**Meeting Notes**

* [PA student PowerPoint](Pre-PA%20Club%20Panel.pdf)
* How would you compare amount of studying between undergrad to now
  + Undergrad: same amount, less efficient
  + PA school: more efficient studying, won’t check everything off the to-do list, plan weeks and weekends around studying, more time management
* Typical Schedule
  + Depends on the day
  + Wednesday: 3 classes, in class for 3-4 hours
  + Tuesdays and Thursdays are longer – 7 hours
  + Some people study a lot during the week and keep weekends open, others still study on weekends
  + Still find time to do fun things around studying
  + Most days, up by 7-7:30am and start
    - 1 hour break for lunch
    - Done by 4-4:30
    - Study for the rest of the night
* How have you adjusted studying skills? What has stayed the same?
  + Narrowing down what studying tools I use. Prioritize active learning
    - Make Quizlet’s while lecture is going on
    - Rosh review
    - White board work
    - Undergrad was more reading notes and such, but now it is active recall
  + Undergrad: wrote everything out
    - Doesn’t work well in PA school because PA school pace is much faster
    - Notes are a chart, then Quizlet
    - Flow charts
    - Anything not time efficient, went out the window
  + Study off PowerPoints and only write things that are needed
    - Professors bold things and make it obvious what you need
  + Everyone studies differently
  + It is okay and normal to still be figuring out your study method
    - It is the first time at this pace of learning
    - Trial and error at the beginning
  + Anki with a remote while walking
  + Some people study great in groups, but others do not. That is okay!
    - Have to know what works for you and do what you need to
    - Do not change your habits drastically from undergrad, just modify it for grad school
  + Study type depends on the class
  + Anatomy allows for same study habits
    - Group work helps with this because some people know certain material better
* Did you get in first application cycle?
  + Everyone got in their first try, but some people took gap years
  + Some people were waitlisted and got in
* Are you happy with your choice of PA school? What were you looking for in a PA school?
  + Glad. Cohort is awesome and so is the director and faculty. Supportive environment.
  + One of the cheapest schools for PA school
  + La Crosse is fun and has a lot of outdoor stuff
  + Professors care a lot about the students and they help students work through problems
  + Looking for a program that already had clinicals set
    - 3 partners that are set and you do not need to find clinical sites
    - 2 week program at Mayo where you learn hands on skills
* What were favorite ways you got volunteer hours?
  + Do something that you enjoy
    - Built trails for volunteering because he looked forward to doing it
  + Doesn’t need to be healthcare, just something that you are passionate about.
    - Being passionate is something they are looking for in interviews
    - Makes passions real and genuine
  + Do something that you enjoy and will learn something from
    - Makes you a better person and adds to your life
  + Vida volunteer trips
    - Solidified desire to be a PA and see other parts of the world
    - Getting to work with different patient populations and seeing what healthcare looks like in other countries
* How does PA school affect your personal relationships?
  + Don’t see family much
  + Don’t see friends outside of grad school as much, spend a lot of time with cohort
    - Gain personal relationships with cohort
  + Lives with boyfriend, but still has to make time to really spend time with him
  + Hard to make time for people and keep up with communication
    - Talks about school with fiancé
    - Has one day a week that he climbs with friends from college
  + Another person sees partner once a week
    - It is about what you make time for and prioritize
    - Be picky about what comes first that day
    - You have to put you first sometimes
  + Schedule time to do something with boyfriend
    - make time for your life
    - go do other things and come back when your mind is clear
  + Sleeps in free time!
    - People around her are supportive of her needing to sleep
    - Do what you need to do to survive PA school
  + Tell yourself that this is temporary
    - Get through the 2 years and live your life
    - Make memories where you can
* Tips for applications and personal statements
  + Do what makes you stand out
    - Be passionate about it and be able to talk about it
  + Specific interactions that you had with patients that were your “aha” moment
  + What makes you, you
  + Write down specific patient encounters that you have while you have them
    - Helps with writing personal statement
  + Personal statement does not need to be the most beautiful piece of writing
    - Needs to be well written, tells your story, and is understandable
  + Start a spreadsheet with volunteering, shadowing, experiences, etc.
    - Contact information, date, hours, interactions, etc.
