

# THE DAILY DOSE

UGA APhA-ASP Newsletter



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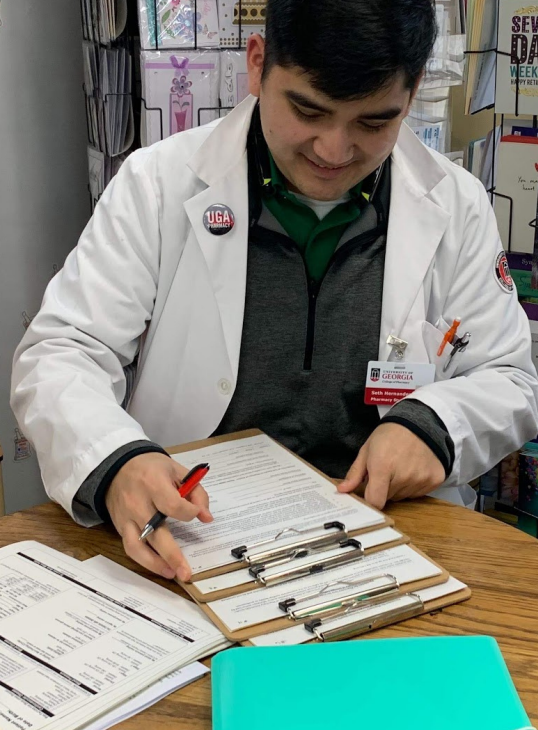
**CURRENT POINT LEADERS**

## Welcome Back

### UPCOMING DATES

- Patient Counseling Competition - **December 8th and 9th**
- Classes End - **December 9th**
- Reading Day - **December 10th**
- Final Exams - **December 11th-17th**
- Spring Classes Begin - **January 13th**
- General Body Meeting - **January 14th**

Health  
enings



## POLICY CORNER

## November Recap

*by Caitlin Williams*



**VIRTUAL OPEN FORUM -  
DECEMBER 8TH**



**POLICY VOTING -  
DECEMBER 14TH-18TH**



**POLICY PROPOSAL -  
PROPOSAL ASKING  
APHA-ASP TO SUPPORT  
FINANCIAL EDUCATION  
FOR PHARMACY  
STUDENTS**

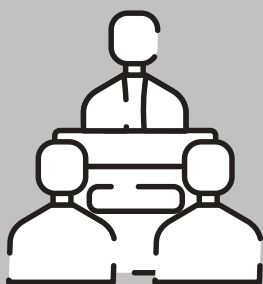


**EMAIL OUR VP OF  
POLICY, TOMMY  
TUGGLE, FOR MORE  
INFORMATION**

Welcome back to our monthly newsletter. I hope everyone is well-rested after a much-needed break and is ready to round out the fall semester! I am so excited to share some awesome advice in this month's issue from our UGA COP Ambulatory Care Resident, Dr. Morgan Moulton. I hope that this special feature is helpful for those of you interested in completing residency and while heading into Virtual Midyear next week.

Be sure to check out our current point leaders who each have a chance to win a prize at the end of this semester. If you don't see your name this time around, not to worry, there is still plenty of time to earn points in the Spring before our large end-of-the-year prizes! Lastly, consider participating in the annual APhA-ASP Patient Counseling Competition for a chance to represent our chapter nationally while completing an incredible experience to add to your CV. Information for this will be linked below the Daily Dose.

I hope that you all have a fantastic winter break and I can't wait to get you all the next Dose in January!!





# Advice of the Month

## *The Road to Residency: Keep Your Hands and Feet in the Vehicle at All Times*



*From Dr. Morgan Moulton*

As a pharmacy student at Auburn, I was always intrigued by the idea of completing a residency. But I had lots of doubts about whether or not I was a strong enough candidate for residency training. I wondered if I had a high enough GPA? Was I involved in enough organizations? Did I have enough community service hours? Have I logged enough work hours in the pharmacy? Now that I am on the other side of the residency match process I have come to find that everyone's road to residency is different. But all residents will agree, it is a crazy ride. Today, I wanted to put your mind at ease and share a few tips and tricks that can help you out along the way as you prepare for residency training!

