

Self Awareness

- **Who do I want to be?** I aspire to become a veterinarian who not only excels in treating animals but also deeply understands and contributes to advancements in animal welfare. My goal is to combine my love for animals with a strong scientific background to make a significant impact on animal health and the field of veterinary medicine.
- **Who am I now?** Currently, I am a veterinary assistant and an online shelter medicine student, gaining both practical and theoretical knowledge crucial for my future career. This role allows me to be closely involved in animal care while my studies are preparing me to better understand the complexities of animal health and shelter management.
- **How do I get from here to there?** To transition from my current role to a licensed veterinarian, I am focusing on excelling academically in my shelter medicine courses and actively seeking additional clinical experience. Applying to and succeeding in veterinary school is my next major step. I plan to augment my learning with internships and volunteer opportunities that will enhance my practical skills and broaden my understanding of veterinary medicine.
- **How do I make change stick?** Consistency in my educational pursuits and practical experience is key. I will set short-term goals for each semester, including mastering specific skills and completing key projects, to ensure I am continually progressing. Regularly evaluating my progress and adjusting my strategies as needed will help solidify these changes in my career path.
- **Who can help me?** My mentors in the veterinary field, professors in my shelter medicine program, and colleagues at the clinics where I volunteer or work can provide invaluable guidance and support. Networking with professionals through veterinary associations and conferences will also be crucial in gaining insights and advice as I advance in my career.
- **How do I work?** I am diligent and focused, always aiming to complete my tasks efficiently and effectively. I thrive on structured schedules but am adaptable to the fast-paced and sometimes unpredictable nature of veterinary work.
- **Personality** I am introspective and quiet but deeply committed and sincere. My personality allows me to form strong, trustful relationships with animals and people alike, which is essential in my field.
- **What are my values?** Integrity, compassion, and professionalism guide my actions. I believe in treating all living beings with respect and empathy, and in the importance of continuous learning to provide the best care possible.
- **What is right and what is wrong? Where do I stand on 'grey' issues where there's no right or wrong?** I strive to make ethical decisions based on the best interest of the animals and the scientific knowledge available. In grey areas, I seek advice from experienced colleagues and

consider all perspectives before making a decision, ensuring that it aligns with my core values and professional ethics.

- **What are my strengths?** My strengths include a solid foundation in animal health, a strong work ethic, and the ability to remain calm under pressure. These qualities will help me excel in veterinary school and beyond.
- **Where do I belong?** I belong in a setting that challenges me and allows me to make a difference in the lives of animals, such as a veterinary clinic, a shelter, or a research facility focusing on animal health and welfare.
- **What can I contribute?** I can contribute my growing knowledge of veterinary medicine, my passion for animal welfare, and my ability to work well both independently and as part of a team. My dedication and continual pursuit of knowledge will allow me to contribute effectively to any veterinary setting.