



MONTHLY NEWSLETTER



ISSUE 23

<https://cpvma.ca>

APRIL 2026

The monthly newsletter is your go-to source for all things CPVMA. Stay connected with event updates, read articles of inspiring experiences shared by pre-vet and current vet students, new opportunities for animal experience. Keep up with our news and highlights to empower your journey into veterinary medicine. All our newsletters will be available to read in our Newsletter Archives on our website. Thank you for being a part of our community!

Highlights of this issue:

- Symposium Reminder & Location Info
- Giveaway Details
- Executive Feature of the Month
- Article of the month



Executive Team Updates

The CPVMA's annual symposium is coming up fast! Make sure to get your tickets now! The symposium is from May 1st-3rd and the theme is One Health in Action: Bridging Animal, Human and Environmental Health. Keep reading to learn more about the location of our in-person symposium and all the topics covered. We have some amazing speakers and workshops prepared that you won't want to miss! This month's executive feature is myself (Sarah), your Junior VP of Public Relations! I love working on these newsletters for you all and hope you enjoy getting to know me! The article of the month unravels the fascinating human-like communication style of sperm whales. Thanks for tuning in, we hope to see you at this year's symposium!

Canadian Pre-Veterinary Medical
Association

L'Association canadienne des
pré-médecins vétérinaires

By your Jr VP of Public Relations

Ticket Registration

Is Open!

DATE: MAY 1ST -
MAY 3RD

Whole weekend pass options (online/in person):

Standard

\$15

Register before
30 April !!!

One day pass options (online/
in person):

Friday only

\$5

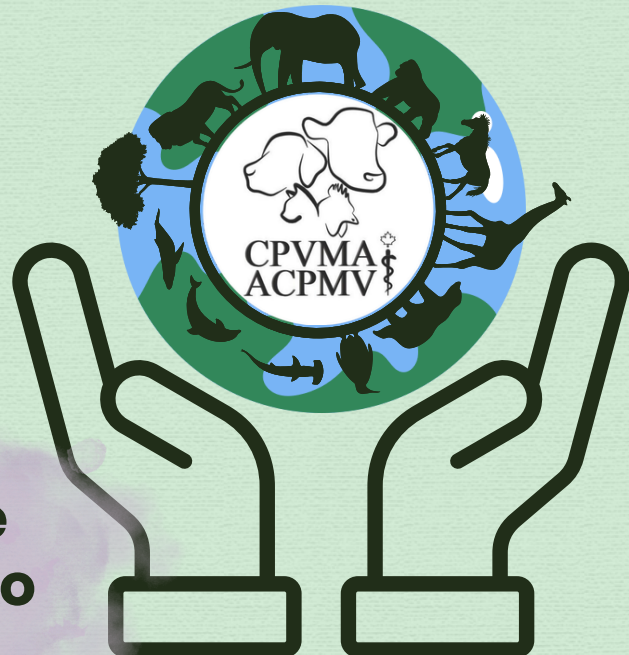
**Saturday or
Sunday only**

\$8

Parents don't need to
register if the attendee did!



Scan the
QR code to
sign up!



BACK BY POPULAR DEMAND...

HYBRID SYMPOSIUM!

Thanks to last year's success, the CPVMA is excited to announce we will be hosting the 2026 symposium hybrid again! You can join the symposium **virtually from anywhere** across the globe, or **in-person in Toronto, ON!**



While our speakers will be joining virtually, the in-person symposium provides an exclusive opportunity to:



CONNECT WITH OTHER PRE-VETS



**NETWORK WITH CPVMA EXECUTIVES,
SPEAKERS & SPONSORS**



**EXPERIENCE THE ENERGY OF A LIVE
EVENT**

Spots are limited, and will be available on a first come, first serve basis. Registration info is above to sign up!



IMPORTANT DETAILS



DATE: May 1st - May 3rd



**LOCATION: 489 Queen Street E, Toronto,
ON M5A 1V1**



**THEME: One Health In Action - Bridging Animal,
Human & Environmental Health**



2026 SYMPOSIUM SUB-TOPICS

LISTED ARE THE VARIOUS TOPICS COVERED AT THIS YEAR'S ONE HEALTH IN ACTION SYMPOSIUM! FULL AGENDA WILL BE POSTED ON CPVMA'S INSTAGRAM!

- Animal Rights & Welfare



- Surveillance & Prevention of Zoonotic Disease

- Future of Antibiotics & Antimicrobial Resistance



- Laboratory Animal Health as One Health in Action



- Community-Based Veterinary Care

- Diversity in Veterinary Medicine

- Mental Health



- Wildlife Health & Outbreak Prevention



- Food Safety & Sustainable Food Systems

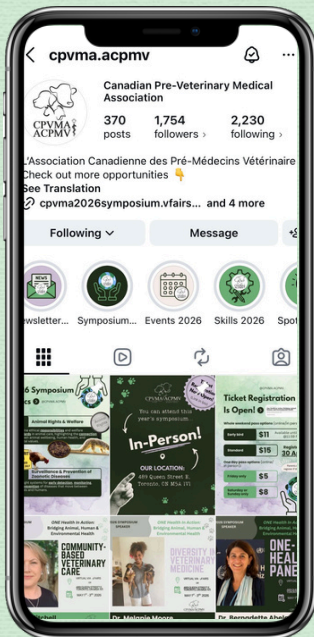


THE CPVMA TEAM IS EXCITED TO ANNOUNCE WE
ARE DOING A...

GIVEAWAY!



WIN A FREE SYMPOSIUM TICKET!



