**2nd Year PA Panel Meeting Note**

* **Elections**
  + Positions
    - President
      * Time Commitment: Avg 2-10 hours/week (depending on time of year)
      * Duties
        + Facilitate planning meetings, function, fundraisers, and exec meetings
        + Communicate regularly with members, exec team, committees, advisors, guest speakers, financial office, COVE
        + Delegation
        + Staying up to date with the PA profession
        + Reviewing feedback and adjusting to needs of the club
      * Skills
        + Organization, communication, passion, time management
    - Vice President
      * Time Commitment: 3-4 hours/week
      * Duties
        + Assist president execute and plan club activities
        + Assist in leading events/meetings when president is unavailable
        + Schedule events, book rooms
        + Assist in making club slideshows
        + Helping other positions
      * Skills
        + Teamwork, leadership, adaptability
    - Secretary
      * Time Commitment: 3-4 hours/week
      * Duties
        + Creating attendance sheets/updating roster
        + Creating QR codes for meetings
        + Writing pre- and post-meeting emails
        + Responding to emails in a timely manner
        + Assisting president and vice president
        + Updating website/ meeting notes
      * Skills
        + Teamwork, leadership, patience, communication, professionalism
    - Treasurer
      * Time Commitment: 2-3 hours/week
      * Duties
        + Tracking expense/income for club
        + Collecting and recording club dues
        + Helping order apparel and monitoring who has paid
        + Running the club Venmo
      * Skills
        + Excel proficiency, detail-oriented tracking, communication (business office, other exec members, etc.)
    - Public Relations Officer
      * Time Commitment: 1-3 hours/week
      * Duties
        + Maintain online presence
        + Create engaging social media posts on club Instagram
        + Promote fundraisers + club events
        + Respond to messages on social media
        + Communicate with potential guest speakers/event sponsors
        + Communicate with other campus orgs
        + Work with the exec team on various tasks
      * Skills
        + Creativity/design skills, organization, friendliness/engagement, punctual, social media and marketing
    - Volunteer Coordinator
      * Time Commitment: 3-4 hours/week
      * Duties
        + Coordinate and attend volunteer events
        + Communicate with organizations
        + Track hours through UGetConnected
        + Meet lots of new people!
      * Skills
        + Interpersonal skills, passion for volunteering, time management/scheduling, communication
  + How elections work
    - Go by position starting with president
    - Each candidate who would like to run for that position will get up and give a 1-3 minute speech about why you would be a good fit for that role (it doesn’t have to be very formal)
    - Candidates for that position go to the hall and we do a raise of hands for each of the candidates to pick the winner for that role
    - Go down the line in the order listed above
    - You can run for another position if you do not make it into the first position you try for
* **CSP PA Program Stats Update**
  + A 200-level Statistics course in no longer required
    - It is now “one semester of statistics (at any level that fulfills the requirement for a STEM-related degree)”
    - No longer need one of the following: STAT 245, MTH 265, PSY 321
  + STAT 145 now qualifies
  + This info is not currently on their website; their program gave us the information
* **Second Year PA Panel**
  + 3 of them are in the Gundersen rotation, 1 of them is in the Mayo rotation
  + How does the second year compare to the first year of PA school?
    - Transition is tough. First few months of clinicals were rough because of studying for tests and preparing for patients. You have to be more engaged because you are with patients instead of sitting in a classroom.
    - Lauren says clinical year is easier. You are seeing the patients that you read about in the powerpoint. You can see the content first hand and solidify it. Tough to have an –hour work day and then go home to study. Solidifies why you became a PA
    - First year was the hardest thing I have ever done. Took 22 credits in Fall Semester, 2-4 exams a week in October. Have to balance many things at once. Clinical is applying that knowledge. You get to focus on studying for one test at the end of the month instead of studying for 4 tests in one week from the first year.
    - In didactic year, everything is new. You get used to things and then you start a new class. Clinical year, tests get easier as you go along because you have seen it multiple time. It is easier to remember things about the exam because you have seen patient examples. There are parts of clinicals that are overwhelming, such as preparing for the finals and boards and presenting the master's project.
  + How do you pick clinical rotations at UWL?
    - Rank your options and they try to give you your top pick or second pick.
    - Two-week boot camp at Mayo: hands on things. Splinting, casting, phlebotomy, simulation lab, ER boot camp, surgery boot camp, scrubbing into the OR, suturing, joint injections, surgery observation. Super fun hands-on learning. The best two weeks of the program.
      * Panels about jobs and fellowships.
  + Living situations for clinical rotations
    - Gundersen
      * Got an apartment in La Crosse area and stayed in one spot
    - Mayo
      * Mankato and Eau Claire have housing for students
      * No housing for students in Rochester
        + Inherited a “Mayo house” in Rochester from cohort above with 5 bedrooms that they rotated through
