

Pitt Capsule

2020 OCTOBER EDITION

Bias of Professionalism

Lex Casanova (P₃) & Jeremy Huwe (P₂), Diversity and Inclusion

White supremacy is defined as institutionalizing whiteness and Westernness as the norm and superior to other racial, cultural, and regional identities and customs. This is done explicitly and implicitly through the hiring, firing, promoting and day-to-day management of workplaces around the world. White supremacy privileges whiteness while discriminating against non-Western and non-white professional standards related to dress, language, work style, and timeliness.

When asked what defines professionalism, a few things may come to mind: a suit and tie, absence of tattoos and piercings, trimmed facial hair, a certain etiquette in emails and exchanges. Perceived “cultural fit” is one of the leading ways professionalism privileges whiteness. According to the National Bureau of Economic Research, applicants with non-white sounding names find it more difficult to get responses to job applications. Employers are demanding increasingly higher education credentials and years of experience, which discriminates against workers of color who face systemic barriers to obtaining such qualifications. People of color are scrutinized by managers and coworkers, less likely to be promoted, and more severely punished for mistakes. Centering those who speak Standard American English (as opposed to African American Vernacular English or Ebonics) and sound/look “American” creates a glass ceiling that suppresses diversity in the workplace.

Hairstyles that are more manageable for textured hair, and often culturally significant, such as box braids or dreadlocks, are considered unprofessional. For a person of color with (beautiful) 4C hair, the amount of time and money spent on achieving the professional standard far outweighs that of their white counterparts. In conforming to western beauty standards, people of color must engage in white assimilation and cultural erasure.

Tattooing, which plays a significant and sacred role in many indigenous cultures in the U.S. and abroad, is also commonly viewed as unprofessional. The Malu hand tattoos of Samoan women or the facial Ta Moko tattoos of the New Zealand Māori portray important aspects of the self: one’s tribe, lineage, place in society, and achievements. Tattoos are an expression of a culture which, only 40 years ago, was facing genocide. This sacred act of expression has been practiced by their ancestors for thousands of years. If these individuals want to be granted access to the professional world, they will have to disengage from their ancestry and uphold cultural eradication.

As illustrated above, the concept of “professionalism” is used to perpetuate cultural erasure and racism. It is wielded as a tool of oppression for gender non-conforming and queer individuals. It suppresses creativity and acts as a basis for promoting sexist and ableist ideals. To explore this topic further, join the student-led Equity and Justice Forum on November 5 at 5 PM. RSVP to the event here: <https://fb.me/e/1Ch6nxD7J>



AMCP: Academy of Managed Care Pharmacy
Isabelle To (P3), Director of Communications

Hey everyone! October was another big month for AMCP. Thanks to everyone who came to the P&T Competition Intro meeting. If you are interested in competing, more information can be found on our Facebook page (AMCP at University of Pittsburgh). The competition is a great opportunity for anyone to get a firsthand look at how formulary decisions are made, and we hope you participate! On October 26, we had a wonderful guest speaker, Iris Tang, who shared her experiences completing the PGY-1 Managed Care Residency at Highmark and as the Senior Pharmacist in the Clinical Pharmacy Strategies team. Be on the lookout for future events and more information about the P&T Competition!

SSCP: Student Society of Cannabis Pharmacists
Lex Casanova (P3), President

According to surveys issued by the PA Medical Marijuana (MMJ) Advisory Board in January 2020, patients and caregivers want more education regarding various dosage forms and strains of marijuana. Our upcoming events will provide pharmacists with the foundational knowledge necessary to understand and advocate for the benefits of MMJ.

We plan to educate and create an understanding of various elements in the marijuana plant that produce medicinal effects. We will discuss, in detail, the parts of the plant that are known to provide therapeutic benefit such as cannabinoids, terpenes, and flavonoids. Our presentation will offer comprehensive information regarding topical, capsule/tablet, tincture, extract, and inhalation dosage forms. We will distinguish between Indica, Hybrid, and Sativa type cannabis strains. Utilizing patient-friendly terminology as well as a non-judgmental tone, we will learn how to make these topics more approachable for new patients or skeptics.

Alongside Holly Lang, a cannabis pharmacist at Cure (Phoenixville, PA), we will look at a dispensary menu and apply the information from the presentation to finding the most appropriate product for a particular patient. We will work with patients that have a complicated medical history. For example, they may have a heart or lung condition that requires us to advise against use of certain dosage forms or strains. We will envision a Comprehensive Medication Review in the dispensary setting.

