

The Pitt Capsule

“Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”

– Carl Bard

2016 Orientation Edition



Pitt students visit the Capitol Building in Harrisburg on Legislative Day, April 2016

Featured

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Welcome Class of 2020!

The American Pharmacists Association Academy of Student Pharmacists (APhA-ASP) Communications Committee publishes a monthly newsletter to keep you connected to all that is taking place within our school. In this newsletter you will find articles from professional organizations in which fellow students share updates, accomplishments, and future opportunities.

As you embark upon your pharmacy school journey, take some time to learn about each of these organizations and to talk with current members. Start with this special orientation edition of the *Pitt Capsule*, and be open to it all; you may be surprised by what captures your interest!

Mikhaila Rice (P2)
The *Pitt Capsule* Editor-in-Chief
APhA-ASP Communications Vice President



Back-to-School Picnic
Tuesday, August 30th 6:30-9:00PM

Check out APhA-ASP’s Back-to-School Picnic for free food and a chance to learn more about all of these unique professional organizations.



APhA-ASP Social Committee

Alexa Hospodar (P3), APhA-ASP Social Vice President

The American Pharmacists Association Academy of Student Pharmacists wants to welcome incoming and returning students to the new school year! To kick off the year, we want to invite you to the Back-To-School picnic that will take place on **Tuesday, August 30th** at the **Vietnam Veteran's Pavilion in Schenley Park from 6:30-9:00 PM**. This is a great opportunity for students to catch up after summer break with some free food and drinks and for the incoming P1 class to explore the different organizations the school has to offer. Each

organization will be looking to recruit new members and will have a booth with information to hand out to students. And who could forget the dessert competition? Bring some of your best homemade treats!

Our first general body meeting for all students will be held on **Wednesday, August 31st** from 12-1 PM in room 456. Come out to discover what the umbrella organization of the School of Pharmacy does and to learn about this year's initiative, Operation Diabetes! We will also be

introducing and explaining the different committees for P1s or any students that are interested in getting involved and taking on leadership positions. And of course, there will be free pizza!

If you have any questions about APhA-ASP or the Back-to-School Picnic, feel free to email me at arh72@pitt.edu.

We look forward to seeing everyone at the Back-To-School Picnic and to having another year of successful events!

Rho Chi: Welcome to a New School Year!

Olivia Marchionda (P3), Rho Chi Historian

The Alpha Omicron chapter of Rho Chi extends a warm welcome to the Class of 2020! The Rho Chi Society is the academic honor society in pharmacy, with a mission of encouraging and recognizing intellectual achievement, stimulating critical inquiry to advance pharmacy, and fostering collaboration. Members, who are in the top 20% of their class, are inducted into the society during

the spring semester of their P2 year; however, Rho Chi holds several events throughout the school year that P1s are able to participate in to allow them to get to know the organization.

One way that members of Rho Chi are looking forward to meeting P1s is through our tutoring program! P1 year is a big transition year with a full course load, including Biochemistry,

Principles of Drug Action, and Anatomy and Physiology. Rho Chi members are eager to assist through group review sessions, study tips, as well as one-on-one tutoring so that students will sail through their first professional year of pharmacy school. Stay tuned for upcoming information via email and in-class announcements regarding our tutoring services.



2016 Rho Chi Inductees

Over the summer, Rho Chi members have been busy preparing for the upcoming year's events. This school year we are looking forward to continuing our previous projects and events as well as developing new ones. Rho Chi partners with PLS to host a monthly lecture series during lunch that features a distinguished guest in the field of pharmacy. Stay tuned for emails of who the guest speaker of the month will be; you won't want to miss it! Other events run by Rho Chi include a blood drive during the fall and the spring, which is usually associated with a prize. Rho Chi also runs a lab card fundraiser as well as opportunities to learn about faculty and student research projects.

We encourage all students to participate in events held by Rho Chi! If you have any questions about Rho Chi as a society, about our events, or if you struggle with any class concepts, please feel free to reach out to any of the Rho Chi members. We look forward to assisting you all in your transition into pharmacy school! Good luck!