      * Move every couple of months or every month
        + Need to know how to travel light
  + What does a typical day during clinical rotations look like?
    - Varies greatly depending on rotation
    - Most of the rotations are a typical 7am-5pm shift depending on what appointments are scheduled. Show up early and look at the schedule for the day and familiarize yourself with the patients for the day. Some departments, you go see the patients first and present to your preceptor before going to see them together. Others, you go in with the preceptor first. Should definitely familiarize yourself with your patients.
    - For general surgery, you may be on 24-hour call and she stayed at Gundersen overnight for that. Was able to remove a femoral artery clot at 2 am!
    - Mostly no weekends.
  + What does studying look like during clinicals? How do you prepare to take the PANCE?
    - At UWL, you do your rotation and then you come back to La Crosse on the last day of that rotation called Seminar Day. You take a 120-quesetion end of rotation exam related to that rotation.
    - The exams are through PAEA which makes it standardized. It is not a UWL specific thing. You have a blueprint or task list for that exam that you can study off. You can make a list of how many things you must get through each day to prepare for the exam.
    - PANCE
      * Can schedule within 120 days graduation. Can schedule it on your own after graduating. You have been studying for it for the past two years, so she continues to study the topics broken down with some flash cards. After graduation, she will brush over everything. But if you do well on all your exams, you should be okay.
      * Can pay for review courses that you can go in and do a full review.
      * Took the PACRAT which is a practice board. It tells you that if you are above the line, you will pass the PANCE and if you are below the line, you will not pass the PANCE.
  + What is the Master’s Project?
    - You pick a patient and submit the case. You have the rest of the year to do research about stuff that relates to the patient. You then have to come up with a question.
      * One person did GI bleeds after heart attacks.
      * Then you present the patient, the topic, and the research
  + Clinical rotations
    - 11 rotations that are 3.5 weeks long
      * 7 required rotations
        + Family Medicine
        + Internal Medicine
        + General Surgery
        + Women’s Health
        + Pediatrics
        + Behavioral Health
        + Emergency Medicine
      * 4 electives that you get to pick
        + Make a list of 8 electives that you would be interested in
        + Cardiology is a must-do elective
    - You get a clinical schedule and where you will be
  + Favorite story from your clinical rotations
    - On general surgery rotation, was able to do weekend trauma service
      * Had a patient med-flighted in after a ATV rollover accident without a helmet
      * Did an alpha call where the patient needs to be back in the OR in 15 minutes
        + Had significant bleeding in her abdomen
    - Cardiothoracic surgery
      * Doing that they thought was routine, but an artery split open
      * Thought that is was fixed and they closed him, but then it went downhill and they had to reopen and do CPR. The patient lived!
    - Family medicine
      * Rural rotation in Sparta
      * You do more because there are fewer providers
      * Kid came in after falling off the monkey bars with a broken arm
        + Had to do the splint herself
    - Pediatrics
      * Got to circumcise a child
      * They don’t to learn how to do that
      * Doctor just said “Why am I doing this when you are here? Go for it!”
  + What do you think pre-PA students should know?
    - Focus on the patient care hours and reflect on how you feel when you interact with patients. Reflect on if you want to work with people
    - Try your best to make connections with people in communities that you may want to live in in the future. Shadow PAs, ask for letters of recommendation, etc.
    - Letters of rec
      * Medical, ideally PA
      * Academic – professor
      * Patient care experience that can speak to what you are like with patients
      * Someone from your life that can speak to what your character is like
    - She put so much pressure on herself to build the perfect application. Stressed about not being good enough.
      * Remember, you don’t have to be perfect. Don’t put too much pressure on yourself! Enjoy undergrad.
      * Figure out who you are, what matters to you, and lots of self reflection
        + That makes your application and interviews better
        + Know what fuels you and who you are, makes interviews so much better

“I am good enough to be here”

* + - * + If you really want this, it will happen

Your journey might look different than others, but you will get there if you want it

* + - Make an excel spreadsheet to keep track of patient care hours, volunteer hours, different patient care hours
      * Have experiences to bring up during applications and interviews
      * Helps you to stand out with stories
      * Write things down or you will forget about a lot of cool stories!
  + What does it look like to get a job?
    - UWL has helped with job opportunities.
    - One started applying last months and she had two interviews.
    - Jobs may hire you before you take the PANCE and your start date might be after you pass.
    - A lot of times, there is a wait time until you can start.
    - Wants a supportive team for a new grad
    - It isn’t a rush, don’t jump into the first thing that pops up
      * You can change if you don’t like it
    - One girl has a job
      * Had a general surgery rotation with a wonderful preceptor and his PA left so there was an opening
      * Unique experience