

# CSHP Chapter Highlight:

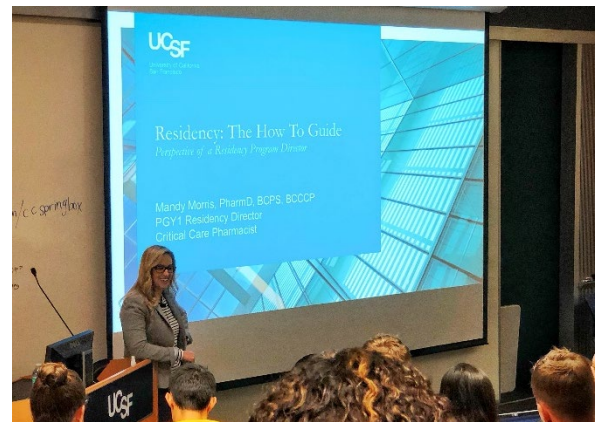
## University of California, San Francisco School of Pharmacy

### LEARNING ABOUT RESIDENCY

CSHP at UCSF has had the pleasure of hosting various events to help inform members about residency programs and the steps toward pursuing a residency. We would like to share a few of the events we have hosted recently.

#### RESIDENCY 101

At our Residency 101 event, Dr. Amanda Morris, UCSF Residency Program Director, presented to P1s and P2s about what residency entails, why it is a career path worth considering, and characteristics that residency programs often look for in their candidates. In attendance was a total of approximately 80 students, double that of last year! At this event, Dr. Morris also brought along a few UCSF PGY1 residents to offer a personal insight on their experiences during the residency application process and life as a resident.



#### MEMBER'S THOUGHTS ON RESIDENCY 101

“Residency 101 provided an insightful look into what I should expect when preparing for and applying to residency programs. It was great to have our own residency director and current residents there to discuss the process and share their experiences!”

— Kristine Bielaski, Class of 2021P

## RESIDENCY ROUNDTABLE

Our annual residency roundtable is one of the most anticipated events at UCSF each year. We invite residency directors from California's most prominent residency programs. Pharmacy students have the opportunity to meet and talk to residency directors and current residents as they gain a unique insight what each residency program has to offer. This past year, we proudly hosted 12 residency programs from the Bay Area, greater Sacramento area, and Southern California:

- Kaiser Permanente East Bay
- Kaiser Permanente San Francisco
- Long Beach Memorial Medical Center
- Lucile Packard Children's Hospital
- Safeway/UCSF Community Pharmacy
- Santa Clara Valley Medical Center
- Stanford Health Care
- Sutter Health East Bay
- UC Davis Medical Center
- UCSF Medical Center
- VA Northern California Sacramento
- VA Medical Center San Francisco



Our goal of the roundtable is to allow students to explore post-graduate opportunities and to provide them with a first-hand insight into how residency programs are preparing residents to become well-rounded, effective clinical pharmacists. Most importantly, this roundtable helps prepare pharmacy students to tailor their professional pharmacy career to their own personal interests in the future.

## MATCH PANEL

The annual CSHP at UCSF Match panel has always been a highly anticipated event because students are able to receive residency advice from those who had successfully matched into a residency. This year, the panelists gave valuable advice from starting to work on your CVs early to letter of recommendation etiquette to the general ranking process post-interviews. This event gave students fresh insight from those who had most recently gone through the PhORCAS process. It is an extensive year-long process and can be very nerve-racking for future applicants. It is always a pleasure organizing this event each year because we know that students are gaining useful and applicable tips and tricks on how to be a successful, well-rounded applicant in the future.

## MEMBER'S THOUGHTS ON MATCH PANEL

“It was so great to hear insight from our colleagues who had just matched with residency programs on their unique journeys to where they are today. They provided a wealth of information on the reality of what they think made them stand out, how to select the right programs for your own interests, and the unpredictability of residency interviews.”

