

VET CANDY

Special Edition
BACK TO SCHOOL

**DATING
ON A
BUDGET**

**SECRETS
TO MAKING
FITNESS
FUN**

**WHY YOU
SHOULDN'T
BE ASHAMED
OF YOUR
DEBT**

**DON'T
MISS OUT
ON THIS
STUDENT
LED
PODCAST!**



Back to school with
Maya Sullivan



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Contents



Welcome to the world of Vet Candy	4
Back to school with Maya Sullivan	5
Five things Maya Sullivan is taking with her to St. Kitts	7
3 biggest challenges of being a veterinary student	9
Facts about Vet School	11
3 ways to organize your busy vet student life	12
Secrets to making fitness fun	13
5 Tips to stay motivated during vet school	15
How to deal with homesickness	17
My top three veterinary school necessities	18
Secrets to healthier eating	19
Why we all need more wellness in our life	23





23



28

VET CANDY

BACK TO SCHOOL

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Do you need therapy?	26
Don't miss out	27
Tatiana Rogers' favorite things	28
Day in the life with Polish veterinary student, Tina Hansen	30
Why we shouldn't be ashamed of having debt	32
Students who listened to Beethoven -did better on tests	34
A day in the life: Napaporn Saelee	38
Tips to make a happy home with a roommate	41
Time management tips	44
Dating on a budget	46



46

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Welcome to the world of Vet Candy

Dr. Jill Lopez

Do you remember the exact moment when you found out you got into veterinary college? I do! I remember opening the letter and reading the words, "Congratulations, you have been accepted..." I screamed and shouted then I laughed and cried and called everyone I knew to tell them the news. I was full of emotions and so excited to start my journey.

Just a few months ago, thousands of college students across the country received a similar notice and I am sure there was lots of screaming and shouting, too.

In this issue, we are talking all about veterinary

school. We are also introducing you to a special friend of mine, Maya Sullivan. Maya and I connected on Linked In a few months before she received her own special letter. I knew instantly that she is going to make our profession a better place and I am exciting to be in the front row cheering her on!

I would like to thank my assistant editor, Shannon Gregoire, who is now in her fourth year at Western University and will be graduating in May. I would also like to thank our writers, who helped make this issue possible. I hope you enjoy reading it as much as we had creating it.



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Back to school with Maya Sullivan

Star student Maya Sullivan is on her way to becoming a veterinarian. An outstanding student, she was recognized by the UNCF for her work promoting African American veterinarians through the Tuskegee University Student National Association of Black Veterinarians.

Her path to the veterinary field began at just 12 years old. Maya was able to spend two weeks at the Ag Discovery Program at Alcorn State University in Mississippi. This program was special because she was able to work with Black veterinarians and students.

Through the program, she realized it was possible for people of color to be veterinarians. Until then, she didn't realize that it was an achievable dream. It inspired her to start on her own journey to practicing medicine.

She graduated in May with honors from Tuskegee University, an illustrious school known for reaching back and supporting its students. She collected many accolades during her college career, including making it to the Honor Roll and Dean's List multiple times, she also received a number of scholarships from places such as the George Washington Carver Society Scholarship and UNCF Scholarships.

One of the biggest problems Maya believes the veterinary world is facing is one of mental health. It's no secret that mental health issues are prevalent within the profession. She believes a possible solution to this is in making mental health classes mandatory for veterinary students. By requiring vet students to take classes on how to manage both mental and physical health problems, it would provide them with support and coping tools to help them throughout their journey.

Maya is still at the beginning of her own journey, but once she's completed her education, she also hopes to inspire other people of color to follow in her footsteps.

Maya's future is bright, and there's no doubt that she will help many other people and animals throughout her career.





***FIVE THINGS
MAYA SULLIVAN
IS TAKING WITH
HER TO ST.
KITTS***

Bunny (favorite stuffed animal)

I have had Bunny since I was about 6 years old and he travels everywhere with me. Although he's old and a little beat up, he serves a reminder of home and all that is good in the world.

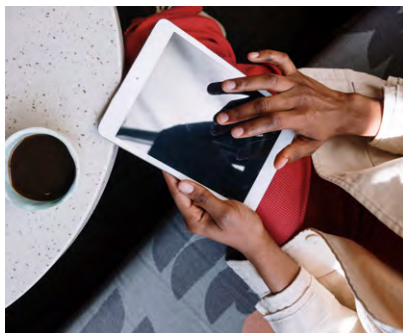


Cat

Milo; My cat Milo loves me unconditionally and serves up hugs and love all the time.

Favorite Books

My favorite book is the bible. I read the bible and participate in bible study and daily prayer calls. These inspirational books and the bible serve to keep me encouraged and faithful. I know that through God all things are possible.



iPad

My iPad has various games and other apps that help to take my mind off of things and helps me to relax.

Pictures & Videos

I will take pictures and videos of family and friends to remind me of the community that loves and supports me. They prayed for me so that I could achieve and live my dreams. Knowing that they are there for me gives me faith in living my best life.



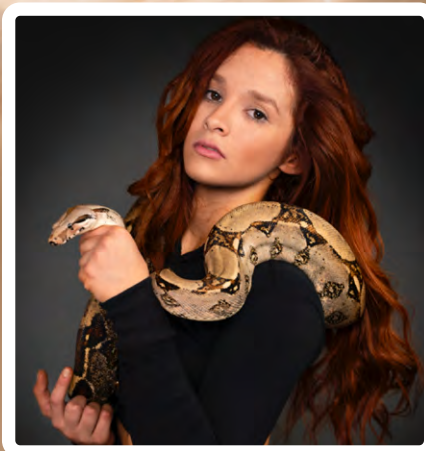


DON'T MISS OUT

on the laughs, subscribe
to Vet Candy IRL today!



