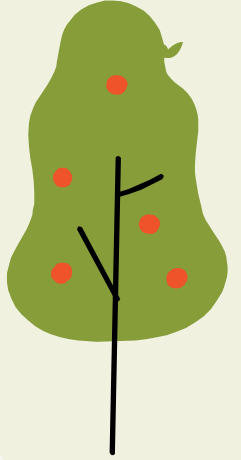
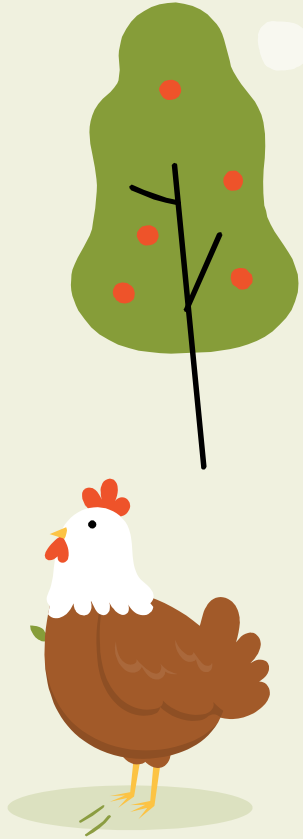
- No
- It Depends
- Other



Are the professors mean and scary?

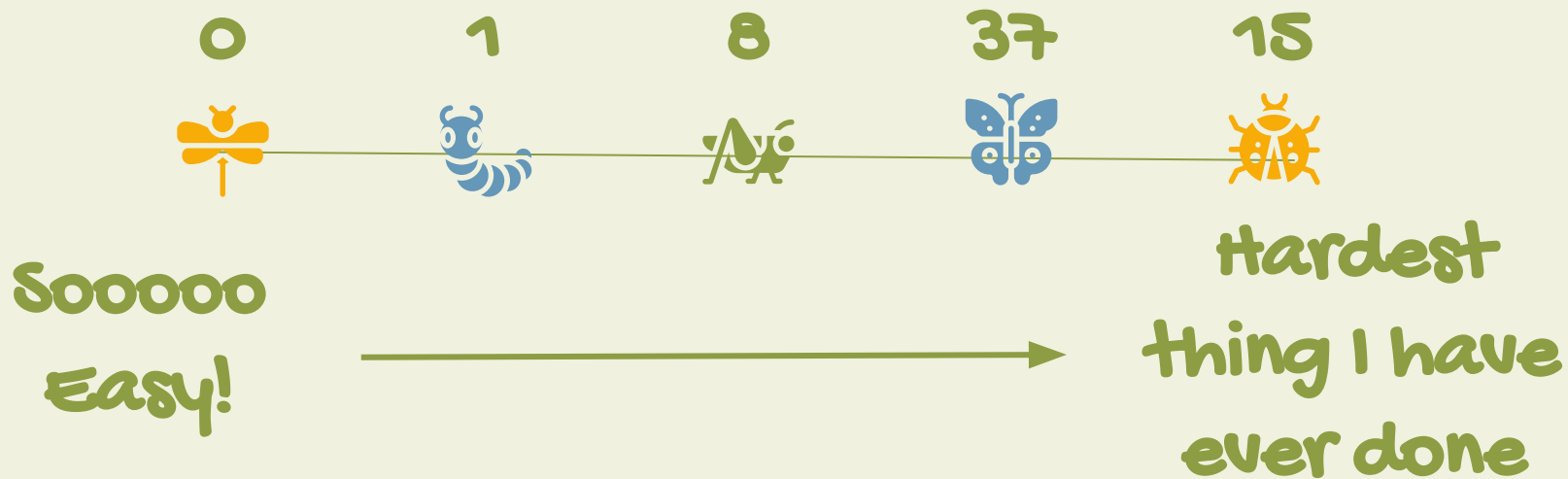
Other:

- No one is scary except for like 2. But you will immediately know who those 2 are so don't worry.
- Most are awesome, there's a handful that suck but you figure out who really fast
- Some are tough, some are not. They are there to help you. Don't take anything personally.
- Ask questions, be attentive, be kind, have patience (how many times do you think that prof got that same question that day? not saying that makes it ok if they're rude, but it might help put it in perspective) and you won't have any issues!
- Some professors can be blunt in their teaching style, but even those that put you on the spot won't put you on blast for not knowing something immediately
- I wouldn't say they're mean/scary sometimes it's just really hard to ask for help of someone you know is busy. But, don't hesitate to reach out because everyone is always willing to help you.
- Some are amazing, & some really do not know how to teach

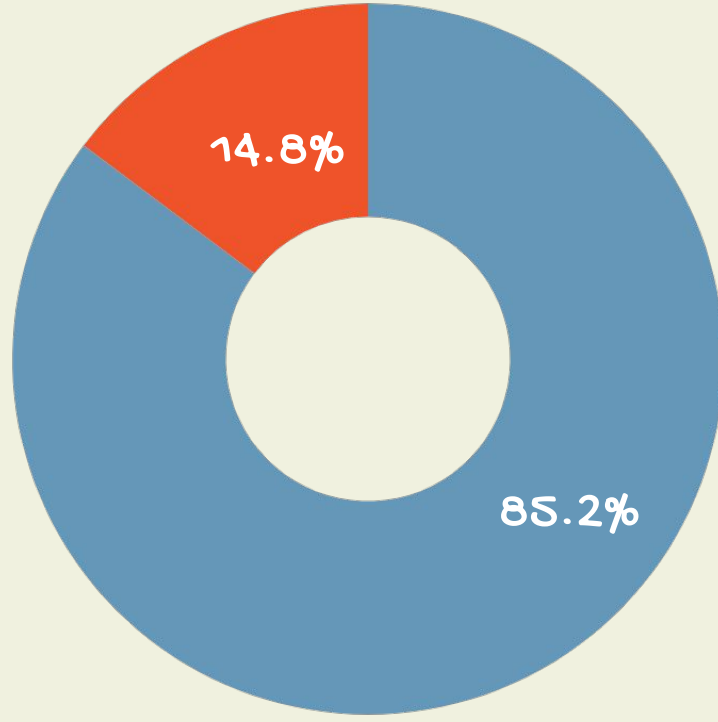


Vet school is...?

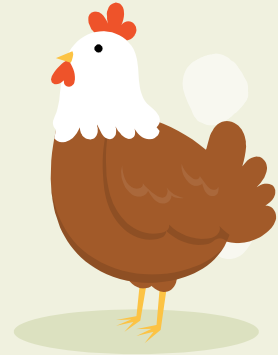
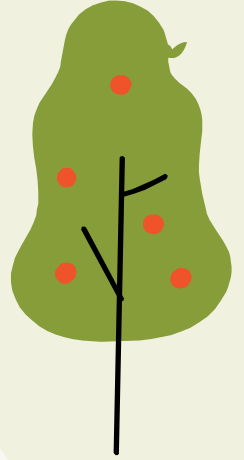
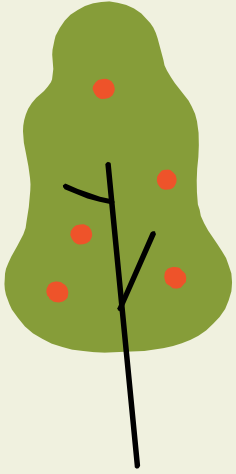
No. of responses



Did everyone know each other before school started?



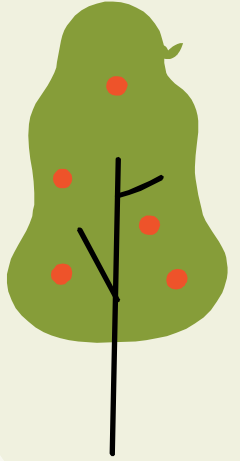
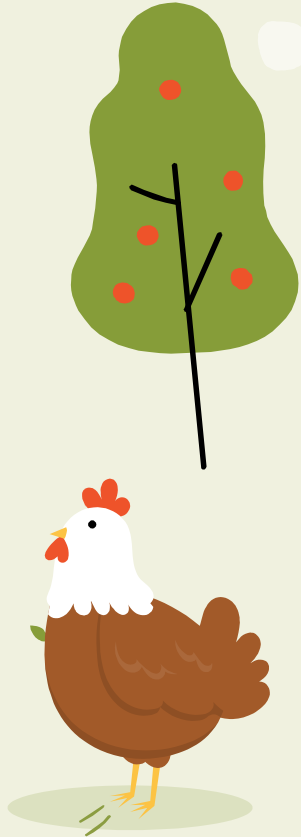
- No
- Other



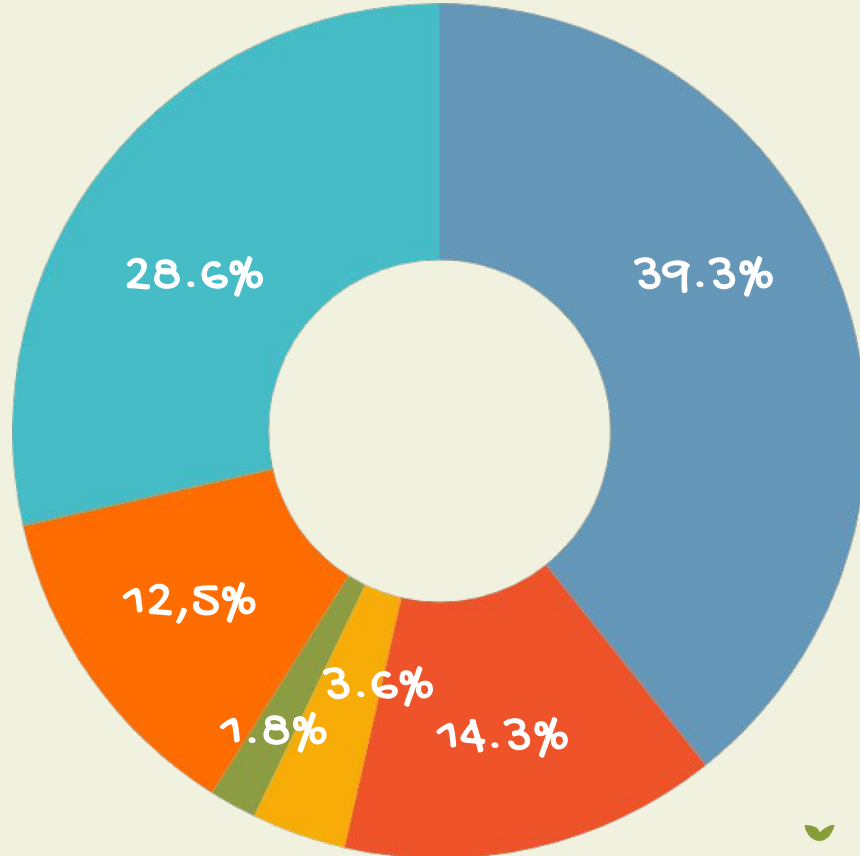
Are the professors mean and scary?

Other:

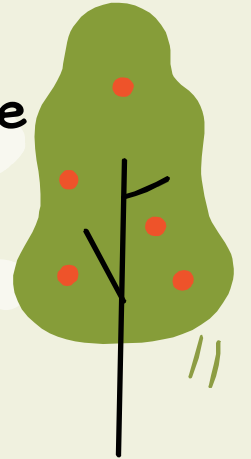
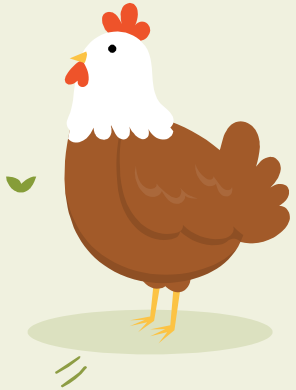
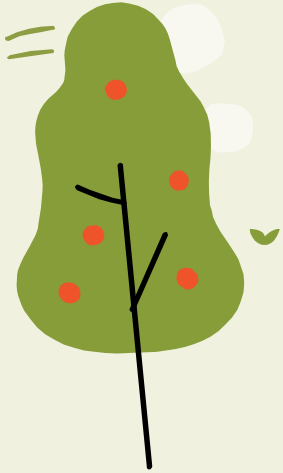
- I knew some friends from undergrad, but majority were new friends
- Sort of? Met some people at iVLE that I've been friends with since.
- I only knew one of my classmates from elementary school
- Some people met from being roommates or at iVLE but overall I'd say the majority did not know each other
- Kinda, iVLE is planned so you get to know your classmates prior to school starting, but ours was online so no. The new classes have iVLE in person so it's so much nicer.
- I didn't go to iVLE so I have no idea.
- NO!! And that's the beautiful thing, you get to start fresh and become a whole better you out here :)
- Sort of. A lot of our class met at iVLE but we all got to know each other the most in class and on rotations. Our class is very social. Don't be afraid to say hi to anyone and make connections. These people will be your people for the next four dears so don't make enemies and try to find a good support system in them. You are all capable.
- I feel like there were groups of people that knew each other but just as many people who didn't know anyone.



How did you find roommates?



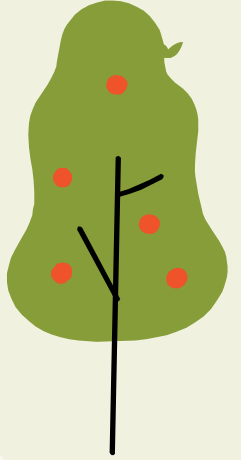
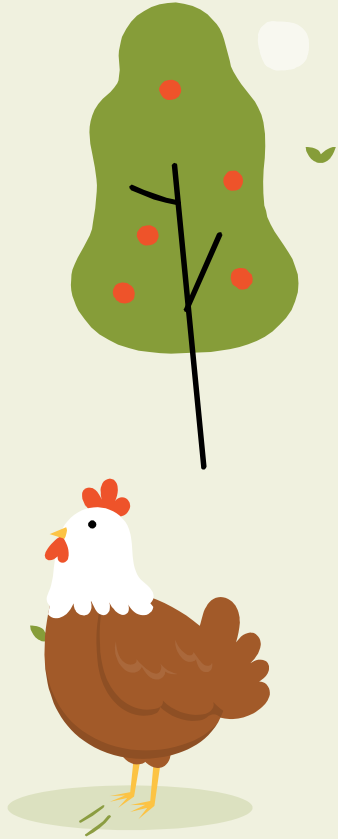
- Facebook
- I knew people already
- SAVMA website
- Groupme
- I live alone
- Other



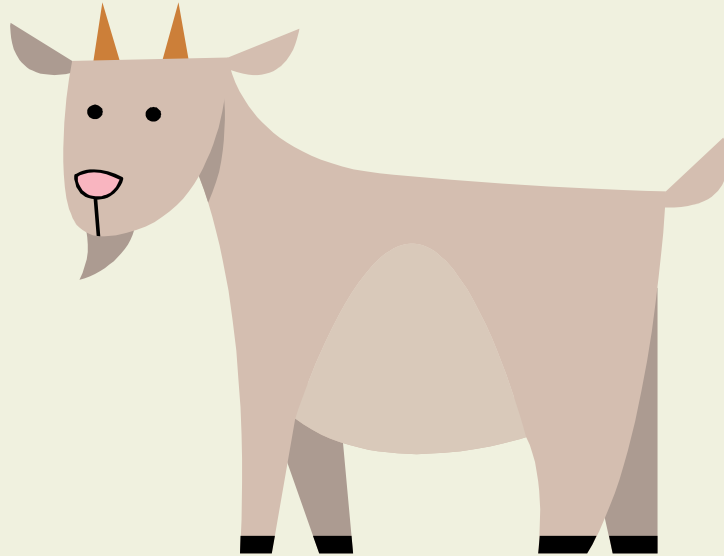
How did you find roommates?

