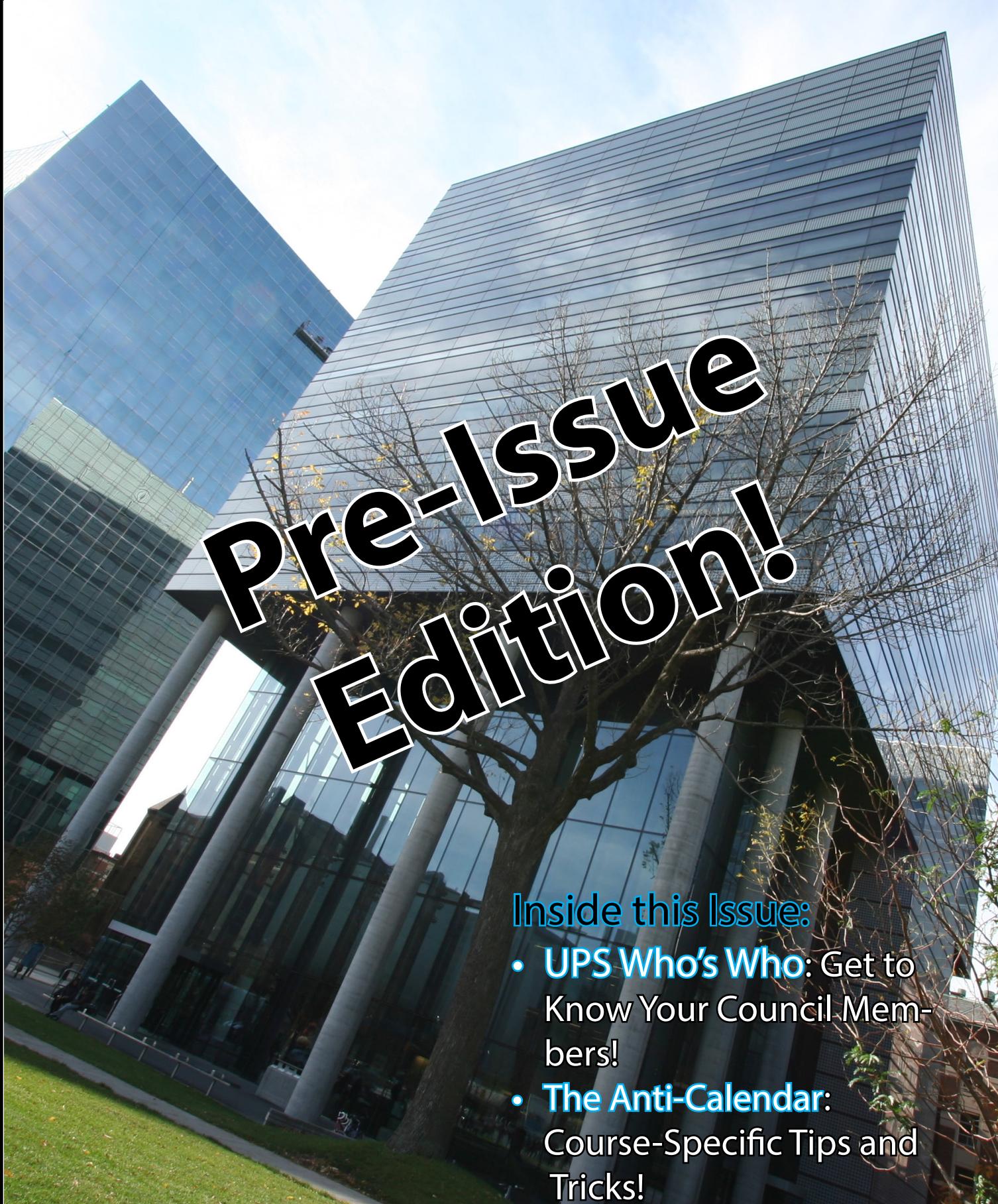


THE MONOGRAPH

Volume 17, Issue 0.5

The Voice of the Pharmacy Student



Pre-Issue
Edition!

Inside this Issue:

- **UPS Who's Who:** Get to Know Your Council Members!
- **The Anti-Calendar:** Course-Specific Tips and Tricks!

Hello Pharmacy!

We are excited to present to you with a special edition of The Monograph!

This issue includes the "UPS Who's Who" which will introduce you to all the positions that make up the Undergraduate Pharmacy Society and the awesome, lovely people who hold those positions! Play our game, "Two Truths, One Lie!" and get to know your Council Members!

This issue also contains everyone's favourite feature of The Monograph, The Anti-Calendar! Our Monograph Representatives along with the help of fellow contributors have hooked you up with valuable insight to every course in pharmacy!

We hope you enjoy this special edition of The Monograph! Our first issue will be out very soon! Stay tuned!

Yours in Pharmacy,

Sandra Wood and Yumna Ahmed

Co-Editors, The Monograph
Undergraduate Pharmacy Society
University of Toronto - Leslie Dan Faculty of Pharmacy

PRINT THIS PAGE AND PLAY!

