



January at a glance:

*January 9th: Little Alice Lynch was born.

*January 10th: 1st day of the semester.

*January 12th, 19th, and 26th: Student interviews

*January Birthdays: Nadia, Joseph, Kimberly

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DIVING DEEP

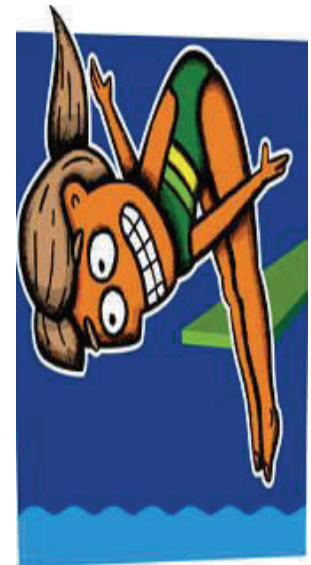
Welcome to the first ever PA-S class of 2010 newsletter. It is an honor and pleasure to be the historian for our class. As all of you know, I have been interested in keeping a “running history” of our experiences as PA students. I thought this might be a good way to remind us to keep up with this running history. I’d like to use this newsletter to share some components of the present, the past, and the future of our class, other classes, our program, and the PA profession in general,

I think it appropriate to entitle this editorial “Diving Deep” as our second semester is well underway. Beyond busy schedules, preparation for surviving tough exams, and anxiousness of seeing real patients, we find ourselves becoming more of a family every day. We are learning

“the little things” about each other either through the many group activities we are required to do, or through our increasing dependence on our study buddies. Our favorites of course, are our study buddies, who teach us and learn from us, motivate us and be motivated by us, listen to us, and be listened to by us. What wonderful experiences we are sure to carry away from this semester alone!

Needless to say, diving deep can sometimes feel like drowning. I hope that by sharing stories, funnies, pictures, etc.. we can somehow see that we are not alone in the ocean, but rather appreciate every step of the adventure. I hope you will choose to send your ideas and additions periodically.

—Julia Atencio



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Oooh! Remember Your Interview?

Many of us volunteered to be student hosts for this year’s prospective student interviews. Bittersweet memories of that day just a year ago, flooded our minds and our hearts as we breathed a sigh of relief and thanks that we did not have to do that again.

The comments from our professors following the interview process sum up the special character and high level of professionalism that we take such pride in as a group. Both Professor Sauer and Professor Colver indicated that the applicants enjoyed our presence and

appreciated our willingness to talk with them. Dr. Blessing added, “I am very pleased with and proud of your contributions to your profession, department, school and university”. Congratulations on being who you are!!





“Each day, I looked at my class and found myself thankful for being surrounded by such a good group.”

Spotlight on YOU! Featuring Carlos Mendez

Well I have officially finished my first semester of P.A. school. It has been a great and learning experience so far. Seventeen hours for the first semester is enough to keep you busy, but the staff does try to spread out exams to help out students (i.e. Dr. James). Each day I looked at my class and found myself thankful for being surrounded by such a good group. This class truly epitomizes what a team should be. We have six family members in Laredo, but that has not stopped us from bonding together. Of course there is a competitive nature here, but that in no way prevents the class from helping each other. I feel that the first semester was a good way to calibrate yourself. You become able to recognize if you have to step it up or keep the same routine. The second year students gave us a heads up of what to expect, but then again the only way we really know is to experience it. My best advice is to be flexible, things do not always run smooth but with an open mind you will be able to adapt.

—Carlos J. Mendez Jr.

Q and A

Featured student:

ELIZABETH CASTILLO

Q. Who was the person or person's in class who you made instant friends with?

A. Mine would have to be Natalie...she's my roommate.

Q. Who did you study with most often?
Again, Natalie :)

Q. Who do you spend the most time with?

A. I don't think that anyone beats Natalie :)

Q. Did any of your rotation experiences leave a lasting impression on you?

A. I think that the rotations gave me a good perspective of what other health professionals do. These rotations also re-emphasized to me why I want to be a PA.

Q. What was your favorite class?

A. I liked Behavioral.

Q. If you had to choose today, what type of practice would you be most interested in?

A. Pediatrics

Q. What do you think your biggest struggle is right now?

A. With school, I put a lot of pressure on myself at times, and I think that I need to learn to relax more



Liz (left) and Natalie (right)

Life in Laredo

Featuring Yadira “DD” Posadas

This is an excerpt of a Q and A session with DD. Special effort was taken to retain the content while changing the format to fit in the newsletter.

When Yadira came to orientation that first week, she made instant friends with Davida Lunday. She describes their connection as follows: “We both are similar in many ways. For example, we are both parents, we both have teenagers to look after, both in the medical field and now we are both PA students. “

Once in Laredo, “We all became a close knit class. We shared our experiences and struggles together. We helped each other as much as we could. Even during the holidays we took care of each other’s pets. We also became friends with the staff at the University (professors, secretaries, the policemen, custodians and librarian). Everybody has been down to earth and helpful.”

“I did the most studying with Jose De La Cerda and Sally. We had the entire library to ourselves. The police officers knew us well. We were always the ones they had to run off at 10pm on a daily basis. (Library at Laredo closes at 10PM.)”

When commenting on her classmates DD says that she spends most of her time with Jose and Sally. “I like all of my classmates. All of them are very intelligent and are great individuals. However, it just seemed that all three of us would always somehow end up in the library after class to study. The long hours of studying helped us bond as friends.”

So what does DD find most surprising about the PA program?

“Honestly....I think all the reading we had to do. I knew the program was intense but I never expected this much reading. I spent long... long ...hours reading.”

DD also offers some rotation reflections for those of us who still wonder what health care in Laredo is really like. “One of my rotations was with EMS. I tossed and turned the night before thinking that I would be seeing motor vehicle accidents and body parts everywhere. That didn’t happen. Most of our cases could have been avoided if the patients would consult a doctor at least once a year. I learned that many of the people in Laredo do not like to consult doctors. They ignore their symptoms hoping they will pass and when they get intolerable, they call EMS. Patients in this area need to understand the importance of a yearly physical.”

“I had two favorite classes. I liked my PE class where we practiced on each other IPPA. I also enjoyed our Behavioral course where we learned to distinguish all the different personalities.”

DDs future plans as a PA seem to be in OB/GYN

When describing struggles of PA school any of us with children would agree with what DD says here: “(my biggest struggle is) Coordinating my study time with the time I need to spend with my son . I am doing this program and have brought along my son on this journey. This is our first semester and both of us are adjusting slowly.”



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