Other:

- Married (so I already have my forever roommate)
- My roommates found me through the seeking roommates spreadsheet shared to our class page and then I moved in with friends my second year.
- I lived with an undergrad friend and then I lived alone.
- my dog is my roommate :-)
- back when people still went to class
- I live with my fiancé
- Met people in my class
- I found my roommate at Lacon County animal shelter during year 1! He's the best boy!
- I did not have a roommate my first year but met my roommate for second year through the class Facebook page.
- For my first year I knew my roommates from undergrad, going into second year I am rooming with friends that I made my first year
- Graduate school is a great opportunity to explore living by yourself / with a partner
- I lived alone, but I have always had decent luck with Facebook for roommate hunting!
- I didn't live with a roommate, I moved down here with my fiancé
- Since my husband was moving to the area with me, we bought a house. However, there are so many amazing people looking for roommates on the Vet Med free and for sale page.
- I never needed to find one
- I lived alone my first year and made friends with my new roommates.

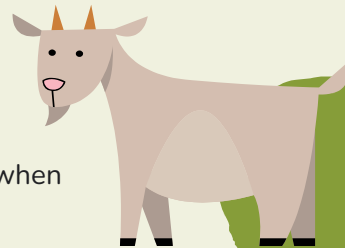


How did you meet people/ make friends?



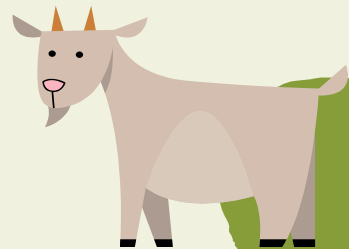
How did you meet people/ make friends?

- iVLE!! Also joining clubs & saying yes to more social things at the beginning of the year than I would usually
- Orientation week was really helpful for this. I met friends at IVLE and social events and solidified friendships when people reached out to have out of class events. Now I have a weekly game night crew and we study together and it's a lovely group.
- I quite literally walked up to a group of 2 people sitting alone and said "Can I sit with you?" during the lunch thing during orientation week. It was the best thing I have done for myself in vet school. We still study together and they are my closest friends.
- It was quite a coincidence how my whole friend group came to be. It was like a chain of knowing one person and that person knowing someone else and it just grew like that. One friend I had worked with in high school so we reconnected and another I met through iVLE. Most of us were in one of three anatomy groups right next to each other and just got along well enough to invite each other to hang out outside of class.
- Talk to the people sitting around you, chances are they don't know anyone either.
- Join clubs, find people with similar interests as you.
- Hang out with your big if they're down!
- iVLE, anatomy lab group, people I sat next to in class
- I mostly met people through clubs. Get involved, diversify your interests. You make the best friends when you work together on fun things!



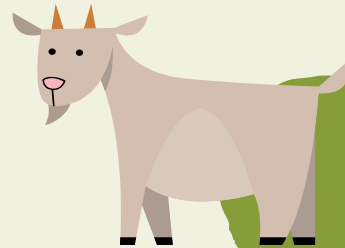
How did you meet people/ make friends?

- My anatomy group, IVLE is where I met my best friend, and then people with the same interest end up in the same places.
- IVLE!!
- Dudes all kinda clumped together so that's how I met my guy friends. Everyone else came through clubs, going out, and studying together
- IVLE, Orientation, etc. Sometimes you have to be the first to say hi! That's how I met one of my now closest friend.
- Through school
- Your lab groups (Anatomy Lab, Path Lab, etc) are an easy source for forced friends. If that doesn't work out, or even if it does, join clubs and do the smaller events! Any small-scale things (<10 people) are more likely to promote actual conversation and, maybe, true friendship.
- My friends are the people I sat around on the first day of class. Beyond that it was clubs and people I met through my on campus job.
- In class/lab
- I went to the group meet ups in the Group Me to play volleyball/go out to eat.
- Socializing with classmates during orientation week
- Lab group, friends of friends



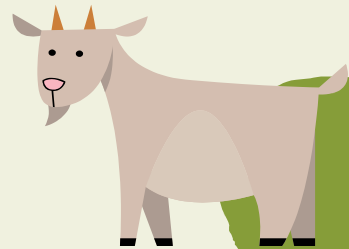
How did you meet people/ make friends?

- went to as many functions/parties/club events as possible
- My big and her friends invited their littles to Riggs so I met people that way, talking to who I was sitting next to.
- Club activities
- Literally went to class and social groups and talked to people
- Clubs
- Show up to class
- Attended parties, went out to bars with people, just introduced myself in lab or school settings
- I made my first friends through a research opportunity, some through clubs, and the rest through SAVMA exec!
- Through class, studying at school, anatomy lab, events that the school put on, clubs
- You get really close with the students in your anatomy lab group, but by all means take advantage of social opportunities early in the year because these classmates will become your closest friends and future colleagues!
- Met some during orientation, made most of my friends from my anatomy group!
- I met people at orientation events and during anatomy lab. Some of my best friends ended up being in my anatomy lab group.



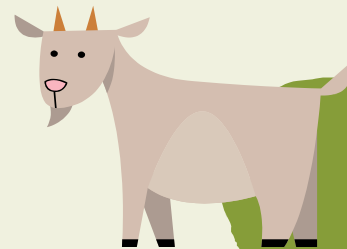
How did you meet people/ make friends?

- iVLE was a great way to initially meet people. That is where I met my vet school bestie. You have to be open to going outside of your comfort zone because everyone is in a new environment. I definitely recommend you don't limit yourself to the people you meet in the first few days and try to get to know as many people as you can.
- I think it was mostly just by studying with some people, especially at the beginning of the year. Vet school, in general, is a stressful enough experience that people by and large come together and support each other. There are a good amount of social events, especially at the beginning of the year to go out and meet the people in your class.
- iVLE was a great ice breaker to meet some people. Beyond that, say hello to people in your class, go to the social events when you can, and remember A LOT of your class is coming from out of state, so they likely are looking for friends too!
- I met my roommates via FB, and they've been my best friends since first year. BUT don't be discouraged if you don't vibe with your roommates or if you live alone! Join clubs, play extracurricular sports, talk with your lab partners etc. Go to events or parties hosted by your classmates, sit with new people in electives or classes, strike up a conversation with someone who looks cool - whatever your comfort level is! Also, you definitely won't make all your friends first year! I made a group of close friends at the end of second year. Now on clinics, I've gotten so close with people I'd barely spoken to.



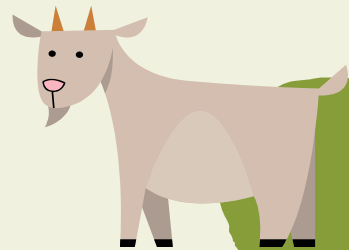
How did you meet people/ make friends?

- attend events, study groups, participate in clubs/extracurriculars
- Because I'm from the COVID class (2024) I made a purposeful effort to meet people and make friends through social media. My class was all divided and I was in a class of 15 people. I was thrown in with people I wouldn't have necessarily naturally became friends with, so it was really hard to find a support system/community the first year. After moping for a while, I picked myself off and made a conscious effort to make friends, attend events, and meet people. Although this isn't easy for everyone, you have to understand that most people here are very caring and won't kick you/ignore you.
- Lab groups, GroupMe, Facebook, classroom conversations, etc
- I met someone at iVLE and then met my other friends through anatomy lab
- Social events outside of school, clubs, lab
- Big sib/little sib bar crawl and inviting people over for game nights every weekend!
- I'm super extroverted so I would literally say hi to everyone in the hall
- iVLE, anatomy lab, orientation week
- Facebook, club events, luck...
- at IVLE and during group projects/assignments
- Anatomy lab group and work

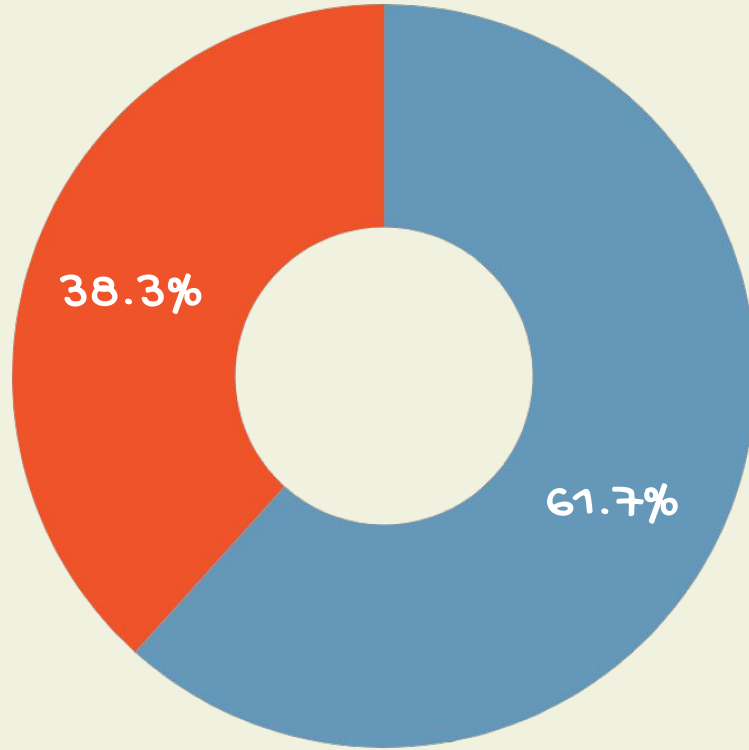


How did you meet people/ make friends?

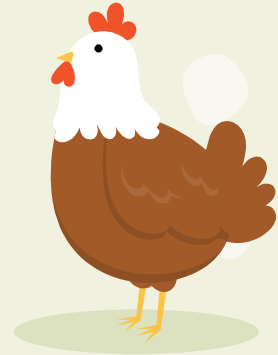
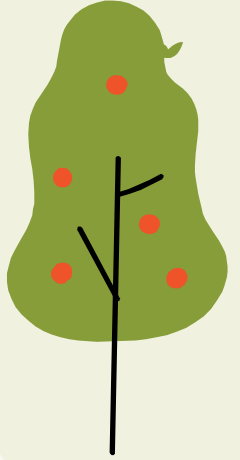
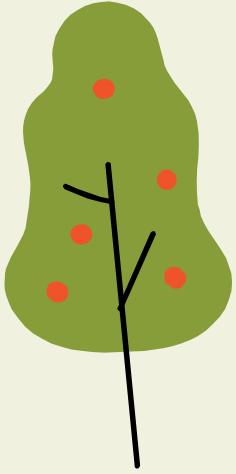
- My roommates are my ride or die vet school buddies, but I also made friends through extracurriculars, classes, and just by chance.
- iVLE, lab groups, clinical rotations, wildlife clinic participation, clubs
- iVLE was the first chance I had to meet my classmates. I hit it off with a few people there and that's who I sat with in class. Anatomy groups are also helpful for meeting new people. There will also be a ton of social events and lunch meetings the first few weeks so you can get to know people there too.
- Partaking in social events in school and reaching out to other students throughout the year.
- We got put in random rooms first year.
- Social events
- Lab group, clubs
- Roommate introduced me to their friends who introduced me to other people they knew
- First year bar crawls/events, clubs (OTS), some classroom interactions
- go to social events and don't be afraid to talk to people



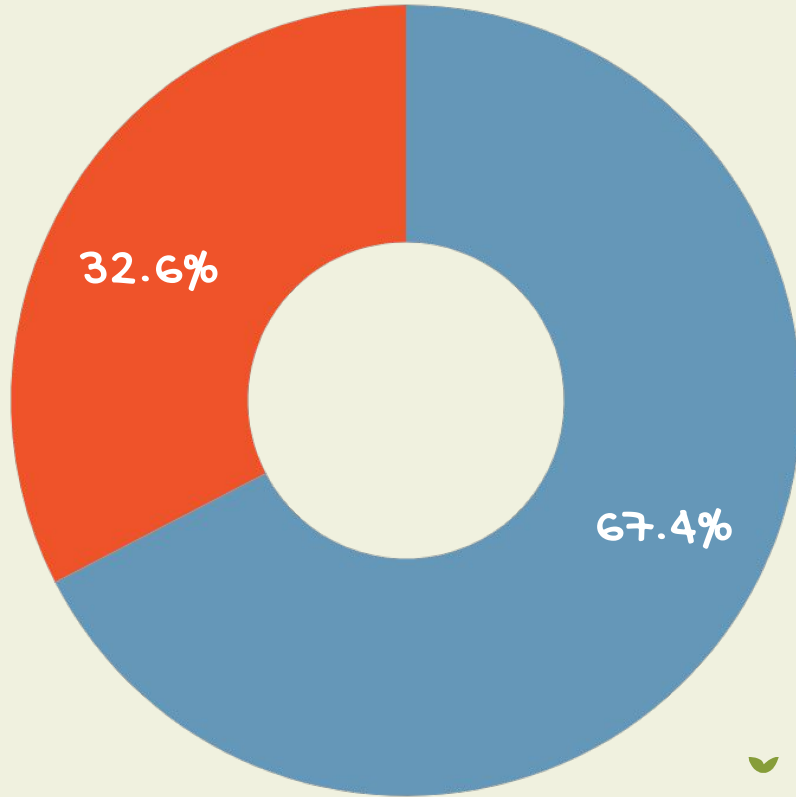
Do you have a job? ✓



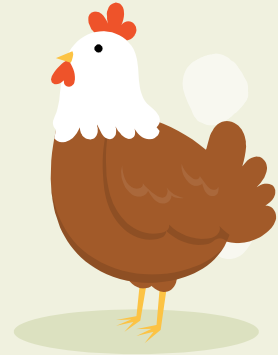
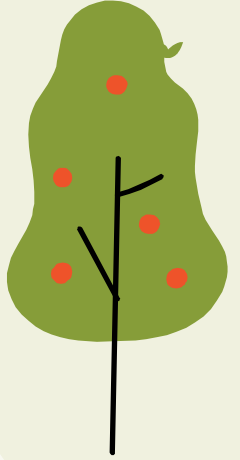
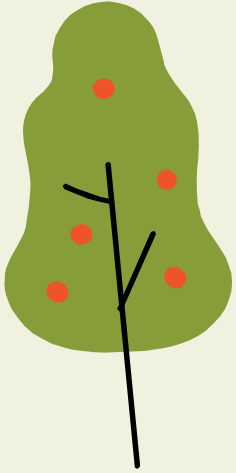
- Yes
- No