PDC: Phi Delta Chi

Tsriztan Oliver (P₃), Worthy Keeper of Records and Seals

While Halloween may be over, the scariest part of pharmacy school has arrived: November. It's a time full of exams, projects, and SP finals that puts fear into the hearts of the innocent. Luckily, the Mu kids have enjoyed some fun times this past month and have some even better things planned for November to help keep our sanity.

This past month, we held an event with the brothers where we streamed the Pitt vs. NC State football game together over Zoom and hung out. We know that spooky season can be stressful with all the midterms, but we always like to enjoy watching our football team. In addition to this, some of us participated in the third annual Hackathon which was sponsored by the pharmacy school. While we did not take home any hardware, we had a great time with other pharmacy, dental, and computer science students while making innovative projects.

This month, we were able to participate in some fundraisers to help raise money for St. Jude's. We participated in the Pittsburgh virtual walk/run this October, and we are actively involved in charity miles which is another St. Jude's fundraiser. We are also starting to sell popcorn to raise money for their organization. If you are looking for some great popcorn, make sure to reach out to one of our brothers to order some premium popcorn from the Pittsburgh Popcorn Company. Finally, we've been helping our new P1 candidates succeed in their first year at Pitt Pharmacy through our tutoring sessions. P1 year can be a rough transition for many, so we here at Phi Delta Chi are ensuring they get the most out of school while still acing their exams.

This month, we have some huge things planned to go along with our usual shenanigans, and we're all very excited here at Mu chapter! We will be doing our typical fundraising for St. Jude's this month. We've been the top chapter in our region for fundraising for the past two years, and we don't plan to lose that status. Despite the hardships of pharmacy school that will be coming up soon, Phi Delta Chi is making it a time to remember for our brothers and beyond.

CPNP: College of Psychiatric and Neurologic Pharmacists

Casey Gudenburr (P₃), Secretary/Membership

Throughout the month of October, CPNP held numerous virtual events in order to address the importance of mental well-being. In accordance with past years, we held our annual Talk Saves Lives presentation hosted by Alyx Mance. This event is very special to our organization, and we look forward to hearing from Alyx every year. She discussed the importance of suicide prevention and knowing the attributed warning signs. Following this event, we hosted a Substance Use Disorder Q&A session. This talk was led by Stacie Brown and included informational and anecdotal content. We are so happy that we were able to cover both of these important topics, and we look forward to the events we have planned for the rest of the semester!

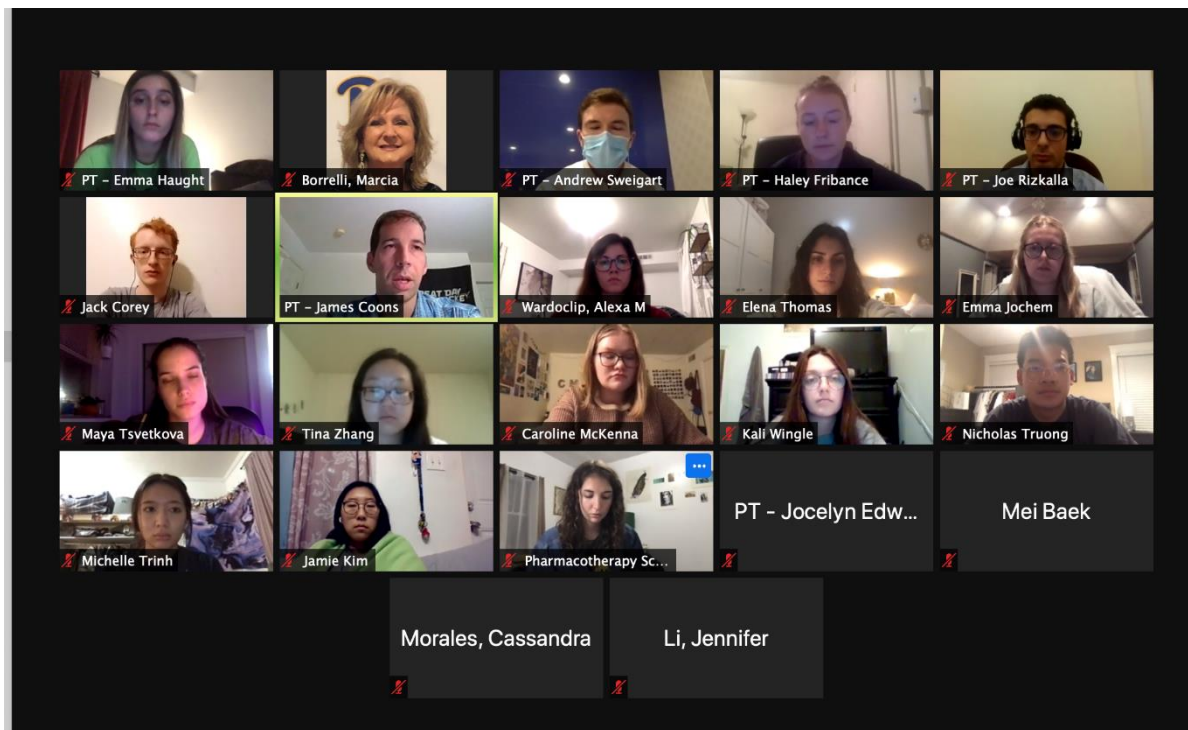
APhA-ASP: American Pharmacists Association Academy of Student Pharmacists **Abby Reigh (P3), Membership Vice President**

