

THE LAUREL VOLUME 9, ISSUE 3

Editor: Indrani Kar

February 2013

PHARMACY LEADERSHIP SOCIETY

From the Desk of the National Member-at-Large

Greetings, fellow PLS members!

I must say the Executive Committee is thrilled to see everyone at Annual meeting this weekend.

As the outgoing Member-at-Large, I will step down from my position officially on March 2nd, when we will have the privilege of electing a new MAL! Kathy Hunter (Speaker of the House) and I are happy to welcome a new pair of leaders in March, and hope to assist them successfully in transitioning into the new year.

I hope to see many of you at the American Pharmacists Association Annual Meeting in Los Angeles on March 1-4, 2013!

Do not miss the PLS House of Delegates on March 2nd (3:30-5:30PM in Convention Center Room 515B) and Awards Ceremonies on 2nd (6-8PM in Convention Center Room 515A)!

See you in LA :)

It has been a privilege serving the entire PLS membership this year, and I am excited to see the next student pharmacist leaders move the profession and leadership forward.

Best,
Indrani Kar
2012-2013 National PLS MAL
plsmemberatlarge@gmail.com



PHI LAMBDA SIGMA

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<http://www.philambdasigma.org>

Annual Meeting Overview:

- Delegate appointments should be made using the online Delegate Appointment form by **February 28th**. (Delegate information packets will be emailed to individual delegates after this date).
- **PLS House of Delegates March 2nd, 3:30-5:30pm Convention Center (Rm 515B)**
 - Delegates sign-in begins at 2:45pm on March 2nd and all delegates must be seated before roll call ends.
 - All other members are welcome in gallery seating. Election of national officers for 2013-2014 and society business will be conducted.
 - I encourage members to run for office. See the *Reminders* section for more information.
- **Awards reception March 2nd, 6-8pm Conventional Center (515A)**

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PLS Chapter Updates

University of the Incarnate Word Feik School of Pharmacy

By: Author: Kim-Ly Nguyen,
Gamma Xi Chapter President



The Gamma Xi chapter of Phi Lambda Sigma at the University of the Incarnate Word Feik School of Pharmacy in San Antonio, TX has had a promising year thus far. Starting with Student Organization Day during orientation week, members of the Gamma Xi chapter informed the incoming students about the mission and goals of Phi Lambda Sigma, as well as promoted our upcoming events – including a series of leadership workshops, fundraising and social events. We distributed informative brochures and presented an information board to encourage the new students to start developing their leadership skills in their first year. One of the most important programs that the Gamma Xi chapter has developed for their fellow cohorts is the mentor-mentee program. We initiated this program three years ago with the P1 students in mind, to help smooth their transition into pharmacy school by pairing them up with an upperclassman of the Feik School of Pharmacy as their mentor. This year, we received 96 requests out of a total of 100 first-year students to participate in this program. The following month, the Gamma Xi chapter was given the honor of selecting the guest speaker for the Class of 2016 White Coat Ceremony. We invited Donna S. Wall, PharmD to speak to our students. As the Vice President of the Accreditation Council for Pharmacy Education Board of Directors, Dr. Wall's perspective on the continually growing and changing profession of pharmacy provided excellent insight for not only the Class of 2016, but also the faculty and other classes of pharmacy students in the audience.

The first event in the Leadership Workshop Series was our 2nd annual Resumé/CV Workshop. We had a full audience of approximately 80 students, ranging from first to fourth-year students. David Trang, PharmD, MBA (Vice-Chair and Associate Professor of Pharmacy Practice at the Feik School of Pharmacy) and Brent Thacker, RPh (Regional Director of H-E-B Pharmacy in San Antonio, TX) were our guest speakers for the event. As faculty and honorary members of the Gamma Xi chapter, they shared their expertise from

an employer's perspective on what the students can do to improve their resumé and promote leadership and professionalism within themselves. For our next event in the Leadership Workshop Series, the Gamma Xi chapter of Phi Lambda Sigma collaborated with another student organization, SNPhA. We invited a representative from Target Pharmacy to speak to the students about how to improve their interviewing techniques. The students in attendance gained helpful advice that will be invaluable to their success as future pharmacists. The last two events in the Leadership Workshop Series will be held in the month of March 2013. We are planning an Information Resources Workshop, where students can learn advanced skills using Google's suite of information resources, including Google Scholar. This class will teach the students how to approach Google as a critical thinker and construct more advanced and targeted searches. Lastly, we will invite District Pharmacy Supervisor of the Walgreens Company in San Antonio, TX and an honorary member of the Gamma Xi chapter, Julie Mitchell, RPh to conduct a Leadership Development Workshop. With these events, the Gamma Xi chapter will achieve our goal of increasing visibility within the school and further develop the skills within our students to be exceptional leaders in the profession of pharmacy.