Play "Two Truths, One Lie!" with the UPS Council!!

Each Council Member has three statements. Two of these statements are true, one is false. Write down the letter corresponding to the statement that you think is false for each member below. Check your answer at the end of the section, and see how well you know your UPS Council Members!!

Joseph: _____

Tiana: _____

Shane: _____

Alexandra: _____

Hilary: _____

Arpit: _____

Lisa: _____

Halina: _____

Annie: _____

Vivian: _____

Patricia: _____

Jonathan: _____

Élise: _____

Phillip: _____

Sandra: _____

Yumna: _____

Jeffrey: _____

Aveline: _____

Matthew: _____

Anna: _____

Ran: _____

Janice: _____

Areeba: _____

Maria: _____

Jason: _____

Teegan: _____

Boyd: _____

Puja: _____

Aarti: _____

Veeral: _____

Becca: _____

Erin: _____

Alex: _____

Sara: _____

UPS Who's Who

The Undergraduate Pharmacy Society (UPS) is a student-run organization that aims to promote professional and social growth as students pursue their studies here at the Leslie Dan Faculty of Pharmacy. UPS is comprised of a group of dedicated individuals. Get to know your council members by reading about them below! We also asked each member to play "Two Truths, One Lie".

How to Play: For each member, they have given three statements. One of their statements is false, can you tell which one is the lie? Write down the statement (a, b or c) that you believe is the "lie". Compare your answers with the Answer Key at the end of this section. How well do you know UPS?!



JOSEPH SAMUEL (1T6)

UPS PAST-PRESIDENT

What I Do: To advise the current UPS council and navigate based on what has been previously done in past councils.

Two Truths, One Lie:

- a) I once called out a muscular patient for trying to buy insulin needles for his "diabetes".
- b) I once mistook the hospital chaplain as a patient's dad.
- c) I once asked a mother if her 5-year-old son smokes.

TIANA TILLI (1T7)
UPS PRESIDENT



What I Do: My role on UPS is to ensure that everything runs smoothly and all positions feel supported. Additionally, I'm responsible for representing the student body to Faculty Council and at the Dean's Meetings. Lastly, I organized the Back-to-School Mixer and will work with Shane to organize OPSIS.

Two Truths, One Lie:

- a) I did my undergraduate degree at Queen's University in Life Sciences.
- b) Everyone calls me by my nickname "Tiana-tropium".
- c) My favourite store is a three way tie between Bath & Body Works, Hallmark, and Michaels.



SHANE NIRULA (1T7)

UPS VICE-PRESIDENT

What I Do: To ensure the UPS Council functions smoothly and enhance the student experience through academic, athletic, social and professional events. More specifically, the VP is responsible for Awards Night, Orientation Banquet, The Key and Students Initiatives Funding.

Two Truths, One Lie:

- a) I did a Comp Sci major during undergrad.
- b) I've been sent to the office every year from JK to Grade 8 for mischievous behaviour.
- c) During high school, I played on both the football and rugby teams.

ALEXANDRA KOURKOUNAKIS (1T8)
EXECUTIVE SECRETARY



What I Do: My main duties include taking minutes for UPS meetings and creating the summer package for all students.

Two Truths, One Lie:

- a) I'm a Montreal Canadiens fan.
- b) I learned to skate when I was 3 years old.
- c) I own enough shoes to wear a different pair every day of the month.



HILARY CHIU (1T7)

SENIOR FINANCE COMMISSIONER

What I Do: I am responsible for overseeing all income and expenses for UPS. A major part of my role is creating an annual budget to finance various events including the Boat Cruise, Phollies and OPA Cup, to name a few.

Two Truths, One Lie:

- a) I was one of the Faculty Representatives in my 1st year of pharmacy.
- b) I am the youngest of 4 children in my family.
- c) All of my university studies have been at UofT.

ARPIT CHHABRA (1T8)
JUNIOR FINANCE COMMISSIONER

What I Do: I help my team manage marvellous sums of currency and focus on getting you all the best bang for your buck in your time here.

Two Truths, One Lie:

- a) I have lived in 12 homes.
- b) I have bungee jumped headfirst into a lagoon.
- c) One of the other two statements is a lie.



LISA SUN (1T7)
SENIOR EXTERNAL AFFAIRS DIRECTOR

What I Do: Myself along with Halina, we're responsible for procuring sponsorship funds in order to allow UPS to continue holding high-quality student events. We'll also be the ones hosting all the UPS Lunch&Learns throughout the school year. Stay tuned!

Two Truths, One Lie:

- a) My brother is 16 years younger.
- b) I hate sashimi.
- c) I'm a lifeguard.



HALINA LAM (1T8)
JUNIOR EXTERNAL AFFAIRS DIRECTOR

What I Do: My responsibilities include maintaining relationships with current sponsor and seek out potential sponsors to generate funding for UPS events! Also, as the Chair of the Community Outreach Committee, I host blood drives and the community outreach fair.

Two Truths, One Lie:

- a) I love cantaloupes.
- b) I went skiing and nearly fell off a cliff.
- c) I went to a military camp.