Happy November from APhA-ASP! The APhA Eboard and our Advisors would like to thank every student for their virtual involvement and support through the pandemic. Although we do not see many of you in person, the participation in our virtual events and meetings has been astounding, and we are excited to see what 2021 will bring!

October was a busy month for all students, but we still had great participation in our events, including the ARCO Information Session. Our Patient Care Committee is working diligently to find opportunities for students to get involved, so be on the lookout for Patient Care and IPPE opportunities.

The membership deadline for APhA has officially closed, and we are very excited about how many students are still interested in being involved with our organization! Students that were not previously APhA members will be sorted into their APhA-ASP House soon. We hope that students will be able to get to know their peers and faculty advisors through House events. Finally, this week (November 2-6) is the APhA-ASP Midyear Regional Meeting. If you registered, please take advantage of the networking and professional development opportunities, and attend as many nights as you can! The full schedule and other information about MRM can be found at mrm.pharmacist.com.

Our last meeting of the semester will be held via Zoom on November 18 at 6pm. Hope to see you all there!



Pharmacotherapy Scholars Program at ARCO Roundtable

ISPOR: International Society for Pharmacoeconomics and Outcomes Research Chirayu Patel (P2), Vice President

This month, ISPOR conducted a collaboration event with Kappa Psi in which we went over professional development. Students were able to join Zoom and ask questions on how to go about showcasing their skills and work in order to further their careers with a fellow Pitt student pharmacist. Coming up, we have a guest speaker coming in to talk about her job in regulatory affairs. This is a great opportunity for students who are interested in industry pharmacy to come and hear about what a job in the industry looks like, and to ask any questions they may have about industry jobs.

We also have an event collaboration with WVU ISPOR, in which we will talk about internship and fellowship experiences. Again, this is great for anyone interested in doing a fellowship after graduation. Students from both schools will talk about their experiences and describe how to get internships/fellowships. Lastly, we will be hosting mock interviews in mid-November. Students can join Zoom and hear common questions that employers tend to ask in jobs related to industry and research. We will be mocking a real interview, so come prepared with some answers! All event dates will be posted closer to the event in class Facebook pages.

LKS: Lambda Kappa Sigma Grace Havens (P2), Corresponding Secretary

Hello everyone! I hope everyone is making it through what seems to be the busiest time of the semester! The ladies of Lambda Kappa Sigma have definitely had busy few weeks. We were able to welcome 39 new Lambs into our sisterhood, and we are excited to learn and grow in pharmacy school with them. We also had our big/little pairings, which is always so fun and a great way to get to know all our new members.

This past month, we had some very successful events. One of our biggest events is the annual Pitt Pharmacy Clothing Sale, which we were still able to hold this year. If you ordered anything, it should be available for pick up the week before Thanksgiving. We also had a professional event for our sisters, where Dr. Tracey D. Conti spoke to our chapter about bias and health equity, and its impact on community health. It was very informative, and we thank Dr. Conti for coming to speak to us.

We also held a few service events this past month, one of them being a donation of canned goods and other food items to Family House. Thank you to Janine Abate and Alexis Jeschonnek, our service chairs, for organizing the donations. As a chapter, we also raised over \$300 for Project Hope in this past month. We were unable to host our annual Hope WaLKS event this past spring, so this was a great alternative to raising awareness and funds for the cause.

