



## Welcome Letters

**Scott Dyer, President**  
APSA

Congratulations Class of 2023!

Welcome to the Faculty of Pharmacy and Pharmaceutical Sciences. As your peers, we are excited to get to know you and welcome you into the program. We hope that you will feel the same way that we do about being involved in the student's association and making an impact in the development of yourself as well as your peers. The Alberta Pharmacy Students Association (APSA) facilitates activities that help students flourish academically, professionally, and socially. We sure hope that the incoming class of 2023 will have an awesome 4 years of school, and love the profession of pharmacy as much as we do!

Your peers that are currently studying in this excellent pharmacy program have come together to welcome you to the pharmacy. We are planning an extensive yet exciting first year orientation for all of you to help with the transition into this demanding yet rewarding professional program. Please visit <http://myapsa.ca/firstyearinformation/> to make sure you don't miss any deadlines before starting the program and **don't forget to join your pharmacy facebook group.**

Have you ever heard of the Movember Rx Factor beauty pageant? Or, the annual Blue and Gold Ball? Would you like to travel to a national pharmacy student conference (PDW) in Montreal? Or, perhaps unwind at our TGIFs and social events. Maybe, the elegance of the Banff Seminar calls out to your inner hospital pharmacist? By becoming a member of our professional faculty association, we can take you there! A single payment of \$240 gains you access to all of the services that APSA provides, including educational travel rewards, employment opportunities, annual APSA awards and much more! We are very proud to say that almost all students from each year of pharmacy have opted into becoming an APSA member. You can flash your membership card for a discount at our partner establishments around Edmonton. You can rent a locker, access study spaces and the APSA lounge filled with game systems, board games & more! For free pharmacy swag, exclusive pharmacy threads and serious discounts on mass textbook orders, come join APSA. You can bring a cheque to orientation, pay online via the APSA Store, or if all goes well you can pay on your card with our new card reader at orientation day! We absolutely cannot wait to meet you and see how far you will take our program and profession. For all your questions needing answers, and for support for all those dreams that you would like to achieve, come meet your APSA Council members this September at Orientation or read about us on our APSA website <http://myapsa.ca/aboutus/>!

Feel free to add me "Scott Dyer" on Facebook and ask some questions about the new program if you are feeling the jitters and just can't wait to know more!

Sincerely,

**Scott Dyer, President**  
Alberta Pharmacy Students' Association  
587 888 3167 | [sadyer@ualberta.ca](mailto:sadyer@ualberta.ca)

Dear Class of 2023,

Welcome to the Faculty of Pharmacy!

My name is Kristil, and I am the Vice President Student Services on APSA. I would like to take this opportunity to congratulate you on the incredible accomplishment of being accepted into pharmacy. You are in for an amazing four years of school and many more years ahead of you in your careers. Each and every one of you should be incredibly proud of your accomplishments - you have worked hard and you deserve to feel great about yourselves!

My role on APSA revolves around making sure that the student experience is amazing, fulfilling, and supportive. My role involves coordinating wellness initiatives and mentorship opportunities as well as organizing textbook and locker sales and keeping our shared student spaces in tip-top shape. I work closely with the faculty to ensure that you feel supported in every aspect of your education - your mental health, your studying experience on campus, and your resources required to succeed as a pharmacy student. I want to provide you with the resources you need to make these next four years what you want them to be!

I will be working this year to continue our peer mentorship program where you can be matched to an upper year student to ask questions and gain some insight into the years to come in this program, and hopefully get some tips on how to be successful in this program. I will be hosting monthly wellness events for you to unwind and give some time back to yourselves. I am also working on organizing some workshops throughout the year focusing on mental health, wellness and being a support to yourself and others. I want to help you feel connected to your peers in this program but also within the university community in general.

As my job involves making *your* experience the greatest it can be, I am always open to receive feedback from the students! Please do not feel afraid to reach out to me through whatever means you find most comfortable. I am always available for a chat!

My advice to you is to *own your own experience* as a pharmacy student. You are in pharmacy school because you are going to become a pharmacist, not because you already are one, SO make the most out of this experience! Take advantage of the amazing lecturers and clinicians you have at your fingertips. Ask questions! Network! Ask your prof to slow down and explain something! This experience is yours and it will only be as good as you make it for yourself.