Shannon



Lexi



Tatiana

Vet Candy's new podcast, *IRL* (In Real Life), is an exciting new podcast from the hearts, minds, and mouths of three veterinary students, Shannon Gregoire, Tatiana Rogers, and Lexi Rodriguez. *Vet Candy IRL* celebrates inspirational role-models and focuses on empowerment and equality, including disruptive leaders who have broken boundaries to get where they are today.

Veterinary students and Insta-friends, Shannon Gregoire from Western University, Tatiana Rogers from Colorado State, and Lexi Rodriguez from Texas A & M host *Vet Candy IRL*. In the pilot episode, the trio can be heard laughing and talking about some of the stories they'll be featuring on the show, including how to make time for self-care between classes and how to enjoy life on a student budget.

The Vet Candy IRL podcast is available on iTunes, Google Play, Spotify, and other popular podcast platforms.

3 BIGGEST CHALLENGES OF BEING A VETERINARY STUDENT



Dr. Merrill Simpson

1 Knowing when to say “no” and when to embrace opportunity. There are many activities to get involved in at school, from clubs to student government. Having extra-curricular activities are important for networking and leadership experience. As you move on to your second and third years, delegation is extremely important, and later you will need to scale back your extracurriculars in order to focus on clinics and for more time to study for NAVLE.

2 Adulting: Finding time to take care of all the responsibilities outside of school like getting an oil change or getting a medical check-up. Even simple tasks become much more challenging as a veterinary student. Try to plan ahead and schedule appointments during the weekends or evenings.

3 Relationships: Staying in touch with friends and family can always be a bit of a challenge, but this is amplified during veterinary school. Your family and friends may not understand how demanding your schedule has become. Be patient, and come up with strategies to manage your relationships, whether means scheduling a phone call or setting expectations that you will be out of touch at times. But, for your psyche, make sure to make time for those close to you, because it will always be refreshing to talk about something other than school.





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FACTS ABOUT VET SCHOOL



The Association of American Veterinary Medical Colleges released their annual report of data related to member veterinary colleges.

- ✔ There are **13,323** Doctor of Veterinary Medicine (DVM) students studying at **49** member institutions of the Association of American Veterinary Medical Colleges (AAVMC).
- ✔ Of those current students, **2,614** are historically underrepresented populations in veterinary medicine (URVM) (up 1.1 percent over last year), and more than **81** percent are female.
- ✔ Students are paying an average of **\$31,979** for in-state and **\$52,613** for out-of-state tuition, and **47.7** percent of them are sharing **\$35,269,054** in scholarship support.
- ✔ About **80** percent will graduate with debt that averages **\$169,046**.

Tatiana Rogers' favorite things

If you follow Colorado State University's second year Tatiana Rogers on social media, you know one thing, she's got amazing taste. She is also a very giving individual that is known by her friends as the best gift giver ever. Check out Tatiana's favorite things that will help you sail through the holiday season:



Succulents

Succulents are perfect for vet students, even those without a green thumb. A quick weekly misting is all they need to stay and alive and thrive.



Fitness wear

Even before COVID, Tatiana spent most of her time in yoga pants because she is obsessed with living a healthy life. For fitness clothes, her go to brand is Fabletics- a brand created by Kate Hudson, an actress, fashion tastemaker and mother of two. Her passion for motivating and supporting women to lead healthy and active lives led Kate to co-found Fabletics. You can even try out your new gear, and if you're not totally satisfied, you can return or exchange within 45 days.



Must have scrubs

Days of ugly, shapeless scrubs are fortunately in the past. These days, medical professionals can combine style with function with scrub wear. Tatiana's go to for stylish and comfortable scrubs are **FIGS**- a company that is transforming the healthcare experience by creating innovative, comfortable and supremely functional medical apparel for modern medical professionals.

Tatiana is also a FIGS Ambassador and you can save \$\$ by using her special code:

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LIVING WELL WITH Dr. JESSICA

kind
people
are my
kinda
people.

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3 ways

TO ORGANIZE YOUR BUSY VET STUDENT LIFE

Dr. Courtney Campbell

Essentially, when your life is organized, the joy will follow. But it can be a serious challenge to stay organized when the demands on your time are so intense and the chaos of medicine surrounds you.

When vet student life gets makes you feel disorganized, discombobulated, and scattered, collect your organizational composure with these 3 easy steps.



Write a list

Checklists work! Not only does they serve to organize the most important tasks, but it helps to triage what you need to accomplish. Creating checklists allows your energy and thoughts to focus on the best and most efficient way to accomplish those tasks rather than trying to remember what they are. The best checklists are short and achievable.

Make a Victory list

A victory list is the opposite of a checklist. This is a list that you create at the end of each day in which you list everything that you were able to accomplish throughout the day. Essentially, you're showing yourself that you're accomplishing more throughout your day than you think you are. That gives you a great boost in confidence and motivates you to accomplish tomorrow's goals with more passion and energy.



Delegate

Don't be afraid to reach out to others for help. Or, split a task into its component parts, and politely assign them to other people. You'd be surprised how willing some would be to help you when you need it most.

A woman with long dark hair is captured in a dynamic pose, performing a dance move in a bright, modern studio. She is wearing a grey long-sleeved crop top, patterned leggings with black mesh panels, and white sneakers with blue accents. Her right leg is extended horizontally to the left, and her left leg is bent. Her right arm is raised, and her left hand is on her hip. The background shows large windows and a light-colored wooden floor.

Secrets to making fitness FUN

Arlene Torres

Is the only workout you are getting from walking from the parking lot to your classroom? That is not exercise, check your Fitbit and see.

Fitness is important for a productive and happy person – you know it, you want to do it, but you don't have the time? Are you stuck between deciding whether to spend another hour studying or taking the Zumba class you have been eyeing? Well, if you want to feel better, physical strength and fitness have a role to play.



When you exercise, you will feel pumped with the increased serotonin in your system and also experience more strength, agility and enthusiasm from that 30 minute exercise each day.