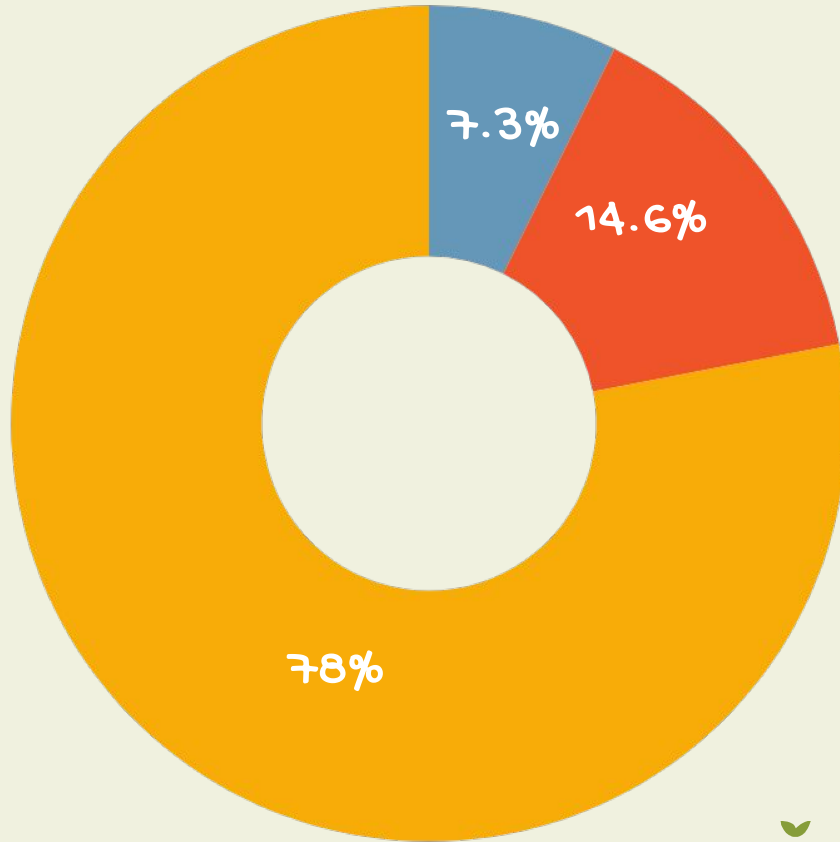
Do you have a job? ✓



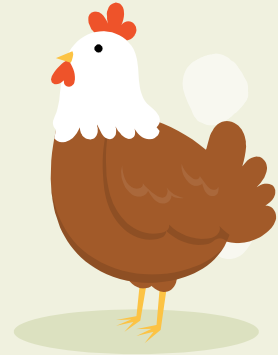
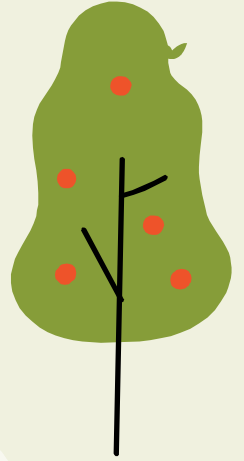
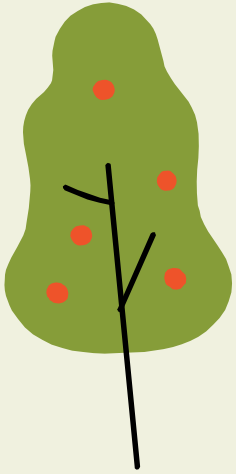
● Yes
● No



= Is a part-time job difficult to manage with class? =



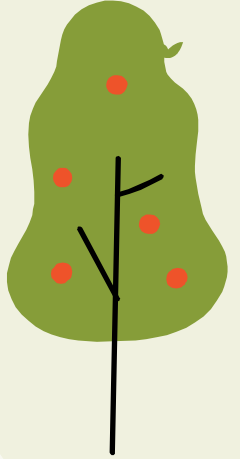
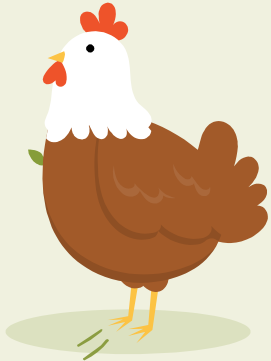
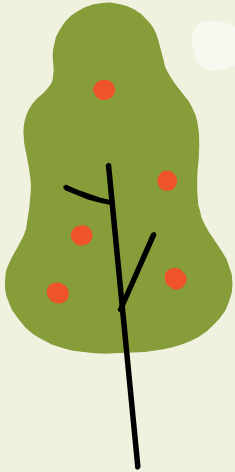
- Yes
- No
- Other



Is a part-time job difficult to manage with class?

Other:

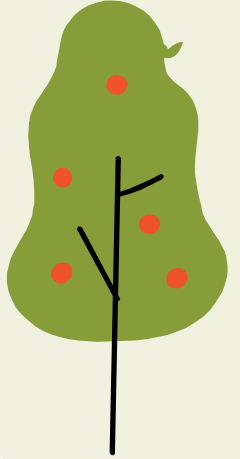
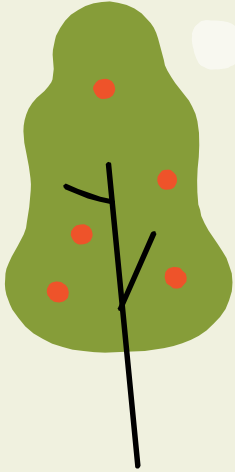
- I have representative jobs which are low commitment and still help pay some of the bills.
- My job(s) aren't really difficult to manage with classes. One job I work 1, 8 hour shift a week, and at the beginning of the school year I tell them what day I want and stick with it. I also take the shift before tests off to give me more time to study. My other job is at the teaching hospital and i sign up for as many/as few shifts as I want. It is an on-call job so I really don't work much for that one.
- yes! working as a student rep
- I have representative jobs which are low commitment and still help pay some of the bills.
- depends on the job! my job is personally very flexible, so I honestly don't work a lot and as a result make very little money from it.
- I don't work during the school year but I volunteer at the WMC. I manage it by not going to class.
- I work 5-10 hours a week organizing tours of Vet Med! I can make my own schedule so it's not difficult for me, but I would recommend finding a job where the hours are flexible!
- I work rotating weekends so it is doable. I also dog-sit and find other small jobs to do!
- I worked 10-25 hours per week (more once covid hit) as a veterinary assistant. This severely cut back on my study time, but I learned so much while working. I firmly believe that a lot of veterinary knowledge comes from firsthand experience on the job, and I would have worked MORE hours per
- I worked two jobs during the school year plus volunteering at the wildlife clinic and in the ambassador program. Would not recommend, the only reason I was able to make it work was that both my bosses understood school comes first. I definitely wasn't the most diligent employee. Keep in mind that volunteering and club commitments can become like a part time job. Don't overbook yourself. week at my assistant position if they'd let me.
- I work in a SA ER and seeing cases that relate to what I'm learning helps me stay engaged and learn the material better. Highly recommend working within the field if you can manage it!
- Not a job, but I have 2 dogs (a pittie and a blue Heeler) and I make it work! There are definitely times where I would have to go home to tend to them vs be out, but they also bring so much joy and purpose to this student's life.



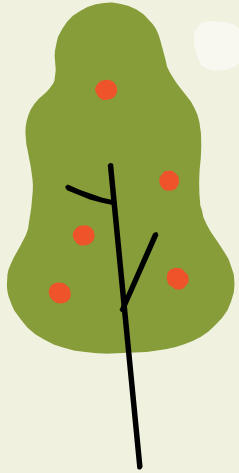
Is a part-time job difficult to manage with class?

Other:

- I had a job and no it was no hard to manage. You just need good time management
- I do a lot of pet sitting which pays well and you can manage your schedule much easier with
- Depends who you are
- I only work this job in the summer months and some on winter break. I do not work during the school year.
- once I got to third year, I knew that having a job wasn't reasonable for me. I knew that I could do it if I needed to but I wanted to be able to spend the little free time that I had hanging out with friends/SO or reading
- Depends on the person and the job. If you have a lot of other commitments or want more free time, remote jobs and company ambassador roles may be better for you than a 20 hour job or an on-call job.
- It can be, if you are good at time management holding a job during school is fine. It's most stressful during the testing weeks, and I would recommend getting a job on campus. At vet med everyone knows you're a student first and are more willing to let you get time off during tests, which can't be said for an outside part time job, but it is possible.
- It can be depending on your schedule, life outside of vet med, and how much you want to study. I was very involved in 2 clubs and have a dog that needs a lot of playing/exercise, so I didn't have a ton of time to work outside of class. Find a job that lets you make your own hours or is flexible with scheduling! Most jobs at vet med are :)
- I think it depends on your undergrad experience personally. I worked through undergrad, so mixing in a part time job was something I had a little more experience with. I do think it is worth it to take at least your first semester to get your school/study schedule balanced before adding in more. Jobs at the school/hospital also make things more convenient than if you work off campus in my opinion.
- So far, I've only been working during the summer when there are no classes.
- It's nearly impossible sometimes, but I had to pay rent and bills somehow.

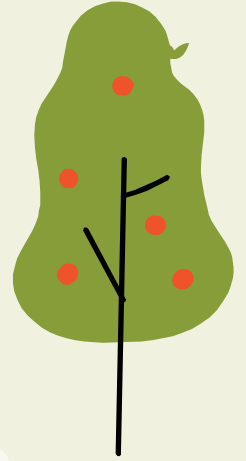


Is a part-time job difficult to manage with class?

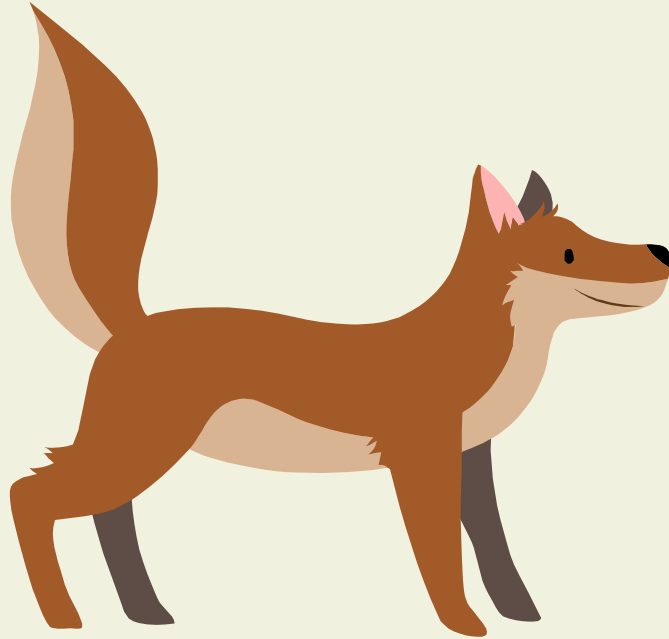


Other:

- I work on the necropsy floor in the VDL so they are hyper aware school comes first and let me make my own schedule. I can work as much or as little as I want with the only requirement being 1 Saturday a month
- It depends on the job. Mine and others through the school are flexible since they know what students have to do.
- No time or energy and constantly tired hah
- I worked for the Illinois CVM social media team! I helped create posts/content across all of our social media platforms (including running instagram stories, developing weekly spotlight series, etc.) It was my own pace and schedule so it was very easy to balance with classwork, studying, etc.
- It depends. Some time commitments are bigger than others, and some weeks are harder to balance, but usually vet med people are super understanding that school comes first.
- It can be difficult to balance but that is where staying on task and being organized helps.
- It really depends on the type of person you are. I love having a break from classes during the week and being able to apply the info I'm learning in class to a clinical setting.
- Do not over commit yourself - vet school is already a full time job!
- I had a job in the VTH for a few months working 4-8 hours a week. I ended up quitting to focus on my school work. I'd say it depends on how confident you feel giving up that study time.
- No- student rep positions are usually pretty small time commitments
- Depends. I work in a lab in BSB and it's pretty flexible. I can come in during gaps in the day or I would come in before classes. It depended on what studies we have going on.



How did you meet people/ make friends?