Once again, congratulations! You are in for an amazing, enriching, life-changing experience.

All the best,

**Kristil Almahfoud**, VP Student Services  
Alberta Pharmacy Students' Association  
almahfou@ualberta.ca

To the Class of 2023:

Welcome to the pharmily! You've worked hard to get to this stage, so make sure you take time to celebrate your accomplishments with those who helped you get here. You are now part of a stimulating environment of learners and professionals that will help you grow both personally and professionally.

My name is Jadin Chahade and I am your APSA Vice President Academic. My focus this year is to highlight all the opportunities available to Pharmacy Students. I want to help you find what inspires you and ensure that you have the proper support and mentorship along this journey. I am available at any time to guide you and provide advice if you should have any academic concerns regarding courses, grades, deferrals, etc. Please don't hesitate to use me as a resource!

Throughout your 4 years in this program, you will have the opportunity to learn from your professors, from your preceptors, but most importantly, you have the opportunity to learn from your future colleagues. Take advantage of being surrounded by driven, like-minded individuals. APSA offers a Pharmacy Undergraduate Journal Club (PUJC) where you will have the chance to work with your friends and improve your critical appraisal skills. The time you invest now will show during your rotations when you can read and appraisal an article with ease. These skills are critical for a progressive practice! Stay tuned for announcements on when we will be meeting next!

As part of my role on APSA, I have the opportunity to sit on many committees both within the Faculty and externally. In addition, I sit on the Alberta College of Pharmacy (ACP) council as the student representative. These opportunities give me a chance to voice our concerns, so please bring forward your concerns and I will be happy to listen.

I look forward to getting to know each of you!

Cheers,

**Jadin Chahade**, VP Academic

Alberta Pharmacy Students' Association

[chahade@ualberta.ca](mailto:chahade@ualberta.ca)

To the Class of 2023:

Congratulations on your acceptance to the Faculty of Pharmacy at the University of Alberta. This is a massive achievement and you should be proud of yourself; so give yourself a pat on the back, you deserve it! The next 4 years will be a crazy journey, but be sure to take some time to reflect on how far you've come and how much more you've yet to achieve- we know you will all excel in this program! We are so excited to welcome you into our little pharmily.

We are Sana and Dana, the Grad Committee Co-chairs for the Class of 2021. Our main role is to organize a variety of different fundraisers in order to raise money for our graduation banquet next year. Throughout the 2019-2020 academic year, we will be hosting a number of different food sales like samosas and cookie dough, clothing sales and so much more! So keep your eyes open for posters and stay tuned for announcements from us in the upcoming months.

Believe us when we say that time flies, so make the best of your time here at the UofA. It almost feels like yesterday that we were in your position, being bombarded with more information than our little brains can carry. And now, here we are planning our graduation. Before you know it, you will be planning for your graduation too! Although all of this may seem very overwhelming, just know that we are all rooting for you and are here for you when you need us. So ask questions, get involved, go to every event you can, eat a lot of pizza (believe me you will), but most importantly, just relax and have fun.

Once again, congratulations and welcome to the pharmily! We can't wait to meet you all!

Sincerely,

**Sana Awad & Dana Wieringa**

Grad Committee Co-Chairs, Class of 2021

Alberta Pharmacy Student's Association (APSA)

Faculty of Pharmacy and Pharmaceutical Sciences, University of Alberta

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Dear Class of 2023,

Congratulations on your acceptance into the Doctor of Pharmacy program! We are so excited that you chose to join our “pharmily” at the University of Alberta. Our names are Jenn Young and Ayush Chadha, and we are your local Canadian Association of Pharmacy Students and Interns (CAPSI) representatives. CAPSI is a national organization that unites pharmacy students from across Canada. In partnership with APSA, CAPSI will provide you with numerous once in a lifetime opportunities to supplement your learning, meet colleagues from across the country, and of course, have fun!

