

Anthony Kapelke, President
Alberta Pharmacy Students' Association (APSA)

Congratulations Class of 2024!

It is with great pleasure I welcome you to the Faculty of Pharmacy and Pharmaceutical Sciences at the University of Alberta. This is a great accomplishment that can only be achieved with hard work, charisma, resilience, and intelligence. Bravo! As you embark upon this new chapter, I would like to offer my support and guidance. Pharmacy school can be difficult, but I promise you will develop some life-long friendships and be left with an abundance of stellar memories. The Alberta Pharmacy Students' Association (APSA) is a professional faculty association that represents the voice of pharmacy students in the province of Alberta. Our council is a group of dedicated pharmacy students committed to providing you the best 4 years possible. We strive to be an inclusive student association with a variety of committees, events, initiatives, and opportunities that allow for both professional and personal development and enjoyment! Explore our website to find out more about who we are and what we do: <https://myapsa.ca/>

Unfortunately, our world looks a bit different these days, but that is not stopping our efforts to make sure your first year as a PharmD student is nothing short of amazing. I can't say for certain what the future holds, but expect an online Fall 2020 to be one for the books. Aside from all of the awesome TGIF parties (we'll host them online if we have to), engaging lunch and learns, and other student service events, we have a lot in store for you! Expect an online talent show that raises funds for the Movember Foundation (think America's Got Talent - pharmacy version - with a bit more pizzazz), a virtual run that will raise awareness for anti-racism in the healthcare field (a powerful opportunity to lead our profession and push for systemic change) and many other cool events!

How can you be a part of all this sublimity? It's as easy as purchasing an APSA membership. A one-time fee of \$250 gets you access to all of the services that APSA provides, including educational travel rewards, employment opportunities, annual APSA awards, and much more! I am very proud to say that our student membership is strong, with each cohort having over 93% student participation. Some cohorts even boast a 100% membership rate. I believe these numbers speak for themselves and I promise your APSA membership will be money well spent.

I implore you to get involved as much as possible, cherish the learning that takes place both in and outside of the classroom, and embrace the struggles. It's these things that form our professional identity and shape us into the best pharmacist's we can be. I am so excited to meet you all virtually. Take care for now, and if you need anything from me, please don't hesitate to reach out.

Warmly,

Anthony Kapelke, President
Alberta Pharmacy Students' Association (APSA)
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Date: July 26, 2020

To: Class of 2024

Dear: University of Alberta Pharmacy Class of 2024,

First off, congratulations on your accomplishment! Each of you is about to embark on this new and exciting adventure together -allow yourselves to soak in the joy and pride you all feel. This year will be an especially unique one with the pandemic around us. I encourage you all to connect with one another, afterall, pharmacy school is a journey that is new for each and every one of you! To help you all feel connected, APSA will be creating opportunities for you to get to know your peers, in your class and in others. To see some of what APSA offers, feel free to take a look at www.myapsa.ca. We use Facebook as our main platform for communication within and among different years, stay tuned for new opportunities this year and I hope to see all of you via future zoom sessions!

I'm Navjot, I'll be heading into my third year with the Class of 2022. My role as APSA's VP Academic is to act as a liaison between the students, the Faculty of Pharmacy and Pharmaceutical Sciences (FoPPS), and the Alberta College of Pharmacy (ACP). I am here to listen and share the student perspective on the different committees/councils I sit on. Should you have a concern or question that I can be of help with, please feel free to reach out to me!

This year, my goals include advocating for students, connecting us with resources, or sharing opportunities to help us all become the health care professionals we hope to be. Initiatives I have this year are ever developing and hopefully you'll hear more about them through APSA! To give you some insight, in the near future, I'll be putting together a few resources to help provide guidance around concerns or questions that students have across all four years. Additionally, you'll be hearing about APSA's Pharmacy Undergraduate Journal Club (PUJC), where students can practice appraising literature in a safe environment, preparing us for the future where keeping up with the newest information will be something expected of us as pharmacists. I welcome you all to join as we get started up again in September! I will also be working with our newest, Race against Racism committee, alongside our co-chair, VP CAPSI Senior, Ayush. We are currently planning the year ahead of us, and I recommend staying connected with APSA's social media platforms to see what the committee has in store!

Congratulations once again to each and every single one of you! I look forward to meeting you all very soon at APSA's Orientation Day!

Sincerely,



Navjot Singh, APSA Vice President Academic
Alberta Pharmacy Students' Association
Faculty of Pharmacy and Pharmaceutical Sciences
nksingh@ualberta.ca

Dear Class of 2024,

Welcome to the Faculty of Pharmacy!

My name is Eliana, 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 school. 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 fulfilling, unique 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!

This year, Student Services will be organized differently due to the temporary change to online/remote delivery of classes. I will be working this year to continue our peer mentorship program where you will be connected with an upper year student to ask questions and gain some insight into the years to come in this program. The mentorship program will be integral this year in ensuring a smooth transition into the program so please look out for details from me regarding the matching process. I will also be hosting monthly, online wellness events together with the social media director for you to unwind and give some time back to yourselves as well as participate in some fun contests! 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 professor 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,

Eliana Kavgadoulis, VP Student Services
Alberta Pharmacy Students' Association
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Dear Pharmacy Class of 2024,

Congratulations on your acceptance into the pharmacy program at the University of Alberta. Trust me, the next four years will be a blur to you but you will experience so much personal and professional growth. Rachel and I are very excited to be part of your journey to become successful pharmacists. As your *Canadian Association of Pharmacy Students and Interns (CAPSI)* representatives, we would like to introduce you to the organization that, in partnership with APSA, will provide various opportunities to supplement your knowledge, meet new colleagues, and become further inspired to advance the profession as future pharmacists. With your registration to become an APSA member, you automatically become a CAPSI member as well!

