**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.