

[View this email in your browser](#)



July 2024 Student Support

July is here, and we are half way through the spring term! In this month's student support email, we're bringing you updates from the Undergraduate Affairs Office and are excited to share more professional development opportunities! Also, be sure to check out the featured student support service and important dates to prepare you for the coming month.



Announcements from Undergraduate Affairs:

Spring Wellness Week



As the term winds down, we are thrilled to announce our annual Spring Wellness Week! From **July 8-12**, various activities and events will be held daily both in-person and virtually to encourage wellness and relaxation.

Join in on the fun to promote wellness and win some fun prizes too! Each activity has its own unique prize – simply attend each event to be entered into a draw to win!

Colouring in the Pharmacy Lobby!

Looking to destress after class? Stop by the pharmacy building lobby **all week** and enjoy some relaxing colouring! Be sure to grab a new pharmacy sticker on your way out!

Mindfulness-Based Stress Reduction Workshop with Emma Boynton, Pharmacy Counsellor

We recognize that being a PharmD student is challenging – from academics, to co-op, to personal engagements, it may be hard to find time to be present. Empower yourself with practical tools to manage stress and enhance overall well-being through the practice of Mindfulness-Based Stress Reduction (MBSR).



This short one-hour workshop offered both on-campus and virtually by your Pharmacy counsellor will equip you with the skills to mitigate stress and remain present within your pharmacy journey!

Attend either session to be entered into a draw to win one of two prizes – a **one-week voucher for Bliss Yoga Studio** OR a **one-week voucher for Cyclone Spin Studio**.

Sign up below to reserve your spot for either session and be entered into the draw – attendance is **mandatory** to receive your prize!

IN PERSON: Monday, July 8 – 6:00-7:00pm in PHR 1008

VIRTUAL: Thursday, July 11 – 6:00-7:00pm on Teams

**In-Person Session
Registration**

Virtual Session Registration

Virtual Daily Wellness Challenge

Wellness encompasses our daily activities and routines more than we realize – that is why we are introducing the **Virtual Daily Wellness Challenge**, an opportunity for students to document and share the efforts they undertake to practice wellness each and every day.

For each of the five days of Spring Wellness Week, a new theme promoting wellness will be introduced. Students will be asked to submit a photo and caption of an activity they completed related to that day's theme on the [Virtual Daily Wellness Challenge Padlet!](#) The themes are:

- **Mindfulness Monday**
- **Tasty Tuesday**
- **Workout Wednesday**
- **Thoughtful Thursday**
- **Furry Friday**

For each submission you complete, your name will be entered into a draw to win **one of three PharmD branded mugs!** Keep an eye on the RxPRN and UW Pharmacy Instagram accounts every day of Spring Wellness Week for information related to the day's theme.

Virtual Town Hall Event

The UGA team, together with SOPhS and pharmacy faculty and staff, will be holding a joint Virtual Town Hall for all cohorts! This is an opportunity for you to connect with various members of the school, hear updates, and have your questions and concerns addressed. The event will take place on Teams **July 10 at 7:00 p.m.**

Spring 2024 – PharmD Town Hall Agenda – July 10

Time	Topics	Presenters
7:00 – 7:05	Town Hall Forum	Dr. Kaitlin Bynkoski
7:05 – 7:10	University & School Updates	Dr. Andrea Edginton
7:10 – 7:15	SOPhS Updates	Hannah Bauer (President) + Brynne Suchomel (Vice-President)
7:15 – 7:25	Clearing a Single Failed Course Policy update re: supplemental exams	Kaitlin Bynkoski
7:25 – 7:45	Curriculum Spring'24 wrap up & Fall'24	Dr. Cynthia Richard
7:45 – 8:05	Experiential Co-op, PCR, & IPE	Anthony Miller Ken Manson
8:05 – 8:20	Undergraduate Affairs Student Support, Graduation, CSL	Becky Ewan Kaitlin Bynkoski
8:20 – 8:30	Q&A	ALL

Town Hall Etiquette – Any questions for the panel may be provided in advance through your class rep or you can post a question during the presentation in the MS teams chat to be reviewed by the moderator.