Here are some ways to pack some fitness into your packed schedule:

Go for HIIT! Not much time for a workout? Try High Intensity Interval Training which crunches intense workout into a small time-frame. As many as 20 minutes are enough for a power-packed workout. Regular exercise even helps with better sleep. And HIIT won't take long!

Have a locker at the gym! Don't waste any time in packing and unpacking the gym bag and rent a locker to keep everything you need there. Every minute counts, doesn't it? And a locker comes with an added advantage of not needing to break your back (literally) carrying heavy bags.

Quickie workouts! Why wait to get on solid hour to work out? If you have 15 minutes, squeeze in a short yoga session, or just do some weights or a quick sprint! Shorter bursts of exercise once or twice a day are good enough to keep you ticking.

Walk! Sitting on your bottom will not make any matters better. it will just make your back bad. Try and walk every 30-40 minutes or so. Take

the stairs, park farther so you can walk more, get off one stop before to get a walk to work – these are all tricks to walk it up. The circulation gets a boost and so does your mood.

Go full body! Instead of focusing one body section like they do in structured workouts at gyms and personal training, go for full body toning and exercising because you are short on time. Go for a swim if you like it, because there is no better full body workout that swimming. You can also try variations of burpees.

Dance it up! If the regular workouts bore you and you are facing lack of motivation in doing them, go for a spicier version of workout – any dance-based exercise like Zumba or bellydancing. The dance keeps you entertained and the moves make you fit. Variety is the spice of life.

TV fitness! Say yes to watch TV and your favorite shows but not like a couch potato. Make it fitness time. If you have a stationary bike in your apartment, place it facing the TV and hop on while you watch your favorite show.

Use the desk time! Study time can be converted into some fun workouts too! the idea is to steal whatever little time is there right, so go for some textbook curls or shoulder shrugs or even some breathing exercises as they do it in yoga for a calmer and a happier you.

5 Tips to stay motivated during vet school

Shannon Gregoire

Vet school can be one of the most stressful and also amazing times in your life. There are challenges and victories scattered along the way. Here are a few tips I use to stay motivated through each semester.

YOU ARE STUDYING TO SAVE LIVES

This didn't hit me until I felt my first wave of exam fatigue during midterms of first year. You get so caught up in the whirlwind that is veterinary school and it can be easy sometimes to forget why you've taken this road when you're three exams deep and have four more left all in the span of eight days.

Always remember this - you study now, to save lives later. Quite literally you may be the one person standing between life and death for your patients. Study smart and study well for your benefit and for the future benefit of all the animals that will be lucky enough to have you on their side when they are not well.



MAKING MISTAKES ARE OKAY

School is the time to mess up! It is okay and it is expected of you to not know everything right away, so ask questions! You can learn a lot from a failure, and your faculty and colleagues are always there to help you. Be easy on yourself, perfection is not reality, and don't be afraid of mistakes, everybody makes them!



OBTAIN A GROWTH MINDSET

Too often I hear colleagues, and even catch myself, saying 'oh I'm not good at that'. Since you are what you repeatedly do, use that to boost your capabilities by saying 'I'm not good at that - yet'. This allows you to acknowledge an area where you may lack confidence, but can also showcase that you are aware of it and working to improve your skills.

GIVE YOURSELF BREAKS

You will work so hard to become the best doctor you can be, but nothing happens overnight. It is easy to over work yourself and become fatigued. Remember that medicine is a skill that must be learned and repeated many times to become proficient. It is okay, and necessary to take breaks in your studies. Taking small breaks will leave you feeling a renewed and ready to take on more information than if there are no breaks.



YOU ARE A HUMAN FIRST

Don't forget that you are a human being with feelings, needs and interests outside of veterinary school! Try to do one thing everyday that brings you happiness with no connection to school. It could be working out, a Duolingo language session, Face Timing family, or walking your dog. Whatever it is, enjoy the opportunity to be happy, and go slay your dream career.

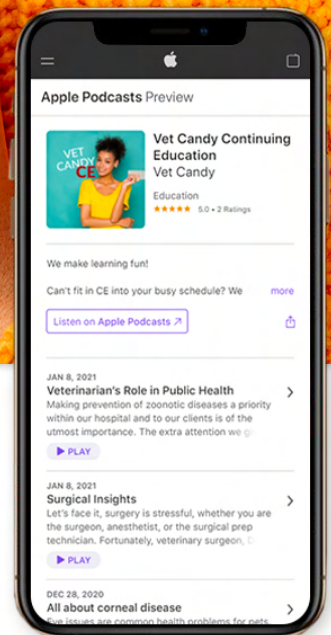


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How to deal with HOMESICKNESS

Shannon Gregoire

Exploring new places and creating fun memories is always exciting! But when you move far from home, usually there is a part of you, no matter how small, that will miss what you left behind. Here I've listed a few easy ways to stay connected even when you're far away.



Facetime or video calling

This is my favorite way to catch up with family and friends that I would not be able to see otherwise! I love getting that personal interaction that can be achieved on a much higher level when you can make eye contact (even through a screen!) and be able to share a smile!

around my room to remind me that even though we are physically distant, I keep my family and friends close to my heart always.



Spend time with new friends

Meeting new people and making new friends is the best part of moving to a new place! It's so much fun to have a friend from the area show you all the best parts of town! That way you make new memories, build a friendship and start to make the new landscape feel more like home.



Memorabilia from home

One of the ways that I stay connected with my hometown are the small decorations with sports teams on them, photos of fun memories on the wall, and cards that I've received. I keep these small tokens of home

Explore new hobbies

When was the last time you tried something new? It could be a new food, new exercise class, new book or new coffee order! Exploring new hobbies and interests allows you to broaden your horizons and become more familiar with your new surroundings when you create memories here.