Keep pushing through this semester everyone and stay healthy!

As always, you can stay up to date with the ladies of LKS by following our Instagram (@lks_delta_chapter).

PLS: Phi Lambda Sigma Alina Liang (P3): Secretary

Phi Lambda Sigma has had an exciting and busy month! The month started off with our annual Fall Leadership Retreat with APhA-ASP. We had a great virtual turnout, and student leaders from a variety of organizations presented their project ideas for this year's Dean's Theme - Operation Immunization! Thank you to guest speakers Dr. Hall, Dr. Coley, and Dr. Garofoli who participated in the Operation Immunization Panel and answered student questions surrounding immunizations. It was a great turn out!

In addition to the Fall Leadership Retreat, PLS also had a variety of unique workshop and guest speaker events in the month of October.



Fall leadership Retreat

On October 1, PLS hosted the STAR Method Workshop featuring Dr. Ryan Sweeny from the Pitt Career Center. This workshop focused on the renowned STAR method, a unique technique to answer behavioral interview questions. The workshop provided students with training on how to make a lasting impression during interviews and how to confidently answer any situation question during an interview.

In a social media collaboration, PLS participated in an Instagram Live event with the PLS chapter at Nova Southeastern University. Our President, Yihan Li, discussed topics of leadership, Pitt chapter activities, and the roles of student involvement in leadership with the NSU President. For anyone interested in watching this Instagram Live event, check out our Instagram page @pittpls!

PLS has many exciting upcoming events to look forward to! On November 5, PLS will be collaborating with Rho Chi on a unique event: "Tell your Story: Application Workshop" with Dr. Amy Seybert. Dr. Seybert will share her perspective on what makes an applicant stand out and provide advice/tips on writing a good letter of intent, essay, personal statement, and more!

The application process for PLS membership will be opening shortly, and we will be hosting an official interest meeting in the coming months! Please be on the lookout for these details and feel free to reach out to any of our current members with any additional questions - we are excited to get to know you and chat about the application process!

SIO: Student Industry Organization

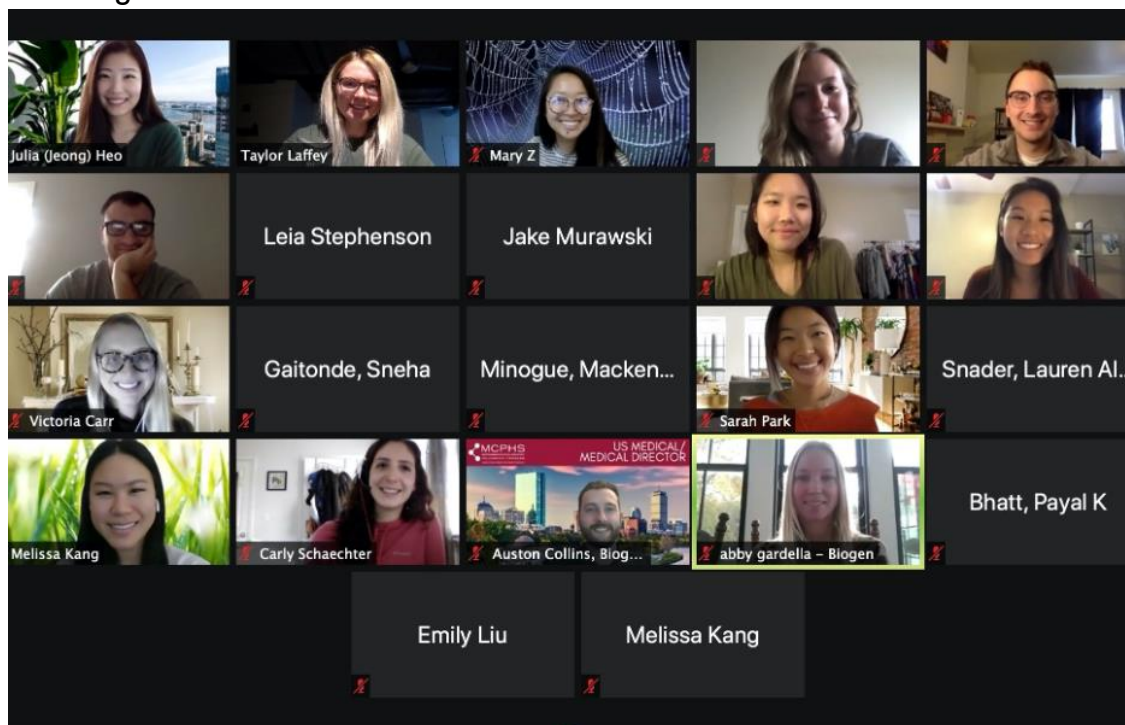
Jules Lee (P2), Vice President of Communications