Post Town Hall Questions? – pharmacy.advisor@uwaterloo.ca



Preparing for a Smoke-Free Campus on July 1

On **July 1, 2024**, the University of Waterloo will begin transitioning to smoke-free campuses. This updated policy applies to all University property including the University of Waterloo School of Pharmacy building, and encompasses all forms of smoking (tobacco, cannabis, e-cigarettes, vaping devices, etc.).

The [Smoke-Free Waterloo website](#) contains important information and frequently asked questions. For help with smoking cessation, please take advantage of the [support resources](#) available to you. If you have questions, visit the smoke-free website or contact smokefree@uwaterloo.ca.

Study Spaces: Fishbowls

Each term produces numerous assessment to be completed, but finding a space to study, review material, or plan ahead is made easy with Fishbowls. When you are in need of a room to yourself or for your study group, [book a fishbowl online](#) and have the room reserved for you!



Student spaces include the first, second, and third floors. Access to the fourth through seventh floors is on appointment basis only and is generally restricted to PharmD students.

Note that the seventh lounge is for faculty/staff use.

Spring Final Exam Schedule

The spring 2024 final exam schedule is now posted on the [Exam and class timetables page](#).

[Spring 2024 Final Exam Schedule](#)

Professional Development Opportunities

CSHP Residency Research Night

Are you interested in learning more about current pharmaceutical research? Looking to hear about innovative research from a variety of specialties and topics?

If you answered yes to any of the above, we highly encourage you to attend the **CSHP Residency Research Night** on **Wednesday, July 24, 2024 from 4:00pm – 8:45pm EST** held both in-person at the University of Waterloo School of Pharmacy, and virtually for those unable to attend in-person.

If you are interested in attending this event, please sign-up via this [Google form](#). Contact cshp.ob.west@gmail.com if you have any questions.

Canadian Society of
Hospital Pharmacists



Join the Ontario Pharmacist's Association's Student Advisory Council!



Are you passionate about advocating for change and advancing the pharmacy profession? If so, OPA is looking for you! The Ontario Pharmacists Association (OPA) is seeking motivated pharmacy students to join the [Student Advisory Council \(SAC\)](#)! Don't miss this great opportunity to collaborate with other pharmacy students and represent UWaterloo PharmD!

Candidates interested in applying can do so by completing the [application form](#) and emailing it to Arthur Catapano at

Community Happenings

Canada Day Canoe Trip – July 20th



Are you ready for a fun little adventure while connecting with nature? Join us as we take a trip down the Grand River canoeing the Grand. The trip is on **July 20th from 9:30am to 2:00pm** with tickets priced at \$60. Explore the [WUSA](#) website for more information!

Tiger-Cats vs Toronto Argonauts – July 20th

Calling all football fans! Gear up for a thrilling night out at the Hamilton Tiger-Cats vs. Toronto Argonauts game! 🏈 🎉
On **Saturday, July 20th**, come with us to the Tim Hortons Field (aka the 'Donut Box') to witness the teams go head-to-head.

🎫 TICKETS:

Early Bird: \$35.00 (admission + round-trip transportation)

General: \$30.00 (admission only) \$40.00 (admission + round-trip transportation)

🚌 TRANSPORTATION:

Details will be updated on the event page on our website.



➔ [Score your tickets & see full event details here!](#) See you there!

Uptown Waterloo Jazz Festival – July 19–21



The [Sun Life Uptown Waterloo Jazz Festival](#) is an annual 3 day **FREE** music festival held in Waterloo Ontario from **July 19-21**, encouraging all genres of jazz. Drop by for an immersive jazz experience presented by a variety of local artists!