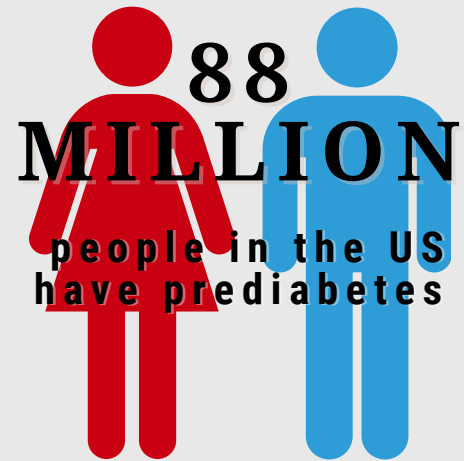
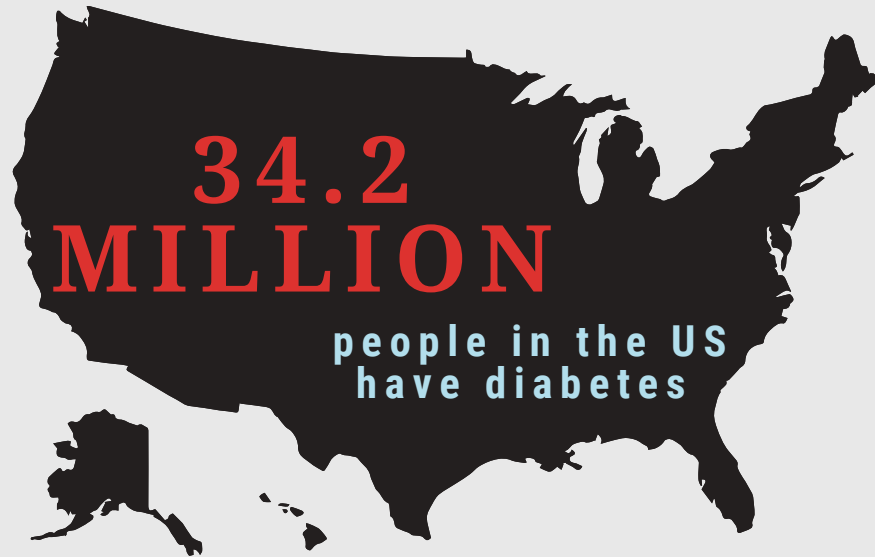
1. **Don't sell yourself short** - You applied and interviewed for a competitive program already – pharmacy school! And you earned a spot in your class. Since that day you have been working tirelessly in pharmacy school to build the skills needed to be a successful resident.
2. **Find your area to shine** - Residency programs do not expect you to do it all. They are much more impressed if you focus on things you are passionate about and use them to grow your leadership, teamwork, innovation, and time management skills. If you are passionate about a certain organization in pharmacy school, pursue a leadership role. If you are working in a pharmacy, think about ways you can improve pharmacy processes and hone your teamwork skills. Let your involvement in things you are passionate about challenge and grow you. This will make you an even more attractive residency candidate.
3. **Seek out a mentor** - Let's be honest, navigating the residency process is confusing. You are going to want someone in your corner that is familiar with the process to coach you through it! Should your CV font be Arial or Times New Roman? How do you complete a poster for presentation at Midyear? How do you get your transcripts sent to PhorCas? Should your thank you cards be handwritten? A mentor can help ease your mind about all of these questions and more! It can be a faculty member, preceptor, or even a current resident.
4. **Set yourself up for success in P4 year** - It is easy to get burnt out in pharmacy school. Especially by the time you hit fourth year rotations. When you are ranking your top picks for rotations you may be tempted to avoid taking more clinical rotations than required so you can coast to graduation. But remember, prior to residency the more challenging clinical rotations you can have the better! Especially early on in P4 year before residency interviews. These rotations will allow you to have more exposure to what a PGY1 residency will be like! They will also set you up well for those “tell me about a time when...” questions you will get on all of your residency interviews. Once you rock these clinical rotations, you can also consider asking your preceptor to be one of your letters of recommendation! Win-win!

The final word I want to leave you with is - **Relax!** It can be easy to get swept up in the road to residency. Before you know it, it has consumed you! Don't forget to relish your time in pharmacy school. Stay involved in things that ground you - faith, family, friends. Remember that you can do it! You are capable of far more than you know. I cannot wait to see the mark you make on the world of pharmacy! This Auburn grad is proud to be a Pharm Dawg!

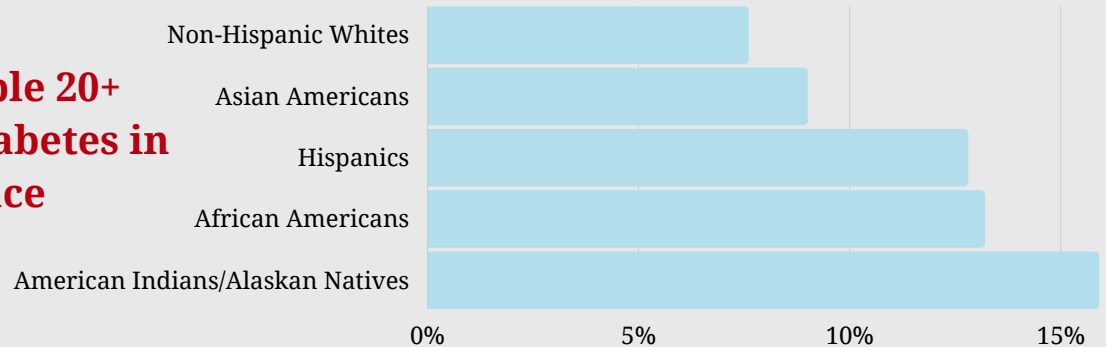
# OPERATION INPHARMATION

## AMERICAN DIABETES MONTH

Information provided by Jonah Stephens, Operation Diabetes Co-Chair



**Number of people 20+  
diagnosed with diabetes in  
the US by race**



is the **average** amount a  
person diagnosed with  
diabetes spends in medical  
expenses **per year**.

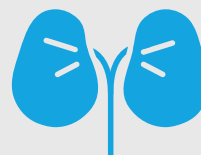
**People who have diabetes are at higher risk  
of serious health complications such as:**



**Blindness**



**Heart  
Disease**



**Kidney  
Failure**



**Loss of  
toes/feet**



**Stroke**

# UPCOMING OPPORTUNITY

DECEMBER 8 - 9

OUR UGA APHA-ASP CHAPTER  
HOLDS COUNSELING  
COMPETITION PRELIMINARY  
ROUNDS TO DETERMINE FINALISTS  
FOR NATIONALS.

THE TOP 10 FINALISTS WILL  
MOVE INTO FINAL ROUND IN  
JANUARY

WINNER REPRESENTS UGA  
NATIONALLY IN FEBRUARY

SIGN UP BELOW THE DOSE!



## FALL 2020 CURRENT POINT LEADERS



**P1:** Dayana Pimentel-Dominguez (95), Megha Patel (90), Kyana Morris (80)

**P2:** Madison Taff (90), Alexis Bevill (85), Annie Bridges (75)

**P3:** Tram Le (120), Madeline Shepherd (80), Nour Burjak (80)

Leader in each class will get a **prize** at the end of this semester and the top 3 in each class will get a prize at the end of the year!