



BSA Meeting
April 11th

Maximize your time with
the best experiences for
YOU

Updates

- T shirts are available for purchase, \$15 cash or venmo @lydiahuesgen
- Elections for 2022-2023 Treasurer, Vice President, Secretary, Social Chair, Volunteer Coordinator, Advertising, Public Relations are Tonight
- If you are Graduating (Whoo!) Let us know if you would like cords
 - You can email us at bsa.rams@gmail.com
- CVMBS Lab Crawl Social Event is April 28th, @4-6pm

Opportunities for Pre Med Students

CNA

What does a CNA do? Take vitals, hands on care such as assisting with activities of daily living, learn how to handle high patient loads, learn how to develop close relationships with patients and their families

How to obtain your license: 32 credit course, class length varies → take the state exam to get your license → apply!!

Where can you work? A long term care facility/rehab center, home healthcare or a hospital

Downsides: Can be emotionally draining, on your feet a lot

When your patient hits, yells, bites, or spits:



Phlebotomy

What does a phlebotomist do? Draw and prepare blood for testing

How to obtain the license: 32 credit course, course length varies- then pass the state exam

Where can you work? Blood drives, Plasma donation companies, hospitals

Downsides: a little stressful poking people with needles



Medical Assistant

What does a MA do? Take pt history, vitals, random clinical tasks, other tasks depend on facility

How to obtain your license: 9-12 month programs + externship + certification exam

Where can you work? Hospitals

Downsides: long program, expensive

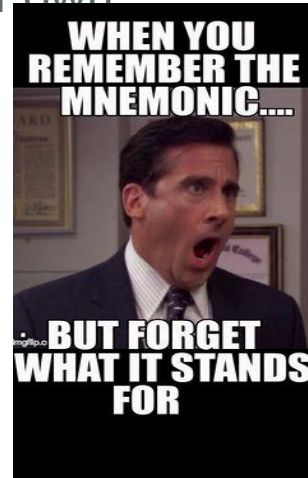
Scribe

What does a scribe do? Follow a physician and take their pt notes for them

How to obtain your license: Must be a proficient typer and have knowledge of medical terminology, 2 week orientation → supervisory period → on your own!

Where can you work? Hospitals (most popular)

Downsides: competitive, not as hands on as others



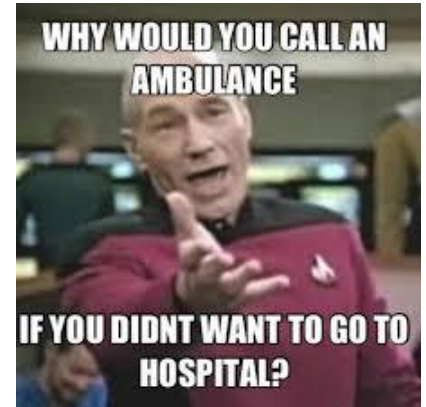
EMT

What does an EMT do? Simultaneously learn diagnostic skills while treating

How to obtain: take a course through Frontrange (1 semester long, sometimes longer)

Where can you work: on an ambulance or in the ER

Downsides: work long shifts (12 hours), emotionally draining, competitive field, must be able to work under stressful conditions



Why is clinical experience important??

- A break from school
 - Discover what you like and don't like
 - Teaches you to handle high patient volume and multitask
 - Experience in the field
 - You're learning things that are vital to your field of choice
 - It should be enjoyable
-

Shadowing

- Contact the person's assistant
- Connections
- Stay Persistent



Opportunities for Pre Vet students

There is more than one way to vet school

- There are two types of experiences vet schools want to see
 - Veterinary Experience and Non-Veterinary Experience
- How you get these experiences is completely up to you!
 - More on the next slides on what I did while at CSU
- Explore opportunities that come your way
- Explore diversity
 - There were a lot of questions about how you showed diversity on my applications
- Most importantly explore your interest, have fun, and be unique!