SIO is so excited to share all the great events we had in October! We first had two representatives (Elizabeth Booth Pharm D. and Divya Patel Pharm D.) come in from the Rutgers Pharmaceutical Industry Fellowship Program for our annual RPIF talk. They shared with our members their respective journey and area of focus within the current fellowship as well as sharing more general information about the program. In the Q&A session, they expanded upon the different function areas that PharmD's in industry can focus on, and last but not least, some tips on how to apply non-industry related experiences into industry roles and translatable skill-sets.

Following the successful fellowship talk, SIO held a collaborative event with ISPOR for our first event in our Professional Development Series of the year - a CV/Resume Preparation Session with Dr. Suh! Dr. Suh shared with us his own CV he developed as a student and how he improved it over the years as a professional. Furthermore, he shared tips and tricks to stand out for summer internship applications, fellowships, and residencies with a great CV/resume. Our second event in the Professional Development Series is coming up on November 10 at 12 PM, and it will be on interview preparation with Margie Zak and Sam Bott as our guest speakers. We hope that everyone is enjoying the series so far and are looking forward to having another great turn out for this event!

Our highlight event of October was our Virtual Onsite Event at Biogen. This event was hosted by a group of fellows from different functional areas at Biogen. They shared an overview of each functional area as well as the Q&A session which highly benefited the P4s who are planning to go through the fellowship process this year. We were able to secure 20 spots over Zoom for this event - and all the spots were filled so we want to thank everyone again who signed up.

We hope everyone is staying safe and getting through the final weeks before Thanksgiving! Best of luck in any upcoming exams and don't forget to follow us on FB at "Student Industry Organization" as well as @SIOPitt on Instagram!



Zoom Biogen Onsite Event

PLS: Phi Lambda Sigma

Alina Liang (P3), Secretary

SSHP has had a busy and exciting month of October! We started off the month with our annual Clinical Skills Competition. This year, we had a variety of teams comprised of second, third- and fourth-year pharmacy students compete through our very first virtual competition. On the first night, contestants worked up a complicated patient case, hoping to advance to the final round the next afternoon, where they defend their plan to a panel of faculty clinicians. A well-deserved congratulations goes out to our two P4 students, Melanie Norris and Morgan Ostinowsky, who were selected as the top performing team at Pitt and will now be competing at the National Clinical Skills Competition at ASHP Midyear! A special congratulations also goes out to the other finalists in the competition: Thomas Rust and Jack Becker, Justin Musco and Erika Thomas, as well as Travis VanOtterloo and Ilane Saad! We want to thank everyone who participated for their hard work and dedication. We hope to see even more teams compete next year.


In addition to the Clinical Skills Competition, SSHP also held a Residency Networking Session with current residents from a variety of fields of pharmacy. Individuals who attended this event had the opportunity to ask questions about residency programs, interviews, ASHP Midyear and more! Participants entered Zoom breakout rooms and had the opportunity to converse with residents who provided their personal advice, perspectives, and expertise. We would like to thank the following residents for taking the time to come speak with us: Caylee Sams, Dante Dalerme, Kathy Monangai, Dan Schrum, Tsion Tafesse, Tuyen Nguyen, Nicole Farah, Jessica Hu, Carson Shoemaker, and Jaehee Cho!

SSHP has a variety of upcoming events to look forward to in the month of November. On November 11, we will be hosting our Dean's Theme event via Zoom with Dr. Kristine Schonder, who will be addressing this year's theme: Operation Immunization. Students will have the opportunity to ask questions during this interactive event. We hope to see you there!

Be sure to follow our Facebook and Instagram page for updates on SSHP events and details about ASHP Midyear. Feel free to reach out to any of the SSHP executive board members with any additional questions you may have!






SNPhA: Student National Pharmaceutical Association
Josephine Kim (P3), President



Pitt SNPhA Operation Immunization Presents:

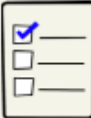
GET THE SHOT, NOT THE FLU!




