



The Canadian Pre-Veterinary Medical Association



MONTHLY NEWSLETTER

ISSUE 13

<https://cpvma.ca>

JUNE 2025

The monthly newsletter is your go-to source for all things CPVMA. Stay connected with event updates, read articles of inspiring experiences shared by pre-vet and current vet students, new opportunities for animal experience. Keep up with our news and highlights to empower your journey into veterinary medicine. All our newsletters will be available to read in our Newsletter Archives on our website. Thank you for being a part of our community!

Highlights of this issue:

- **Mental Health Panel Recap**
- **Executive Position Openings**
- **Executive Spotlight -ayah**
- **Article of the month**



Executive Team Updates

Summer is in full swing, and we hope you're finding moments to unwind and enjoy the longer days. While things may be slowing down a bit, CPVMA is still going strong behind the scenes.

Last month, we held our Mental Health Panel, and it was an incredibly thoughtful and impactful event. Thank you to everyone who attended and contributed to the conversation—it was great to see both students and professionals engaging so openly around mental well-being in the veterinary field.

Looking ahead, we're excited to share that we will be having some executive position openings this fall! Stay tuned for more information over the next few months if you're interested in getting more involved in the pre-veterinary community!

By your Jr. VP of Public Relations

MENTAL HEALTH PANEL

RECAP

The team at CPVMA hosted a Vet Med Mental Health Panel on June 11th which invited all pre-vet students to join us in an open & honest conversation about mental health in veterinary medicine. This panel featured Dr. Amanda (DVM), Felicity Pizarro (RVT), Pamela Kernohan (ACA), and Katie McCurdy (ACA) to share their experiences in the veterinary medicine industry, and share their advice and struggles with mental health in this field. The panelists fielded questions such as “What are some common challenges in your workplace?” and “Do you find that there are any unique challenges in the veterinary field?” as well as questions from panel attendees. Overall, it was a very informative panel that touched on the different struggles of mental health in veterinary medicine, and how building resilience can aid in these challenges.



Executive Position Openings



Are you passionate about veterinary medicine and looking to make an impact in the CPVMA community? We have exciting opportunities for you to get involved! Several executive positions are now open, and we're looking for enthusiastic, dedicated individuals to join our team. Whether you're interested in event planning, communications, or leadership roles, there's a spot for you to contribute and grow. This is a great opportunity to gain valuable experience, network with like-minded individuals, and help shape the future of CPVMA. Stay tuned for more details on how to apply!

Executive Spotlight

Meet Mayah

Hello pre-vet students!

I'm Mayah, an almost third-year Animal Biology student at the University of Guelph, and I'm currently serving as Junior Vice President of Public Relations for CPVMA. In this role, I help manage communications and work alongside an amazing team to keep everyone connected with the exciting things happening in the veterinary world. I also work with the Sr. VP of PR to write this monthly newsletter!

My favourite animals are definitely sloths! I've always been fascinated by their slow, deliberate movements and unique way of life. One of my big dreams is to eventually volunteer with sloth rehabilitation facilities in Costa Rica, where I could contribute to their conservation and care. I'm eager to work with exotic species and make a real impact on their protection and recovery.

I've spent the last three years working as a Veterinary Assistant at Sooke Veterinary Hospital, where I've gained hands-on experience with both small animals and exotics. I've recently been expanding my clinical skills in areas like blood collections and catheter placements. It's been a fantastic opportunity to learn from a skilled and supportive team who have been like a second family to me as I have grown over the years.

Looking ahead, my goal is to apply to veterinary school at WCVU in Saskatchewan after graduation, with the hope of returning to Victoria to work as a small animal GP. If vet school doesn't work out immediately, I'm open to pursuing a Master's before reapplying. But for now, I'm focused on completing my degree and continuing to explore my interests in the veterinary field.



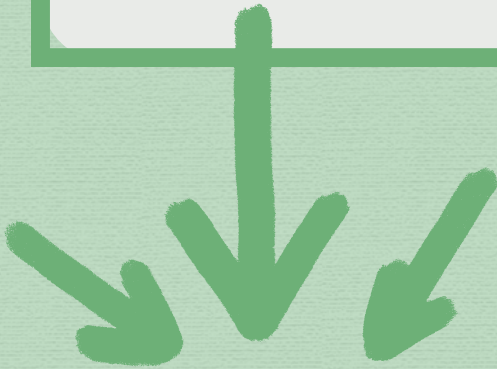
Advice for pre-vet students?

My advice is to try new experiences and see what sparks your passion. I never expected to enjoy working with exotics, but it's been so rewarding. I'm also looking forward to an internship at a wildlife rehab center next year to explore that further.

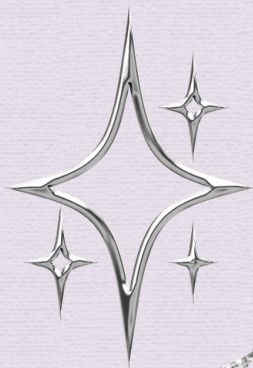
At the same time, don't forget to keep doing what you love outside of school. It's easy to get stressed by applications and grades, but balancing your passions is so important. I'm working towards my yoga instructor certification alongside school and my jobs, and it's been a great way to stay grounded.

Article of the Month

With the warmer weather here, it's important to remember that leaving pets in vehicles, even for just a few minutes, can be dangerous. Dogs, in particular, are at risk of heatstroke since they can't cool off by sweating like humans. This article covers the risks of leaving pets in hot cars, signs of heatstroke, and steps to take if you see an animal in distress. Learn how you can help protect pets this summer and spread awareness in your community.



..... Thank You Sponsors



educational services

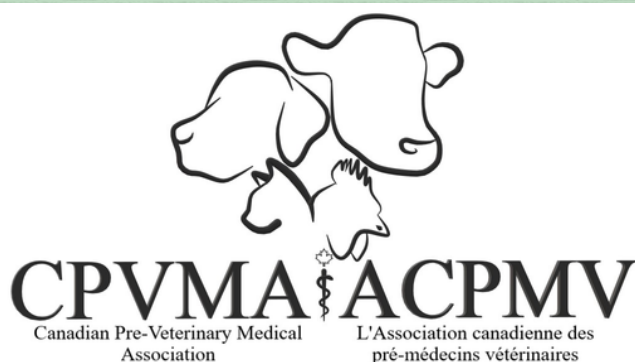


ROSS UNIVERSITY
SCHOOL OF VETERINARY MEDICINE

..... Thank You Sponsors



On behalf of the CPVMA team, we sincerely thank you for supporting our organization as well as being a part of our 2025 symposium!



The Canadian Pre-Veterinary Medical Association

WHO ARE WE?

The CPVMA is a student-led, non-profit organization that aims to connect the pre-veterinary community across Canada. Our goal is to provide resources to pre-veterinary students and give them the opportunity to network with fellow peers and professionals in the field.

OUR EVENTS

- Held online and accessible from anywhere in Canada
- Feature veterinary professionals and current veterinary students
- Prepare pre-veterinary students for success in their future!

SPONSORS NEEDED!!

The CPVMA is made possible thanks to the generous support of our sponsors. To learn more about sponsorship opportunities, please contact us at cpvma.acpmv@gmail.com.

STAY INFORMED!

@cpvma.acpmv

cpvma.acpmv@gmail.com

www.cpvma.ca