Veterinary Experience

- Anything that has a veterinarian present is considered Veterinary Experience
- Clinical Experience
 - Working in a vet clinic/ lab processing samples from a vet clinic
 - Fossil Ridge Animal Hospital, Moore Animal Hospital, Fort Collins Cat Rescue Spay and Neuter Clinic, Veterinary Teaching Hospital (VTH), South Mesa Vet Clinic, pathology labs
- Non Clinical Vet Experience
 - Working with a veterinarian but not in a clinical setting
 - Pets Forever, Study Abroad (depending on the program), Research (depending on your research), volunteering



Example of Non Veterinary Experiences

- Animal Non-Vet Experiences
 - Research (depending on your research)
 - Pet Sitting
 - Pets Forever (depending which group you are apart of)
 - Hearts and Horses
 - Rocky Mountain Raptor Center
 - Wolf Sanctuary
 - Volunteering at the Zoo
- Non animal, non-vet experiences
 - Research (depending on your research)
 - Study Abroad (Depending on the program)
 - Being a part of Clubs
 - Working a part time job!

HEARTS & HORSES[®]

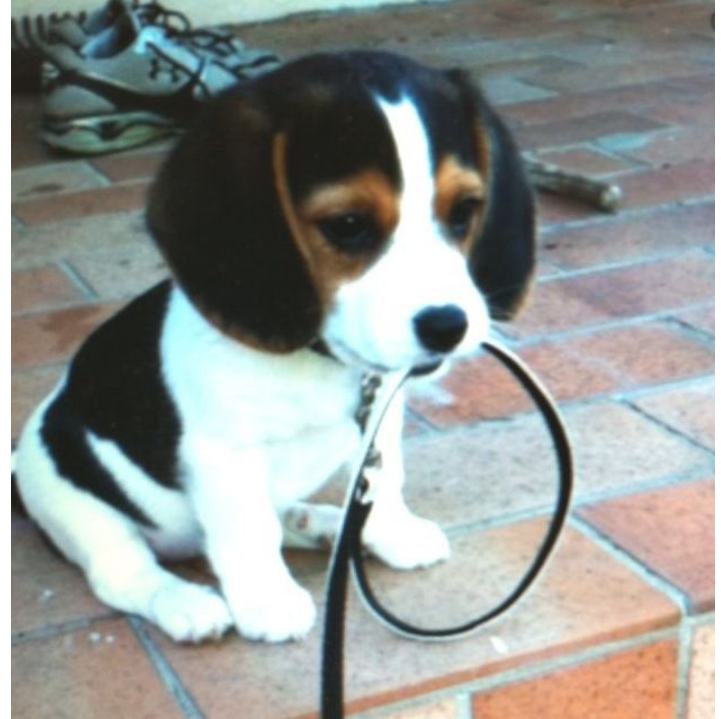
Therapeutic Riding Center



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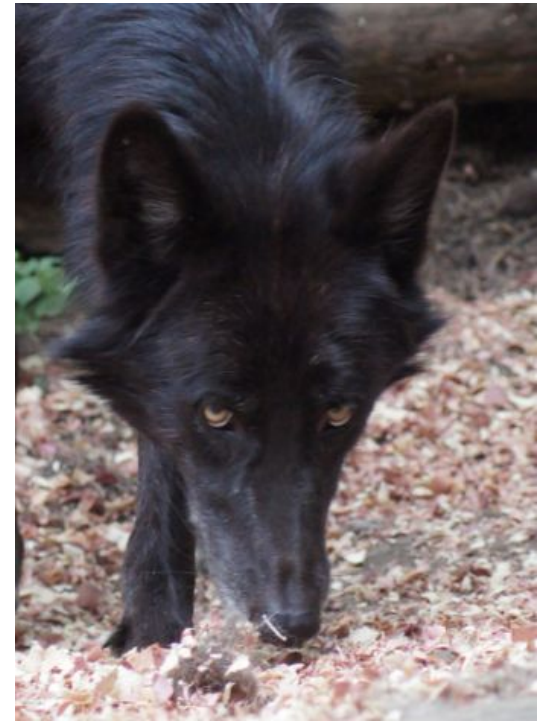
There are classroom opportunities here!