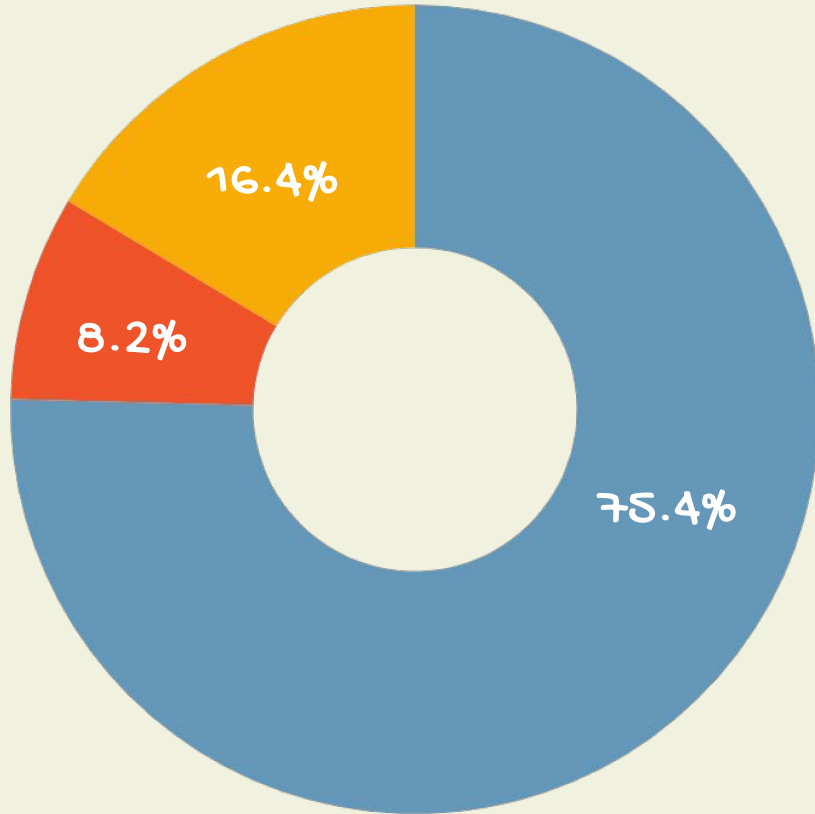


Willing to hook up a job? Drop your contact info! ⇐

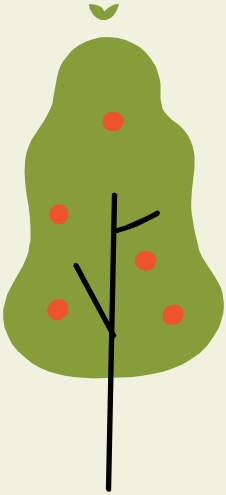
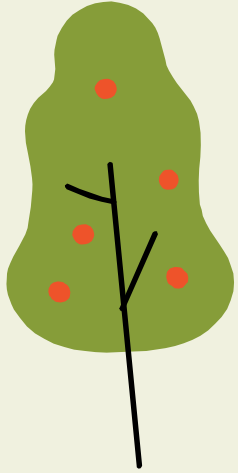
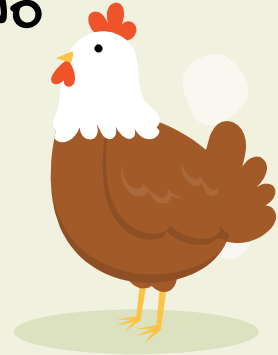
- If you want a job as an on-call surgical assistant at the large animal clinic let me know (kirac3@illinois.edu) and I will point you in the right direction. No experience needed.
- Every restaurant is hiring serving/bartending staff!!!
- To work in VDL histology dept, contact me at wschmyr2@illinois.edu!
- I did Banfield's SJP first year and I worked at Aspen Tap House as a server second year! reach out via email with any questions! - strian2@illinois.edu
- There are typically a good amount of jobs on offer at the vet school itself. You will be getting emails throughout the year about those types of jobs. Likely there will be some on-call positions available at the surgical department, mostly just room set up and take down plus handing objects to the sterile staff during the procedure. Dana Robeck would be the person to reach out to for that. The front desk could usually use people as well. Reach out to Emily Rolson to see in there is anything available there. Keep in mind, she is pretty bad about answering emails about applying for a position so you will likely have to repeatedly email her.
- Nothing specific but ambassador positions are a great opportunity, and the vet school has many job opportunities for students as well!
- Victoria Shuster, shuster4@illinois.edu
- CVM Social Media & PPR Department! beuoy@illinois.edu and/or dijond@illinois.edu
- Dijon Davis - Social Media Team Coordinator (dijond@illinois.edu)



Did you experience imposter syndrome coming into your first year?



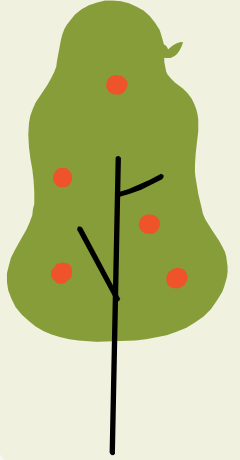
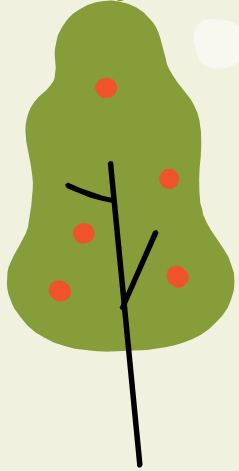
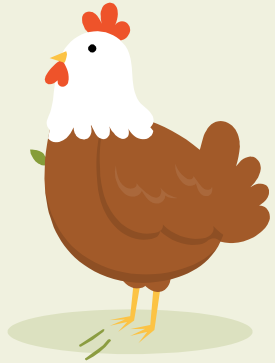
- Yes, I still do sometimes
- Yes, but not anymore
- No



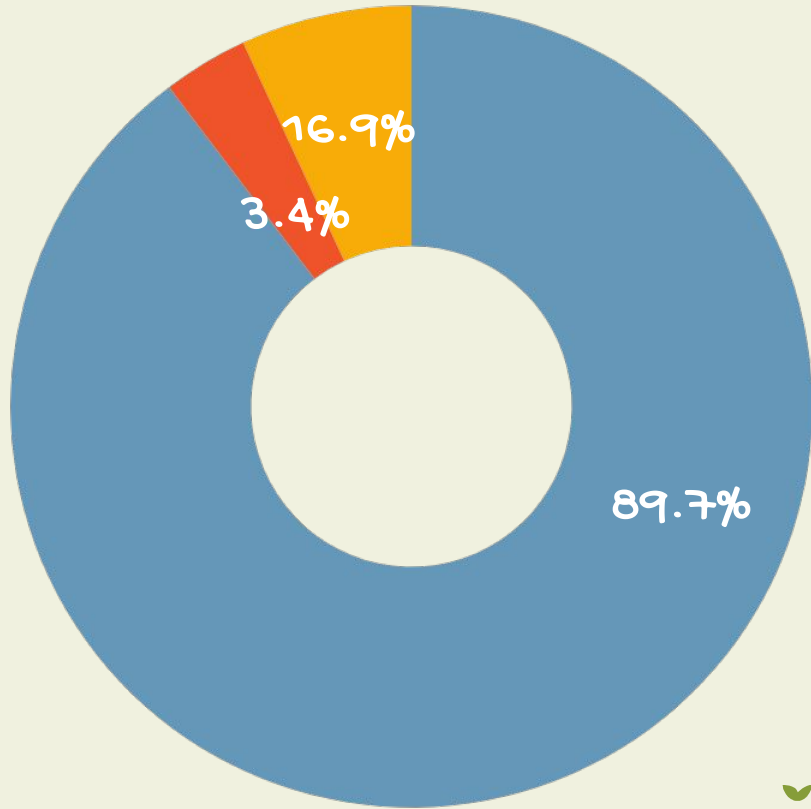
Did you experience imposter syndrome coming into your first year?

Yes:

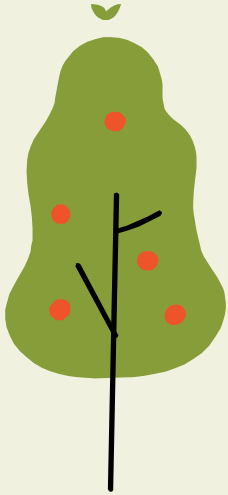
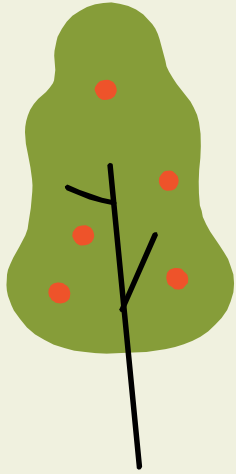
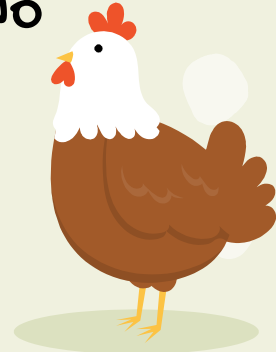
- I still do to this day. I decided to go to vet school on a complete whim. Didn't get in the first year because I was a goof and entered my grades in incorrectly and was completely ghosted by the schools. Re-applied with low expectations and got in. None of it seems real. It's ok.
- yes every day and will continue
- All the time!!! This is why a good support system is soo important! Don't be afraid to reach out to classmates, faculty or literally anyone in the field. We have ALL been there.
- YES!!! I think we all do! You wouldn't be here if you weren't capable. Keep reminding yourself of that!



Did you experience anxiety coming into your first year?



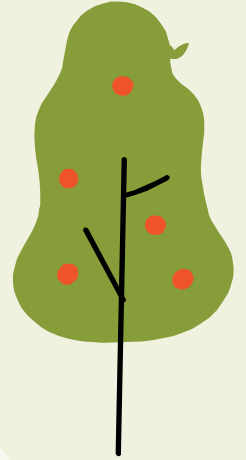
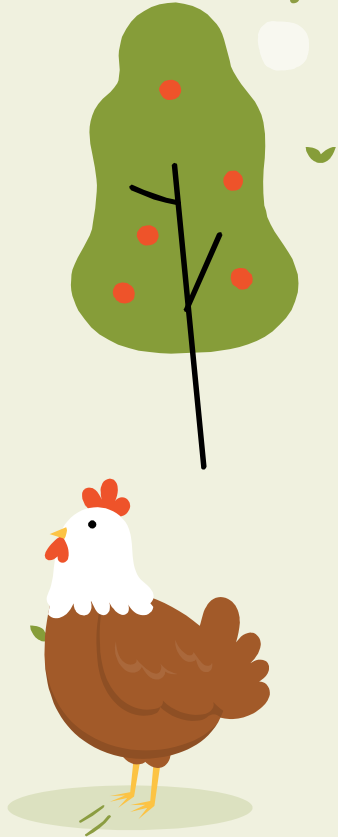
- Yes, I still do sometimes
- Yes, but not anymore
- No



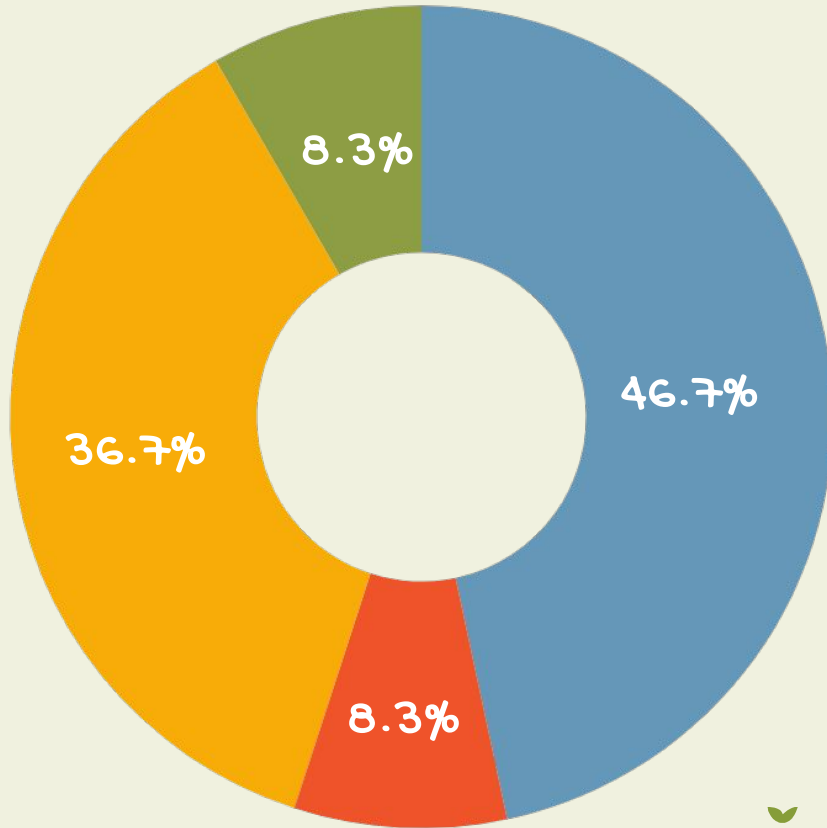
Did you experience depression coming into your first year?

Yes:

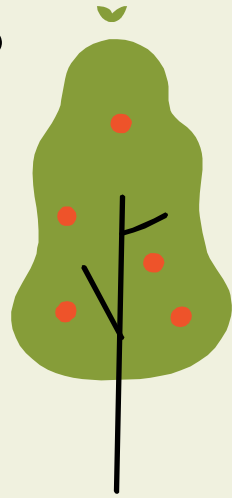
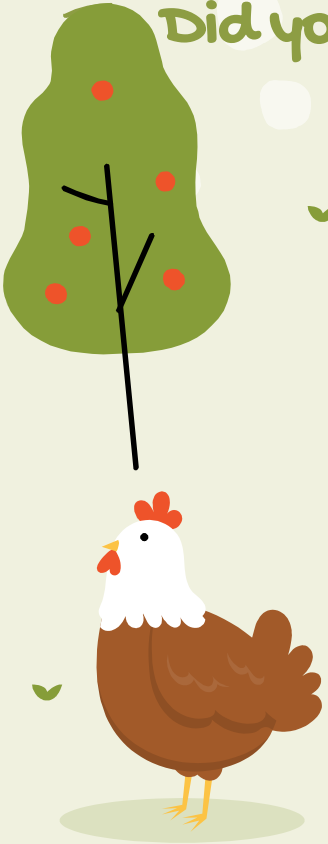
- I have more anxiety than I have cells in my body, at any given time.
- i developed anxiety actually in vet school which is not uncommon but it's something we all talk about openly and everyone is extremely supportive. finding a good backbone is key to get through this
- YES! I am about as anxious as it gets. Lots of your classmates will struggle with it too and that is OKAY. It is a stressful program, and there are resources available to help you find ways to relax through the chaos.



Did you experience depression coming into your first year?