Our first big event of the year is the CIBC Run for the Cure on October 6<sup>th</sup>, 2019. Each year, the U of A Pharmacy Team raises funds for breast cancer research, support programs, and patient education. This is just one example of ways we try to improve the health of our patients outside of our traditional pharmacy education and practice. Over the past 5 years, our team has fundraised over \$86,000, and we hope to increase this total to \$100,000 this year with your help!

Please join the U of A Pharmacy Team for the CIBC Run for the Cure and start fundraising over the summer! This event is a great opportunity to get to know your classmates and meet students in other years of the program, and we highly encourage you to participate! Join the team today at <http://convio.cancer.ca/goto/UofAPharmacy2019>.

As your U of A CAPSI representatives, we also organize events such as the patient interview, over-the-counter, and compounding competitions, which allow students to apply the skills and knowledge they have acquired in the classroom. The Student Literacy Challenge (SLC) is another CAPSI competition that is open to all students (including you!) and ends in mid-October. If you have a passion for writing, you can submit a pharmacy-related article on a topic of your choice. The winning submission is eligible to receive a travel subsidy to attend Professional Development Week (PDW), a CAPSI-organized conference which is being held in Montréal, Québec this year! PDW is one of the largest student-run conferences in Canada and allows pharmacy students from across the country to engage with and learn from one another. If you are interested in participating in a CAPSI competition or attending PDW 2019, feel free to send us an email for more information!

In addition to CAPSI competitions and PDW, we also organize events for Pharmacists Awareness Month in March. During this month, we run various health clinics that enable the public to engage with pharmacy students and organize several lunch and learns where guest speakers educate students and faculty on topics supplementary to the curriculum. These lunch and learns give students a deeper look at current issues in pharmacy, unfamiliar therapeutic topics, and information about several pharmacy-related organizations.

During orientation and the first week of classes, we will provide you with more information about CAPSI and how this organization benefits you as a student. When you sign up to become an APSA member (which we would highly recommend!), you will automatically become a CAPSI member and enjoy all of the benefits that come along with this membership including free agendas, access to CAPSI competitions and PDW, discounts on textbooks and other pharmacy resources, and much more.

The next four years will be both incredibly rewarding and incredibly challenging. Please remember that your health and well-being should always be your first priority and to reach out for help if you find yourself struggling. We truly are one big “pharmily” and we would be more than happy to help you with any questions or difficulties you may have. If you would like to know more about CAPSI, you can visit [www.capsi.ca](http://www.capsi.ca) or send either of us an email and we would be happy to answer any questions you may have. Once again, congratulations on your acceptance into pharmacy and we look forward to meeting you at orientation!

Sincerely,

**Jenn Young**, VP CAPSI Sr. Representative  
Alberta Pharmacy Students' Association  
[jayoung2@ualberta.ca](mailto:jayoung2@ualberta.ca)

**Ayush Chadha**, CAPSI Jr. Representative  
Alberta Pharmacy Students' Association  
[achadha@ualberta.ca](mailto:achadha@ualberta.ca)

## Welcome Letter from CSHP Representative

Class of 2023,

Welcome to the PharmD program. You have worked really hard to earn a spot in this program where you get to become a pharmacist, one of the most trusted and valued healthcare practitioners.

In a few weeks you will embark on a lifelong journey of learning, self-reflection and continuous challenges as you become an expert in patient care & assessment.

I'd like to introduce CSHP, Canadian Society of Hospital Pharmacists which is a nationwide coalition of hospital pharmacists committed to excellence in patient care.

CSHP offers opportunities to explore the world of hospital pharmacy from a very early point in your pharmacy careers. As a CSHP supporter, you will enjoy mentorship opportunities from leaders in hospital practice, scholarships, discounted Banff Seminar attendance, committee involvement, summer jobs, and much more!

CSHP student committee will be holding a membership drive in October where you will have the opportunity to learn more about what CSHP has to offer and enjoy a free lunch!

If you would like to get involved earlier, do not hesitate to email me or message me on Facebook.

Congratulations again and welcome to the pharmily!

Mina Nagib

CSHP-AB Student Representative

Alberta Pharmacy Students' Association (APSA)

Faculty of Pharmacy and Pharmaceutical Sciences, University of Alberta

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