- Electives
 - Animal Nutrition
 - Pets Forever
 - Canine Socialization project
 - IT IS MORE THAN JUST DOGS!
- Certification
 - Spanish for Animal Health Care
 - President's Leadership Program
 - First Aid and CPR for animal
 - Offered by VTH in spring



How to get Involved

- Vet Clinics
 - Hand in resumes
 - Don't be afraid of rejection
 - Keep trying!
 - Most vet clinics need help during breaks
- Research
 - Straight ask your professors what they do in their lab.
 - If it sounds interested ask if you can join
- Volunteering
 - Go to club volunteer activities
 - Ask your elders (Seniors in college) what they do
 - Be prepared to work hard with great rewards
 - **VISIT BSA WEBSITE!**

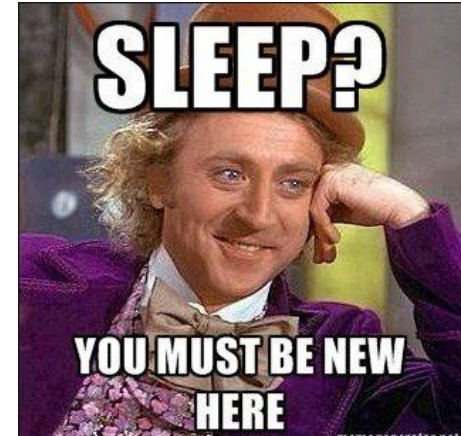


Our mission as a student-run club at Colorado State University is to focus on pursuing careers in the health care field, research, and more!



Tips I wished I knew when I was a freshman

- Plans will change all the time
- Make time for yourself
- Get out of your comfort zone
 - Build relationships with professors (office hours)
 - Hand out resumes to clinics for jobs
- Failure means growth
 - makes a great topic for your applications
- Write down your hours!
 - In addition to writing down your hours, write 2-3 sentences about what you did
 - It saves hours of time on your application
- Parking is free in “A lots” on Weekends, and after 4 PM on Weekdays



Research

Why should you do research?

- Learn lab protocols
- How to write a scientific paper and the process of being published
- Apply statistics and science previous learned
- Learn how to think like a scientist



How to start:

- Find your area of interest
- Discover programs that fit those interests
- Contact the Principle Investigator (PI) and let them know you're interested
- Set up a meeting
- Come prepared
- Stay involved and determined

Research isn't easy, and it's not for everyone, but having that experience is so important for applying to postgraduate programs to specify why it's not for you

Want to get involved tonight?

- The CSU altitude Chamber is looking for recruits!
- 10am to 3pm Monday, Wednesday, and Friday
- Can't make that that whole time? **That is okay!**
 - We are looking for people who can work part of the shift to help out
 - You don't have to be available for all 3 days of the week to get involved (I only do 4 hours a week)
- What will you do?
 - Ran the hyperbaric chamber
- Please come talk to me (Eden) after the meeting to learn more

Volunteer opportunities

Great Ways to Volunteer in Fort Collins

- UCHealth
- Animal Shelter
- Food Bank for Larimer County
- Outreach opportunities at CSU
- BSA!
- Online (Volunteermatch)

Alternative Spring Break- SLiCE

- Service Learning trips all based on different topics
 - 15 different trips all over the US
- Rural Medicine trip to Alamosa, CO: give participants the opportunity to explore major health issues, including opioid/alcohol addiction, poverty, and healthcare access. With a special emphasis on rural under-served areas, this trip will provide participants with the opportunity to gain vital and direct exposure to the health field, to learn more about issues faced by the community, to collaborate with local providers to make a positive impact and develop diverse connections.
- Why? A great learning experience, gain hands on experience, bond with other people like you and visit a new city with a unique learning advantage

COME TALK TO ME IF INTERESTED!!! This is a life changing experience.

Other Opportunities

- ★ Brain Awareness Week- Talk to me ASAP!!
- ★ RamRide- on campus
- ★ Camp Wapiyapi- week long camp in the summer for kids with cancer and their siblings