My top **three** veterinary school necessities

Shannon Gregoire

Firstly, congratulations if you were accepted to vet school this year or are a returning student! I've put a list together here for a couple must-haves that have made my life in veterinary school so much easier!

1 School planner! I love using a planner with every day broken down in one hour chunks from 6am to 9pm. This allows me to fill in my ever changing schedule and easily visualize when I am busy and what free time I have during the week. I highly recommend a planner because that way no required events go unnoticed.



2 Smart water bottle! I've used a Bluetooth water bottle that syncs to my phone that tracks my daily water consumption! It's super easy to use and affordable! It sends you daily reminders when you are behind in your consumption and alerts you when you've hit your goal! For busy veterinary students that have so much to think about every day, this helps me stay healthy and hydrated!


3 Personalized stethoscope! This has been super important during vet school because there are so many stethoscopes floating around in a clinic on campus and off campus that being able to identify which one is yours is important. I thought I bought a unique color scheme for mine but during the first week I found out three of my classmates had the same one! Thankfully I had mine engraved! If you have it engraved upon order, usually the engraving is on the bell, my university store engraves them on the tubing, or for a removable ID you can get clips or tags that hang on to it as well.





Secrets *to healthier eating*

Giselle Richardson



In the hustle and bustle of vet school life, it is hard to find the time to cook something healthy. If you have to leave early in the morning and you are coming back late, you won't be quite motivated to begin whipping up some healthy stuff the moment you enter the house, right? But eating right and eating at the right times are extremely important things which can help you feel great and be energetic. The gut has another 'brain' of its own! The amount of neurons and receptors is high enough to give it a 'feeling' of its own. This feeling can be made nice and happy by putting healthy foods in your stomach.

Time is short and there isn't much scope for cooking and other kitchen work so let us help you start small with a few inspirations:

MICROWAVE MEALS:

The microwave presents ore opportunities to cook healthy meals quickly rather than just being a tool to heat up frozen meals. Be it a quick quiche, a mug cake or cinnamon breakfast quinoa – the microwave can be your go-to for any proper yet healthy meal. Eat the right food while spending lesser time cooking it.

3 INGREDIENT MEALS:

It may sound a little strange but 3 ingredient meals can be high on nutrition as well as great for your tight schedule which allows little time to prep extensive meals. Ample ideas are available on the internet for your quick and easy meals.

IRON FUEL-UP:

We seldom pay any attention to the importance of minerals but the lack of them can produce severe symptoms of deficiency. One such mineral is iron which when deficient causes depressive symptoms and also fatigue. Iron also improves muscular strength and can improve the quality of your day. munch on oatmeal, lentils, spinach and lean meats.

SOUPS AND STEWS TO THE RESCUE

Soups can be great comfort foods and also can be dense in nutrients without loading you up on excess carbs or fats. Make a batch for the week and store in freezer and you can thaw as required. The healthy soups can be made in variety and stored for emergency food situations! Microwave comes to the rescue here as well!



SMOOTHIE SHORTCUT

Dump all the dry, non-liquid ingredients in a Ziploc bag and stash in the fridge. When you want a smoothie you can simply unzip and pour milk or water and blend in the blender for instant, no-think smoothie which is great for health and tastes great too. Instead of sugar use dates or banana and make it even more healthy! Don't forget to put spinach in, for the extra iron boost.

CAFFEINE DOSE FOR THE DAY

People might look down upon when you are at the 5th cup of coffee for the day, and it is even not advisable to go for so much coffee for its high caffeine content but a little coffee revs up the metabolism and helps you feel more energetic and alert. Keep ground coffee or a portable manual grinder and enjoy your cup anytime of the day right at your work desk.



DON'T DO EVERYTHING YOURSELF

You don't have to go at it alone. If family doesn't or can't help, or you live alone, why not take assistance from apps and home delivery services that can provide your groceries at your doorstep? Maybe you can hire some help when you prep weekly meals? A slight investment now can help you get started on a healthier lifestyle.

PREP WEEKDAY MEALS ON WEEKENDS

Make and store as much food you can when you get your weekly off so that there is less chaos on a weekday when you are trying to get everything on time. Chop veggies, prep them, make smoothie bags, precook your quinoa and meat and rice and just keep the assembly pending for the particular weekday. Store in separate labeled containers and if school going kids are there in your household, have weekday wise, kid wise boxes ready and stored in the fridge to make things easier later.

LESS SNACKING, MORE MEAL

Snacking can easily lead to overeating, gaining weight and feeling lethargic. Too much snacking can even be bad for your sugar and electrolyte levels. There is lower

satiety despite a lot of food. Instead, limit the snack time to 2 or 3 times a day and have 3 square meals at any rate, a cup or two of tea or coffee thrown into the mix for a fulfilling, nutritionally sensible meal plan for the day.

MINDFUL EATING

Eating with your focus elsewhere confuses the brain as it is engaged in two activities and hence digestion becomes improper and hormone levels also fluctuate. You eat well but you don't get the benefit of you don't eat with your mind focused on the food. For those 5 minutes, close your laptop and set your phone aside, and actually taste what you are eating. Pay the food respect and it will respect your body.

USE A SLOW COOKER


Just dump the ingredients into the pot, set timer and leave! A healthy dinner will be ready when you reach back home and it will even stay warm, thanks to this wonderful invention called the slow cooker which takes the number of hours you would want it to take to cook anything. Some can even be controlled via smartphone-based controls – so that there is more involvement with the cooking process even when you are not near it.

TIME FOR SOME
SELF-CARE WITH
Dr. JESSICA



Why we all need more wellness in our life





Wellness is a state of mind – but it can be inducted into the mind easily! You can do certain things, even when short on time, to ensure that you feel alive and well at all moments.

It is more than being just “free from illness.” A mentally, physically and emotionally fine person can be said to be in a state of wellness. That’s the goal. Being well is what we are all working hard for. Toiling day in and day out is mostly because we want to be comfortable at the end of the day. But is it happening?

