



**Candidate for the Office of APhA-ASP National Member-at-large**

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**GOAL STATEMENT**

APhA-ASP showcases genuine relationships built on the strength of diversity. Diverse backgrounds, interests, and individuals come together to enrich the life of the student pharmacist. Success in the profession of Pharmacy cannot solely come from the classroom. Success is dependent on the deeper, interpersonal connections made with other students from across the nation. Within APhA-ASP, you find leaders. Leaders who believe in you, who encourage you to leave your comfort zone and explore your talents. I am one of those leaders. I trigger the confidence within the individual to accomplish what they never thought possible. Just like “iron sharpens iron” and produces sparks, my goal is spark genuine relationships, involvement, and self-expression of the student pharmacist.

**BACKGROUND & EXPERIENCE**

**APhA-ASP Regional Officer (2017-2018)**

- Region 2 Midyear Regional Meeting Coordinator

**Maryland Pharmacists Association (MPhA) (2016-2017)**

- Student Liaison of the Professional and Development Committee
- Legislative Day Group Leader

**APhA-ASP at UMB (2017-2018)**

- Conference Coordinator

**Student National Pharmaceutical Association (SNPhA) (2018-2019)**

- Chapter President

**Phi Lambda Sigma (2017-2018)**

- Treasurer

**PHILSOPHIES ON APhA & APhA-ASP**

APhA and APhA-ASP is home for pharmacists and student pharmacists. It is one of the only pharmacy organizations that embraces the passions of all who walk through their doors. The diverse programs and activities of the academy allows student pharmacists to discern what they are most passionate about while feeling supported by the umbrella organization. Specifically, I love that there is a niche for every student pharmacist seeking involvement in national patient care and community service projects.

I found my niche in Operation Heart after being a part of a team of students who organized activities for the Million Hearts month in 2017. We hosted an event called Mr. and Mrs. Heart as well as a trivia night on campus. By coordinating this event, I was learned more about the people suffering and dying from heart diseases every day, and the impact we as students can have on community members through outreach events.

In addition, Operation Diabetes is very dear to me. Last year, my mother-in-law lost her vision due to poor management of her Type 2 Diabetes Mellitus. I think about this constantly when I volunteer with Operation Diabetes. A goal of mine is to teach each of our neighbors the importance of knowing what is in the foods they consume. A lot of people die unnecessarily due to their lack of knowledge of simple nutritional facts. This is a privilege that we as student pharmacists have. We should share our wealth of knowledge. I derive joy from talking to the elderly and sharing with them my personal recipes which are both healthy and simple.

While the patient and community service projects are very visible on the campus, I believe that there are other essential programs within APhA-ASP that more students should explore. Advocacy is one of those aspects which I admire, because it is an opportunity to speak up and let your voice be heard. The academy gives students the opportunity to express their opinions about policies which will affect their well-being and that of their future patients. However, we need to encourage participation by creating enjoyable activities and keeping student pharmacists informed of the outcomes of their proposed resolutions. International Pharmaceutical Students’ Federation (IPSF) is another program that could benefit more students. Unfortunately, a lot of students do not take advantage of this opportunity due to the cost. However, if we as an academy provided scholarships in the form of competitions, we can create more visibility. Students truly passionate about international pharmacy connections would be able to participate and benefit.

Finally, conferences and meetings are vital to the success of all student pharmacists. They serve as a reset button. Meeting pharmacists who have attended annual meetings for decades and are still very passionate is inspirational. Listening to the achievements of pharmacists and student pharmacists during the award ceremonies is a reminder of the selflessness of the pharmacy profession. When you are surrounded by passion, it ignites the flame of creativity and inspires students to continue to work.

**SPECIALIZED TALENTS & SKILLS**

As a leader, I dare to be different. I make sure I am present, and I am always observant of my fellow students to quickly identify where I can help them the most. Through my work with various organizations, I developed the skills to help others hone their ideas while coming up with new ones. By encouraging the creative mind of student pharmacists, I am motivating them to always think about how they can go the extra mile for their future patients.

I am also an engaged leader. To help others, I must hone my own skills. I do this by being involved in various development opportunities both in and out of school. For example, I participated in a year-long civic leadership coalition in the city of Baltimore. This project provided me with an interprofessional perspective of civic engagement. From this opportunity, I am constantly thinking of ways to make programs different and more successful here in our organization. All the leadership opportunities that APhA-ASP has afforded me have reinforced this creative way of thinking. I have learned to be bold and to view every idea as a chance for growth.

However, there is more to being a leader than presence and engagement. One skill I recently learned is the art of delegation. To delegate as a leader, you must listen to those in your organization, you have to communicate your vision, and you have to trust that the combined efforts of you and your team will produce the best outcomes. I learned how to delegate by making the effort to understand those who I have the honor to lead, and to value their opinions. By doing this, I show them the utmost respect.

Finally, I have learned to take time to reflect daily. I schedule time each morning to reflect on past events including meetings, programs, and even conversations with fellow students. I take what I learn from these interactions to make better decisions for the day to come. I want every decision I make to benefit the people with whom I work. Impulsivity can undermine any leader. In a position of this magnitude, it is crucial to take time to learn from the mistakes of the past.

CELEBRATE THE PAST



ENVISION THE FUTURE