ANNIE XIAO (1T7)
EVENTS DIRECTOR

What I Do: Along with my co-director, we plan your faculty wide events and fun stuffs!

Two Truths, One Lie:

- a) I'm good at swimming.
- b) I'm good at rollerblading.
- c) I'm good at skiing.



VIVIAN TSOI (1T7)
EVENTS DIRECTOR

What I Do: As your 2015-2016 Events Directors, Annie and I are responsible for planning some of Pharmacy's most exciting events this year. These include Phollies, our annual talent show, as well as Pharmacy Awareness Month, which features the infamous Mr. Pharmacy pageant!

Two Truths, One Lie:

- a) I am a coffee fiend.
- b) I am an avid photographer.
- c) I am an only child.



PATRICIA LU (1T7)
SOCIAL DIRECTOR

What I Do: My main role involves coordinating your Interprofessional Boat Cruise and Semi-Formal! Watch out for some other amazing events I'd like to see happen this year.

Two Truths, One Lie:

- a) I tried to steal from Walmart. Unsuccessfully. My parents reported me.
- b) My parents put me in baby pageants from the age of 1-3.
- c) I ate an entire bag of Cheetos in one sitting. And no, not the snack size.



UPS Who's Who

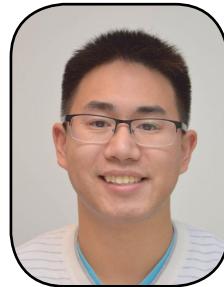
JONATHAN MAK (1T7)

CO-ED ATHLETICS DIRECTOR

What I Do: I'm the go-to-person for co-ed sports and organizer of tug-of-war, curling and dodgeball

Two Truths, One Lie:

- a) I went on an overnight hiking trip to Algonquin Park.
- b) I walked down Yonge Street from Markham to the waterfront in 5 hours
- c) I haven't left the country in 10 years.



ÉLISE DE FRANCESCO (1T8)

FEMALE ATHLETICS DIRECTOR

What I Do: I help organize the pharmacy athletic activities (tug of war, curling bonspiel, OPA cup) as well as intramurals and other fun activities to keep everyone happy and active!

Two Truths, One Lie:

- a) In my previous life, I was a mermaid.
- b) My childhood dream was to become a professional athlete.
- c) I was captain of Team Canada's hockey team.



PHILLIP KIM (1T7)

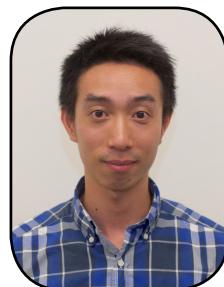
MALE ATHLETICS DIRECTOR

What I Do: Enhancing the student athletic experience during your pharmacy student career at UofT

Pharmacy.

Two Truths, One Lie:

- a) I'm 27 years old.
- b) I did my undergrad at Ryerson University.
- c) I'm Korean.



SANDRA WOOD (1T7)

THE MONOGRAPH CO-EDITOR

What I Do: I'm responsible for providing a platform which allows students to express their creative side; it just so happens you're reading it right now!

Two Truths, One Lie:

- a) I took ballet lessons for 5 years when I was a wee tot!
- b) I was born in Ireland and moved to Canada when I was 2 years old.
- c) I can make my tongue touch my nose.



YUMNA AHMED (1T7)

THE MONOGRAPH CO-EDITOR

What I Do: As a Monograph Editor I am here to make sure your voice is heard by collecting, arranging and editing articles for The Monograph!

Two Truths, One Lie:

- a) I have ridden a camel.
- b) I have an identical twin sister.
- c) I was an extra in a movie.



JEFFREY TSO (1T8)

PHARMAKON CO-EDITOR

What I Do: I find you on your best moments and make them last forever.

Two Truths, One Lie:

- a) I'm proficient at photoshop.
- b) I love cats.
- c) I am partially colourblind.



**AVELINE TUNG (1T8)
PHARMAKON CO-EDITOR**

What I Do: I shoot and post lovely photos of you as you go through your pharmacy journey at the Faculty. Not creepy at all.

Two Truths, One Lie:

- a) I've visited The Great Pyramids.
- b) I've swam with dolphins.
- c) I'm from Malaysia.

**MATTHEW YU (1T7)
MARKETING CO-DIRECTOR**

What I Do: I work behind the scenes by designing promotional materials and running the UPS Facebook and Instagram accounts.

Two Truths, One Lie:

- a) I went to Hong Kong this past summer for 6 days.
- b) I have a cartilage piercing.
- c) I have a pug and he likes to hear me sing.

**ANNA XU (1T8)
MARKETING CO-DIRECTOR**

What I Do: With my partner Matt, our job is to help promote UPS and their events/ initiatives through graphic design, photos/videos, and social media, so you can stay connected and informed throughout the year!

Two Truths, One Lie:

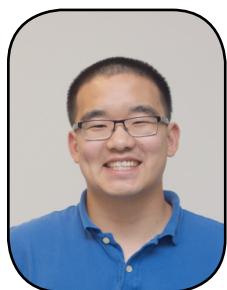
- a) Never have I ever walked through a screen door.
- b) I have a house plant named Wilhemina.
- c) I am an avocado enthusiast.

