Welcome to the inaugural edition of the Veterinary Student Affairs newsletter! We are excited to bring you information about our students and the essential services and programs provided by our Student Affairs team.

I have been in my new position as Associate Dean for Student Affairs since July 1, 2011 and am inspired by the quality of our student body and their dedication to the College and the veterinary profession. Our students are interested in all aspects of the profession from private practice to global health; from public health to aquatic medicine. We currently have 578 students from over 30 different states and more than 100 different undergraduate institutions. We hope that through our newsletter you will learn more about many of their stories.

In our newsletter, we will feature a particular area of interest in each issue. For this issue we will focus on recruitment, our Annual Open House and our newly selected Student Ambassadors. We have a full-time employee, April Pugh, in charge of recruitment efforts for the College. April received her Master’s Degree in Student Affairs in Higher Education from Miami University in Oxford, Ohio and has worked in Student Affairs for 5 years. I especially want to mention our Annual Open House, which is run by our Student Council under April’s guidance. Last year we attracted over 3,000 visitors to the College to learn about our profession. It is a great community event and will be held May 19th this year. I hope all of you will plan to attend!

In addition to focusing on a particular area of interest, we will also feature regular columns including a Spotlight on Student Services, Health and Wellness, Student Involvement, and Ask Student Affairs Q&A column.

If you have any suggestions for our newsletter or for our office, please let us know. We have a great team that is truly dedicated to our students and The OSU CVM! Go Bucks!!!

A Message from Dr. Lord

If you would like any additional information on any of these events, please feel free to visit our calendar at vet.osu.edu/cvm/calendar, or email us at students@cvm.osu.edu.
Office of Student Affairs Selects First Group of Student Ambassadors

Twelve veterinary students, consisting of the first, second and third year classes, have been selected as the first College of Veterinary Medicine Student Ambassadors.

The ambassadors will serve as representatives at a variety of special events such as New Student Orientation, Open House, Midwest Veterinary Conference, White Coat Ceremony, Honors and Awards Ceremony, Oath and Hooding, admissions interview events, and alumni activities. They will also participate in student panels and recruiting activities, conduct Veterinary Medical Center tours for new and prospective students, alumni, and guests, and meet with donors to share their stories.

The ambassadors were selected for their strong leadership qualities, interpersonal skills, and sense of school spirit and pride. These students come from all backgrounds and from multiple states, thereby representing the diverse nature of our student body. All of our ambassadors attended customer service and tour training, and are expected to maintain regular communication with the Office of Student Affairs, be knowledgeable about the college, and serve as a positive role model for current and prospective students. For their hard work and dedication, student ambassadors will receive a scholarship funded by the Ohio Veterinary Medical Association (OVMA).

If you would like more information about the student ambassador program, please contact April Pugh at pugh.102@osu.edu.

Annual Open House

Every year, The Ohio State University College of Veterinary Medicine’s Office of Student Affairs and student council members organize the Annual Open House. This year’s Annual Open House will be held on Saturday, May 19th from 9:00 a.m. – 4:00 p.m. The event is a way for us to educate the community on the many roles veterinarians play in today’s global world. This event is free and open to the public.

We are expecting approximately 3,000 people to visit our college for behind-the-scenes tours of the Veterinary Medical Center, seminars and lectures, panel discussions, hands-on activities for children including a visit from Brutus the Buckeye, Anatomy Lab display, Pathology display, Children's Activity Center, Food and Fiber Farm, ultrasound demonstrations, BRAG Agility Dogs, music, food vendors, and much more.

The student council members work very hard to organize the Annual Open House and depend on the support and assistance of faculty, students, and staff to make the annual event a success. Last year more than 200 students, 40 faculty and staff, and 35 community organizations participated. We also encourage you to get the word out about this great event to your friends, family and community.

If you have any questions about the Annual Open House, please contact April Pugh at pugh.102@osu.edu.
Student Recruitment

The Office of Student Affairs has recently developed a student recruitment committee. The committee is made up of faculty, staff, students and alumni. The goals of the Recruitment Committee are to attract the best and brightest students who will bring a variety of interests and experiences to the profession and to promote the profession as one that has many diverse career options and opportunities. The committee will accomplish this goal by developing and participating in educational programs and events that will expose students of all ages to the profession.