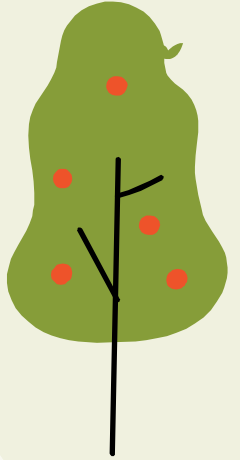
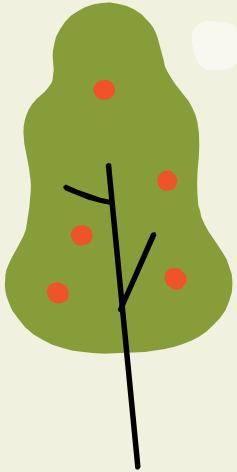
- Yes, I still do sometimes
- Yes, but not anymore
- No
- Other



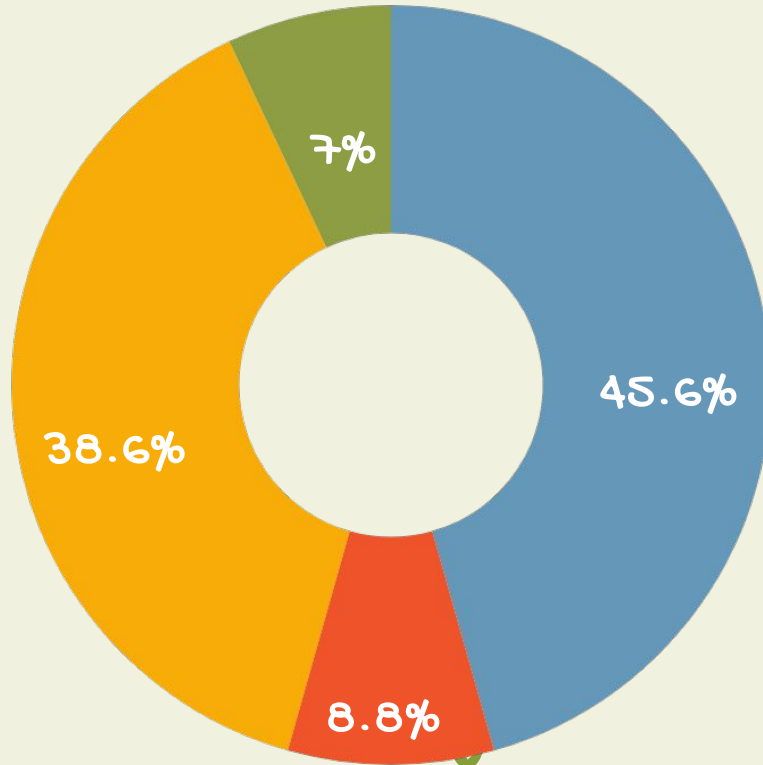
Did you experience anxiety coming into your first year?

Other:

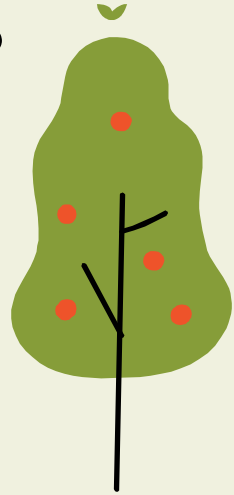
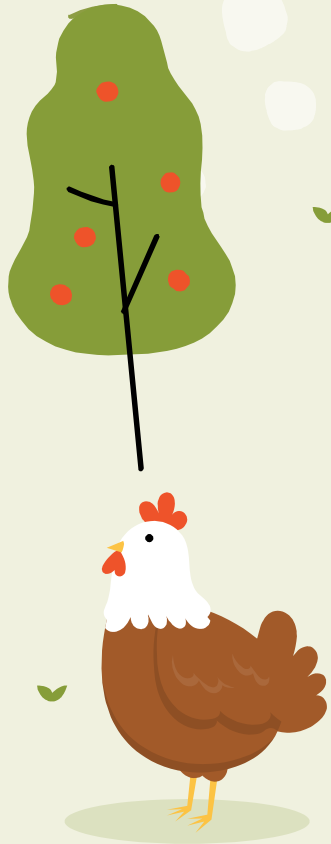
- No, but feel like I've gone through more depressive states than in previous years
- Not so much my first year but my second and up for sure.
- You're not alone here and when I was struggling, everyone from students to faculty to admin were supportive. No school is perfect but the people do care.
- YES! When you feel like you are failing or aren't good enough, it's easy to fall down that hole. **YOU AREN'T FAILING.** Reach out to friends, loved ones, therapists, but don't feel like you have to deal with it alone!
- Yes, and that was because I was living with my fiance before coming to vet school, and then I moved here, alone. I have never lived alone before this and it was heartbreaking. We are still together tho :)



Did you experience any other mental health problems coming into your first year?



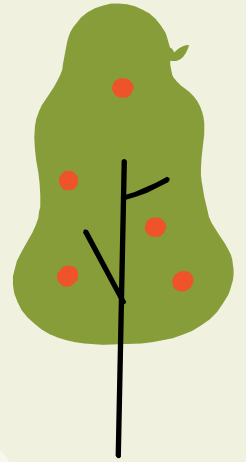
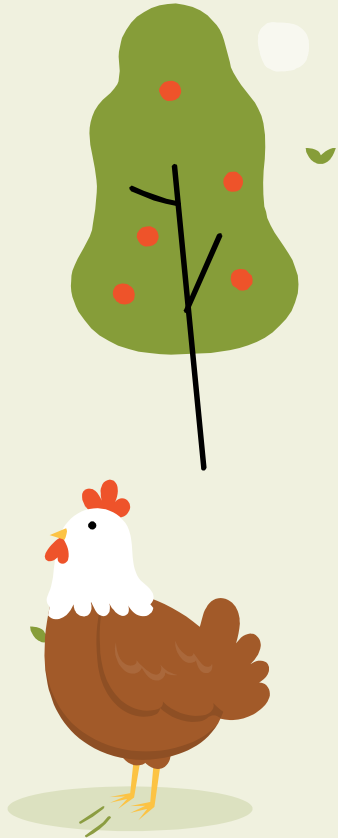
- Yes, I still do sometimes
- Yes, but not anymore
- No
- Other



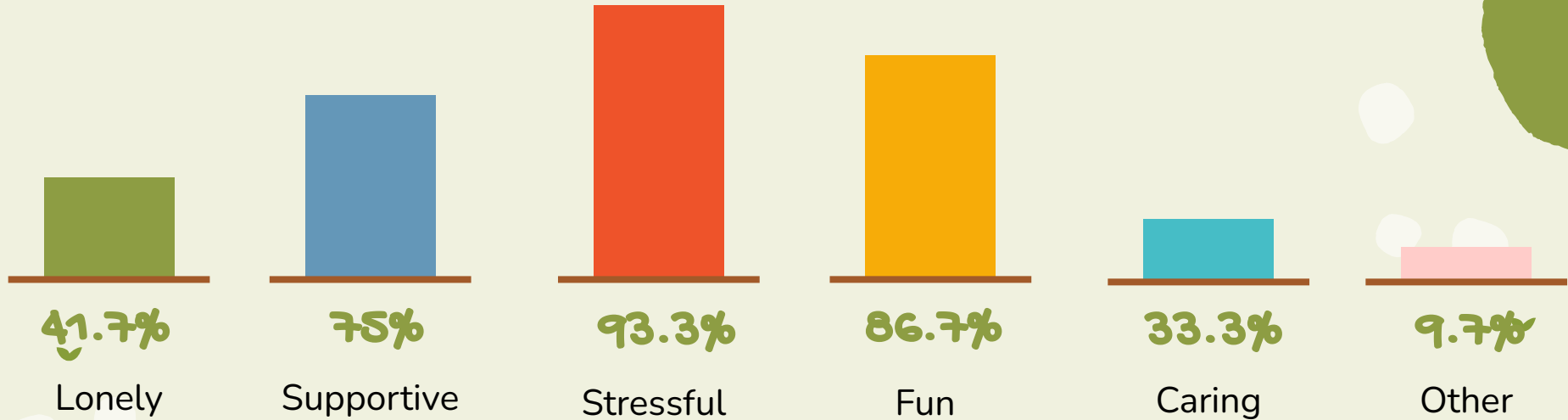
Did you experience any other mental health problems coming into your first year?

Other:

- I feel like I may have developed more anxiety
- I developed anxiety attacks.
- Yeah but genuinely, most people in vet school do in some way imo. You don't grow the kind of backbone and compassion needed to be a vet unless you've got somethin goin on. I hope that's okay to say.
- outside life will CONTINUE during school. Shit will happen it's how you help yourself prepare/organize for your days and weeks to come that will save you. You will thank yourself if you don't get behind



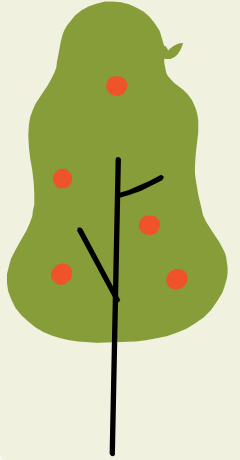
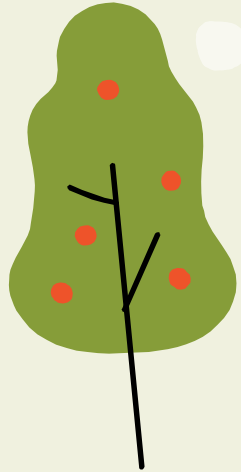
Vet School is...?



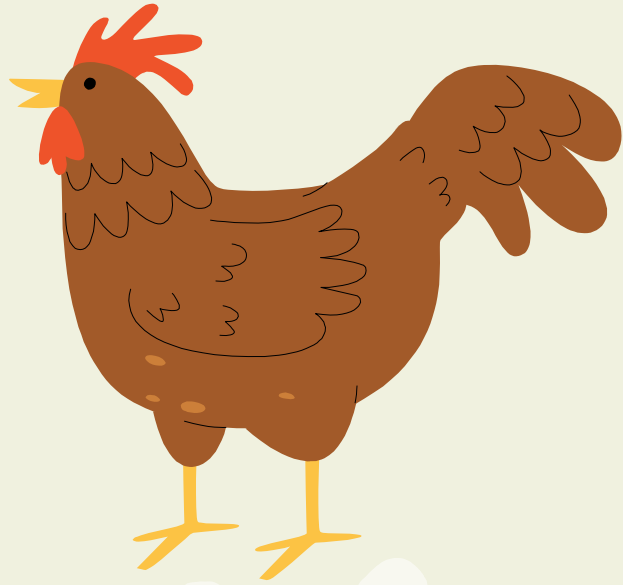
Vet School is...?

Other:

- Worth it!
- A marathon not a sprint.
- ALL of those things. don't forget that each emotion and stressor is temporary!
- You will probably feel every emotion about veterinary school at some point
- Your brain is going to ooze out of your ears with information, but in a pleasant way.
- All of the above. Vet school is hands down the hardest yet most rewarding and fun thing I've ever done. Be proud of yourself for coming this far. If you wake up and do your best every day, you'll be okay.
- Vet school is a whirlwind of emotions that can change day to day and honestly even hour to hour. I often feel pretty stressed and anxious about the amount of studying I feel like I should be doing but I also have a great small group of vet school friends that help carry the burden with me.
- Like a crucible. The pressure is really high, but at the end you and your friends are gonna be so close



What resources did you use to help/ what resources did you wish you had easier access to?



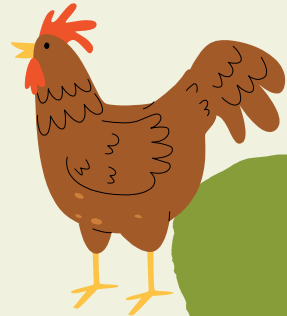
What resources did you use to help/ what resources did you wish you had easier access to?

- School counselor, friends and family.
- I spoke with the school counselor several times and started seeing a therapist in the community. I do wish there was more information on what resources students have access to through campus.
- school counselor
- Talk to your professors, talk to classmates in lab, ask about tutoring, ask about additional anatomy lab instructor time
- I got into therapy before vet school started! I think it was import for me to have an already established outlet that understood me before the stresses of vet school
- I've talked to the school counselors previously
- Someone feels the same as you do, be sure to reach out to friends
- Group studying can be incredibly effective as what you might not know others might and vise versa.
- My friends that I made here are probably the only way I passed.
- I rely heavily on my friends for support. Put yourself out there the first week or two and get a good group of friends to help support you.



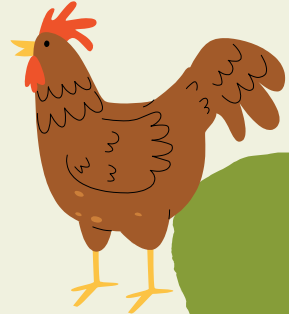
What resources did you use to help/ what resources did you wish you had easier access to?

- I think our counselor needs help and is spread too thin. If you can start a relationship with her sooner rather than later I think it would benefit you.
- MY CLASSMATES. Share your notes, share your summaries, share your charts/tables/resources, SHARE WITH YOUR CLASSMATES. It is not a competition anymore; your classmates will have different strengths than you and everyone can help each other do better in the areas where you might be struggling. Your best resources are the people to your left and right, the people who share the classroom with you.
- Another useful resource (especially during 2nd year) is a website called Osmosis. It's designed for human medicine, but a group of friends and I all chipped in on a subscription and used the videos for immunology, etc.
- The counselor
- financial resources
- vet school counselor
- Relaxation techniques, DRES (for accommodations- especially if you need extended time on tests and anatomy practical exams),



What resources did you use to help/ what resources did you wish you had easier access to?

- I relied a lot on my friends. I wish it was easier to access the school therapist (which was really difficult after Kate left.)
- Having friends to vent to created a wonderful environment to talk about school or other things in life.
- I finally bit the bullet at the start of second year and went on antidepressants, and I wish I had done it way sooner. It helped SO MUCH with my depression and could have made first year a lot easier for me. Moral of the story: it's OK to ask for help from a doctor, and depending on the person, medication can really improve your quality of life.
- I used MULTIPLE counselors until i found one that works for me! do not settle for a counselor that doesn't speak to you, having a strong support system is a necessity.
- I made sure to have my appointments with my therapist consistently, also made sure to have my friends know what's going on with me and how they could support me.
- Dr. Sprandel is an amazing resource and a great person to talk to about anything, whether it is vet med related or not.
- Quizlet, Minnesota vet school anatomy page



What resources did you use to help/ what resources did you wish you had easier access to?

- Use the counselor at school as well as lean on your support system that you have with friends, family, and relatives outside of school.
- Free, youtube meditation videos helped. The McKinley wellness page also had a great amount of resources!
- Do not hesitate to reach out to the counselor. I did at the beginning of my second semester and she helped me to find a local therapist to help with my anxiety and panic attacks. It is important to monitor your mental health and practice self care so that you do not burn out. The semesters with back to back didactic courses are a marathon (603/604 & 605/607).
- support from friends, family, and classmate
- Asked professors and other staff for advice. Talked with family/friends about worries and struggles
- a wellness counselor - we have a new one so that shouldn't be too much of a problem!
- I have a therapist and access to the school counselor.
- I started seeing a therapist once a week so I could talk through my stressors as well as have an established relationship with someone if things did get really bad (spoiler, it did get really bad sometimes)
- I wish there were more professors of color. NEED MORE REPRESENTATION !