PLS: Phi Lambda Sigma-National Pharmacy Leadership Society

Gabrielle Dziuba (P3), PLS Secretary

Welcome, Class of 2020! Phi Lambda Sigma (PLS) is a national pharmacy leadership society that recognizes leaders within the field of pharmacy and fosters leadership development in our students. Many of you have already met some of our members who have worked very hard to set up the PLS mentors present at orientation. They will be a resource for you as you start pharmacy school.

In addition to our peer-mentoring program, PLS partners with several organizations in the pharmacy school for events. PLS and Rho Chi co-host a lunchtime lecture, which is a great opportunity for networking and leadership development early on in your pharmacy school career. Moreover, it is a great experience to expose students to different aspects of pharmacy. Similarly, PLS hosts a

leadership development series to further the development of students.

PLS and APhA-ASP host a leadership retreat, which allows students across all classes and pharmacy organizations to come together for collaboration and brainstorming, in both the fall and spring semesters. More information on the Fall Leadership Retreat will be coming to you very shortly.

PLS is also in charge of hosting the popular PLS Auction, which takes place early in the spring semester and benefits the Grace Lamsam Fund to help provide pharmacy services at the Birmingham Free Clinic in South Side. The auction allows students and faculty to bid on auction items such as dinners with the dean or other faculty members, kayaking trips, and more.

After a busy year, PLS members enjoy a Pittsburgh Pirates baseball game during the summer, a yearly tradition that brought together three faculty members and six PLS members this past July. We look forward to meeting the new class of pharmacy students at the Annual Back-To-School Picnic and at our PLS events throughout the year!



2016 PLS Pirates Game

PPA: Pennsylvania Pharmacists Association

Nicolette Diehl (P3), PPA Communication Ambassador

Following an eventful year, the Pitt PPA chapter is excited to jump into the new school year. Pennsylvania Pharmacists Association (PPA) is a statewide organization that unites pharmacists, student pharmacists, and other pharmacy staff to advocate for the profession of pharmacy. This organization allows student pharmacists to meet Pennsylvania pharmacists and to learn about topics pertinent to our state.

The organization holds two conferences every year: Annual in the fall and Mid-Year in the spring. During Mid-Year, our students participate in an over-the-counter competition, and many present posters on their work and research. During Annual, students are able to participate in the Achieving Independence Competition as well as attend student programming. Furthermore, through PPA, the P2 class and many P1 and P3 students visit the Pennsylvania State Capitol for Legislative Day in the spring to advocate for bills that directly affect our profession. Chapter members are also eligible to participate in the GRASP program at no charge, which is an online tutorial to prep student pharmacists for Legislative Day.

Our chapter had a very busy year last year, including high attendance and poster presentations at Annual and Mid-Year conferences, a first-place win at the OTC Competition during Mid-Year, and a successful Legislative Day in Harrisburg. This year, our chapter will be expanding upon previous events including participation in Dean's Theme, specifically the big event in the fall, and hosting Katy's Kids events at schools around Pittsburgh.

Pitt PPA will begin with the Annual Conference from **September 22nd-25th** in King of Prussia. To register please contact Brando Barry (bkb26@pitt.edu) and visit PPA's website. During the conference, four P3 students, Billy Wilkinson, Addie Brown, Heather Johnson and Ellie Tomaszewski will be competing in the Achieving Independence Competition. We wish them luck and are excited to see them participate in the competition!

Additionally, Allegheny County Pharmacists Association (ACPA) will be hosting its Annual Picnic on Wednesday, **September 7th** at the Anderson Pavilion. This picnic is

free to students and features a kickball game vs. Duquesne. Time, registration, and additional details will be coming soon!

This year, we are proud that many Pitt students will be sitting on the Student Advisory Board including Marissa Badzik as West Director, Rebecca Wytiaz as Foundation Director, Jennifer Fever as Vice Chair, Olivia Marchionda as Corresponding Secretary, and Nicolette Diehl as Recording Secretary. All students attended the leadership retreat over summer; we welcome them to the board and are excited to see their hard work!

