

# PPC x HPA: Pre-Pharmacy 101

2/13/24

Start time: 6:40 PM

End time: 7:05 PM

## Resources

- [Linktree](#) to HPA website + resources
- More information on HPA's pre-pharmacy advice can be found [here](#)

## Intro to HPA

- **Peer advisors**
  - All are current UCD students
  - Can advise on:
    - Pre-reqs
    - Timelines
    - Experiences
    - LORs
    - Gap-year plans
- Serves all UCD students + alumni
  - Can still use HPA services after graduation (just need student ID)
- **Services**
  - Mock interviews in Fall
  - Test preps
  - Other workshops/events
    - Each advisor hosts 2 workshops throughout quarter
  - **Express & zoom drop-ins advising**
    - Zoom drop-ins
      - All questions + topics welcome on a first-come first-serve basis for 15 minute one-on-one session
      - Join early to spend less time in waiting room
      - Many advisors will go over time (more than 15 minutes)
    - Appointments tend to get booked so check every morning
- **Pre-Health Conference**
  - November 2<sup>nd</sup>, 2024 (Saturday)
  - Pre-health exhibitors fair
    - 200+ exhibitions from health professional schools, post-bac programs, test prep companies, other orgs

- Great networking experience!
- If you volunteer for 3 hours, you get free admission into the conference

## What is a Pharmacist / What do they Do

- Dispenses prescription medications + provides patients with info about drugs/usages
- **What do they do?**
  - Educate patients about prescriptions + OTC medications
  - Provide expertise on drug composition + usage
  - More info can be found here
- **Careers**
  - Community practice
  - Drug development
  - Hospital pharmacy
  - Consultant pharmacy
    - Provides expertise on drug usage for individuals

## Timeline to Becoming a Pharmacists

1. Obtain a bachelor's degree (in any major)
  - Major doesn't have to be chemistry/pharmacy related
2. Complete pre-reqs/experiences
3. Apply to pharmacy school
4. Attend pharmacy school + receive license
  - Optional 2-year residency in between for more experience

## Pharmacy School Prerequisites

- Most schools require:
  - Chemistry
  - Biology
  - Organic chemistry
  - Physics
  - Statistics
  - Calculus
  - Economics
- Public speaking
- Some schools require:
  - Human anatomy
  - Human physiology
  - Biochemistry
  - Microbiology
  - Psychology
  - Sociology
  - English composition
- [Link to pharmacy school prerequisite chart](#)
- Can choose ANY major to apply to pharmacy school as long as you complete all pre-reqs
  - Choose a major that you truly enjoy!
- Some schools accept AP credit + some schools don't so check before

- Make sure that AP credit shows up on transcript
- Make sure you complete a whole series at ONE college only
  - EX: complete BIS series at UC Davis or CHE series at a community college

## **Gaining Experiences**

- **Experiences at UCD**
  - Health related internships through ICC (Internship Career Center)
    - Get a passtime + register for internships (like for classes)
  - Undergrad research center
    - Opportunities to publish + present research
  - Emergency medicine research associate program (EMRAP)
  - Global health internships through study abroad programs
  - Volunteering for UCD Pre-Health Conference
  - Completing community service using ICC Community Service Database
  - Join Pre-Health related club or other student orgs through Center for Student Involvement
    - Join the Pre-Pharmacy Club!
  - Volunteer at a student run clinic
- **Experiences outside of UCD**
  - Not required but many students work at pharmacy before applying
    - Pharmacy technician
    - Working in a pharmacy (any role)
      - EX: pharmacy cashier
    - Shadowing a pharmacist
  - Informational interview with a pharmacist
    - Send cold emails to a pharmacist
    - Sit one-on-one with pharmacist and ask questions
  - Research
    - Explore faculty pages
    - Cold email professors
      - Talk about your interest + ask how you can get involved
- Make sure you choose experiences that excite you and can write/talk about
- Start making a list of your experiences right now!
  - What you gained from it
  - What you did
  - How many hours you committed to it per week
  - Template can be found on website under Application Prep > Experiences

## Pharmacy Technician

- What do pharm techs do?
  - Works under supervision of pharmacist
  - Assists with preparing + distributing prescription meds to patients + other healthcare professionals
- How to become a pharmacy technician:
  1. Complete pharm tech certification training program
    - 146 programs in CA + most take less than year to complete
  2. Take PTCB exam to obtain pharm tech certification
  3. Obtain pharm tech license
  4. Update resume + interview to work at pharmacies

## Applying to Pharmacy School

### 1. PharmCAS

- Opens in July
- Apply the year before you plan to attend pharmacy school
  - EX: submit application Fall 2023 before attending in Fall 2024
- How to apply:
  1. Create an account
  2. Fill in colleges attended
  3. Send in official transcripts
  4. Manually enter coursework
  5. Complete experiences section
  6. Complete any additional sections for any school

### 2. Personal Essay

- Tell school why you want to become a pharmacist
- Recommended to start at least 6 months in advance
- Schedule appointment with advisor for fine-tuning + additional comments

### 3. Academic history

- Have to manually input all classes you've taken since high school
- Use official transcript (don't look at Oasis)

### 4. Letters of recommendation

- Most schools require 3 LORs (check requirements)
- Who can you ask?
  - A professor you made a connection with
  - Healthcare professional you worked with or shadowed
  - Supervisor from an experience outside of school
- Good LORs will come from ppl who you know well + have connection with

- Stay in touch with professors if you're not applying right away (i.e. gap year)
  - Send them emails during breaks + ask how they have been doing

### **After Applying**

- Should hear back from schools about whether you got an interview 1-2 months after applying
- How to prepare for interviews:
  - HPA mock interviews in fall
    - Can do mock interviews during drop-in advisings
  - Both HPA + ICC offer interview workshops