**RAN SHU (1T8)
WEBMASTER**

What I Do: I'll be taking care of the website, sending out listervs and helping out with the council whenever it's needed.

Two Truths, One Lie:

- a) I like to laugh at jokes that aren't funny.
- b) I like to eat ice cream even though i'm lactose intolerant.
- c) I like horror movies.

**JANICE CHAN (1T7)
SPEAKER**

What I Do: The speaker is responsible for conducting all orders of business at general council meetings.

Two Truths, One Lie:

- a) I had a pet cat named Cleo back in undergrad, whose favourite activity was walking over people's laptops.
- b) The first words I learned in Mandarin was ice cream because that's all I would eat when I was young.
- c) I did track all 6 years of high school before realizing I just wasn't that good at it once I got into university.

**AREEBA ZAHEER (1T7)
SENIOR CAPSI REPRESENTATIVE**

What I Do: I serve as a liaison between CAPSI National and our local branch at Uoft. I help organize several educational events, not limited to the compounding and PIC/OTC competitions, but also well fun events such as Mr. Pharmacy!

Two Truths, One Lie:

- a) I am deathly afraid of cats.
- b) I have a signed copy of Jumanji by Robin Williams.
- c) I once skipped a month of school to do a tour across Asia!



UPS Who's Who

MARIA MORENO (1T8)

JUNIOR CAPSI REPRESENTATIVE

What I Do: To participate as an active member of CAPSI national and UPS. To assist the Sr. CAPSI Representative in the execution of local CAPSI duties. For example competitions, lunch and learn, mock OSCES and more.

Two Truths, One Lie:

- a) I love horror movies.
- b) I love coffee.
- c) I used to play guitar in grade 4.



JASON LO (1T7)

UNIVERSITY OF TORONTO STUDENTS' UNION REPRESENTATIVE

What I Do: The University of Toronto Students' Union Representative represents the society at regular Students' Union Board of Directors meetings. The union represents all full time students across campus. As the UTSU Representative, I will work closely with other professional faculties and act as a liaison between the Student's Union and the Faculty of Pharmacy.

Two Truths, One Lie:

- a) I once worked in the summer under an electrician to help build a maximum security prison.
- b) I once broke my collar bone.
- c) I can do a backflip.



TEEGAN IGNANCY (1T6)

OPA STUDENT BOARD MEMBER

What I Do: As OPA Rep, I represent Ontario pharmacy students on the OPA Board of Directors and I work with the OPA to run events to support student learning opportunities.

Two Truths, One Lie:

- a) I once won a golf tournament having never played golf before.
- b) I had 12 tacos this past week
- c) I make my own homebrew



BOYD HAO (1T7)

SENIOR IPSF REPRESENTATIVE

What I Do: Work together with my other IPSF partner-in-crime to raise awareness about the International Pharmaceutical Students' Federation (IPSF), the amazing opportunities like Student Exchange and World Congress that IPSF offers, and raise global health issues.

Two Truths, One Lie:

- a) I went to primary school in 4 different locations.
- b) I went to high school in 2 different locations.
- c) I went to university in 2 different locations.

PUJA MODI (1T8)

JUNIOR IPSF REPRESENTATIVE

What I Do: My role as the Junior IPSF Representative is to help the Senior IPSF Representative to promote public health, education and networking through awareness campaigns, student exchange programs and world congresses.

Two Truths, One Lie:

- a) I don't know how to swim.
- b) I went to McMaster for my undergrad.
- c) I love to dance.



AARTI PATEL (1T6)

1T6 CLASS PRESIDENT

What I Do: I work with Veeral to delegate tasks to the appropriate council member and ensuring all major events run smoothly - main ones for fourth year include Grad Formal and Career Fair!

Two Truths, One Lie:

- a) I have travelled to Africa, England, and British Columbia in one summer.
- b) I am currently eating Nutella from a spoon.
- c) I really enjoy the sound of nails on a chalk board.



**VEERAL GOHIL (1T6)
1T6 CLASS VICE-PRESIDENT**

What I Do: I organize your clothing, nametag and padfolio sales!

Two Truths, One Lie:

- a) My first name means "unique".
- b) I have oil money \$\$\$.
- c) I was born in Dubai.

**BECCA ZHANG (1T7)
1T7 CLASS PRESIDENT**

What I Do: Hi everyone! Last year I served as one of the 1T7 Faculty Representatives, and this year I am the 1T7 class president. Class councils are awesome, I can't get enough!

Two Truths, One Lie:

- a) I'm allergic to running.
- b) I was a very active child and broke both my arms and one leg while walking on monkey bars.
- c) I like chocolate, peanut butter and caramel sweets.

**ERIN CICINELLI (1T7)
1T7 CLASS VICE-PRESIDENT**

What I Do: I will be working closely with our President, Becca, and the rest of the Class Council to ensure that our 3rd year at the faculty is one to remember. I am also leading the planning of Charity Week in November, which promises to be full of fun events, great food, and awesome prizes!