For more information on PPA, please visit our table at the Back-to-School Picnic or contact our Membership Ambassador Marissa Badzik (mdb90@pitt.edu). Multiple year membership packages are also available at a discounted rate per year. Also, follow our Pitt PPA Facebook page and twitter for updates from our chapter and to see upcoming events. Our first chapter meeting will be on Wednesday, **September 7th**. We will be discussing plans for the upcoming semester; we hope to see you there!

2016 Legislative Day

“Students visit the Pennsylvania State Capitol for Legislative Day in the spring to advocate for bills that directly affect our profession.”



SSHP: Student Society of Health-System Pharmacists

Heather A. Johnson (P3),
SSHP Business Manager

Summer is over, but the fun does not have to be if you join SSHP! The Student Society of Health-System Pharmacists (SSHP) is one of the largest organizations in the School of Pharmacy, and it is perfect for all students, P1 through P4. It is a great way to learn more about the various careers within health systems, such as clinical pharmacy, ambulatory care, critical care, and pharmacotherapy. You can also get involved in our projects, which include Poison Prevention, Women's Health, Men's Health, and Travel Vaccinations. If you have another special interest, you can even develop your own project!

Our goal is to help you decide if health system pharmacy is right for you, and if it is we will assist you on your journey to find a job in the field through CV/resume workshops, guest speakers, and our Clinical Skills Competition. We also hold meetings regarding unique internships, research projects, residencies, and more. We go beyond Pitt; every year students attend the ASHP midyear conference, which is the largest gathering of pharmacists in the country. This year it is in Las Vegas!

SSHP also helps local organizations through fundraising events. Last year we donated over \$400 to CORE, Pittsburgh's DonateLife Organization. Come visit our table at the Back-to-School Picnic to hear about all of this and more. Our first general body meeting will be held on **Tuesday, August 30th** during lunch. Find out if SSHP is right for you...spoiler alert: it is.

SCCP: Student College of Clinical Pharmacy

Mikhaila Rice (P2), SCCP Secretary

Welcome P1s to our outstanding School of Pharmacy! You will be introduced to so many new and exciting things over these next few weeks, but if you have any interest in clinical pharmacy or pharmacy research, this is the organization for you. Student College of Clinical Pharmacy (SCCP) is a student organization dedicated to two specific realms of pharmacy: clinical pharmacy and research. Clinical pharmacists are expert patient care providers who collaborate with a patient's medical care team to recommend appropriate drug therapies based on scientifically valid information. They are concerned with the science and rational practice of medication use, which is why research is tied so closely to clinical pharmacy.

As a fairly new organization, our SCCP chapter is still growing and developing; however, over the past few years we have been able to provide students with opportunities to improve their clinical pharmacy skills as well as their understanding and appreciation for research in the world of pharmacy. Last year, we had students compete in two separate national challenges hosted by the American College of Clinical Pharmacy (ACCP): the Clinical Pharmacy Challenge and the new Clinical Research Challenge. Our Clinical Research Challenge team

reached the semi-finals last year, and our Clinical Pharmacy Challenge team will be continuing onto the next round of the competition this month.

ACCP, our national organization, is an extraordinary community of professionals through which students can form meaningful connections. One of the best ways to do this would be to travel to the 2016 ACCP Annual Meeting, which will be held in Hollywood, FL this year from **October 23rd-26th**. Several students from our chapter will be attending this meeting to present posters, network with clinical pharmacists from across the country, and learn more about what clinical pharmacy has to offer. If you are interested in attending this meeting, it is not too late to reach out to one of our members for more information and sign up!

If you would like to talk with us more about our plans for the upcoming year, check out our table at the Back-to-School Picnic! We are still developing our niche within the School of Pharmacy, so we are always open to any new ideas or suggestions you might have. Our first official general body meeting will be held **September 15th** at noon. We hope to see you there!

AMCP: Academy of Managed Care Pharmacy

Hilare Kimmel (P3), AMCP Communications Chair

Welcome to the wonderful world of pharmacy, P1s! There are many great paths to travel down within this career; however, an important one that is often overlooked is managed care pharmacy. You may be thinking to yourself, "What in the world is managed care pharmacy?" Well, managed care pharmacy looks at medication management from a larger perspective. Pharmacists may be employed by large health plans or pharmacy benefit managers where they help design, implement, and manage drug formularies. Other important initiatives they lead include patient education, outcomes research, and much more. Managed care pharmacists work to ensure patient safety and medication cost-effectiveness.