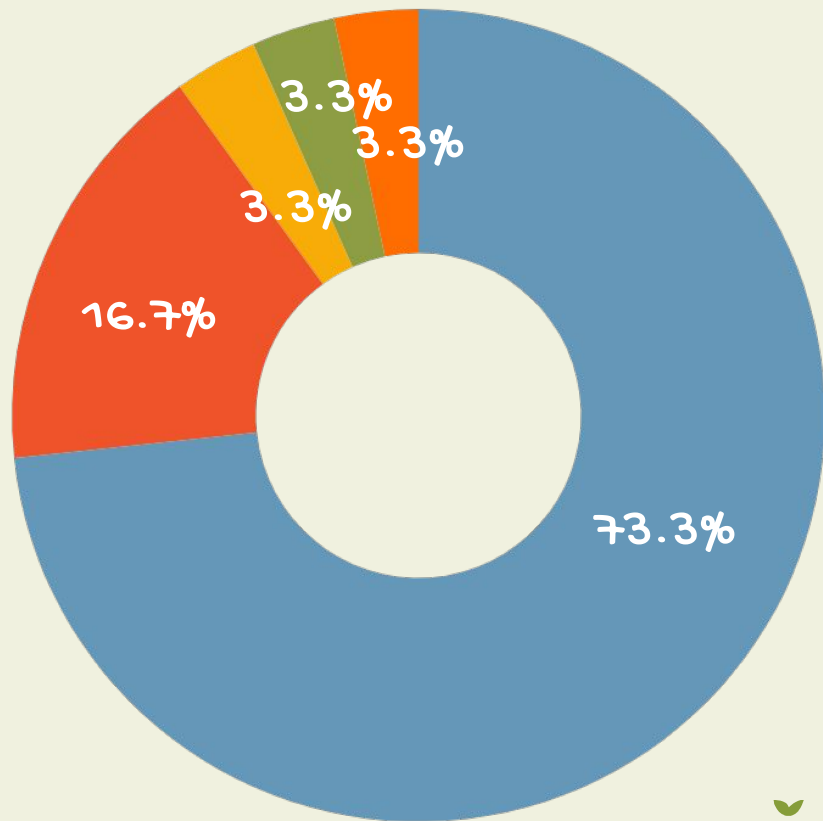


What resources did you use to help/ what resources did you wish you had easier access to?

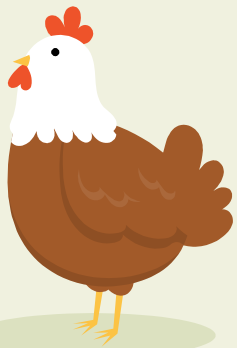
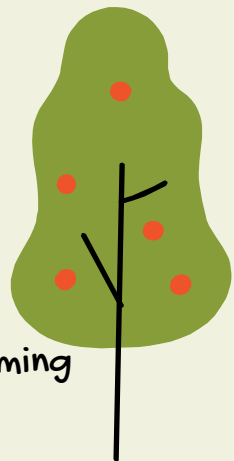
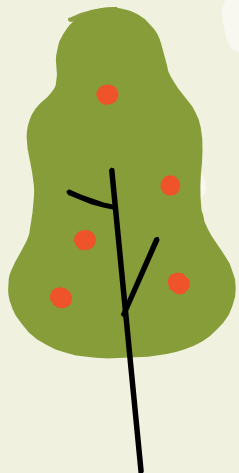
- I really relied on my support system, both in and out of vet school. I'm lucky to have some fantastic (though long distance) friends who really support me and let me vent.
- The ASA (Academic and Student Affairs) is extremely difficult to reach out to, to the point where they would almost always ignore your emails so it's best to ask them questions in-person to make things easier for yourself
- VIN was really helpful with studying forelimb and hindlimb anatomy
- I see a therapist and check in with a doctor at McKinley once a month for anxiety medication. I don't know what I would have done without them this past year. It really made the stress more bearable. Never underestimate a good vent session with a friend or classmate! Odds are, they feel the same way. It can be comforting to know you aren't the only one that feels like they're drinking out of a firehose. And sometimes, you just need a break from Vet Med as a whole. Take a walk, have a beer, whatever tickles your fancy. Make time for yourself because YOU come first.
- I really leaned on my support system at home and at school. I talked to my friends when I was feeling down or anxious or anything at all.



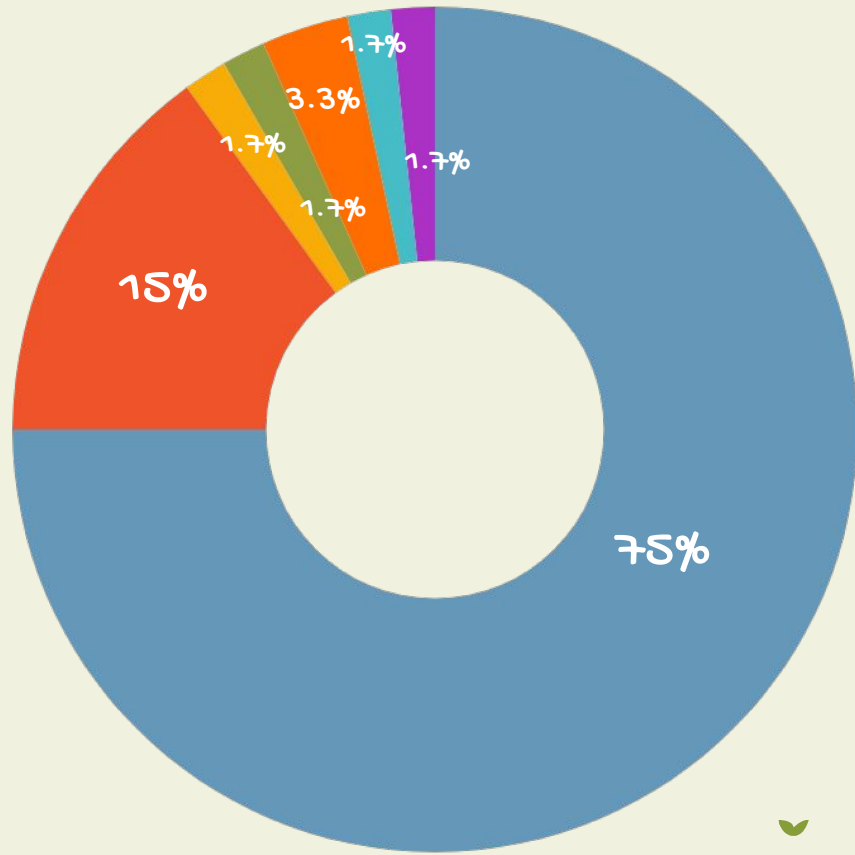
I Identify as...



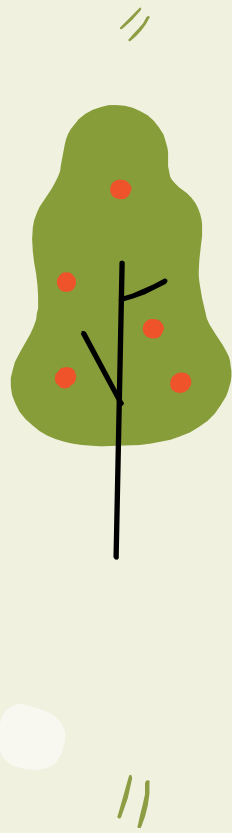
-  Cis Female
-  Cis Male
-  Trans Male
-  Gender Non-Conforming and/or Non-Binary
-  Queer



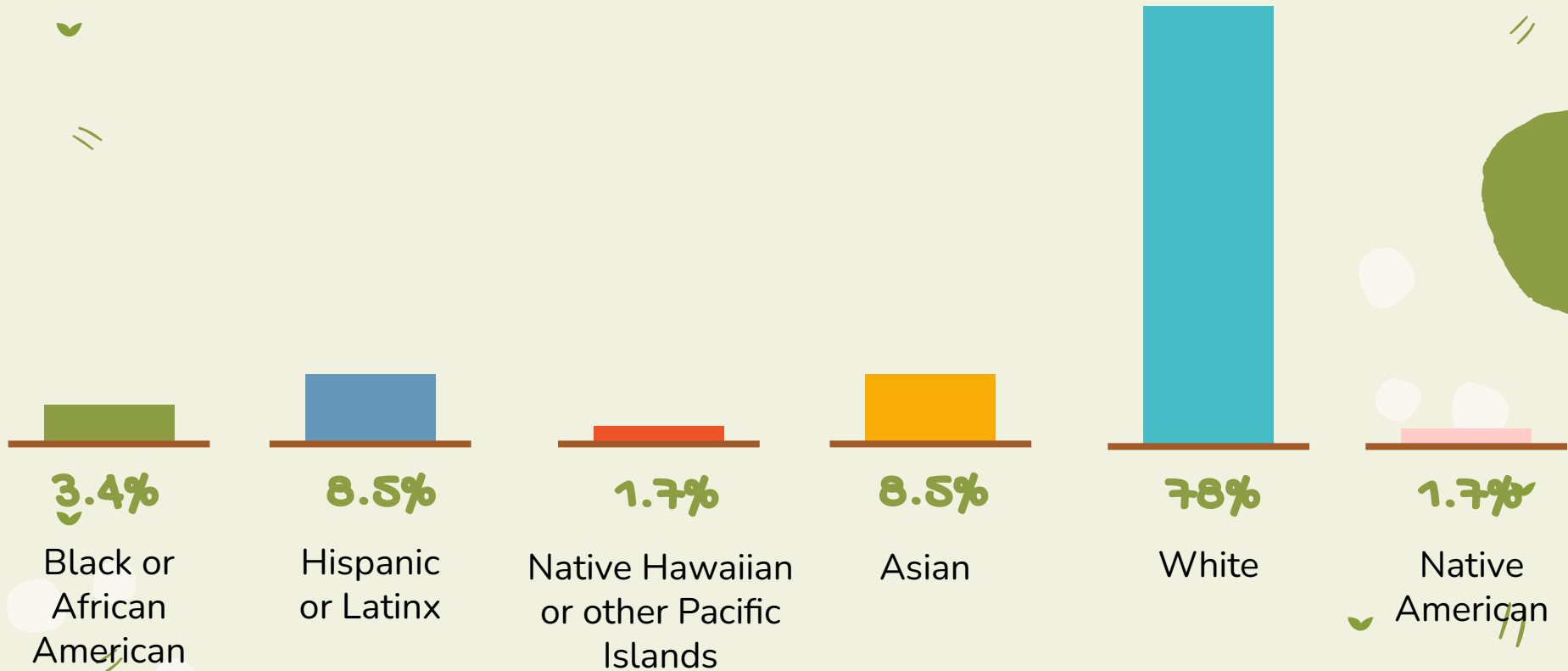
How would you define your sexual orientation?



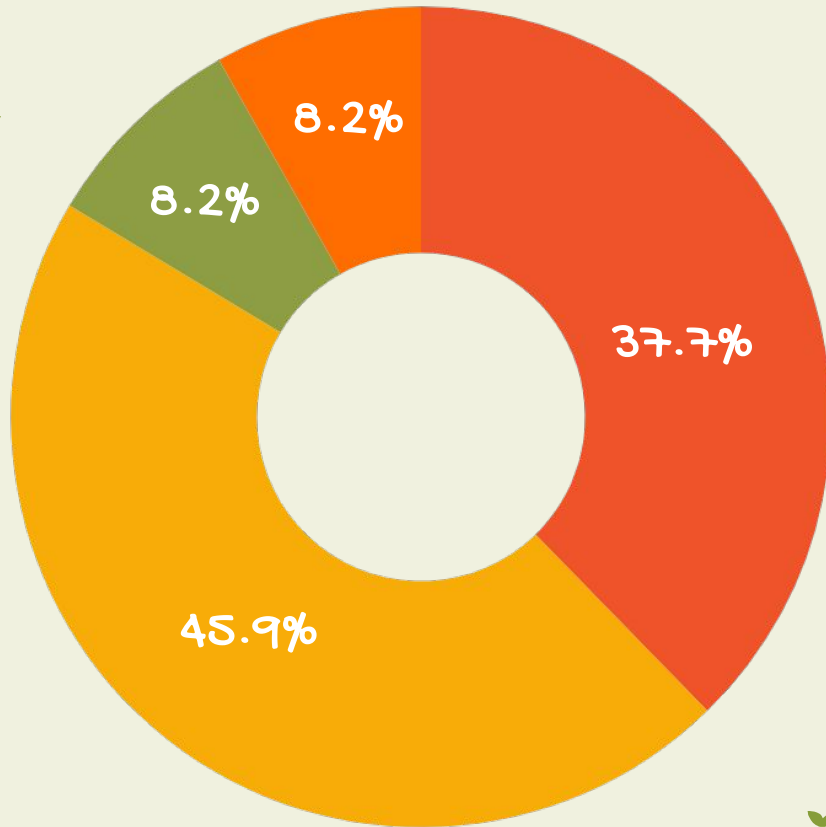
- Straight
- Bisexual
- Bicurious
- Gay
- Queer
- Pansexual
- Asexual



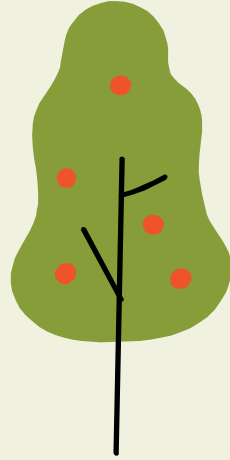
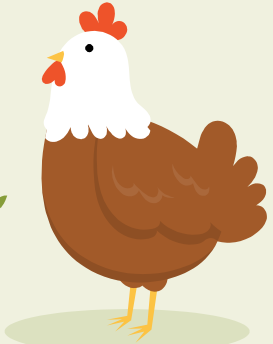
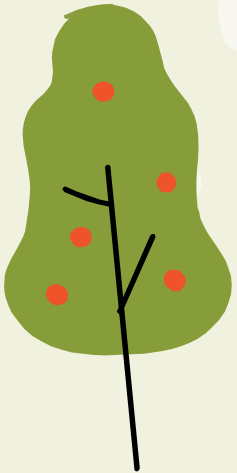
What race(s) do you identify with?