Two Truths, One Lie:

- a) I have never had surgery.
- b) I attended an all-girls high school.
- c) I have a pet hamster named "Peaches."

**ALEXANDER MOK (1T8)
1T8 CLASS PRESIDENT**

What I Do: As the 1T8 Class President, I'd like to think that my role is like the jack-of-all-trades, but a master of none. This means I have to be involved in all affairs related to the 1T8 Class and ensure that everyone is communicating with each other and staying on task. Some events that I've helped plan are 1T90s: Back to the Phuture Phrosh Week and the upcoming 1T9 Orientation Banquet. I'm excited to be a part of UPS this year and can't wait to get started!

Two Truths, One Lie:

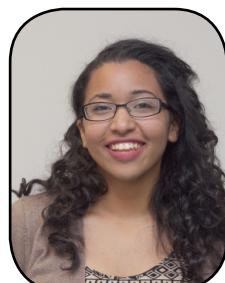
- a) I once was a sample server boy at Costco.
- b) I dislike Breaking Bad.
- c) I am part-Italian.

**SARA TAWADROUS(1T8)
1T8 CLASS VICE-PRESIDENT**

What I Do: This past summer, I served as the Chair of the Phrosh Planning Committee and with the help of my unbelievably awesome committee, we planned the week of events. Aside from Phrosh, I organize the CPR/FA sessions for full recert and serve as the CRO for the 1T9 elections! Exciting work and I'm so grateful to be a part of so much !

Two Truths, One Lie:

- a) If I didn't get into Pharmacy, I would have done a Masters in Theology.
- b) I like to converse with small humans in a room full of adults.
- c) I enjoy watching TV shows.



1T9 Class President



1T9 Class Vice-President

**Election Results To Be Determined!*

UPS Who's Who

ANSWER KEY - The council members reveal their lies below!

Joseph: c) I once asked a mother if her 5-year-old son smokes.
Tiana: b) Everyone calls me by my nickname "Tiana-tropium".
Shane: a) I did a Comp Sci major during undergrad.
Alexandra: a) I'm a Montreal Canadiens fan.
Hilary: c) All of my university studies have been at UofT.
Arpit: c) One of the other two statements is a lie.
Lisa: c) I'm a lifeguard.
Halina: a) I love cantaloupes.
Annie: a) I'm good at swimming.
Vivian: c) I am an only child.
Patricia: b) My parents put me in baby pageants from the age of 1-3.
Jonathan: b) I walked down Yonge Street from Markham to the waterfront in 5 hours
Elise: c) I was captain of Team Canada's hockey team.
Philip: c) I'm Korean.
Sandra: b) I was born in Ireland and moved to Canada when I was 2 years old.
Yumna: c) I was an extra in a movie.

Jeffrey: a) I'm proficient at photoshop.
Aveline: b) I've swam with dolphins.
Matthew: c) I have a pug and he likes to hear me sing.
Anna: a) Never have I ever walked through a screen door.
Ran: c) I like horror movies.
Janice: a) I had a pet cat named Cleo back in undergrad, whose favourite activity was walking over people's laptops.
Areeba: a) I am deathly afraid of cats.
Maria: a) I love horror movies.
Jason: c) I can do a backflip.
Teegan: b) I had 12 tacos this past week (Lie: I had 10 tacos)
Boyd: c) I went to university in 2 different locations.
Puja: a) I don't know how to swim.
Aarti: c) I really enjoy the sound of nails on a chalk board.
Veeral: b) I have oil money \$\$.
Becca: c) I like chocolate, peanut butter and caramel sweets.
Erin: a) I have never had surgery.
Alex: b) I dislike Breaking Bad.
Sara: c) I enjoy watching TV shows.

HOW WELL DID YOU SCORE? - Count all your correct answers and see how you performed!

YOUR SCORE: _____ out of 34

If you scored...

29-34 Correct: You know your UPS Council Members oh-so-well! Or you are just amazing at multiple choice, in which case, we are incredibly jealous of you.

GRADE: HONOURS

24-28 Correct: You know your UPS Council Members fairly well. Attending our awesome UPS events throughout the year would definitely take you to the next level!

GRADE: PASS

21-23 Correct: You definitely have some room to improve, but not to worry! UPS will be holding all kinds of events throughout the year where you'll have the opportunity to meet our council!

GRADE: BORDERLINE

<20 Correct: Uh oh!! You didn't quite meet the 60% pass requirement. But there, there, it will all be alright! UPS will still invite you to our amazing events because you're awesome anyway!

GRADE: FAIL

The Anti-Calendar - Tips to Get You Through!