AMCP (Academy of Managed Care Pharmacy) is the national professional association of pharmacists and other health care providers in managed care. Our

student chapter at Pitt focuses on bringing in guest speakers and hosting networking events with managed care industry professionals. Our biggest event is the P&T (Pharmacy & Therapeutics) Competition, which is run by the national AMCP chapter. Small teams of students are given a case and then tasked with making recommendations for formulary placement to a panel of judges. The finalists are invited to one of the two AMCP national conferences hosted each year where they compete for cash prizes. Last year, many of our students in AMCP were able to attend the Nexus conference in Orlando to present posters and network with industry leaders!

Please attend our first meeting to learn more about how you can get involved in such an interesting and unique aspect of pharmacy (and travel to cool places)!

SNPhA: Student National Pharmaceutical Association

Top Triamwong (P3), SNPhA President

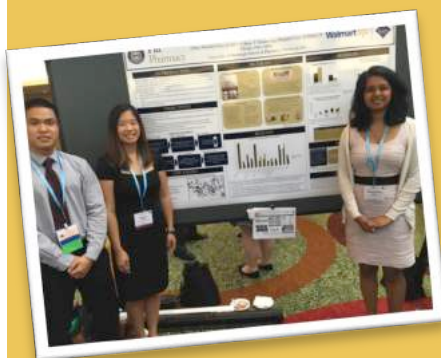
We here at SNPhA are very excited to start the new school year with our excellent E-Board. We are hoping to build on the successes we had last year as well as get some new projects off the ground. We would also like to emphasize our mission to help the underserved population in Pittsburgh by establishing ties with local organizations so that we may have a bigger impact on the community. With the mix of old

and new in our leadership, I am confident that SNPhA will achieve great things.

In addition to happenings at the local chapter level, this summer several of our members attended the 2016 SNPhA National Convention, which was held in the city of Atlanta, GA. There, we were able to touch base with other fellow SNPhA members, as well as present



Pitt students attended the AMCP Nexus 2015 Conference in Orlando, FL



Nayanika Basu, Ingrid Pan, and Top Triamwong presenting their project at the SNPhA National Convention in Atlanta, GA

Continued from previous page (SNPhA):

our award-winning project: “The HPV Vaccination: The Red Light to Cancer” to our peers as well as a panel of judges in a national competition. While we didn’t win the grand prize, we did turn some heads, and we hope that it will lead to further opportunities to serve in the future.

I hope that this brief entry gives you a good idea of what SNPhA is about. We are committed to serving the underserved and will continue to strive towards that mission. If you are interested in joining SNPhA, please do not hesitate to contact me (tot15@pitt.edu) or any of the other E-Board members!

SIO: Student Industry Organization

Paul Stangl (P2), SIO Vice President of Communications

The members of SIO would like to congratulate the incoming P1s on their acceptance to the University of Pittsburgh School of Pharmacy and wish them well during their first semester. The goal of SIO is to provide students opportunities, support, and guidance in the pharmaceutical industry. The career choices for pharmacists in industry are expansive. The many options within this field include drug safety, quality control, and even traditional business occupations, such as marketing, which require a pharmacist’s medication expertise. Do you like to travel and educate other professionals? In industry, you can become a medical science liaison who travels, educates, and markets their company’s drug. SIO was founded to give students a convenient way to explore these kinds of careers while still in school!

We recognize that industry is not a traditional area of pharmacy, and we aim to spread awareness of this career path to students. We achieve this through professional networking events, Q&A sessions with industry professionals, field trips and more! This past year we hosted events such as the Pharmaceutical Industry Symposium, which featured distinguished speakers from companies such as Eli Lilly and Novo Nordisk. We have also hosted notable guest speakers at the school from Sanofi Oncology and other such companies. For those wanting to explore fellowship possibilities, we held a webinar last year with Rutgers industry fellows, who shared their experiences and gave tips for those interested in pursuing an industry fellowship. We invite all students interested in industry to learn more about us by checking out our facebook page “Student Industry Organization”. You can also follow us on twitter @SIOpitt for up-to-date information about our events!