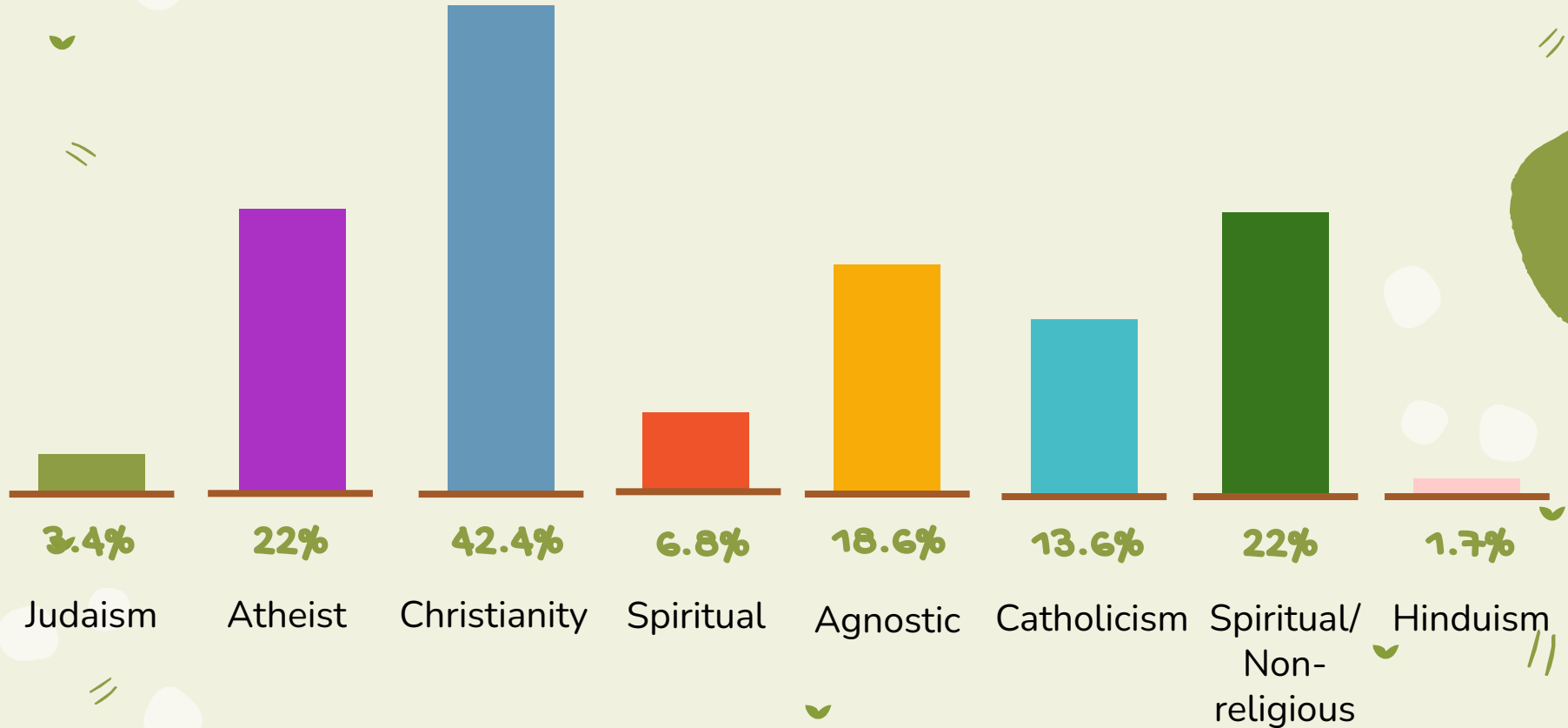
What is your age range?



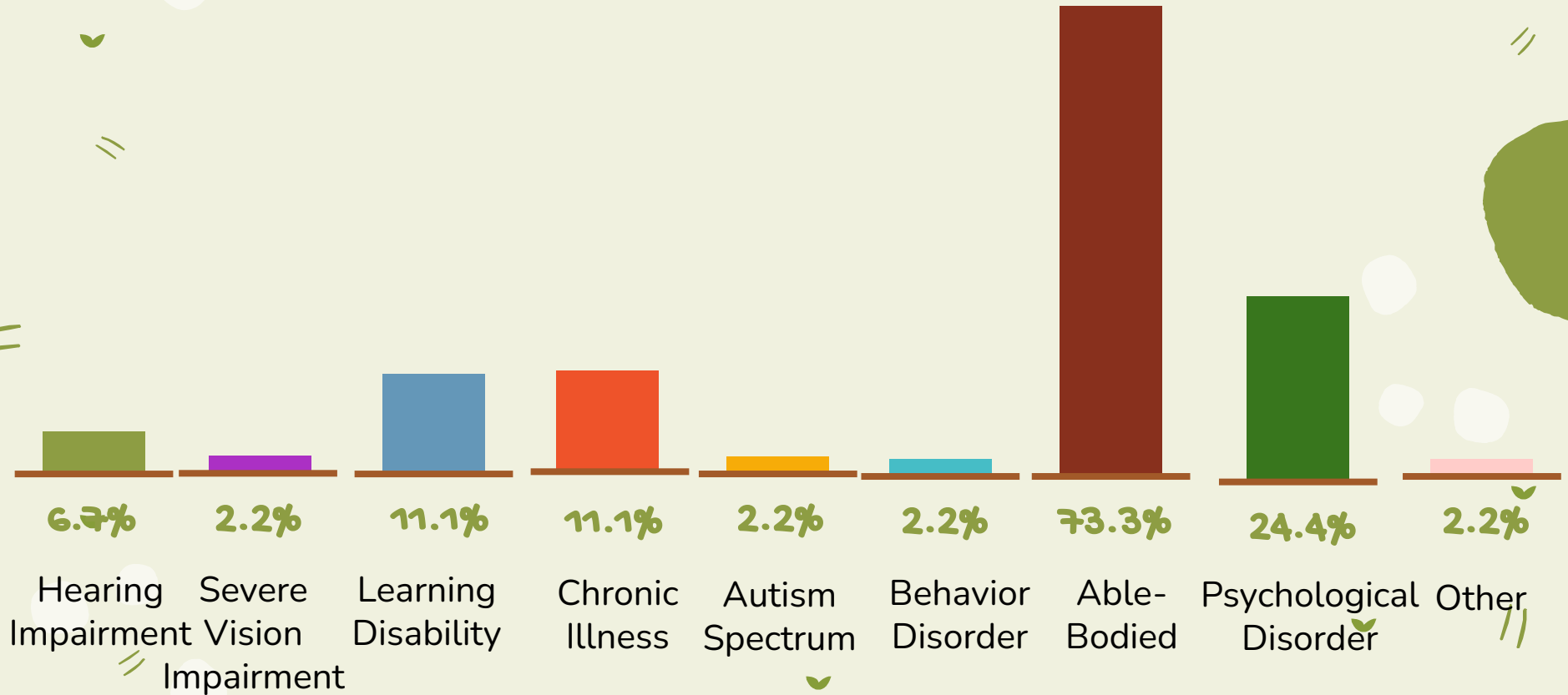
- <20
- 20-23
- 24-26
- 27-29
- 30-33
- 34-36
- 37-39
- 40+



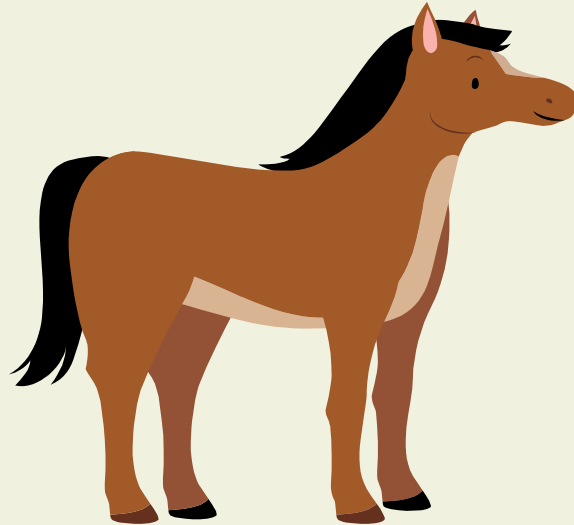
What religion do you practice or identify with?



Select the following that apply to you

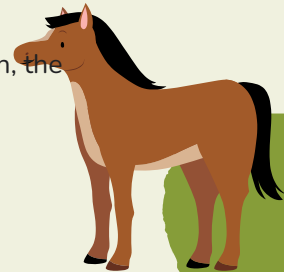


How do you think your diversity
affected your experience?



How do you think your diversity affected your experience?

- It is very hard to look around and not have people that share your same experiences. It's not that they're judging you, but you know that you're different and you feel different due to the color of your skin. Sometimes you feel like a "Token" and question if you belong.
- I am more compassionate because of the way my identity has impacted by life. I feel privileged to be visibly a minority because I've been able to educate others and make positive change. It can be difficult for sure and I grapple with the balance between using my voice and wanting to be a 'normal' student but I wouldn't change it for the world.
- Having ADD that I didn't take medication for first semester was so hard. After talking with a doctor and being on meds I'm doing a lot better now
- My illness can be exacerbated by stress so it is always in the back of my mind when I'm trying to focus on studying/life. It's an extra worry when you already feel overwhelmed.
- I like seeing more than one type of person in my classroom
- Honestly it didn't really. I never told anyone I was bisexual here yet, so as a cis white female, I am by definition, the majority.
- I have had accommodations made as someone with a learning disability which was very helpful on exams



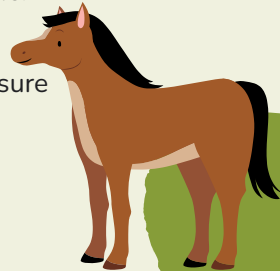
How do you think your diversity affected your experience?

- As someone who grew up black and poor you miss out on a lot. It's harder to get an externship because they cost money. There are things I don't know that my classmates did because they were able to work at clinics before vet school and I couldn't. And sometimes that feeling of otherness comes around when your friend casually mentions being able to do things that you could never do.
- Being a little older, coming back to school full time had a bit of a rough transition.
- I thought it would, but the school is very accommodating, especially for my test anxiety. I reached out to the school counselor during orientation week and she helped me get in contact with DRES for testing accommodations.
- Someone told me they would call the police on me within the first 2 weeks.
- Honestly it didn't really. I never told anyone I was bisexual here yet, so as a cis white female, I am by definition, the majority.
- Not being a minority in some categories of diversity has allotted me privileges that others may not have had, which have helped me to get to where I am today. This makes me unable to fully comprehend the hardships of my peers, but motivated to learn, understand, empathize, and take action to promote equality in every aspect. Being a minority in other aspects of diversity made it much more challenging to reach my goals compared to my counterparts in the majority and makes it difficult to not compare myself to others and feel discouraged.



How do you think your diversity affected your experience?

- Honestly just allows a different perspective and knowledge. Didn't necessarily negatively or positively impact my experience as a vet student.
- While I am not necessarily diverse myself, I think that having a diverse class is amazing. Learning from people who have entirely different experiences from my own really opened my eyes and allowed me to be a better student and person.
- I am the definition of privileged so I am not the one to delve into this.
- I often miss what people say especially some certain instructors
- Due to my race, I did not think diversity affected my time in school
- It can be difficult at times and can make it hard to relate to people. However, if people don't want to know you due to your diversity, they truly aren't worth knowing.
- Being a white female, I think it was very easy for me to fit into a program that's made up of mostly people like me.
- I was not exposed to much diversity when I was younger since I grew up in a small town, so undergrad was my first experience with other religions, ethnicities, and genders/sexual orientation. Sometimes I still find myself unsure how to interact with some of my classmates because of that, but I have found that being honest about my background and genuinely trying to understand and educate myself helps.



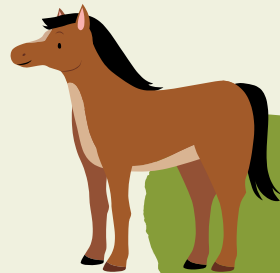
How do you think your diversity affected your experience?

- I enjoy being able to represent and share my culture with others!
- My religious convictions prevented me from getting the COVID vaccine. As it is currently required by the school unless you can get an exemption that added a layer of stress. It was also difficult to coordinate the regular Covid testing with the class schedule and especially the rotation schedule.
- Sometimes I feel like I am tokenized
- In some ways it has felt isolating because there doesn't seem to be other people who went through or are going through the same journey. However, diversity has also been the reason that I've developed some really close, lifelong friendships with my classmates.
- I definitely felt out of place as an ethnic minority at the school, but honestly I'd say the vast majority of students and teachers were welcoming and open minded. The school itself has not been designed with diversity in mind - for example, gender neutral bathrooms are few and far in between, but things are changing.
- Being older and having a mental disorder made me feel like I was at a disadvantage sometimes. But these were also assets in their own right.
- I have ASD, so large crowds like lecture halls are difficult for me. I was able to modify my learning by viewing lecture materials at home--some people give me a hard time for that, but overall a lot of students also use that method. I also come off a little cold or intimidating when I'm focused, but everyone has been really understanding and quickly figures out that I'm not actually upset. Don't worry--there's a LOT of neurodivergence in Vet Med.



How do you think your diversity affected your experience?

- This is the whitest place I've ever lived in. Learning how to survive as a token is part of the journey of a student of color in veterinary medicine.
- I am very not diverse, and I know it can be challenging to answer questions about diversity but that's OK. Join diverse groups, make diverse friends, and enjoy everything the world has to offer while supporting those groups. Sometimes we just don't make a good essay topic, and that's OK.
- I felt different compared to a lot of my classmates so there have been times where I felt I got a lot of attention from a lot of people
- I came from a very rural/small town background. I struggled to keep up financially and even had a hard time relating to some of my classmates. I think if anything, it pushed me to work harder to set an example for other farm kids that want to grow up to be vets!

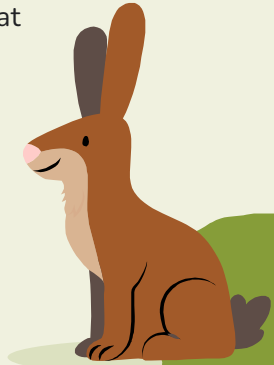


What advice would you give to someone
who is a minority in one or more
categories of diversity?



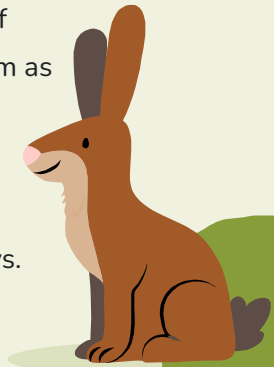
What advice would you give to someone who is a minority in one or more categories of diversity?