As your CAPSI representatives, it is our personal duty to provide you with the knowledge and have the ability to maximize your benefits as a CAPSI member. CAPSI is a national organization that brings together pharmacy students from all across Canada. Our organization strives to provide pharmacy students with educational and practical experiences outside of the pharmacy curricula. At a local level here at the University of Alberta, CAPSI is involved in fundraising for events such as *CIBC Run for the Cure* and *Movember*. We also organize professional development activities including CAPSI competitions in October and *Professional Development Week (PDW)* conference in January. CAPSI also organizes *Pharmacists Awareness Month* in March to advocate for the profession of pharmacy to the public and other health care disciplines.

This year is going to be a little different but we have worked hard all summer to try to come up with opportunities for you throughout the year. September is a busy month! Stay tuned for many events we have lined up such as our new initiative of the Race against Racism. All ages and skill levels are welcome! Every year, we organize the U of A Pharmacy Team to fundraise money for CIBC Run for the Cure. Last year, our pharmacy team reached a total of \$100,000 raised within the past 6 years. This year, we have taken on a new endeavor to improve the health of our patients outside of our traditional pharmacy practice. The charity we will be supporting this year is Action Dignity, which helps to address social determinants of health.

The next four years will be very rigorous but also very rewarding. We strongly encourage you to get involved: participate in events; go to lunch and learns, presentations and conferences; network, and meet new people! 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 find out more about CAPSI, please visit www.capsi.ca, or reach out to Rachel or myself as we are more than welcome to chat over zoom or through email. We are happy to answer any questions that you have and we can't wait to “meet” you all at our virtual orientation!

Cheers,

Ayush Chadha, VP CAPSI Sr. Representative
Alberta Pharmacy Students' Association
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Rachel Hanson, CAPSI Jr. Representative
Alberta Pharmacy Students' Association
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Dear Class of 2024,

Welcome to the Faculty of Pharmacy!

My name is Cody, and I will be your Canadian Society of Hospital Pharmacists (CSHP) Representative this year. I want to begin by congratulating you all on your admission to the PharmD program. You have undoubtedly worked very hard to earn a spot in this program, so give yourselves a pat on the back! Although things may be a little different this year, your APSA council has been working tirelessly to ensure you have the best introduction to this faculty and profession.

CSHP is a national organization consisting of pharmacists and pharmacy students across Canada that are focussed on enhancing patient care in various hospital and multidisciplinary practice settings. As your CSHP Representative, it is my goal to provide you with knowledge and experience regarding hospital pharmacy practice both in Alberta and across the country. I will be working alongside the faculty, APSA, and the CSHP AB Branch to host events that reflect the scope of practice of a hospital pharmacist.

We will be hosting our first event near the end of September where we will be discussing how to become a CSHP member, what a CSHP membership includes, and how to get involved with CSHP and local hospitals. Throughout the year, we will be hosting various other events where you will be able to learn how a pharmacist contributes to the patient care process in hospital settings, different areas of practice that hospital pharmacists are involved in, and what a typical day as a hospital pharmacist looks like!

With your CSHP membership, you will have access to various benefits, such as our mentorship program where you are matched with a hospital pharmacist who can answer any questions you have, as well as provide you with valuable shadowing experiences. CSHP also hosts the Banff Seminar, which allows students to network with other professionals in the field, and offers professional development opportunities and learning experiences outside of the classroom. If you would like to know more about CSHP, please visit www.cshp.ca or send me an email.

Once again, congratulations and welcome to the pharmily!

Cody Thompson, CSHP Representative
Alberta Pharmacy Students' Association
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Dear Class of 2024,

Welcome to the Faculty of Pharmacy and Pharmaceutical Sciences! We hope that you are taking the time to congratulate yourselves for your accomplishments so far.

Our names are Melody Suon and Jessica Kuntz, and we are the Grad-Committee Co-Chairs for the Class of 2022. Believe us when we say: time flies so fast when you are surrounded by lively, passionate, and brilliant people. As we begin to plan our graduation night, it is crazy to us that we are already halfway there. Moreover, when we look at the comradery of our class, we cannot believe that we too were once all strangers. Writing this letter has us thinking back to our first year of pharmacy school and how nice it would be to go back and relive it.

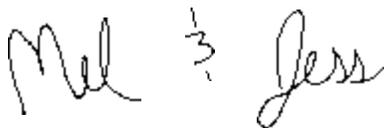
First year was filled with the excitement of meeting new people. Not only peers, but potential life-long friends and colleagues. While pharmacy school is challenging it can also be an absolute blast! Allow yourself to be open to new experiences, participate in all APSA has to offer, and lean on one another for support. When times seem tough, which they inevitably will be, remember that you are here for a reason and that is to become the pharmacist your future patients deserve.

To some that might mean that top grades are a necessity, but our two years of wisdom have taught us that it is much more than that. Being a pharmacist means being able to connect with your patients and instilling their trust in you. That is why we encourage you to use these next four years to become comfortable and confident in yourself. Expand your knowledge, but also your communication, and social skills.

While we may not be able to see each other in the hallways of MSB, please know that we are here to support you every step of the way! We look forward to giving you all a proper welcome to APSA when it is safe to do so.

PS: Stay tuned for announcements from the grad-committee! We will have clothing orders for some UofA pharmacy swag coming soon!

Cheers,



Mel & Jess

Melody Suon + Jessica Kuntz, Grad Committee Co-Chairs
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