The overworked and overstressed forget why you are working so hard and what for; sometimes we want to focus on the bad things like looming bills, disrespectful customers, and debts.

Wellness as a goal can stop all of this and enable a better lifestyle infused with more energy, willingness and excitement amongst vets.

Here are a few inspirations to help you feel kicked and ready for any kind of life struggles:

Hydrate! We often forget the magic of drinking water and how important it is for our body and soul. Water is the best. Keep bottles of water on your desk and bring water with you when you travel.

Understand and manage stress! Look for addressing your stress instead of shoving it under the carpet. Sip green tea listen to music or take a quick walk around the block instead of turning to unhealthy options like binge eating ice cream or chips.

Limit the tech! How much phone and how much gadget in life directly points towards how stressed you are in life because clearly the more social media, the more the escapism of reality. Mute the notifications put the phone far away from the bed. Better yet, avoid your phone completely when at home.

Meditate! It is important for your wellness. 5 minutes in dim light before bed can calm you down, help you think clearly and will likely result in a more productive next day.

To-do lists! They help you stay organized and give you more focus. But being realistic in your to-do's is equally important.



Do you need therapy?

By Dr. Dara Querimit

Seeking out therapy is an individual choice. There are many reasons why people come to therapy. Sometimes it is to deal with long-standing psychological issues, or problems with anxiety or depression. Other times it is in response to unexpected changes in one's life such as a divorce or work transition. Many seek the advice of counsel as they pursue their own personal exploration and growth. Working with a therapist can help provide insight, support, and new strategies for all types of life challenges.

Therapy can help address many types of issues including depression, anxiety, conflict, grief, stress management, body-image issues, and general life transitions. Therapy is right for anyone who is interested in getting the most out of their life by taking responsibility, creating greater self-awareness, and working towards change in their lives.



Day in the life with Polish veterinary student, Tina Hansen

By Tina Hansen

If you've ever wondered what it is like to study in Poland, veterinary student, Tina Hansen shares a typical day in her campus life.

When it comes to my vet school life; it can be very varied. Some days we barely have classes, and some days we have classes all day. But here is an example of how a day can look like -pre-COVID!

I wake up around 06.45am and start getting ready for the day. My standard breakfast is two gluten-free pieces of bread, 2 eggs, and a smoothie with collagen/protein powder.

Then I pack my bag typically with a few notebooks, pens, and a bottle of water and snacks then I jump on my bike and get going. I bike over the beautiful bridges of Wroclaw city, and sometimes stop to indulge the beauty of the morning sun over Odra river.



In less than 10 minutes, I am at campus and parking my bike with other students. Our classes starts at 8am. We have a few lectures morning lectures that each last about 45 mins. Then we have a 15 minute break to grab our stuff and go to the another building, for labs. During that time I usually have an apple or some nuts.

My friends and I wait outside the labs and chat about school or just life in general. One of our lab classes is microbiology. During this class, we discuss different bacteria, make slides and look at them in the microscope. Labs usually lasts about 1.5 hours, sometimes with a 10 minute break in between.

For lunch maybe my friends and I usually go to a nearby restaurant or Starbucks and eat together. Our classes are very small, and everyone knows everyone. You could go with whoever, but I'd typically have a group of friends (3-5 girls from class) that I'd go with.

In many restaurants in Poland there's a buffet where you take what you want on a plate and weight it, and pay for the weight. I usually have chicken and some vegetables.

After lunch, we usually have another lab or class.

After school, I stop by the gym for an hour or two after, before heading home and making some dinner. I often make stews or soups. I would spend the evenings studying. Sometimes I meet my friends and we study together, go for coffee or play tennis. I usually go to bed around 10:30pm.

What I do on the weekend depends on the amount of workload I have at school. If I have a lot of studying to do, I spend most of the weekend in the library. If not, I may go to a sporting event. The best weekends are the ones when I can celebrate passing tests and getting through the week! When we go out, we start with pre-drinks at a friend's house and then we go clubbing. There's loads of good bars/clubs in Poland.

You can follow my journey on [**Instagram**](#)



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Why we shouldn't be ashamed of having debt

BY AM KUSKA

According to CNBC, a record 80% of Americans are in debt. This runs the gamut from credit card debt and car loans, to student debt and mortgages. Debt has become so mainstream, it's actually more normal to be in debt than it is to be debt free.



If you are in debt, those hefty payments you have to make every month probably wear you down. Even if you can justify the purchase, such as with a mortgage or student debts, struggling to survive while you pay down debt isn't fun for anyone.

No matter what reason you fell into debt however, you shouldn't feel ashamed about it. Debt isn't who you are. It's an outcome that came either by chance (through medical debt as an example) by a youthful bad decision, or to try and get ahead.

If you're in debt because you have a mortgage or student loans, you've chosen to take on these debts in order to better yourself and your future. Even if times are hard now, debt isn't permanent. Even if it is a huge amount of debt, you will always eventually be able to pay it off.

Debt is unfortunately an intrinsic part of our lives, and until society changes, it's unlikely we'll be able to avoid it entirely. Instead, if having a debt

with someone troubles you, focus on paying the debt down as efficiently as possible. If you have extra money to put on a loan each month, focus on the highest interest loans first, and go from there. As each loan is cleared, you will have more money each month to put on the loans, and eventually free yourself.

Whether you're embarrassed by the fact that you owe someone else, or feeling the pinch of monthly payment, debt is never fun for anyone. It isn't something you need to feel ashamed about, but rather something you need to address just like any other part of life. You can do it, and you'll come away from this experience a better person.

Want to learn more about money matters? Check out our [Vet Candy Guide to Money](#) from finance guru, Bryan Gum.

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Students who listened to Beethoven -did better on tests

College students who listened to classical music by Beethoven and Chopin during a computer-interactive lecture on microeconomics -- and heard the music played again that night -- did better on a test the next day than did peers who were in the same lecture, but instead slept that evening with white noise in the background.