WHAT IS THE FLU?

The "flu" is an extremely contagious respiratory illness caused by influenza viruses that can effect the nose, throat, and lungs. These viruses constantly undergo changes in their genes which is why flu epidemics occur yearly.



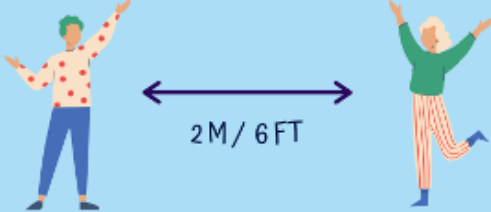
WHAT ARE THE BENEFITS OF FLU VACCINATION?

The flu vaccine prevents *millions* of illnesses and flu-related doctor's visits every year in children, working age adults, and older adults. Flu vaccination is not only a preventative tool for you, but also for the more vulnerable persons around you!



CAN THE FLU VACCINE GIVE YOU THE FLU?

No! Common side effects such as fever, muscle aches, and/or headache after a flu vaccination are actually signs that your body is developing an immune response against the flu!



WHERE CAN I GET A FLU VACCINE?

You can get a seasonal flu shot even if you do not have a regular doctor. Health clinics, community pharmacies, and health departments are just a few places that provide seasonal flu vaccines!

Visit flushot.healthmap.org to find where you can receive your flu shot.

Source: Center of Disease Control and Prevention (CDC)

Our membership drive closed on November 1 with dues being paid online at snpha.org in order to be a member! SNPhA's first GBM was on Wednesday September 23 at 12 PM via Zoom and we had a great turnout.

Some social media surge events we want to highlight from September/October:

- On September 18, our Remember the Ribbon chair made an infographic on National HIV/AIDS and Aging awareness day.
- On September 23, our Power to End Stroke chair made an infographic on the importance of childhood obesity awareness.
- On September 23, our Chronic Kidney Disease Chair made an infographic for National DMV Appreciation Month to provide education about registering as an organ donor.
- On October 16, our Fighting Diabetes chair made an infographic on World Food Day to highlight the importance of food label literacy.

Our Operation Immunization chair collaborated with the Falk Vaccine Clinic at the Petersen Events Center to provide an opportunity for our members to volunteer and made an infographic on the flu/flu vaccine.

Our fighting diabetes initiative chair is coordinating the Virtual JDRF OneWalk that started on November 1 and our goal is to get as many of our members to participate as we can! Join our team (track your steps with the Strava App) and help us bring awareness to T1D. In addition to this, Pitt SNPhA will be collaborating with Duquesne SNPhA to host a diabetes jeopardy event during the first week of November (date TBD).

SNPhA's first monthly book discussion (Medical Apartheid) took place on Thursday October 22 at 6:30 PM. We will be hosting the book discussion monthly and discussing 2 chapters from the book. Anyone is welcome to join us!

To stay updated on SNPhA events follow us on Instagram (@pitt_snpha) and like our Facebook page (University of Pittsburgh SNPhA). If you have any questions, concerns, or ideas, please reach out to our executive board through our email (snpha.pitt@gmail.com).

SCCP: Student College of Clinical PharmacyLisa Cahill (P₃), secretary

We hope everyone has had a good start to the fall semester! In October, SCCP had their GBM about all of the projects that you can get involved in, including: Project CE/Journal Club, Project CMM, Project Pulmonology, and Project Self-Care. In the month of October, Project CE had 3 UPMC PULSE presentations available for students to attend. These presentations are from current pharmacy residents who discuss new and upcoming pharmacology topics and their potential impact on patient care. Stay tuned for more presentations to attend in the future.

We are excited to announce that we have a service event at the Jubilee Soup Kitchen and the dates to volunteer this month are November 7 and November 14. We have a journal club coming up on November 3 at 12 PM, and more information about the article that will be discussed will be sent out prior to the session. Reach out to us if you are interested in leading your own journal club! It is a good way to get practice in literature review/discussion, which is required during the P₃ year. Our next GBM will be on November 17, so join us for more updates. Lastly, we want to congratulate Joe Rizkalla, Morgan Ostinowsky, and Andrew Haddad for progressing to the quarterfinals of the ACCP 2020 Clinical Skills Competition! As always, feel free to reach out to SCCP if you have questions, comments, or ideas.