In addition to conducting leadership workshops, the members of the Gamma Xi chapter started a philanthropic initiative for the chapter: organ donation. In collaboration with the Texas Organ Sharing Alliance (TOSA), the members of PLS presented information and raised awareness for organ donation to members of the San Antonio community at a school health fair and the San Antonio 5K Santa Fun Run. Our goal was not only to provide education regarding organ donation, but also to register potential new donors.

QUOTES for thought

The task of the leader is to get his people from where they are to where they have not been.

-Henry Kissinger

In periods where there is no leadership, society stands still. Progress occurs when courageous, skillful leaders seize the opportunity to change things for the better.

-Harry Truman

Example is not the main thing in influencing others; it is the only thing.

-Albert Schweitzer

Our chief want is someone who will inspire us to be what we know we could be.

-Ralph Waldo Emerson

The first responsibility of a leader is to define reality. The last is to say thank you. In between, the leader is a servant.

-Max DePree

The final test of a leader is what he leaves behind him in other men, the conviction and the will to carry on.

-Walter Lippmann

GAMMA XI Cont'd: For the attendees that were uncertain about registering to be a donor, we offered delicious cookies in the shape of a heart or kidney, in exchange for a \$1 donation to TOSA. In the course of presenting the organ donation board during these events, the members of the Gamma Xi chapter educated approximately 80 people, raised \$56 for TOSA, and recruited 11 new organ donors.

On February 23, 2013, the Gamma Xi chapter inducted 11 student members and 3 faculty members into Phi Lambda Sigma Pharmacy Leadership Society. Inducted members represent those who have demonstrated leadership and a

commitment to excellence in the pharmacy profession. The induction ceremony concluded a successful year for the Gamma Xi chapter. Other events to look forward to this semester include attending the Phi Lambda Sigma House of Delegates meeting at the 2013 APhA Annual Conference in Los Angeles, CA, the PLS Membership Retreat, silent auction fundraiser, and assisting to host a health fair with an emphasis on diabetes management at Haven for Hope, a local facility whose mission is to coordinate and deliver an efficient system of care for those experiencing homelessness in San Antonio.

Report on Xavier University of Louisiana College of Pharmacy Leadership Retreat held on Saturday, October, 27th, 2012.

Phi Lambda Sigma and Pharmacy Students' Association sponsored the annual College of Pharmacy Leadership Retreat. The event was debuted with a prayer breakfast program organized by Campus Ministry. Student leaders enjoyed breakfast from Sodexo early in the morning as Campus Ministry led prayers and speeches related to this year's theme-Fill the Change. The guest speaker for the prayer breakfast was Dr. Ifeanyi Onor, a 2011 graduate of our College of Pharmacy.

After the breakfast proceedings, students were invited out of the Qatar Atrium and into Qatar 112B and the next segment of the day was started off by an ice breaker. Student leaders lined up according to where they were from then introduced themselves. After everyone had introduced themselves, the student who had registered last during the breakfast was selected to lead the group in dance. The song Wobble by VIC was played and everyone danced to it. This allowed the students to relax so we immediately jumped to leadership scenarios as soon as they got seated.

The leadership scenarios were facilitated by the Phi Lambda Sigma President. Student leaders worked in groups to discuss various leadership scenarios. The activities were namely: Walk the Talk, Leadership Challenged and Battling Negativity. During these activities the students explored traits that attribute to leadership, which leadership traits they can adopt, what to do in moments when being a leader is tough, and how to handle negativity that may loom in organizations.

The guest speaker for the retreat, Mr. Larry Thomas, was then introduced by Phi Lambda Sigma Vice President. Mr. Thomas graduated from Xavier's College of Pharmacy. He owns an independent pharmacy in Laurel, Mississippi. He encouraged the student leaders to consider owning their own pharmacies. The students were invigorated by his presentation as was evidenced by so many questions they asked him afterwards.

After the guest speaker, the Dean of the College of Pharmacy, Dr. Kennedy discussed that she would want to have Town Hall meetings with the students so that there could be an open line of communication. She gave highlights of the new

schedule of classes that will start next Spring in the College of Pharmacy.

The Vice President of Phi Lambda Sigma led the next activity session. In this session, students worked in their groups to explore different scenarios i.e. First time leaders, Communication, Fundraising and Time management. Students were given time to discuss among their respective groups then the whole group later convened to share suggestions they had.

The final activity we had for the student leaders was an activity where they each had to write on a "pill card" how they thought leaders could facilitate change. This activity was led by the president of the Pharmacy Students' Association.

After this, students were handed a survey to fill out which they turned in as they got their boxed lunch from McAlister's.

Out of the 35 surveys that were turned in, 63% of student leaders strongly agreed that the retreated enhanced their confidence as a leader. 37% of the student leaders agreed that the retreat enhanced their confidence as a leader.

When asked if the presentations were useful and applicable to their role as a student leader, 63% of student leaders strongly agreed and 34% of them agreed to this statement.