Over the long haul -- when students took a similar test nine months later -- the boost did not last. Scores dropped to floor levels, with everyone failing and performance averaging less than 25% percent for both groups. However, targeted memory reactivation (TMR) may aid during deep sleep, when memories are theorized to be reactivated and moved from temporary storage in one part of the brain to more permanent storage in other parts, researchers said.

The study, supported by the National Science Foundation and conducted by Baylor's Sleep Neuroscience and Cognition Laboratory (SNAC), is

published in the journal *Neurobiology of Learning and Memory*.

"All educators want to teach students how to integrate concepts, not just memorize details, but that's notoriously difficult to do," said Michael K. Scullin, Ph.D., director of Baylor's sleep lab and assistant professor of psychology and neuroscience. "What we found was that by experimentally priming these concepts during sleep, we increased performance on integration questions by 18% on the test the next day. What student wouldn't want a boost or two to their letter grade? The effects were particularly enhanced in participants who showed heightened frontal lobe activity in the brain during slow wave sleep, which is deep sleep."

He noted that the effects emerged when using gold standard procedures: neither participants nor experimenters knew who received a particular treatment, sleep was measured using EEG in a laboratory setting, and the learning materials matched those that would actually be used in a college classroom, in this case an undergraduate microeconomics lecture.

Poor sleep is widespread in college students, with 60 percent habitually sleeping fewer than the recommended seven hours on 50 to 65 percent of nights. While students may be more concerned about immediate test results -- and TMR may help them cram for an exam learning by rote memory does not normally benefit grasping and retaining a concept.



For the study, researchers recruited 50 college students ages 18 to 33 for a learning task with a self-paced, computer-interactive lecture; and for two overnight polysomnography sessions, with the first night an adaptation to the lab and screening for sleep disorders, and the second done the evening of the lecture.

During the lecture, soft background selections were played from a computer: the first movement of Beethoven's "Moonlight" Piano Sonata, the first movement of Vivaldi's "Spring" Violin Concerto and Chopin's Nocturne in E-flat major, Op. 9, No. 2.

That night in Baylor's sleep lab, research personnel applied electrodes and used computers to monitor sleep patterns of both test and control groups. Once technicians observed a person was in deep sleep, they played either the classical music or the white noise -- depending on whether the individual was in the test or control group -- for about 15 minutes.

"Deep slow wave sleep won't last super long before shifting back to light sleep, so we couldn't play them endlessly," Scullin said. "If we played it during light sleep, the music probably would have awoken participants. The first slow wave cycle is the deepest and longest."

The music choice was important, researchers said.

"We ruled out jazz because it's too sporadic and would probably cause people to wake," Scullin said. "We ruled out popular music because lyrical music disrupts initial studying. You can't read words and sing lyrics -- just try it. We also ruled out ocean waves and ambient music because it's very easy to ignore. You're going to have a heck of a time forming a strong association between some learning material and a bland song or ambient noise."

"That left us with classical music, which many students already listen to while studying," he said. "The songs can be very distinctive and therefore pair well with learning material."

In the microeconomics exam the next day, the TMR of classical music more than doubled the likelihood of passing the test when compared with the control condition of white noise.

Scullin cautioned against confusing the Baylor study's findings with the so-called "Mozart Effect" -- the finding that having students listen to Mozart pieces led to better scores on intelligence tests. Subsequent tests of the "Mozart Effect" found that it either did not replicate or that boosts were strictly due to increased arousal when listening to energetic music.

"Mozart doesn't make memories," Scullin said.

Previous researchers have found that memories associated with sensory cues -- such as an odor or song -- are re-activated when the same cue is received later. When that happens during deep sleep, the corresponding memories are activated and strengthened, said co-researcher Chenlu Gao, a doctoral candidate of psychology and neuroscience at Baylor.

Early experimenters also played audio tapes during sleep to test whether individuals can learn new knowledge while sleeping. But while those experiments failed to create new memories, "our study suggests it is possible to reactivate and strengthen existing memories of lecture materials during sleep," Gao said.

"Our next step is to implement this technique in classrooms -- or in online lectures while students complete their education at home due to COVID-19 social distancing measures -- so we can

help college students 're-study' their class materials during sleep."

"We think it is possible there could be long-term benefits of using TMR but that you might have to repeat the music across multiple nights," Scullin added. "After all, you wouldn't just study material a single time and then expect to remember it months later for a final exam. The best learning is repeated at spaced-out intervals -- and, of course, while maintaining good sleep habits."





A day in the life: Napaporn Saelee

I am a veterinary student in my fifth year studying in Mahidol University which is located in the central part of Thailand. I hope to graduate in May 2022.

Studying veterinary science in Thailand takes a total of six years. On the final year, we have to do an internship on a variety of animals- wildlife and aquatic animals, horses, poultry and small animals etc.

I am sure everyone is aware and somewhat affected by the COVID-19 pandemic. As a safety

precaution, our university has made most of my classes online.

In the before times, this is what I get up to on a typical day as a veterinary student in Thailand:

Start of the day

I live in a dormitory (we call it a hostel) that is near my university. This makes it easy for me to attend my classes because I can simply walk to school.

I usually wake up at 7am, and then prepare myself for the classes by 8am. Usually, I will have my breakfast on the way walking to my class. There are many shops near my university, but most shops do not open in the early in the morning. Fortunately, the vegetarian restaurant that I frequently visit opens early. The food there is so delicious. I eat whatever is available, but my favorite is Panang curry with stir fry mixed vegetables.

When I done with my breakfast, I will walk to my university. **Mahidol University** is Thailand's first public international college. It is part of Mahidol University and is located on the university's Salaya Campus in Nakhon Pathom Province.

