



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

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### GOAL STATEMENT

As the next National Member-at-large (MAL), I want to work closely alongside APhA and your local APhA-ASP chapter to ensure every member in our Academy is fully immersed in their membership. I want every member to advocate for our profession, serve their community, and prepare themselves for their future career. As National MAL, with your help, we can facilitate growth at your chapter-expanding and implementing what the current National Officers are working on and more. I want to offer a fresh perspective to APhA by creating more opportunities for members to be involved on the regional and national level. Working closely with the Communications Standing Committee, I want to provide promotional materials for every chapter to use that are made by Nationals. I want to revitalize and build upon the current platforms APhA has to make them more accessible to you. Running for National MAL is bigger than me. It is about representing and advocating for you. I want to give back to an organization that has already given so much to me. I love APhA-ASP and want you to too. Let's find out where you best fit in APhA-ASP!

### BACKGROUND & EXPERIENCE

Throughout my time at the University of Tennessee Health Science Center (UTHSC) I have been lucky to serve my school and community in different ways. Below are a few of the ways I have been involved throughout pharmacy school:

- Third year
  - o APhA-ASP Chapter President  
As President, I have been able to continue building our member engagement goal from last year. We implemented patient care and policy committees that over 150 student pharmacists are now involved in. I cannot begin to describe how much APhA-ASP has given back to me as president. It has been my most cherished leadership position, and I hope to take my love for this organization to the next level, nationally.
  - o Student Ambassador- Presenter  
Incoming students are able to listen to a student run presentation to catch a glimpse of student life at UTHSC. I help lead the presentation on interview days and am able to recruit prospective students.
  - o Pharmacy Weekend Committee  
Every year, PSGA (Pharmacy student government association) hosts a large event for incoming students accepted to UTHSC. I have served in many roles on pharmacy weekend committees to make students feel warmly accepted to our school. I have been able to encourage organization collaboration with all student organizations in this role as well.
  - o CPR Instructor  
Becoming a BLS certified CPR instructor has been one of my favorite ways to give back to the community. I have an awesome CPR story that involves APhA Annual last year- ask me about it if we get the chance to talk!
- Second year
  - o APhA-ASP President-elect  
After being elected as President-elect, I began to work alongside the chapter President, Executive board, and chapter members to make APhA-ASP the absolute best it can be! I learned that a lot of work is more administrative and happens behind the scenes for our successful organization. A major goal our chapter had last year was to increase member involvement. With over 400 members, it can be easy for members to be a face in the crowd. We began to make a plan to change that.
  - o Student Ambassador- Presenter
  - o Pharmacy Weekend Committee
  - o CPR Instructor
- First year
  - o APhA-ASP Member-at-large  
My first year in pharmacy school was intimidating and overwhelming. I found my place in APhA-ASP. I was able to serve the chapter in a variety of ways as one of the first year Members-at-large. My class alone at UTHSC had over 200 students and it was a part of my job to promote APhA-ASP events and work as a liaison to our class. During my time as MAL, I knew that I was going to be involved in APhA-ASP in a big way.
  - o Student Ambassador  
While APhA-ASP took up a large part of my time, another role I have in the college is serving as an ambassador for prospective students. I give both students and their parents tours and answer many questions about being a successful pharmacy student academically and socially.
  - o Pharmacy Weekend Committee

### PHILOSOPHIES ON APhA & APhA-ASP

When I think about my philosophies toward the programs and activities that APhA and APhA-ASP convey, I find myself reflecting on the mission statement of APhA-ASP. It states: "The mission of the APhA Academy of Student Pharmacists (APhA-ASP) is to be the collective voice of student pharmacists, to provide opportunities for professional growth, to improve patient care, and to envision and advance the future of pharmacy." Our mission statement is unique in that it includes a spot for every student pharmacist to get involved. At my home chapter, we have divided up the mission statement into three pillars of APhA-ASP: **Advocate**, **Serve**, and **Develop**. I want to encourage you to think about where you see yourself involved and how our mission statement relates back to you.

- Advocate  
Our profession would be nowhere near where it is today without those before us and those to come in the future promoting our voice in health care. It is so crucial for us to continue to stay on the brink of pharmacy practice and innovation so we do not fall behind. Right now, APhA is lobbying for provider status, something my grandparents and even parents would have never dreamt about. This excitement trickles down through APhA-ASP. Policy should not be associated with the words boring, intimidating, etc. I want to see more chapters working with their state associations and other student organizations to advocate for our voice. We will be heard more collectively than as individuals, and I want to help facilitate that.
- Serve  
What is a pharmacist with no one to serve? Service events and giving back to local communities gets me pumped up. I think a lot of the times we do not realize how much we impact patients as student pharmacists. We are on the front line of patient interactions and APhA notices that. Our "why" behind being a pharmacist should include patient service in one way or another. It is very easy to get bogged down in the likes of school, student life, and social obligations. Providing direct patient care reenergizes me. APhA-ASP allows me to refocus and remember why I want to be a pharmacist by serving the community.
- Develop  
Competing against other organizations can be difficult, but I really do believe that being a pharmacist means being a member of APhA. APhA houses so many ways we can develop into the best pharmacists we can be. I have found many mentors involved in APhA as practicing pharmacists and want to be able to plug similar mentors into your local chapters.

### SPECIALIZED TALENTS & SKILLS

I believe a National MAL can have many different qualities to be successful. I know the National MAL must be organized, an amazing communicator, and a team player. Below I have my top 5 strengths from the "Clifton StrengthsFinder" program. If you are not familiar with StrengthsFinder, the program offers insight into your top 5 natural talents maximizing your potential with them.

- Woo (Winning others over)  
Basically, I have never met a stranger! I thoroughly enjoy meeting new students, patients, restaurant employees, and more. I believe this quality will make me a great MAL for chapter outreach visits and relate to the many different people I will meet along the way.
- Communication  
As National MAL, one of the major job descriptions is to be the head of the Communications Standing Committee on the forefront of National communication. My home chapter operates as one chapter among three different campuses. I have personally managed a constant communication across the state to be the successful chapter we are today. We have weekly Executive Board meetings with members chiming in across the state to successfully operate as one chapter.
- Positivity  
I hope that my enthusiasm is contagious and believe my positivity will make me a great National MAL. A National MAL should be able to find that many things should be celebrated. This comes into play when highlighting many chapter accomplishments on social media. It comes natural to me to get excited about many accomplishments- big or small. I want to continue to showcase your hard work on a nationwide platform.
- Empathy  
I strive to meet people where they are on their life journey and understand where they are coming from. Once I know more about someone, I naturally become more empathetic to see the world through their eyes. This also helps me communicate with more difficult patients and people. As National MAL, I think it is important to have the ability to understand where chapters are right now, where they want to go, and want to help them get there.
- Developer  
I see potential in others. As National MAL, I hope to help you realize your own chapter's potential making APhA-ASP the best organization at your school. Seeing others grow and implement new projects energizes me. I would like to work together with resources your chapter has to develop events for patients and chapter members.