As a part of our continued recruitment efforts, the Office of Student Affairs has met with and advised close to 1,200 prospective veterinary students during the 2011-2012 school year through advising appointments and various recruiting and outreach events including:

- Summer Exploration Program for top Ohio high school students – collaboration with OSU First Year Undergraduate Experience. Participated in five sessions over the summer.
- AgDiscovery Summer Camp for high school students
- YSP (Young Scholars Program) – top high school minority students
- Summer Series focused on Kids (PreK-5th) – Worthington Library
- Graduate & Professional Fairs throughout Ohio and surrounding states
- Pre-vet clubs
- OSU Think Buckeye – introductory look at OSU and an opportunity to connect early with area of interest
- Career Days at elementary and high schools
- OSU Health Sciences Honors & Scholars
- OSU Office of Diversity & Inclusion Fair
- Midwest Veterinary Exploration Conference
- 4-H Teen Conference
- Boy Scouts of America Exploration Program
- Over 60 tours of the hospital given to prospective students and their families

Most recently, April Pugh attended the American Pre-Veterinary Medical Association (APVMA) National Symposium Conference held at North Carolina State University College of Veterinary Medicine. The APVMA is a national association of students who help promote and stimulate interest in veterinary medicine. The APVMA Symposium is held at different veterinary colleges in the United States every year and highlights the diverse careers offered with veterinary medicine. The Symposium is actively attended by students interested in veterinary medicine and this year over 600 pre-vet students attended the symposium. This event was a great opportunity to meet with pre-vet students and inform them about the many opportunities the college has to offer and familiarize them with the veterinary school application process.

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.

– Vince Lombardi
Health and Wellness

Wellness is the optimal state of health of individuals and groups. Within wellness, there are two main concerns: the realization of one’s fullest potential as an individual and the fulfillment of one’s role in the family, community, place of worship, workplace (or school), and other settings. Wellness is not characterized by “hanging on by a thin thread” or “barely surviving”; rather, wellness is about thriving in all domains of wellness including: social, occupational, spiritual, physical, intellectual, emotional, environmental, financial, mental, and medical.

Ultimately, the dimensions of wellness all fall into two broader categories: mental or physical. This is critical to note as the mental or emotional components are often overlooked in lieu of the physical component. However, in order to achieve a state of wellness in our own lives, we must pay due diligence to each of the dimensions. We may not all be physically fit or free from disease; we can, however, all strive for increased wellness by dedicating intentional effort toward meeting our needs in healthy and productive ways.

Believe it or not, this is easier than it may sound because there is one essential tool that you can use to enhance your wellness that (a) doesn’t cost money (b) requires no special equipment or resources, (c) requires no additional time and (d) you can use anytime, anywhere! Want to guess what it is? B-R-E-A-T-H-I-N-G!

Practicing regular, mindful breathing can be calming and energizing and can even help with stress-related health problems ranging from panic attacks to digestive disorders. Since breathing is something we can control and regulate, it is a powerful tool to use for achieving a relaxed and clear state of mind. In this newsletter, we’ve provided one breathing technique for you to try. In our next newsletter, we’ll provide you two additional techniques. Try each and see how they affect your stress and anxiety levels. (Prior to beginning any new physical activity, please consult with your physician).

Exercise 1: The Stimulating Breath (also known as the Bellow Breath)

The Stimulating Breath is adapted from a yogic breathing technique. Its aim is to raise vital energy and increase alertness.

- Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed. Your breaths in and out should be equal in duration, but as short as possible. This is a noisy breathing exercise.
- Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm, suggesting a bellows. Breathe normally after each cycle.
- Do not do for more than 15 seconds on your first try. Each time you practice the Stimulating Breathe, you can increase your time by five seconds or so, until you reach a full minute.

If done properly, you may feel invigorated, comparable to the heightened awareness you feel after a good workout. You should feel the effort at the back of the neck, the diaphragm, the chest and the abdomen. Try this breathing exercise the next time you need an energy boost and feel yourself reaching for a cup of coffee!

Resources:
- www.definitionofwellness.com (accessed 03/05/12)
- www.drweil.com (accessed 03/05/12)
- World Health Organization Health Promotion Glossary Update (accessed 03/05/12)