MY MORNING ROUTINE:

Our lectures always starts at 8:40 am. One of the topics we focus on is small animal medicine- which is also my favorite subject. After lectures, we have training on ways to communicate with pet owners, how to get the patient's history and also how to perform a physical exam. In another class we discuss diagnosis, treatment, prevention, and prognosis.

My favorite subjects are cardiology and oncology.





Lunchtime

At 12:30 pm, my friends and I will take a break from classes and have our lunch at the school canteen. I usually order Pad Kaphrao Hed (Fried mushroom with basil) accompanied by a fried egg, it is very delicious and food in the canteen is very affordable.

After finishing our lunch, I have a special cocoa drink. I love the taste of it and it gives me the much-needed energy to go through the rest of the day. If I have some extra time during our break, I will play a game on my phone with friends.

Back to school

Class usually starts around 1pm after our lunch break. One of my other favorite classes is “Clinical Problem Solving” in Small Animal Medicine. In this class we are separated into teams and we work together to solve an assigned mystery case.

We are able to ask questions of the “owner” who is the lecturer. After obtaining the information, our assignment is to have discussions within the group about what are the causes of symptoms, how to diagnosis them and how to treat the patient. Every diagnosis and treatment have their associated costs and we have to take that into account when we plan the treatment for the patient.

After school

After finishing with school for the day, I will always look forward to having my dinner.

My favorite dish is Som Tum (spicy green papaya salad) with sticky rice. Som Tum is a very popular dish and you can find it almost anywhere in Thailand.

After dinner, I rush to my internship at Prasuarthon Small Animal Hospital that located in front of our school. We participate in an internship from 5-9 pm when we observe how a practicing veterinarian works in hospital.

After that, I go back to my dormitory and rest. I usually go to bed around 11 pm.

My weekends

On Saturdays, I have to train puppies in “Good dog club”, which is a club for pet owners that want their puppies to be well trained. We train the puppies to ensure that they learn good habits. The puppies will learn about what they should do and they will get rewards such as treats when they show good behavior- the “reward-based training method”.

After that, at 5 pm I always go to scenic spot called “MU lake” inside my university for a stroll and find a place to sit while listen music. The view is incredible!

On Sundays, I just stay in my dorm for the whole day to work on my research project. Vet students are assigned projects to work on with professors starting from the forth year until we graduate. For my group, we are conducting a research about “A comparison of echocardiographic parameters in dogs with anemia caused by Canine Monocytic Ehrlichiosis and other causes”, sound interesting?

To learn more and to follow me on my journey on Instagram:

Napaporn Saelee

Tips to make a happy home with a roommate

By AM Kuska



Chances are, you're not going to be best friends with your roommate the first second you are thrown together. Although colleges have gotten better about using personality tests to try and match each other up, it's still meeting a strange person in a very personal location. These tips can help smooth the path, and even if you're not best friends, at the very least you'll be able to tolerate each other until the semester is over.



Set boundaries right away

You might think you are pretty easy going and chill, until you discover that your roommate leaves their milk glasses to chill on the counter for a week in the dead of summer. We all have 'deal breakers' that make it harder to live with another person.

If you know what bothers you before hand (thank you siblings) let them know. Otherwise, address the problems as soon as they come up. If you don't tell your roommate that you mind them 'borrowing' your food and clothing, it could be taken for agreement. Setting boundaries right away helps with that.

Follow your own ground rules

Don't take your roommate's stuff without permission, even if you really are only borrowing it. If your roommate has borrowed from you in the past and you have always been free with your stuff, it doesn't mean they are the same way. You also may not know your roommate's full story. That shirt you borrowed may have special significance, and wearing it may be a much bigger deal than it seems. Always ask, no matter how trivial the item.

Bathroom stuff and other 'consumable' items are frequent areas of theft, so you may want to lock your toiletries up in order to avoid having this conflict in the first place.