Contact information:

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ASCP: American Society of Consultant PharmacistsDanielle DiGiorgio (P₃), Secretary

The semester is flying by, and it's hard to believe that October is almost over already! ASCP is working hard to re-imagine events so that we can best serve the older adult population and provide great member experiences while still maintaining social-distancing restrictions.

Our second GBM was held on October 19 via Zoom. We were excited to announce our new P₁ representative Delaney McCarthy and our new Dean's Theme chairs Abby Stewart and Emily Leung. Regarding our SilverScripts initiatives, chairs Maia and Abby, have worked very hard to create an online discussion board via Canvas for P₂ students to have a platform to engage and ask questions throughout the semester to ensure that each student's SilverScripts experience is as impactful and seamless as possible.

On October 23, we were very excited to participate in the first completely virtual ASCP National Residency Showcase. Members had a great time engaging with a variety of representatives from PGY1 residency programs. A special thank you to vice president Alecia Zika for coordinating this awesome event!

While the semester is starting to wind down, ASCP is not. Many events are coming up in November that you will not want to miss! The ASCP Annual Conference will be taking place (virtually) from November 12-15. Look out for more information regarding our Fidget Blanket Drive. Please reach out with any questions at pittascp@gmail.com, we love to hear from you! Don't forget to follow us on Facebook (ASCP-Pitt Student Pharmacists) and Instagram (@ASCP_Pitt) for all things ASCP!



October has been a fruitful month with Kappa Psi for our Brothers and pledges. Our wonderful pledges have been getting to know the Brothers quite well and are learning all about our organization. We continue to host plenty of social activities to stay connected, such as our virtual Murder Mystery night on October 30. We have also been hard at work developing our professional skills with a clinical case challenge where our members can interact with other health professionals through a patient’s hospital visit in a low stake setting for extra practice. We are also having older Brothers volunteer as SPs for our younger Brothers and pledges to hone their patient interview skills and self-care recommendations. Finally, we would like to thank ISPOR for collaborating with us to host Rudi Safarudin for a discussion about outcomes research on October 14. We hope everyone in attendance was able to learn a few things!

Moving into November, we will be attending our virtual regional conference from October 31- November 7 to connect with our Brothers across the area and even the nation. A few of our members are looking to make a run for regional executive board positions, so we wish them the best in those races! We have also been working with PERU and the Diversity and Inclusion Office at Pitt to learn more about what they do and to coordinate a few workshops to develop our awareness and skills in this area. Philanthropically, we have been able to continue our relationship with Family House and helped serve a prepared meal for them on October 30. Finally, we will continue to grow professionally through our clinical challenge and guest speakers. We have much to look forward to in the coming weeks and semester!

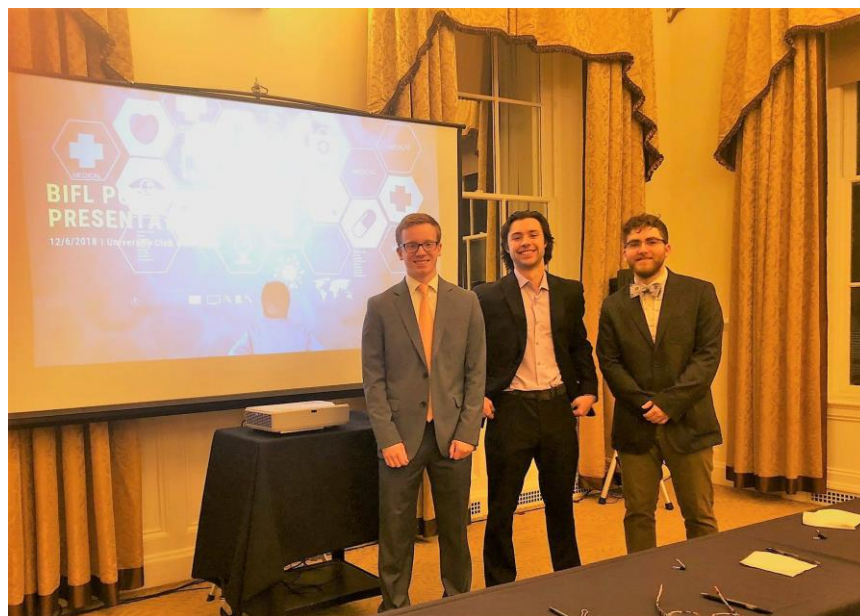
Kappa Psi
 Erika Thomas (P3),
 Corresponding Secretary



