

## 2/9 UCSF Pharmacy Student Panel

Time Started: 7:10 pm

### Speaker Introduction

1st Speaker (Plant Science Major) P2

2nd Speaker (Biochemistry and Molecular Biology) P3 on rotations

3rd Speaker (Biochem Major minor in Psych) P1

4th Speaker (Nutrition Science Major) P1

5th Speaker (Pharmaceutical Chemistry Major, minor in Asian American Studies) P1

### Why UCSF? What makes UCSF stand out among other pharmacy schools?

#### 1st Speaker

- UCSF is a 3-year Program [as opposed to a 4-year pharmacy program found at many other schools]
- 4 year program means working for free [rotations] at school for 2 years
  - Paying to do free work!
- 3 year program only do rotations for 1 year
- More opportunities to do clinically-related stuff after 3-year.
  - Get to work as soon as possible
  - More comfortable to go into residency where you will be paid
- Very good school financial-wise
  - Financial Aid Generous
  - \$200,000 for 3-4 years. Maybe \$60-\$70K in debt if financially applicable
- P/NP important for didactics
  - Competency to be a good pharmacist
  - Can retake exams if don't pass
  - Don't need to stress about grades
  - Put in effort you will get results
  - Focus on extracurriculars and maybe work experience
- Compared to environment at UCD
  - Very competitive at UC Davis and everything competitive to get into grad school
  - Not same when taking courses at UCSF with peers

#### 2nd Speaker

- Friendly Environ.
- A lot of faculty supporting new programs (smoking cessation, psychiatric etc.)
- Disease-state focused block schedule
  - 10 week period of this info makes it easier to apply for patient cases
  - Easier to learn but very condensed
- Diversity/Inclusivity

- Care for underserved population
- Promote health equity
- Improve realm of pharmacy

### 3rd Speaker

- Public School
- 1 year less of rent
- Different curriculum and integrated focused
  - Blocks tailored to whatever body system one in

### 4th Speaker

- Events to explore path
- Career goals supported
- Extracurriculars (Leadership and many organizations)
- Community Service and Outreach plenty → Community Involvement Stressed
  - Connect with SF community

### 5th Speaker

- Want to form more connections in Bay Area

## In what ways has your experience at UC Davis prepared you for pharmacy School?

### 1st Speaker

- Difficult school UC Davis, ~85% prereqs for Pharm School important
  - Rigor of UC Davis harder than UCSF (opinion)
  - Lot of material and will feel overwhelmed
  - Sense of competitiveness at UC Davis + Stress, however things connect more in UCSF → makes things easier

### 2nd Speaker

- Connections formed
  - Loop formed with mentor from UCD through Pharmacy Club at UC Davis who provided advice and let them know they got an interview for a position

### 3rd Speaker

- Quarter System Rigor Applied to in UCSF [block schedule similar to quarter system]
  - Compared to Semester System
- Alumni UC Davis through Pharm Club at UC Davis helped

### 4th Speaker

- Foundational Knowledge Set at UCD → apply info to patient care and critical thinking at UCSF

### 5th speaker

- Physiology (NPB 101) PAY ATTENTION TO! Notes from course helped them currently
- HRI (Health-Related Internship)
- Clinic Involvement

**What were some of the extracurriculars you participated in while you were an undergraduate? Are there any you enjoyed more than others and why?**

### 1st Speaker

- Officer through Pre-Pharmacy Club
  - Decisions made based on knowledge gained through club
  - Friends → build community, to study with
  - Didn't know much about pharmacy and even until entering pharmacy school, but club
  - Gives you a sense of understanding
  - Looks good to application + Learns a lot
- Volunteering at Pharmacy (location no longer exists)
- Children's Hospital in Oakland
  - Hospital environment and interaction
  - How you talk to patients
  - Connections with Boss
    - How treat patients and commitment
  - Is this something I want to do?
- Extracurriculars helped in some way
  - "Do what you want to do."

### 2nd Speaker

- Pre-Pharmacy Club
  - Learn more about Pharmacy School
  - Board member for 3 years
- Willow Clinic
  - Homelessness
  - Taking vitals
  - Dispensary to take medications to
  - Support Groups (Diabetes, Smoking Cessation)
    - Counseling on medications now applicable in pharmacy school
  - Direct Patient Care
- Research Lab
  - Psychology
  - Social environ affecting Children
  - Stress and social determinants of health

### 3rd Speaker

- Pre-Pharmacy Club
  - 2 years board member
    - Talk about experience always go back to Pre-Pharm Club for interviews
  - Meeting new people who could be your co-workers
  - Connections under belt
- ASUCD Pantry
  - Volunteer → Pantry Intern: behind the scene work
  - Great volunteer opportunity
- HRI
  - Rite-Aid Pharmacy
  - MIND Institute at UCD Medical Center
- Pharm Tech License
  - Work at CVS

#### 4th Speaker

- Pre-Pharmacy Club
  - Officer 2 years
  - Keep in touch with others
- Pharmacy Volunteer for Pavilion Pharmacy at UC Med Center
  - Interact with pharmacists in hospital setting
- Filipino Club
  - Culture and learn about roots