CPNP: College of Psychiatric and Neurologic Pharmacists

Kristin Baughman (P3), CPNP Secretary

The College of Psychiatric and Neurologic Pharmacists (CPNP) promotes excellence in pharmacy practice, education, and research to optimize treatment outcomes of individuals affected by psychiatric and neurologic disorders. Over the past year and a half, the University of Pittsburgh School of Pharmacy CPNP chapter has strived to advocate for this highly

stigmatized patient population and encourage interest in the field of mental health.

During the academic year, we will provide insight into the profession of psychiatric pharmacy through guest speakers including our expert clinicians at Western Psychiatric Institute and Clinic (WPIC) as well as other members of the

mental health community. Our first guest lecturer of the semester will be Jennifer Sikora from the American Foundation for Suicide Prevention.

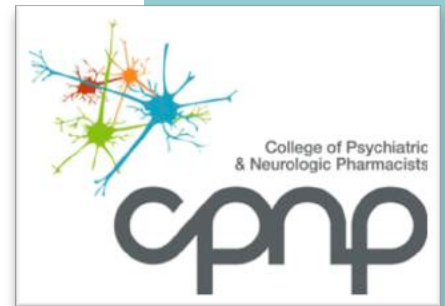
In addition to hearing from these outstanding speakers, we also have many educational development and community service opportunities in the community, including the

Continued from previous page (CPNP):

National Alliance on Mental Illness (NAMI) walk and clinical pharmacist shadowing at WPIC. During final exams, we hold a finals survival basket fundraiser to help fellow pharmacy students suffering through final exams; our goal is to help students during this very stressful time! We are always looking for new ways to broaden our knowledge about mental health and promote mental health awareness. We have a lot of great

ideas for this semester and opportunities for our members to gain experiences and exposure to psychiatric and neurologic pharmacy.

Our first general body meeting will be held on Tuesday, **September 13th**, during lunch from noon to 1pm, so we encourage anyone who is interested to stop by and learn more about CPNP!



LKS: Lambda Kappa Sigma

Karen Quach (P3), LKS Corresponding Secretary

Welcome back to another school year! P1s - welcome to pharmacy school! As you get settled in and impart on your new journey, take a second to check out the sisterhood of Lambda Kappa Sigma (LKS), one of three professional pharmacy fraternities at the School of Pharmacy. LKS, founded in 1913, boasts more than 24,000 members worldwide, with 44 campus chapters and 36 alumni groups accredited internationally. With over 150 members within LKS at Pitt Pharmacy, we invite YOU to join LKS - the largest fraternity in the School of Pharmacy! We pride ourselves on bringing a diverse group of people together through common interests, and we allow our members to prosper through opportunities for professional advancement, mentorship, service learning, and passion for our philanthropy, Project HOPE.

Project HOPE, which began as a U.S. Navy hospital ship called S.S. Hope, aims to provide the necessary medicine, supplies, health expertise, and medical training to people in local and



**Sisters
volunteering
at the
Children's
Institute Fall
Fest**

international communities with a goal to counter the hardships associated with disaster. LKS has been proud to support their efforts over the past few years, as we continually work to raise funds for and awareness of Project HOPE.

Within the last year, we have held multiple successful events, such as HOPE WaLKS, an annual 5k walk/run, and Dr. Salk Hall, an all-male beauty pageant between dental and pharmacy students in which one champion claims the throne of Salk Hall. With these two events



**E-Board accepts awards
for Chapter of the
Region and a top three
poster presentations at
the 2016 Annual
Convention**

Continued from previous page (LKS):

alone, LKS raised over \$2000 as well as awareness of our charity, all while having fun! Aside from our philanthropy, LKS has also developed a close relationship with the National Ovarian Cancer Coalition (NOCC), which led to “Teal Tap,” an annual fundraiser to raise money to benefit ovarian cancer awareness.

LKS also provides opportunities for members to enhance patient care skills while engaging the community in the value of a pharmacist. Professional projects, such as blood pressure screenings at local senior centers and OTC tabling to educate patrons of the University Pharmacy, are just some examples of chances where you can make a difference as an emerging health care professional.