Above: Big/Little Pairing Event

Right: Murder Mystery special event





PPIP: Pittsburgh Pharmacy Investment Portfolio
Brooke Kulusick (P3), Director of Communications

The Pittsburgh Pharmacy Investment Portfolio (PPIP) officially kicked off its annual Biotech Investment Fantasy League, an organization-wide competition that allows members to build their own fantasy portfolio on a stock simulator program, Investopedia, and compete for the highest-earning portfolio. By market close on October 9, 2020, all participants were required to have 50% of their \$50,000 allowance invested in health care, biotechnology, or pharmaceutical stocks. The competition will run through December 1, 2020. The 10 top-earning portfolios will be invited to present their portfolio selections and investment strategies to a panel of judges. Winners will be decided based on the rationale of investments, rather than the financial outcome.

PPIP also engaged members in a case study focusing on the agent Zolgensma. This gene therapy from Novartis and Avexis was FDA-approved in May 2019 for treatment of Spinal Muscular Dystrophy. In a conversation led by PPIP leadership, the attendees discussed the impact of this breakthrough on the industry, the meaning of orphan designation, and strategies for translating clinical knowledge of these disease states into sound investments.

Did you know that PPIP has a monthly blog? Learn about industry updates, investing tips, and more written exclusively by the PPIP Board of Directors. Check it out on LinkedIn: <https://www.linkedin.com/company/pittsburgh-pharmacy-investment-portfolio>.

SASP: Student Association of Specialty Pharmacy

Victoria Miklus (P₃), Secretary

Hello Everyone! We hope everyone is having a great semester. It is hard to believe that we only have a few more weeks left before the semester is over! SASP wants to thank everyone who was able to attend our first GBM at the end of September. We want to start off by congratulating Abby Perriello for being selected as our P1 representative! We look forward to working with you to come up with some great ideas for our organization.

During our GBM in October, we had the opportunity to hear from Dr. Gebhard, who is one of our chapter advisors. Dr. Gebhard is a graduate from the University of Pittsburgh School of Pharmacy where he earned his PharmD. He also earned his Master's in Business Administration from the Joseph M. Katz Graduate School of Business at Pitt. He currently serves as the general manager at RareMed Solutions, the nation's first rare disease focused special pharmacy hub. We had the opportunity to learn about RareMed Solutions and about Dr. Gebhard's role as general manager. We were also provided with more of an insight into what specialty pharmacy itself. Thank you to those who were able to attend!

Our next GBM will be on November 12 at 12 PM where we will be hosting pharmacy fellows from PANTHERx Rare Pharmacy. We hope to see many of you there!

Rho Chi: Academic Honor Society in Pharmacy

Gianna Emmett (p₃), Historian

Happy Fall! The members of Rho Chi hope that everyone is having a smooth and successful semester so far. We are excited to share our upcoming plans before we break for Thanksgiving.

As always, our Tutoring Co-Chairs are working hard to create review material for P1 and P2 students. Keep an eye out for dates of specific exam review sessions. Individual tutoring sessions are still an option, should you want a more personalized review experience. Feel free to reach out to any member of Rho Chi for more information.

There are a few featured events planned throughout November. Rho Chi is offering an application-writing workshop in conjunction with PLS on November 10. Come learn tips on how to craft an application that sets you apart from others! Another exciting event to look out for is Rho Chi's Posters, Professors, and Progress on November 17, where School of Pharmacy staff will be discussing their research projects. This is an excellent opportunity to learn about the research topics that our professors and staff are currently conducting and to reach out to those doing research in your area of interest. We hope that you can make it!

With November also comes more opportunities to donate blood. Additional blood drives will be held Monday, November 2, and Friday, November 13. Thank you to everyone who has donated thus far. The donations received in September alone were enough to help over 250 hospital patients. Every donation makes a difference!

Rho Chi has continued to reach out into the community and held meetings with men from the Adult Rehabilitation Center (ARC), though they have transitioned online. Topics covered so far included hypertension and vaccines. The next ARC talk will occur on November 9 and cover smoking cessation, asthma, and COPD. Any students that may be interested in attending can contact a member of Rho Chi for more information.

The members of Rho Chi wish everyone the best of luck as the Fall semester begins to draw to a close. Have a lovely Thanksgiving!



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