— Ellen Berkley, Class of 2021T



## NETWORKING, ADVOCACY AND MORE!

CSHP at UCSF also aims to organize a variety of events for our members that help hone both their professional and personal skills. Just to name a few examples, we have hosted a roundtable to help members learn about different areas of pharmacy, a financial planning workshop to help tackle student loan debt, and a

Legislative Day debrief session to help keep members informed about current pharmacy-related legislation.

## CAREER ROUNDTABLE

CSHP at UCSF is thankful for the Pharmacy Alumni Association sponsoring this career roundtable, in which students had the fortune of sharing a delicious meal with some great UCSF alumni. There were pharmacists representing many different fields of practice from industry and ambulatory care to emergency medicine and infectious diseases. Our students had the opportunity to learn about careers that may have been unexplored and opened up doors to new and invigorating options. The pharmacists shared their insights and knowledge to a truly engaged table of students, leading to captivating conversations. It was a great night that was enjoyed by both pharmacists and students alike.

### MEMBER'S THOUGHTS ON CAREER ROUNDTABLE

“Career night was a great opportunity to learn about a variety of different pharmacy specialties and gave me a little more insight on how I want to rank my APPE sites.”  
— Emily Plasencia, Class of 2021T



## FINANCIAL PLANNING WORKSHOP

As students, we continuously accumulate more debt from our undergraduate career followed by professional school. Nonetheless, money is always a tough topic. Many of us have become "comfortable" with the concept of student loans but have yet to think deeply of the future consequences. Fortunately, with the

collaboration of GGSHP, students were given the opportunity to get a glimpse into organizing our finances. We discussed the concept of loan repayment emphasizing the reality of payments. In addition, we were introduced to a loan repayment calculator. This handy tool can easily be accessed to monitor what future payments would be like. Finally, we learned about key points to plan for retirement and the benefits of investing. Overall, the workshop provided a thorough overview to familiarize students with their finances



## MEMBER'S THOUGHTS ON FINANCIAL PLANNING WORKSHOP

“Attending this financial workshop was definitely a great decision for my future finances. As a science and pharmacy student, I do not have an extensive background in finance management and planning. However, money is an inevitable part of our future coming out of 4 years of professional school. This provided a good foundation where I could ask all the questions that I had. The financial strategists were both knowledgeable and offered free consultations to attendees.”

— Lisa Chong, Class of 2021P

## LEGISLATIVE DAY DEBRIEF

CSHP at UCSF hosted a debrief session for Legislative Day 2019 in collaboration with APhA/CPhA and AMCP. Students gathered to learn about the importance of advocating for legislation in pharmacy from attendees of Legislative Day 2019. Afterwards, breakout room sessions included Dr. Marilyn Stebbins, Dr. Lisa Kroon, Dr. Kethen So, and Ms. Michelle Rivas covering different legislative bills or topics

from the Sugar Bills to AB1131. Students engaged in conversations with legislative leaders in pharmacy to get a better sense of the current legislative landscape and the importance of being more involved in legislation, especially as a student.

## MEMBER'S THOUGHTS ON LEGISLATIVE DAY DEBRIEF

“I came to Legislative Day debrief pretty much not knowing anything about the bills that pharmacy was supporting or much about the legislative process in general, but attending really helped me get a basic idea of how complicated and how much work goes into legislation. For me, learning that we, as pharmacists, have to speak up for ourselves to not only get helpful legislation passed but to also educate others on just how much a pharmacist can contribute and how important a pharmacist is in healthcare, is what I'll remember from the session.”

— Andy Wong, Class of 2021P



# UCSF

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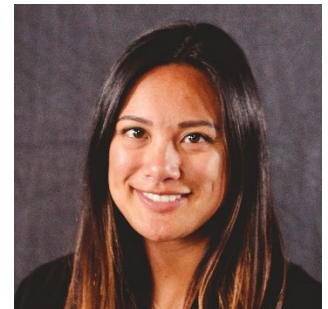
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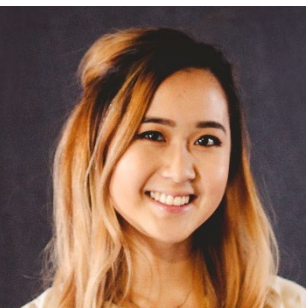
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