There’s no question that starting pharmacy school is a huge transition. We are here to help make that transition as smooth as possible – there’s no need for any added stress! With LKS, there is always a sister around to help in times of need, and with the many opportunities for involvement in LKS, there is no question that there is a place for you. Of course, you’re bound to have questions so come check us out at our first rush event – the Back-to-School Picnic on August 30th! For more information about our chapter, like us on Facebook (@PittLKS), and follow us on Twitter and Instagram (@LKSDeltaChapter). We look forward to meeting you!



Sisters educating students visiting the University of Pittsburgh about OTC medications

PDC: Phi Delta Chi

Tommy Szeltner (P2), PDC Worthy Keep of Records and Seals

A wise man once said, “A man must first direct himself in the way he should go; only then should he instruct others.” While this man was not wise enough to choose pharmacy as his career, his words live on as the creed of the men of Phi Delta Chi. As the only all-male pharmacy fraternity at Pitt, the gentlemen on our roster seek to better not only themselves, but also their brothers. We live each day by our motto: Alterum Alterius Auxilio Eget or “Each Needs the Help of the Others.” To many of its members this fraternity is not just a group of “guys being dudes,” but a brotherhood of men forming professional and social bonds that will last a lifetime. In less formal terms, we strive to make pharmacy school as much of a



Left: Brothers Tim Crabtree and Jake Wissinger accept an award for our chapter at PDC's National Leadership Development Conference. Top: Brothers sort medical supplies to send to third world countries while volunteering at Global Links. Bottom: PDC poses for a victory picture after their annual football game against KY.

Continued from previous page (PDC):

fun and rewarding experience as possible.

Although we are the smallest Greek organization in Salk Hall, PDC has a big presence not only in the School of Pharmacy, but also the community of Pittsburgh. Our main philanthropy is the St. Jude Children's Research Hospital, and every year we raise thousands of dollars for this great charity. We are one of the biggest contributors to St. Jude's in the area, second only to Target. Outside of our own projects and programs, our brothers collectively have membership in (almost) every other pharmacy organization.

That is not to say that we don't know how to have some fun. Many people, even those outside of our fraternity, have admitted that PDC is the heart and soul of the pharmacy social scene. One such social event is our annual

formal with the lovely ladies of LKS, who share the evening with us as we eat tasty food and bust even tastier dance moves. This past year we also began a tradition of having a get together with the PDC and LKS chapters at Duquesne. Despite Pitt being the vastly superior school, both groups of future pharmacists had a blast!

Now, I'm sure most, if not all, of you are wondering, "My good sir, how does a young chap such as myself join such a prestigious organization?" Fear not friends, for I will tell you. For someone to gain a bid from Phi Delta Chi, they must show interest in us by attending our rush events, the first of which is the Back-to-School Picnic hosted by APhA-ASP on **August 30th**. We will also be hosting at least three other events throughout the month of

September, including a Pizza Lunch (**September 12th**), a Wing Night (**September 15th**), and a Saturday Cookout with LKS (**September 17th**). Whether you decide to join our ranks or not, come down, hang out, and give us a shot. My fellow brothers and I look forward to meeting you!

If you have any questions about the rush process or our fraternity in general, feel free to contact myself, Tommy Szeltner (tas152@pitt.edu), Chris Randall (crr54@pitt.edu), or Tim Crabtree (tsc22@pitt.edu).

Rush Events

Back-to-School Picnic: Aug 30th

Pizza Lunch: Sept 12th

Wing Night: Sept 15th

Cookout with LKS: Sept: 17th

KY: Kappa Psi

Matt Greene (P3), KY Corresponding Secretary

On behalf of everyone in Kappa Psi, I'd like to welcome the P1 class to Pitt. Have a great year, study hard (but not too hard), and get involved in student organizations! Kappa Psi is an organization for pharmacy students and pharmacists who dedicate themselves to advancing the profession of pharmacy educationally, fraternally, and socially. We form strong networks of friendship and association based on our bonds of Brotherhood, and we hold ourselves to high standards. Kappa Psi is the largest pharmacy fraternity in the world with over



Brothers outside of the Kappa Psi house

Continued from previous page (KY):

90,000 Brothers in three countries. Our membership includes both males and females who are interested in developing as young pharmacists. Getting involved in Kappa Psi is an excellent choice for any student looking to get involved at Pitt as well as in the wider world of Pharmacy.