Initiation Year: Year One Courses

By Natalie Termanian, Monograph Rep. (1T8) with contributions from Matthew Lee (1T8) and Dana Shan (1T8)

PHM101H1 Pharmacotherapy 1: Foundations and General Medicine

S. Yamashita, A. Woods
Course Average: *B-*

Affectionately known as “Gen Med”, this class teaches students the fundamental concepts of medicine that are common to everyday practicing healthcare professionals. They include topics such as constipation, osteoporosis, insomnia and inflammation. Gen Med has both a lecture and a seminar component, during which you are evaluated based on a discussion or paper that must be handed in. Make sure to pay attention and to make notes in seminar, as you will be assessed on the midterm and final from the information discussed. Additionally, this information is worth its weight in gold, as it is very helpful in preparation for your summer placement, Early Practice Experience (EPE-1), and let’s face it, for the rest of your professional career. For resources, it is handy to use DiPiro as the for information on the pathophysiology of the disease, and Rx files for information on the drug therapies for the disease.

PHM105H1 Medication Therapy Management 1

J. Ahmad
Course Average: *B*

MTM-1 aka “pretend pharmacy” has short lectures but long labs. Each week you’re given a list of 8 drugs for which you must prepare counselling points prior to entering the lab. During the lab, you will process the prescription with the pharmacy software, Kroll. After checking the script for errors (THIS IS AN IMPORTANT STEP. DON’T SKIP), you’re ushered into a seminar room with a small group of your peers where you assume the role of a pharmacist and counsel an actor (your assessor, also a pharmacist) on the medication they are “coming to pick up”. It can be nerve-wracking for those among us who dislike one-on-one verbal assessments, but it’s all part of the job, and it’s best to get familiar with this kind of interaction sooner than later! All in all, MTM gives you a glimpse into life as a pharmacist, just minus the angry patients and frustrating insurance policies.

PHM110H1 Health Systems 1

N. Pojskic
Course Average: *B*

Health Systems is an introduction to the Canadian healthcare system’s laws, regulations and financing. Assessment methods include midterm and final, but also written assignments where you are expected to debunk pharmacy-related myths. This is an exercise in writing, so I would suggest reading the articles early on and digesting the content. Start jotting down points that stand out to you and arguments that don’t quite add up. Churn out a rough draft and get as many people to edit your papers as possible. This goes out even to the people who are confident in their writing abilities! The University of Toronto is equipped

with a very helpful Health Sciences Writing Centre (<http://www.hswriting.ca/>) which is open for pharmacy students’ use! Book appointments early because space fills up fast, especially come time to hand in the assignment!

PHM140H1 Molecular Pharmacology

J. Wells, S. Angers, C. Cummins, P. Backx
Class Average: *C+*

Like Smaug the dragon from J.R.R. Tolkein’s novel, The Hobbit, this course’s reputation precedes itself. It is split into 4 sections, each with a different professor. So what must one do in order to succeed in this class? Many suggest a TID dosing of practicing past exams, which are posted on the course website. Do them morning, noon and night! Additionally, one of the excellent TA’s for this class (Arthur Li) published a series of YouTube videos that clarify some of the info for the first section of the course, so watch them if you want a refresher. If there is one class that you should not procrastinate during the entire first year, it would be this class. Don’t be shocked if there are pharm chem students in your class too- they tend to make an appearance here. Don’t worry though, they’re just trying to get in on all the phun.

PHM141H1 Pharmaceutics

R. Macgregor, T. Chalikian, S. Pang
Class Average: *B+*

Pharmaceutics introduces first year students to how drugs are made and what they are made of. Students get to catch a glimpse of what goes into drug production and formulation. Take a glance back at your PK notes, as concepts can resurface here. Also, some of the calculus you once knew rears its head! But don’t let the Ghost of Mathematics Past scare you- it really is fair. To succeed in this class, get cozy with comprehension, knee-deep in memorization, and mixed up with application. You can learn some really interesting things about how medications are produced in this class, and it might just change the way you look at a pill!

PHM142H1 Metabolic Biochemistry and Immunology

J. Henderson, D. Hampson
Class Average: *B+*

PHM142 is taught by two professors with different teaching styles. With Professor Henderson, many of the main concepts and themes appear right on the page, and so attending classes tends to clarify the slides. Professor Hampson however, likes to cover a wide array of material, and so attending class is necessary to make note of which slides he covers and which are supplemental material. Can you tell I think its a good idea to attend class? As for the immunology portion, don’t let that scare you. A majority of the students had never taken an undergraduate immunology course and it was definitely manageable. If Prof Hen-

bonus marks, make sure to sign up! You can be as creative as you like(video? Spoken word?), as long as you get the material across! It is well worth the time invested because you can pack on some extra marks for leeway at the end of the term!

PHM114H1 Social Behavioural Health

A. Thompson, Z. Austin
Class Average: *B+*

This class is split into two sections: Module 1 by Professor Thompson and Module 2 by Professor Austin. Professor Thompson's section focuses on ethical decision making frameworks. Her section also has seminar component, where students dissect and discuss ethical dilemmas . Full of anecdotes, fun stories and wise words, Professor Austin livens up his portion of the class with his humour and wit. His section deals with the psychology behind why patients do the things they do, and so while you may have seen some of these concepts in your undergraduate psychology classes, Professor Austin puts a pharmacy spin on them, making them useful and more relevant to a pharmacy practice. Once again, sharpen your writing skills, because the final exam will have you writing about some of the major theories that are put into pharmacy practice.