- There is a place for you in this field, do not let anyone, ever tell you that there is not. You are a bridge to an entire generation of people that are just like you and that will look up to you one day and say "Because you did it, I know that I can do it too".
- Get involved in DEI groups on campus. There are people working hard to make positive change for minority demographics. It can be frustrating or scary to speak up and get involved but the support and community is there. Vet school as a minority can feel isolating enough on its own, don't disservice yourself by not connecting with the people around you.
- Most people in vet school are professional and have been through diversity training so I think they will treat you with the utmost respect
- You earned your place and you belong here.
- BE PROUD
- I don't really know if I should be the one speaking on this, but I think it's important to accept yourself unabashedly. Other people will follow suit.
- Be yourself. I feel like the UIUC Vet Med community is very welcoming to all.



What advice would you give to someone who is a minority in one or more categories of diversity?

- Mentally prepare your experience to be slightly harder than your middle class white friends. They have a leg up in terms of money accessibility, and experience. It doesn't mean you can't do it, it just means that you have to work a little harder.
- If you're an older student, especially if you were working full time and were used to that, think about vet school as your full time job. Study during the down points in your day, and allow a good chunk of your evenings to relax a bit and do non-school related stuff, like you should have if you were working full time.
- You are your own best advocate and you are here for a reason
- Don't compare yourself to others who have not experienced the same things as you, and try to be proud of where you are especially because of the obstacles you have faced/continue to face, rather than seeing them as detriments. Advocate for yourself.
- You have people who are supportive all around you. I don't personally know people in vetmed who are discriminatory in any way.
- It's not my place, but there are so many people who will support you and be your ally if things go sideways.
- Ask for accommodations as needed



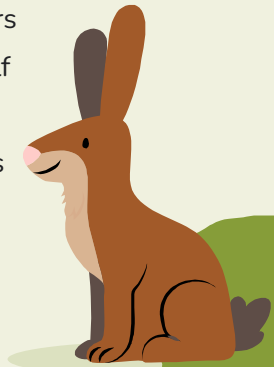
What advice would you give to someone who is a minority in one or more categories of diversity?

- Know that you belong. You do not have to be small or try to be small, take your space and make yourself known
- Have fun
- This is for the people who are not minorities or in any/multiple categories of diversity: be open-minded, accepting, and kind to your peers. Make genuine friendships and connections with your peers who are in minority or diversity groups. Actively support them and let them know you stand with them!
- Know that you have unique qualities that you can bring to vet med, be proud of them! Join clubs like VOICE and other groups that promote diversity and inclusion, you'll have plenty of opportunities to socialize with others who may share similar experiences.
- Find your support system either with people of a similar experience or good allies
- Find people who are like you or who accept you for who you are. You don't have to be friends with everyone especially if they aren't supportive or inclusive. Many people who hold marginalized identities will be happy to include you in their group so don't be afraid to seek out these communities.
- Be an active part of the community! Our faculty and administration are willing to listen and change with the times, so please join clubs and advocate for yourself.

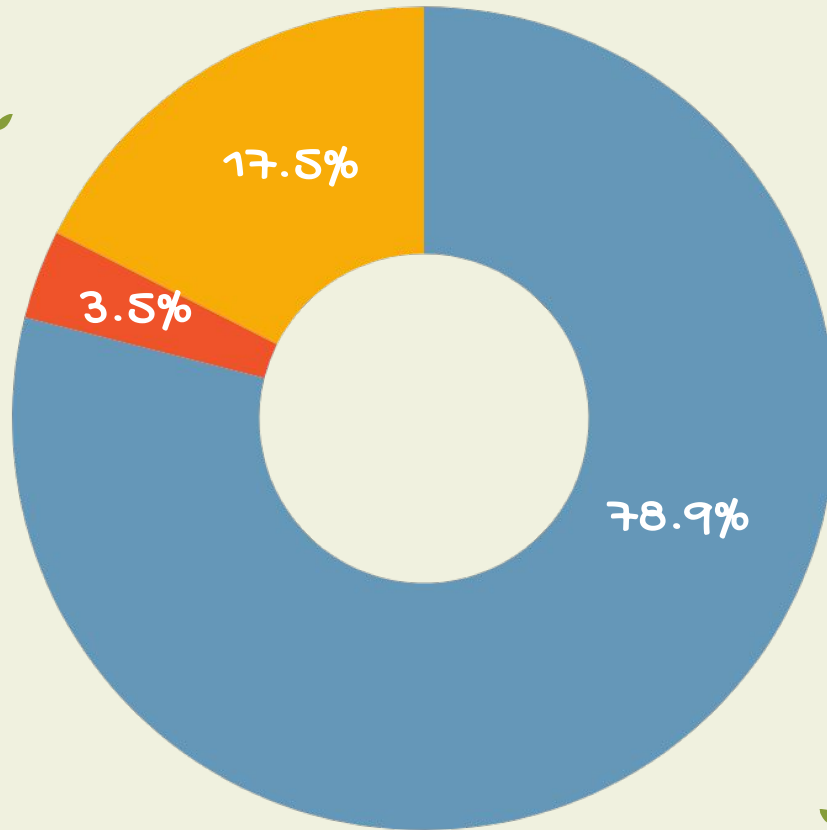


What advice would you give to someone who is a minority in one or more categories of diversity?

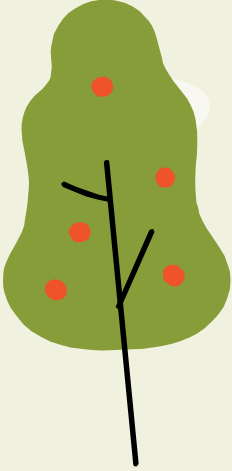
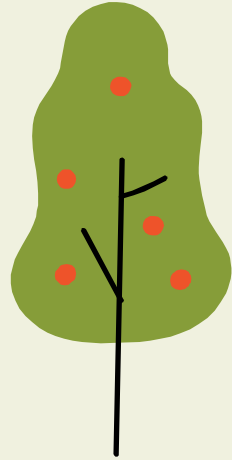
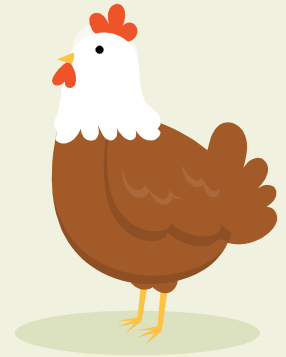
- Join an inclusive club! VOICE and ISVMA's DEI group are great places to start and there are also more specific clubs for different cultural groups.
- Find your tribe! Vet Med has a lot of people that are very similar and very different at the same time. You'll find your people. Plus, not all of your friends have to be Vet Med.
- Find a community outside of vetmed that you relate with on a religious/ ethnic / sports oriented / etc level
- Reach out to individuals (students, professors, etc.) who share similar backgrounds as you do and be proactive about it to gain support and lifelong friendships
- Share your diversity and your experiences with your classmates and professors. I think learning from others that are different from you is how we progress as a society and as a school. Speak up and fight for yourself if you feel something isn't right or unfair. Odds are, someone in your class relates on some level. You will find your people and be able to enlighten others! I have learned SO MUCH from my fellow classmates this year in more ways than one.



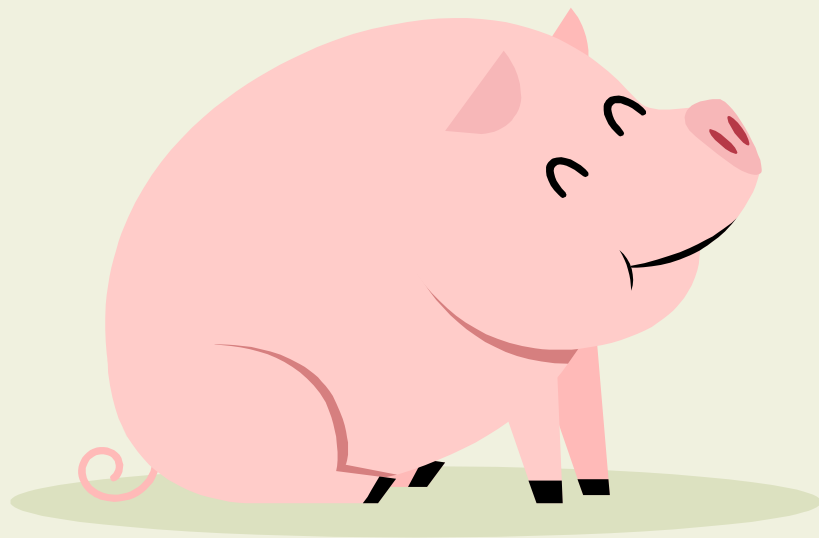
Do you feel like you have a place at UIUC College of Vet Med?



- Yes
- No
- Sometimes



Anything else you want to say?



Anything else you want to say?

- Remember to relax and have a life outside of vet med. it's a great career but will quickly consume all your time if you don't learn to take a break from it. Find other things in life that are rewarding and you enjoy
- Congratulations!!!! You made it to vet school!!
- YOU WILL GET THROUGH IT. IT WILL SUCK AT TIMES. YOU WILL FEEL AWFUL. AND THAT IS OKAY. IT WILL BE OKAY. I FAILED MY FIRST EXAM AND GOT AN ABOVE AVERAGE GRADE FOR FIRST YEAR. YOU ARE HERE AND THEREFORE YOU CAN DO THE THING. DON'T LET ANYONE INCLUDING YOURSELF MAKE YOU FEEL OTHERWISE. WE <3 YOU.
- Get involved! Club activities are great ways to work study breaks into your day!
- This is going to be the hardest thing you have ever done. It will make you want to cry and sometimes it makes you want to quit. I lost my love for vet med in 2nd and 3rd yr. Find something to keep you pushing. If that's a hobby or a job that allows you to constantly see your future and remember your love. Mine was the wildlife clinic. And then on the flip side, have a hobby that has NOTHING to do with vet med. Give yourself a place to have a mental break from school. It's gonna take up 90% of your time. Give that last 10% to something else.
- I believe in you. You got this far and you can finish and have the job you've been working your butt off for.
- You got this! You're here, so someone saw your potential. And I promise you know more than you think you do. It'll all be fine. :)
- Don't be afraid to ask questions!



Anything else you want to say?

- The administration is often uncaring and unrelenting, HOWEVER there are so many individuals (course coordinators, clinicians, faculty, technicians, professors, upperclassmen, etc.) who genuinely care about you, your learning, and your health/wellness. Don't let the actions of the administration get you down, reach out to people you look up to and trust for help -- like Dumbledore said in Harry Potter, "Help will always be given at (Illinois) to those who ask for it". Don't let this school steal your spark or your joy, this industry is changing and it's changing because of brave students and veterinarians and technicians who aren't afraid to stand up and say something.
- Vet school is incredibly challenging but it is incredible that we are here and that we are making through this challenge. The amount of information that we shove into our brains is wild and I thoroughly enjoy being a vet student regardless of the difficulty of the curriculum.
- You're going to do so well. I know it might seem daunting, but you're here and that means that you can do it. Some days will be great and some days will be the worst day you've ever had, but know that you are some of the smartest and most amazing people in the world just for being here.
- you are more than your profession
- Enjoy your first year because it'll go by fast! As much as you want to study, enjoy your friends and explore!
- thanks for putting this together! can you share the responses with everyone?? I'd love to see what people had to say :)



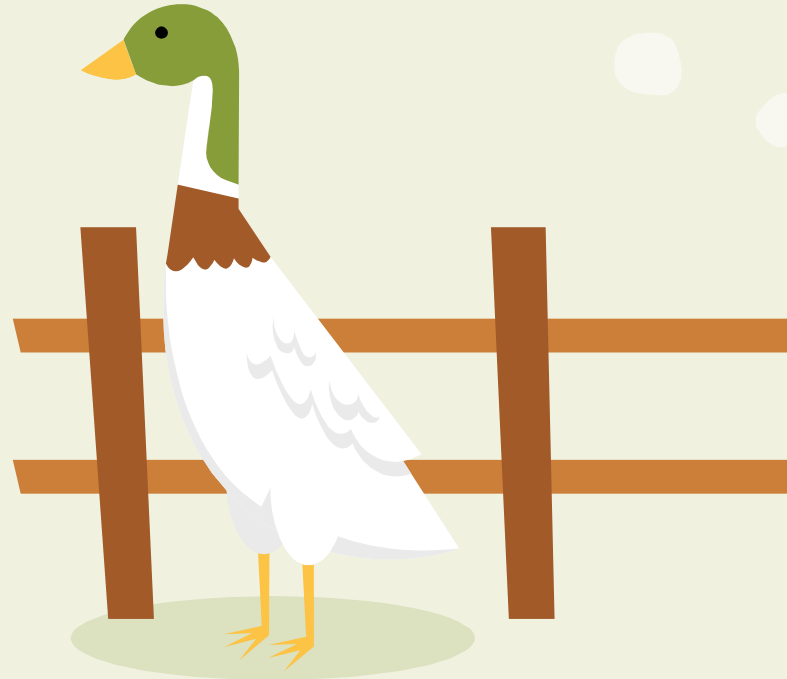
Anything else you want to say?

- Reach out to upperclassmen if you are ever struggling, we understand the feelings you might be having and we are all here to help! Also, don't be afraid if you do not have as much experience as others, and don't let the "gloating" get to you. Everyone has their own path. Grades, past experiences before vet school, etc., do not determine how great of a vet you will become.
- If you got into vet school, you deserve to be here. Full stop. Believe that, and don't put up with anybody's shit. You do you and don't let anyone tell you you're doing it wrong or that you don't belong here, that's not what we stand for.
- Cruelty kills, please be kind.
- Try not to stress about the small stuff! Everything happens for a reason and everything will fall into place.
- ASK. FOR. HELP. From professors, from friends, for administrators, from your other support systems. You'll need it, and there's no shame in it.
- If anyone has questions about jobs, I would be more than happy to talk to them (kirac3@illinois.edu)
- Everyone who makes it into this program worked incredibly hard to get there. Remember that your classmates are essentially teammates. You will learn and grow together. Be kind to others and be kind to yourself. We're excited to have you join the UIUC Vet Med Family!



Thanks for reading and
Thanks to those who
participated in the survey!

Class of 2026, have a
great year! Remember
you are never alone and
you belong here!



Thanks

Do you have any questions?

Contact us directly through the SAVMA website:

<https://publish.illinois.edu/illiniscavma/>

or

Email: hayleyr2@illinois.edu

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