Overall, the students noted the strengths of the leadership to be motivational, encouraging, interactive, informative, promoted a sense of togetherness within the separate organizations, peer advice, helping with life problems as well, peer bonding, promoted accountability, positive atmosphere, provision of breakfast and lunch, engaging with faculty and the dean, guest speaker discussing business side of pharmacy.

On ways the retreat could be improved, most students commented on improving time management. Students also would want the retreat to start later in the morning.

CONTACT INFORMATION

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REMINDERS

Thank you for reading the second issue of this year's Laurel! I hope you have gained valuable insight. A few small reminders for our members and chapters:

- Feel free to send Laurel submissions! Some ideas: chapter updates, interesting programming, retreat summaries, photos, youtube video links, etc. Anything is possible!
- Remember to send any updates to Webmaster Willis for posting to our electronic sources (i.e. webpage, Facebook, and Twitter).
- Any member is eligible to run for the **position of National Member-at-Large or Speaker of the House**. Please contact myself or Kathy or see the website for more information.
- If you choose to run for office: Fill out the **Intent to run form** at <http://www.philambdasigma.org/Forms/IntentToRunForm.aspx>, and **send** a biographical sketch, resume, curriculum vitae or similar document for the Nominations Committee to use in evaluating your credentials for the Office to plsmemberatlarge@gmail.com and exec_director@philambdasigma.com by **February 28th**. If members decide to run for office before the House of Delegates session and have not submitted these documents, members may submit a hard copy to any PLS national executive officer **until** the start of the House of Delegates session on **March 2nd**.
- If a member would like Chapter Delegates to receive a short statement of their intent to run for election prior to the House of Delegates, please email by **February 28th** to plsmemberatlarge@gmail.com and exec_director@philambdasigma.com.
- **Do not miss the PLS House of Delegates on March 2nd (3:30-5:30PM in Convention Center Room 515B) and PLS Awards Ceremony on 2nd (6-8PM in Convention Center Room 515A) during the APhA Annual Meeting in Los Angeles, CA!**

Thank you for your continued service to PLS. I wish all PLS members well in their endeavors.

Be the next leader. Change the profession.

PLS for Life!

Regional Liaison Comments:

Remember—your RLs serve you until July 2013!

"As the year winds down , I can't help but reflect-- on the year, the friendships I've made, the strengths I've developed, and the weaknesses that have followed. One thing tends to strike a cord with me in every type of reminiscing: how much I've challenged myself. If you are at all interested in learning, growing, and developing yourself as both a person and a leader, PLS is an excellent avenue for such endeavors. Acting as the Region 5 Liaison, I have been incredibly fortunate to step outside of my comfort zone and I have benefited immeasurably by it. I attend the University of Kentucky, which is actually a Region 4 school, so serving as the Region 5 RL and attending the APhA-ASP Region 5 Midyear Regional Meeting was an experience I would not have been able to do without PLS; if not for PLS, I wouldn't have met so many incredible people or probably ever gone to Fargo, ND. I wouldn't have grown as much as a person or learned as much about how to be an effective leader. I wouldn't have been challenged and I wouldn't have grown because of it.

I'd like to end with two sentiments. First, I want to thank PLS for the opportunity to serve as a Regional Liaison and the chance to challenge myself as a leader. Second, I want to challenge YOU-- we all need to step out of our comfort zones and applying to be a Regional Liaison for your region is just the way to do it!"

— RL Chris Terry

"I am in my final year of a combined PharmD/MS program at the University at Buffalo School of Pharmacy and Pharmaceutical Sciences (UBSoPPS). As chapter president, I had really enjoyed fostering collaboration amongst our student pharmacy organizations as well as inter-professional collaboration with students in the dental, medical, nursing, and physical therapy programs. At UB, we hold annual fundraisers to provide blood pressure cuffs and stethoscopes, business cards, and a UBSoPPS jacket sale. I was lucky enough to have received grants to support my inter-professional activities through Target and University at Buffalo's Health and Wellness Center.

As this year's Region 1, regional liaison, I have really enjoyed collaborating with region 1 chapter presidents, officers and faculty advisors. My goal this year was to create a network for region 1 members of Phi Lambda Sigma as well as offer guidance throughout their term as chapter officers/advisors. I have held quarterly conference calls to share events throughout the chapters in the region as well as give advice on pursuing certain events. I have been developing monthly newsletters, which feature chapter spotlights, updates in the profession of pharmacy, and updates from Phi Lambda Sigma headquarters. Chapter spotlights are news articles about recent chapter events.

Serving as regional liaison has been very rewarding. I am so proud of all of the chapter officers who I have met and worked with. I believe each chapter is unique, innovative, and is impacting their community. I have been enjoying my time as Phi Lambda Sigma regional liaison and fostering a network of student pharmacy leaders."

— RL Jamie Chin