PHM130H1 Pharmaceutical Calculations

Class Average: Pass/Fail

Calculations is a basic course fundamental to our future careers. This class ensures we know how to dilute, concoct, and mix medications and solutions with perfect proportions. This class is not meant to be difficult in a Mol Pharm kind of way, but you must get 100% in the second midterm to pass. The rationale behind this is that you should not be making mistakes in your everyday pharmacy practice calculations (re. chemo dilution drug scandal of 2013)! Homework problems are assigned at the end of the lecture to practice what you have learned. They are found at the end of the chapter in the textbook and doing those will definitely ready you for the term tests and exam.

PHM143H1 Pathobiology and Pathology

R. Bendayan et al.
Class Average: *B*

PHM143, also affectionately known as "Patho", is the study of the behaviours of a disease. This course covers a variety of topics from GI maladies to diabetes, each with different lecturers, so it can be a little difficult adjusting to the ever changing learning styles of professors. The material in this class sometimes coincides with topics in Gen Med, so if you're lucky, your notes can double over! The midterms and finals can have some tricky multiple choice questions, so make sure to read the options very slowly and carefully! The class ends with a crash course of all things renal, hosted by Professor Bendayan, who you would've met in first semester's PK course. Facts about the kidney and what happens when the kidney gets mad come flying at you a mile a minute, but take the time to sort them out and you won't regret it!

PHM113H1 Pharmacy Informatics

M. Rocchi
Class Average: *A-*

Pharmacy Informatics is a partly online class which talks about an array of relevant issues in pharmacy practice, from the use of technology in pharmacy to the ushering in of electronic health records. Students will learn to dissect the CPS in all its glory, will study the components of the ODB, and will interact with online pharmacy modules. Professor Marie Rochie is very passionate about pharmacy informatics and it is evident in the way she lectures. Her lectures are online, recorded with the software, Camtasia, which is handy because they can be completed at your own speed. A fun and relevant fact to remember is that we don't actually have a "pharmacy library"; the third floor's computers are just a gateway to access the library that is online!

PHM144H1 Pharmacokinetics

C. Cummins, J. Utrecht, D. Dubins, R. Bendayan
Class Average: *B+*

Your very first assessment in pharmacy school comes early on, thanks to this class. It's a quiz to help bolster your grade and to give you a bit of confidence (hopefully?). Do your best (just like you would for anything in life) but don't fret if it doesn't go well, there are definitely other assessments to be had! Pharmacokinetics, or "PK" is a class that introduces students to what happens to a drug when it gets into your body (absorption, distribution, metabolism and excretion). There are bits of memorization, understanding and math involved. Formulas can get large, so thankfully there are formula sheets, but don't rely on them exclusively during your midterms and finals. Become friends with them early on so that they don't look so foreign come exam time. If you're lucky, Dr Dubins will serenade you with some ukulele tracks, Dr Utrecht will dress up as Santa, and Dr Cummins will just be the super fab prof that she normally is.

PHM146H1 Fundamentals of Pharmacology

M. Erclik
Class Average: *B+*

Pharmacology gives students an intro to molecular mechanisms of drugs binding to their targets. Dr Mary Erclik livens up her classroom with anecdotes and stories about real-life application of pharmacology. It is very helpful to draw out a body chart and put receptor locations whenever you come across them in the course. Then, when you're given a drug, you know where it will bind and what kind of response you will get in which body system! This is a fundamental class because it gives us a basis of drug binding and physiological response. The assessment questions come from lecture slides as well as the lectures themselves, so don't skip class! Last, don't be fooled if you only have a few lectures that are covered on the final exam. Remember that if there are fewer lectures, professors can delve deeper with more in depth/application questions, so watch out, as the final exam questions can be tricky!

The Anti-Calendar

PSL205H1 Basic Human Physiology (On-line Course)

N. Kee

Class Average: B+

How does the human body work? What are the processes that occur that allow us to live our day-to-day lives? These are just a few of the questions you will find the answers to when taking PSL205. Unlike your other first year courses, this course is online which means you won't have to crawl out of bed to go to class. The lectures for each week will be posted on Portal but will be taken down at each week's end so it's very important that you stay on top of the lecture recordings. There is also a lot of memorization that needs to be done, so it's very important you don't fall behind! The course does not have a required textbook but students have found that any human physiology textbook can help clarify. If you organize your time and put in the work, this course is not only doable but can also be very interesting and phun with a PH. :)

PHM145H1 Human Histology and Anatomy

D. Ballyk

Class Average: B

With no dissections, bell-ringers, or testable histological diagrams, PHM145 is basically the "fun" anatomy and histology class. This course delivers witty diagrams, straightforward concepts, and a comical professor who dresses up and dances, which will keep students entertained throughout the year. However, the material does intensify as the term progresses. Do not get fooled thinking you can get by with the 3 non-cumulative, multiple-choice-question tests. This course is heavily detail-oriented and memorizations-based and exam questions will expect students to draw upon specifics that were discussed in class. It is highly recommended for students to physically attend class, as important details may be discussed to complement the general diagrams or statements on lecture slides. Luckily, Dr. Ballyk has plenty of illustrations, funny banters, and dances up her sleeve to help with that. You won't want to leave all the material to some last-minute studying... if you stay on top of—or should I say *superior*—to your work, you will find the course enjoyable and doable.