* Advice for first patient care job
  + Phlebotomist
    - Feel like you will be good when you start, but you may not be good at it
    - Was not good at it to start off with, having small veins is hard
    - It is a learning experience all the time
      * Don’t have to be good right away
    - Doing it to understand how to care for patients
    - You figure it out and get better
    - See the profession in a different way, interact with different healthcare providers
  + CNA
    - Introduce yourself, say what you are doing, etc.
    - Ask people what their routine is and try to form relationships
    - First time can be awkward, but you will learn as you go
  + Do something that you find interesting and approach it with curiosity
  + Ask the people around you to teach you about what they are doing
    - Find things that interest you
    - Forms connections
    - Makes the most of your time
  + Don’t force your patient care experience
    - Got EMT license summer after sophomore year
    - Make sure that you keep your GPA good
    - Gap years are okay and you can make up patient care hours during that time, you can’t make up your GPA
      * Prioritize GPA
  + Healthcare can be aggravating
    - Align yourself with the patients
    - Why are they screaming at me? Why are they refusing their meds?
    - Understand that they are vulnerable, anxious, and going through a scary experience
    - Finding out how to take care of a person where they are
      * Your people skills will set you apart long term
    - Find out what kind of provider you want to be
* If you could go back in time before PA school and give yourself advice, what would it be?
  + Every single test doesn’t matter
    - This single test or experience is not going to break me
    - The program is good and we will become competent PAs
  + It is a marathon, not a sprint
  + It will be okay
  + Grades don’t matter in grad school
    - Let perfectionist mindset go
    - You cannot learn everything
    - You will not get an A on every single test
  + Trust yourself
    - You will grind on studying and it may not feel like it is paying off, but then you apply it on tests or OSCEs and it works out
  + Don’t compare yourself to others
    - Hits max of studying and is thinking about other people studying more
    - Trust yourself and know what works for you
    - Do not force yourself to study if you do not need to
    - Know your limits
* How do you pay for life without a job?
  + We are poor and you will need loans, but it is okay
  + Gap year helped make some people money
  + Don’t let loans hold you back from getting coffee and living
* How did you figure out living situation?
  + Had to live in a hotel for a week until her lease started
  + Has a June to June lease but emailed landlord and they let her move in early
  + Another person lived in Reuter for a week
  + Message chat to get recommendations on where to live
* Should you have an iPad?
  + Yes. Everyone uses iPads except one person
    - One person thinks you can live without it, but used it a lot during the summer
    - It is nice to have if you can afford one, but it will not make or break your experience
  + Download notes and take notes on what professor is saying
  + Used iPad a lot during anatomy and physiology
* Getting to know each other at the beginning of the program
  + Met up at the beach the day before class started
    - What’s your name? What did you do? Etc.
  + Awkward at first because you are going to be with them for two years and trying to prove you belong there
    - Everyone is a normal person
    - It ends up coming naturally
  + People would send things in the group chat
    - “We are going to volleyball”
  + Have to get close to everyone because it makes going through school easier and you can learn from everyone
    - You are stuck with each other all day, every day so it is nice to be close
  + Personalities mesh well and you get comfortable with everyone
  + At the beginning, the professors did a good job of doing activities to help students mesh and communicate
    - Join groups with similar or different study methods
    - Helps to form connections
  + No one knows what you are going through other than your cohort, so you naturally form relationships with them because they know what you are going through
  + You are not competing with each other anymore
    - Share resources and support each other a lot
* Motivation or tips for undergrad
  + It is a moment in time, it is temporary, and it will go so fast
  + Explore things that you enjoy
  + Take it a day at a time
  + Find yourself
  + Try not to take undergrad too seriously
  + Keep telling yourself that you will get there
    - You can take a gap year, you can retake a course
    - You will make it happen if you are passionate about, regardless of how long it takes or what path you need
  + Explore your other passions and what else there is to life, or you will burn out in school or profession
  + It doesn’t need to be perfect
  + It will work out. Slow and steady. Don’t stress too much and have fun!
  + Interview looks for personality and communication skills!
    - If you get an interview, you are qualified to be there, so build your communication skills and how to deal with difficult things
    - That will make you stand out
  + Don’t give up hope if you are waitlisted, you can still get in
    - Don’t let getting waitlisted or not getting in hold you back from still pursuing PA school.