

Dear First Years,

Welcome to Vet school and congratulations on making a start to the most exciting period of your life!

We are the Vet Academic Mentors (also known as VAMs) - a group run by students, for students. We are a friendly bunch of people who are always around to help you with your academic needs.

Vet school can be daunting; lectures, note taking and revision can be difficult things to get used to when you start university. But that's where we come in. We can help with things such as time management, revision techniques, how to get the most out of lectures and general academic mindset.

You never need to feel alone when you're struggling – it is so common to have ups and downs throughout vet school, but there is always someone there to help when you need it!

Please feel free to contact us any time you have any academic worries by contacting us individually by email (see the VAMs posters dotted around the vet school buildings and attached here). Some of us will also be around during welcome week so please do come and say hello, and throughout the year we will be running workshops on different aspects of learning.

We look forward to meeting you – please do reach out if you need anything!

Best of luck and have fun in your first semester!

Best wishes,

The VAMs team x

Vet Academic Mentors

Here to help you become a better learner



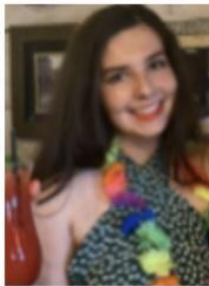
Hello! I'm Chris and I'm a third-year vet student from Tamworth. I'm not from a 'Horsey' or Farming background so I know how daunting it can be to come to vet school when it seems everyone else has done it all before. That being said, I've loved learning about all the different industries and professions that a Vet can go into. My hobbies include Trampolining, Drama and just generally pestering my dog for attention. If you find yourself struggling with workload, motivation or just need a few pre-exam tips then feel free to email me at hlcdutt2@liverpool.ac.uk and I'll be happy to provide any academic support I can offer.

Hi, I am Bella and I'm a fifth year. I'm originally from Doncaster and after graduating I am hoping to work in fully mixed practice as I cannot pick a favourite! I came to vet school straight from A-levels so over these past few years I've tried every revision technique known to man and I'm hoping to use this experience to help anyone struggling with the academic side of the course. Whether you need revision advice, educational support, or anything else I'm always happy to help.

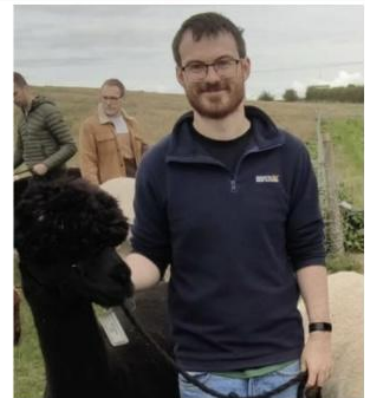
hlaslack@liverpool.ac.uk



Hi everyone, my name is Louisa and I'm a 3rd year vet student from Sheffield! I love all things vetty (especially equine and exotics) and want to make a difference to other vet students who are struggling with the large volume of content or want to improve their time management and organisational skills. Drop me an email if you'd like to have a chat over a coffee and make some changes! - hllmoll@liverpool.ac.uk



Hey I'm Shauna and I'm a fourth year from Derry. I came to vet school straight after repeating A-levels. I enjoy a good cup of coffee and going to the gym. If you ever need any help with your learning, or if you're struggling with any work, feel free to get in touch by email or over a coffee s.m.creamer@student.liverpool.ac.uk



I'm Phillip, I am currently a third year. I started this course at an older age via a different pathway in life. I am also a neurodivergent. Over the years I have developed a revision technique that is best suited for me. However, due to the trial and error I have become very suited for developing current revision strategies, especially when handling autism or ADHD.

I am always happy to help on a one off or on a more regular basis. I promise I won't just say "mind maps". I will always be available to talk, if you are struggling with the academic side of the course, or just plain not liking it.

h1pcaldw@liverpool.ac.uk

Hello, I'm Emma from Bolton! I'm a fourth year vet student and the vet academic mentors lead. Outside of my studies, I enjoy reading, yoga and napping (a lot!). I hope that as a peer academic mentor, I can help people improve their study technique and mindset towards learning. We all know that vet school is a lot of work, but I'd like to help people manage their workload to reduce stress and make university a more enjoyable experience. hlesellw@liverpool.ac.uk





Hello, I'm Laila, a third-year student from Southend. I have had a whirlwind journey at vet school featuring two different suspension periods so have experience of getting back into the swing of things after some time out. My passions outside of Uni include teaching secondary students and running my small business. In the future, I would love to work in the education sector to help other students grow. If you're struggling with the workload or feeling unmotivated, please get in touch. I'm always up for a coffee and a chat! hllbokha@liverpool.ac.uk



Hey, I'm Navika and I'm a third year graduate student. Having completed a degree already, I've tried many different revision techniques to find what's most effective and have since continued an interest in all the various learning styles. Outside of vet school, though, I love to read and bake! The high workload from this course can be intense and overwhelming but I'm hoping to help anyone who might be struggling so that they can improve their academic skills and have a better time at uni. Feel free to message me about anything you need help with and we can work through it together!
hlnnaick@liverpool.ac.uk

My name is Scott. It took me a long time to figure out the best techniques for revision in vet school. I have learned to adopt different learning styles for different aspects of the course and find what works well for me. Understanding the options available in terms of revision and learning techniques is a massive advantage in making life easier for yourself. hlspears@liverpool.ac.uk



Hey I'm Lexa, I'm a third year student from Manchester! I love spending time outdoors, rock climbing, running and going to the gym. I came to Uni straight from my A-levels and know that Vet school can feel really overwhelming at times! If you're ever struggling or worrying about academics, feel free to shoot me an email to organise a chat to help get you back on track
hladenne@liverpool.ac.uk



Hi my name's Alice, and I'm in final year from Manchester. Outside of vet things, I do pole dancing, wild swimming and lots of cooking. Anyone can find the course a bit hard at some point – I resat 3rd year so I know how tough it can be. If you are reading this and think you could use some help, please get in touch!
hlawebb2@liverpool.ac.uk

Hi, I'm Abbey and I'm a third-year student, originally from Shropshire. Outside of vet school, I love riding my horse, walking, and anything creative! The vet school workload can be a lot to deal with no matter where you are in the course, so feel free to drop me a line for anything academic.

Email: hlmor10@liverpool.ac.uk



Please note that although we will try to mentor the people who contact us individually, it may not always be possible - some of us may already have too many mentors so you might be directed to another mentor instead. Don't worry though - we are all trained and more than happy to help anyone who needs it! You can also contact us on vetPAMteam@liverpool.ac.uk