#### 5th speaker

- Pre-Pharmacy Club
  - 3 year board member, in club for 4
- Do what you like!
- Started own Writing and Art Club
  - Not Pharmacy-related
  - Passionate about and put heart and soul into
  - Leadership Skills gained
- Not number of things on resume but what they meant to you
- UCD Ambulatory Care through UC Medical Center
  - Another member through Pre-Pharm Club helped
- CVS Pharm Tech
  - Pharmacy Experience was valuable to familiarize self with medication and know how retail pharmacy works
  - → not as stressed when in retail
- Research Project 1 ½ years
  - Not a research person
  - Don't force yourself to do something you don't like

**What tips do you have for applying to pharmacy school?**

### 1st Speaker

- Not a pharm tech in undergrad, but try to
- Similar but not the same as a pharmacist job
- Retail setting not only thing to do to be a pharmacist
- Difficult to get HRI for them
  - Retail setting at Mom and Pop Setting and was laid-back and not stressed
    - Internship of Community Pharmacy through UCSF showed very different experience
- Hate dealing with patients and dealing with medication → reconsider if not up to it
  - ~80% of class was a pharm tech or had a pharm tech license before applying to pharmacy school
- Academics should be focused on while in undergraduate, but make time to explore your interests
- Extracurriculars and you should do something
- Take essay sections seriously and try your best to answer the questions
  - Reached out for help
  - Take a lot of time to do application
  - Don't rush through it and took 2-3 months to work on it
  - Thoughtful responses
- Get 2-3 opinions on your personal statements. Don't just show them to one person

### 2nd Speaker

- Don't want to talk to patients
  - Industry is something you can do
  - Various Avenues in Pharmacy
    - 1st not your last job
    - Marketing, working on clinical trials
    -
- Email pharmacists and 30 min phone call or zoom call to know why they know why they want to pursue pharmacy
- Poison Control Center at Fresno
  - Patients overdoses or side effects
  - Monitoring labs
  - Talking with doctors and nurses
- \*Pharmacy is not just retail pharmacy\*
- HPA (Health Professions Advising)
  - 10 different experiences, might take awhile that have impact on who you are
  - Story create from
  - Shows different attributes (leaderships, empathy, passion)
  - Why make you a good pharmacy Student

### 3rd Speaker

- Pharmacy operation work in or shadow a pharmacist
- Timeline/ calendar for deadlines of pharmacy school applications
  - Different points (Rolling Admissions vs regular admission)
    - Supplementals set time to do
- HPA to get help on personal statements and supplementals
  - Get good feedback and good peer review and hard to condense writing

#### 4th Speaker

- No tips to add on essays
- Applications remember extracurriculars → make a linkedin with leadership positions → keep track of what you do for your meetings and such
- Pharmacy Experience
  - Dedicated to professions
  - Don't need to be retail
  - Being productive if consider a gap year
- HPA to get other people to take look at essay
- Elaborate more on the essays/extracurricular if get interviewed

#### 5th Speaker

- 1 week before completely changed essay to what felt write (story told)
  - Start early to get through it all
  - Read other people's personal statements
    - How to make own less boring → be more interesting
      - Reading books
- Pharmacy clerk (work without pharm tech license)
  - Get familiar with retail setting
- Hard to remember everything you've done
  - Advice is to document with all experiences you've had so you have it
  - Bullet Points and impact and what it felt like
- PostBac program at UCSF for 1 year program and aren't ready for pharmacy school.
  - Lower GPA or hardships → be at ucsf and catch up with prereqs while immersing in UCSF
  - Research etc.
  - <https://pharmd.ucsf.edu/admissions/postbacc> for more information about UCSF Post-Bac

**How has COVID-19 impacted the pharmacy job market? With retail pharmacy understaffed, how does this compare to other fields of pharmacy (clinical, industry, etc.)?**

#### 1st Speaker

- Overwhelming with COVID
  - Sick and leave work → short-staffed

- Maximizing profits and minimize number of pharm techs and pharmacists so very overwhelming for them
- Hospital harder to get a job

### 2nd Speaker

- UCSF to get reputation and sometimes to find job
- Burnout
- PGY1 to get residency some get into hospital without if in rural places (Fresno/ Santa Rosa)
  - 1st year (PGY1) is to get general practice in hospital setting
  - Pursue PGY2 means specializing in a particular field of clinical pharmacy
- Success to get jobs and some work from home
  - Industry work from home
  - Pharmacists at hospital get electronic medical records and talk to patients through phone and video visits

### 3rd Speaker

- More demand of work but less hours for retail → negative connotation and how corporations run
- UCSF every quarter the faculty, guest speakers speak about how many opportunities after pharmacy school always mentioned and keeps them motivated
- Pursue residency to get more opportunities under belt

### 4th Speaker

- Opportunities after graduation
- SF Department of Public Health → opportunity see Psychiatric pharmacist early on

### 5th Speaker

- Clinical knowledge of pharmacists overlooked by others
- Pass new policies to expand pharmacist role → changes in future of pharmacy
- Physician shortage → increase pharmacist responsibility
- Community Pharmacy a shift to have start-up pharmacies, Mail-order pharmacies too
- Remember, Take time to think about whether pharmacy is right for you if you aren't sure
- Take the gap year or gap years, get the experience in pharmacy or build up knowledge in the field

Time Ended: 8:10pm