FIND ALL
GIVEAWAY DETAILS
ON OUR
INSTAGRAM
@CPVMA.ACPMV



Executive Feature

SARAH MONSON

JR VP OF PUBLIC RELATIONS



Hi everyone! My name is Sarah and I am this year's Jr. VP of Public Relations. I am a 2025 graduate of the Animal Biology program at the University of Guelph, and am currently applying to OVC. I have loved connecting with other pre-vets through the CPVMA, and I am excited to share my veterinary journey and advice, in the hope that it helps other pre-vets!

Currently, I am interested in pursuing a career in small animal muscular rehabilitation, and possibly orthopedics. I am also interested in wildlife and equine medicine. I am fascinated by the musculoskeletal system, and therapies used to help animals rebuild muscular strength. I believe this interest of mine developed because I grew up as a competitive Scottish highland dancer. As a dancer I was constantly learning about how the body moves, and how to strengthen and stretch muscles appropriately to achieve goals and avoid injury. I taught dance classes throughout high school, which made me fall in love with taking on a leadership role, and inspired me towards becoming a veterinarian.

Throughout undergrad, I started working as a veterinary assistant for a small animal clinic in Guelph, and back home. For both of these experiences I started out as a volunteer, and worked my way up to a paid position. I absolutely loved working in a clinic and getting to learn directly from the veterinarians. While working at the clinic at home, I got to observe multiple canine orthopedic surgeries. The surgeon talked me through each surgery, allowing me to learn and see what it is like to be a specialty surgeon. Some of my favorite campus opportunities from undergrad include College Royal, working with the OAC Liaison Team and taking the Experiments in Animal Biology class in my final semester. In this class, I got to conduct a research experiment with a group of my peers (including one of my best friends!) and work directly with piglets.

Since graduation, I have been using my gap year to gain a variety of experiences to explore more fields in veterinary medicine, learn more about myself, travel and learn new skills! From May to February, I continued to work as a veterinary assistant and worked as a supervisor at a pet boarding facility. Alongside work, I started volunteering at an equine barn, and with a local not-for-profit that provides accessible & low-cost vaccines and examinations for pets in the community. After saving up for a few months, I hopped on a plane in February to Australia! During my travels, I have been volunteering at a wildlife hospital & rehabilitation facility, where I help with the daily weighing, feeding and medication administration of sick and injured wildlife, helping them recover prior to release. I have had the pleasure to work with so many species, including exotic birds, small marsupials, lizards, kangaroos and more! I hope to continue travelling throughout my veterinary career!

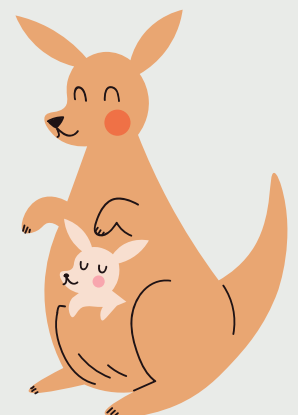
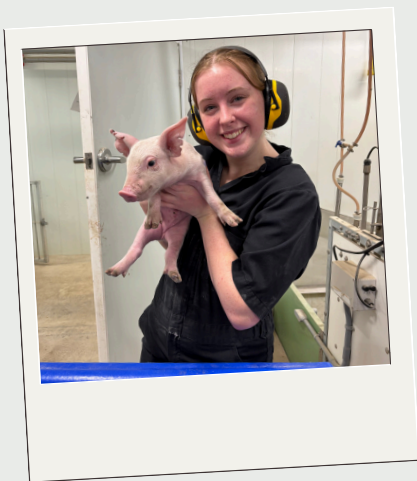
CONTINUED BELOW...

My Advice to Pre-veterinary Students:

Stay true to yourself and don't let comparison get in your way! I didn't have much veterinary experience coming out of high school, and I really doubted myself in first year when comparing myself to the experiences my peers had. To get through the doubt, I found it helpful to keep an open mind, take any opportunity to build connections, and to be proactive to gain the experience I wanted. Your journey will be different from your peers and that's a good thing, it's your uniqueness that sets you apart!

One of my favourite quotes of advice is "Just because you see someone else thriving, it does not mean you are failing. Give yourself grace, progress isn't always loud.". I'm almost certain I heard it on tiktok (lol), but I remember hearing it shortly after being rejected from vet school for the first time. It helped me navigate the grief I was feeling and reminded me of the importance of acknowledging my personal progress, while still celebrating my friends who were accepted into vet school during that time. I think it is so important to remember that while we share the same goal, it is not a competition. Rejection isn't failure and it's okay if it takes time to reach your goals. Although rejection was hard in the moment, I have become so grateful for everything my gap year has helped me learn and accomplish, and I am so ready to try again!

Thank you for reading about my path towards becoming a vet. I am more than happy to chat if you have questions about getting experience, travelling, or navigating doubt and rejection. Keep being you, and don't forget to enjoy your journey! <3





The Canadian Pre-Veterinary Medical Association

WHO ARE WE?

The CPVMA is a student-led, non-profit organization that aims to connect the pre-veterinary community across Canada. Our goal is to provide resources to pre-veterinary students and give them the opportunity to network with fellow peers and professionals in the field.

OUR EVENTS

- Held online and accessible from anywhere in Canada
- Feature veterinary professionals and current veterinary students
- Prepare pre-veterinary students for success in their future!

SPONSORS NEEDED!!

The CPVMA is made possible thanks to the generous support of our sponsors. To learn more about sponsorship opportunities, please contact us at cpvma.acpmv@gmail.com.

STAY INFORMED!

@ [cpvma.acpmv](https://twitter.com/cpvma.acpmv)

 cpvma.acpmv@gmail.com

 www.cpvma.ca

