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The Decade Long Journey From Student to Lecturer

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& Clinical Skills Veterinarian

Deputy Chief Adviser of Studies

**WORLD
CHANGERS
WELCOME**





- **Graduated as a Vet from University of Glasgow in 2006**
- **Spent a decade in various sectors of our industry**
 - Private
 - Charity
 - Volunteer
 - Internship (Saskatchewan, Canada)
 - Academic since 2016
 - Lecturer in Primary Care Practice – between Scottish SPCA & Garscube Campus
 - Deputy Chief Adviser of Studies for the BVMS Degree Programme
 - Studying towards COSCA Certificate in Counselling Skills
- **Feeling of wanting to provide 'better' than what I received**
- **Conscious of the internal truths & challenges of our industry**
- **Huge need for support of not only our colleagues but also ourselves**



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- **Male Vets sat just outside top 30 for suicide (2001-2005)**
- **Female Vets in the top 5 for suicide (2001-2005)**
- **Approximately 19,500 'Active' Vets in the UK**



Reasons Cited for Mental Ill-health in Vets:

- Financial pressures
- Debt
- Work-life balance
- Lack of support
- Euthanasia of patients
- 'Perfectionist' nature
- Access to means (suicide)
- Maladaptive responses – substance abuse

- Relatively 'small' profession in the UK
- It is a real risk and increased awareness in the past 5 years



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What Are We Doing Currently?





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'Our' Community Supports Our Members



- **Student led formal support network**
- **Initiates contact prior to arrival**
- **Airport pick-up**
- **Welcome reception**
- **Accommodation advice**
- **Establishing bank accounts**
- **Pots & pans**
- **Electrical equipment**
- **Recommendations for Books and Study**

****Scope here for prior interaction via a video platform, virtual tour, student videos detailing the above...?**





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Feel Good February:

- **Student Creation**
- **Month of February '17 & '18**
- **For Staff & Students Alike**
- **'Motivation Mondays'**
- **'Cup of Tea Tuesdays'**
- **Bake Sales**
- **'Throwback Thursdays'**
- **Free Gym Passes & Group Classes**
- **'Massage Your Worries Away'**
- **Yoga**
- **Dodgeball Tournament**
- **Family & Friends 5K Fun Run**
- **#howyoudoing?**
- **#Utakecareofyou**





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Am I ready for
what comes
next? This is
what I wanted
to do...right?

Time to start
my 'new' life,
but need to
find THE
job...

Everyone is
moving
away...
Who's going
to support
me?





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Any questions?

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