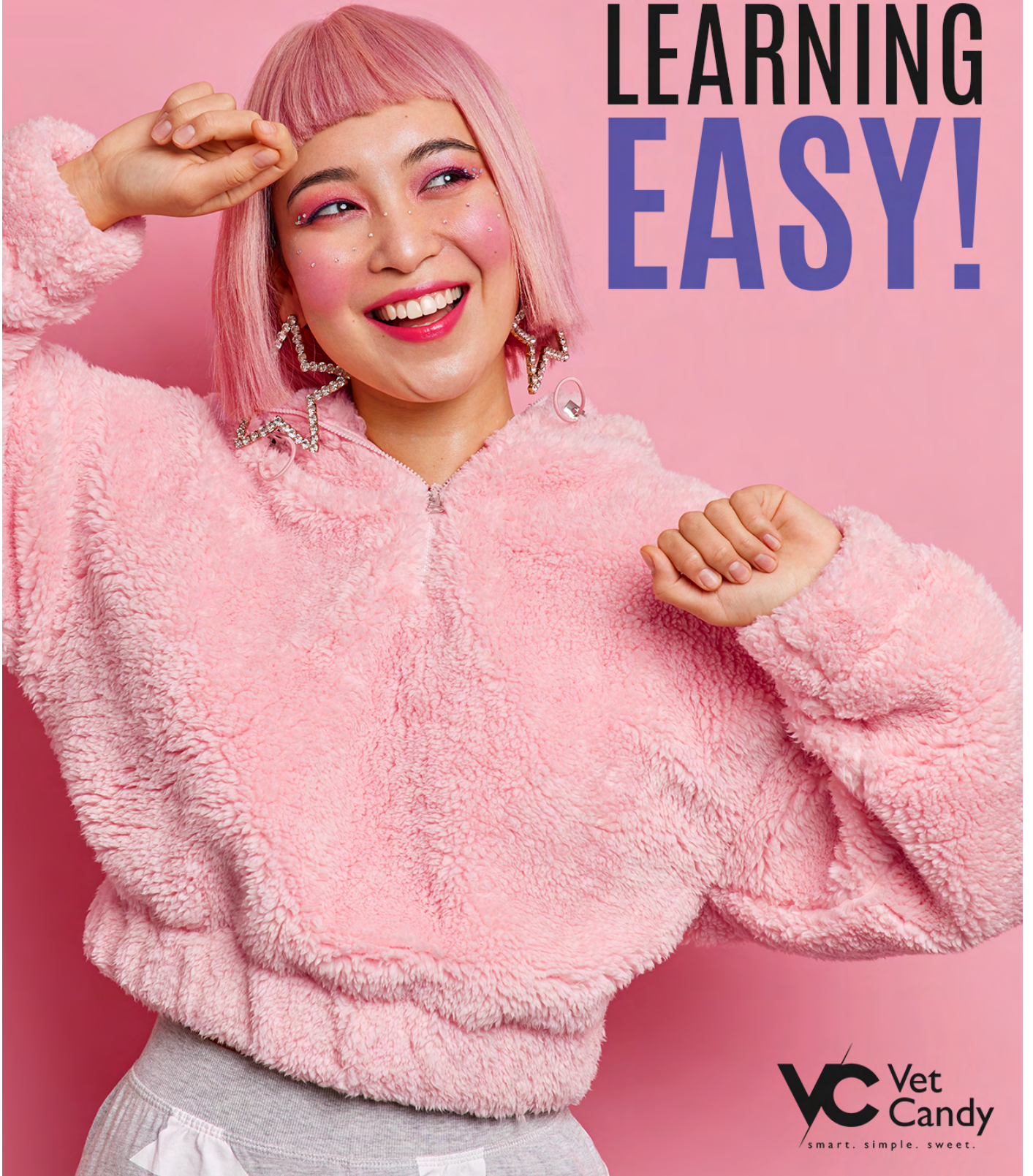
Prepare for illness

Sharing your room with another person also means sharing their germs. If your roommate is sick, odds are good you will be sick too. College crowds lots of people into small spaces, and that means lots of chances for germs to be transmitted. You can help cut this down by washing your hands with soap and hot water regularly, and cleaning off common surfaces like door knobs regularly.

If your concerned about the well being of your roommate, don't hesitate to get them help right away. A quick call to a nurse line hurts nothing, and it may save their life if they're extremely ill.



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A black and white photograph of a hand holding a bright yellow analog clock. The hand is positioned at the top of the clock, with the thumb and index finger gripping the top edge. The clock face is visible, showing numbers from 1 to 11 and a small 'QUARTZ' logo at the top. The background is a plain, light color.

Time management tips

Dr. Merrill Simpson

If there's one thing all college students seem to have in common, it's that they are all short on time. Whether you are short on time because you need to work to help pay for your tuition, you have a large course load, or you have tests coming up, lack of time is very common.

Write down all important dates

When you first hear a new piece of information, such as when your project is due, or when your next big test is, it's easy to think you'll remember it. Unfortunately when you have new dates and times coming at you several times a day, it's easier to forget.

Unfortunately forgetting you have a big test or missing an assignment can destroy your grades. You can avoid this by writing down all important dates, and organizing them on a calendar or in a day planner so you can see what's coming up on any given week.

List everything you have to do

Leading businesses are able to pull off tight deadlines through listing everything they have to do, and breaking up the larger things into small, manageable pieces. You can take advantage of this strategy by listing everything (yes, everything) you have to do, and checking them off as you complete them.

Breaking up the larger tasks also help because it's less intimidating to tackle "make your bed" versus "Clean and organize apartment." When you aren't intimidated by how big the task is, it gets easier to get the job done faster.

Beware of time wasting activities

We've probably all jumped on Instagram or Facebook just to check a few things, and then found ourselves hours later still scrolling through our feed. If you notice that you spend a big part of your study time goofing off on games or apps, you may want to find a way to limit your access to these things while studying.

Just as there are apps that can waste your time, there are plenty of apps that can help as well. If you struggle with Candy Crush being too tempting during study hour, you can resolve the issue by using an app that blacklists that game for a certain period of time.

Pay attention to efficiency

Do you always seem to study best when you're at a coffee shop versus at home? Can you remember absolutely everything your professor says during class, but can't seem to remember the page you just read from a text book. If you know how you learn, and what makes you the most efficient, you can save time without sacrificing your grades. If you learn best by listening, try getting books on tape or recording the professor. If you study best away from home, treat those coffee shop trips like an appointment for your grades.

Altogether, these activities can really help you save time and organize your day. You don't have to sacrifice your grades in order to be able to afford to study. With good management skills, you can live a balanced work, social, and study life that will let you do it all.

Get more great tips by downloading our free [GUIDE TO VET SCHOOL](#)





Dr. Merrill Simpson

Dating on a budget

Budgets aren't always amenable to the dating scene. While it's possible you'll find another person who is cool with meeting over McDonalds for dinner, but it won't be as impressive as hitting up a 5 star restaurant—or, well, any other restaurant.

Fortunately, you can pull off a great date on a budget with the right skills, and those skills don't have to include whipping out a credit card. Here's a few tips for creative (cheap) dates.

Take the date outdoors

Lots of dream dates involve holding hands while walking down the beach. Even if you don't live near a beach, long walks in nature are beautiful, memorable, and free. Planning activities such as hiking, picnics, or touring Christmas lights make for memorable dates that don't draw attention to how little you're spending on them.

Visit a museum

Museums are a wonderful way to help support your studies, have a new experience, and save money. Many museums have heavy student discounts, and even if they don't, you may be able to get admission free through your local library.

Check and see what options are available for you before heading out, so you're not surprised by a high end ticket price if these discounts aren't available to you.

Volunteer together

If you started dating due to a shared interest such as saving the planet or social justice issues, volunteering together could be a really great way to spend time together. Not only does volunteering cost nothing, you'll also be giving back to the world, which will make your date that much more special.

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