We participate in philanthropy and enjoy entertaining social events every semester. A few of our philanthropic highlights from last year included cooking meals at Family House, competing in

Relay for Life, and throwing pie in people's faces (for charity!) at the second annual Pies with Kappa Psi. Some of our fantastic social events included a Halloween haunted house; our Chapter of the Year Party; a ski trip at Wisp ski resort in Deep Creek, Maryland; and our Pirates Tailgate in the spring.

The Brothers of Kappa Psi can't wait to meet the incoming P1 class, and we are already getting excited for the beginning of the fall rush season. We hope to see you all at the Back-to-School

Picnic, which counts as the first rush event. Come enjoy some free food, meet the Brothers, and have a great time! Finally, to those considering rushing our Fraternity, let me say that we can't wait to welcome a new group of Brothers into our Chapter. Go for it! Please come to myself or any of the Brothers if you have questions. Find us at the Back-to-School Picnic or stop us in the halls, and check out our Facebook page, Kappa Psi- Beta Kappa!

Here Rises Your New Sun

Daisy Zhu (P4), Former *Pitt Capsule* Editor-in-Chief

As a night jogger, I don't witness much sunset but rather spend a decent amount of time musing with the moonlight that follows me home. The translucent summer night makes every thought that crosses my mind crystal clear. The spectrum of time hangs over us all. When the first three years of pharmacy school departed my life, I began to miss them very much. Here are a few tips for you newbies on how NOT to miss pharmacy school.



My Person When Christina Yang (*Grey's Anatomy*) called Meredith Grey her 'person', their friendship elevated onto a new level. Don't fret; real life is not television, except that this friendship is real. It might be intimidating at first to get to know 100+ new souls, but as you navigate through the next 3 years, these are the people that will be by your side when you take your first WISER final (grab a P3 down the hall ask them what WISER is), when you give your first flu shot to your friend, and when you tragically recommend the wrong anti-congestion drug to a standardized patient; not to mention those late-night studying sessions, and countless post-exam celebrations – they will always be there with you. You will miss every second of those moments.

My Professors Never again will there be a group of highly educated and intelligent individuals in your life that you respect, learn from, and become life-long friends with. Your hands will be held through the first year. Then the going gets tough, and you will feel like a baby bicycle without the training wheels. You crash, but here comes the overdue mental and physical strength. You will miss the way they look at you on a good day and on a bad day. They become your role models for eternity.

Daisy Zhu
P4P4s at the
Pirates Tailgate

My Clubs As a first-year, it is crucial that you get your feet wet by joining a few professional organizations to find mentors, passion, and opportunities of advancement. Seek out a second-year or even a third-year to ask them about why they joined a particular organization. Unlike the undergraduate clubs, pharmacy school organizations will be your brick and stone to build your professional life with. You won't miss those because they will define you professionally.



When the sweat from my night jog blinds my vision, I close my eyes for a second. When I open them again, I see myself as a final-year student pharmacist on rotation with the rest of my class dispersed to every corner of the world. Coldplay is on repeat, and I feel blue. It's impossible NOT to miss pharmacy school because life happens there.

Newbies, welcome to this land of magic and congrats on your new beginnings!

Acknowledgements

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The *Pitt Capsule* Editor-in-Chief

The APhA-ASP Communications Committee publishes six issues of the *Pitt Capsule* each academic year. We would love to have new editors join our Publication Committee team. If interested, email Mikhaila at pittcapsule@gmail.com.

Additionally, we are in need of a new Publication Committee Chair. Contact Mikhaila if you have interest in taking on this leadership position to learn more about what it entails. To formally apply, please send a CV/resume and letter of intent to pittcapsule@gmail.com by Tuesday, **September 20th**.

Throughout the year we will feature several articles written by students in the *Pitt Capsule*. We welcome your contributions! Please submit articles to pittcapsule@gmail.com, and we will see how we can incorporate them!