100 Regina St S, Waterloo, N2J 4P9, Canada

Important Dates

- **July 1** – Canada Day
- **July 8-12** – Spring Wellness Week
- **July 8** – In-person Mindfulness Based Stress Reduction Workshop
- **July 10** – Spring Town Hall
- **July 11** – Virtual Mindfulness Based Stress Reduction Workshop
- **July 29** – Make-up day for Canada Day
- **July 30** – Last day of classes
- **July 31 – Aug 1** – Study days
- **Aug 2 –16** – Final exam period
- **Aug 5** – Civic holiday

Acting Class: Professionalism

As careers in pharmacy have evolved, practitioners have been held to higher career standards and are now required to know much more about their profession than in past years when many could only make medical decisions with the referral of a prescriber. Through this evolution, the importance of professionalism was quickly realized.



Professionalism at Pharmacy

Professionalism remains an elusive practice largely because there is no universal definition. As a result, each institution develops their own understanding and expectations regarding professional attitudes and behaviours. According to the School's [Student Handbook](#), professionalism at Waterloo is:

- A continuum from an individual's attributes to interpersonal interactions to societal responsibility.
- Extended to the entire profession of pharmacy including student members.
- A journey. It takes time, learning, and practice to earn the title of a professional.

You and professionalism

Professionalism must be learned and re-learned and continuously evolves depending on your institution, employment, and number of years practicing. We have provided select professionalism practices for you to exercise to enhance professionalism:

1. Practice acceptance. Pharmacy includes providing support to all people, which means putting differences aside and providing exceptional care to all.
2. Take time. Doing a task or providing support to another when in a rush may be less time consuming but does not guarantee success and trust. Take the time to work for high-quality successful outcomes that provide appropriate support.
3. Communicate clearly. Communications can easily be misunderstood, but being clear in your message both vocally and in writing can help others understand your message and prevent errors.
4. Accept responsibility and feedback. We all have successes, and all make mistakes; taking responsibility for both and applying feedback when it is given will allow you to learn and gain the respect of others.

The National Association of Pharmacy Regulatory Authorities (NAPRA) provides 8 Principles of Professionalism that provide additional in-depth examples of professionalism.

Sneak Peek!

The School's Professionalism Sub-Committee meets regularly to discuss professionalism within the School and are excited to announce a new webpage coming soon, which will allow students to highlight professionalism matters and provide opportunity for students to submit kudos or concerns through a form on the webpage. The more professionalism kudos a student receives, the more perks become available to them! Keep an eye out for the launching of the webpage in future student support emails and think about who you would like to provide kudos for.

Professionalism is learned over time, but we are here to help! We encourage you to gain feedback from your instructors or supervisors or reach out to your academic advisors who will work with you to help you form a better understanding of professionalism.

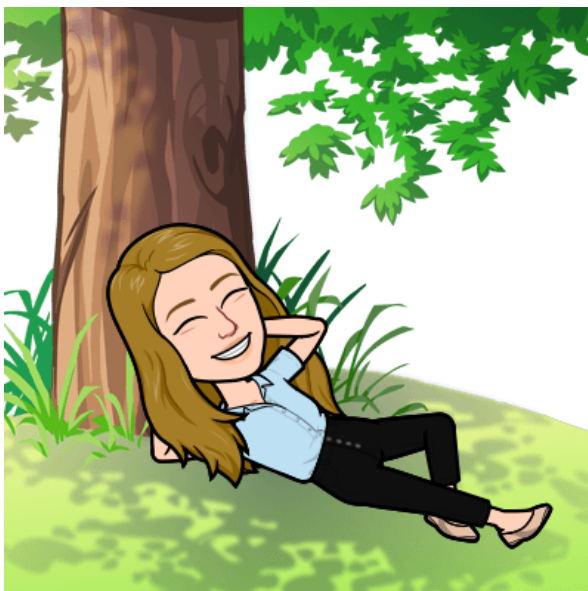
- AP

Student Handbook

NAPRA Principles of
Professionalism

Kaitlin Bynkoski and Becky Ewan
Pharmacy Advisors, Undergraduate Affairs Office

pharmacy.advisor@uwaterloo.ca



UNIVERSITY OF
WATERLOO

SCHOOL OF
PHARMACY

Copyright (C) 2024 School of Pharmacy. All rights reserved.

Our mailing address is:

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)