Year of Tears!: Year Two Courses

By Abdullah Aboukarr, Monograph Representative (1T7) with contributions from Anish Krishnan (1T7) and Kimberly Stobo (1T7)

PHM201H1 Pharmacotherapy 2: Dermatology and EENT

D. Sibbald, A. Narducci

Course Average: B

The topics taught in dermatology and EENT are no doubt truly important for future practice as a pharmacist. The first half of the course is taught by Professor Sibbald, who will focus a lot on diagnosis and differentiation of common conditions in class. Her lectures are very useful to attend in order to grasp the material and help remember things discussed. The second part of the course is the EENT portion which is taught primarily through panels. Panels are when a group of selected students (e.g. 15) provide information and answer questions about specific topics to their peers (do your readings and be prepared!).

PHM202H1 Pharmacotherapy 3: Endocrinology, Nephrology and Urology

M. Battistella, H. Halapy

Course Average: B-

This is a great example of a classic pharmacotherapy course, covering some major topics including diabetes, contraception, and kidney disease. Be sure to attend all workshops because even if you're not handing in a care plan, you'll have to participate. It's a super important course so don't neglect it and start studying early. Your success in this course is proportional to the time you put in!

PHM203H1 Pharmacotherapy 4: Infectious Diseases

N. Dewhurst, G. Wong

Course Average: B-

Welcome to the world of bugs and drugs. In addition to attending lectures, get ready to prepare answers for learning objectives in small groups, to be presented during workshops every other week. Take good notes during the workshops; they are as important as the lectures to learn the material. Study the general lectures on antibiotics (i.e. Dr. Linda Dresser's lectures) early on because they will help you with all of the disease-specific topics covered later in the course.

PHM204H1 Pharmacotherapy 5: Cardiovascular Diseases

N. Crown, H. Kertland

Course Average: B-

This course introduces the "wiki", the crazy long joint learning objectives before each care plan. They're flooded with excess information so attend the workshops to know exactly what to focus on. There isn't much to say about this course except that it's difficult and, at times, really dry. Sadly it's one of the most important courses you'll take this year so be ready to grit your teeth and bulldoze your way through it!

PHM205H1 Medication Therapy Management 2

J. Elias, K. Tan

Course Average: Pass/Fail

This course is really similar to your MTM course last year, except now there's a care plan component. You read that right; instead of the DI question, you write a care plan instead. From my experience, after failing the first one miserably, getting feedback from the professor REALLY helps. This is one course where you want to see the prof. The one nice thing about this course is that there's no written exam at the end.

PHM206H1 Medication Therapy Management 3*M. Rocchi**Course Average: Pass/Fail*

Welcome to MTM 3, where all you do is counsel! There's a twist though; your patients are now paid actors. Win them over and don't make any absurd recommendations and you'll win at this course. Your role differs each week; you'll either be intaking information, counseling on a medication, or dealing with a patient concern. Know all your drugs and do the learning objectives for each lab well because you never know what you'll get.

PHM212H1 Research Methods for Pharmacy*A. Taddio**Course Average: B+*

You've been hearing about using evidence-based medicine or evidence-based practice for a while now. This course is where you dive into the nitty-gritty of how evidence-based medicine comes about. Beware: much the material may seem dry, but that doesn't mean it isn't testable. The fact is that this course gives you the tools to appraise medical evidence, which is something you will have to do in every pharmacotherapy course and in your future practice. Keep this end-goal in mind when studying the material.

PHM213H1 Health Economics and Pharmacoeconomics*P. Grootendorst, M. Papadimitropoulos**Course Average: B+*

Marginal utility, substitution effect, input costs... have you ever wondered what these terms mean? Be prepared to find out! Econ was a nice break from the science and clinical classes that dominate our program. Professor Grootendorst had a good lecture style in which every class felt kind of like a conversation but yet also that you were learning a lot. It's difficult to take in some of the information at first (especially for those with no background in economics) but once you begin to understand the concepts it's pretty straightforward.

PHM215H1 Management: Skills, Communication and Collaboration*B. Wilson**Course Average: B+*

Professor Wilson will go over many important aspects of the workplace, whether it be in community, clinical, or industry settings. This course is straightforward and he is very clear in what he expects from students (you'll be memorizing lots and lots of lists!). Management will also give you tips on how to improve your resume and succeed in interviews.

PHM230H1 Physical Assessment and Injection Techniques*R. Cambly**Course Average: B+*

This course is exactly how it sounds. You'll learn how to physically assess and inject patients through a fun lab component.

It won't certify you for injections but it'll definitely get you pumped to give flu shots on the regular. The lecture component of the course is easy, but you'll need to do the readings and worksheets because they'll be on the exam. This is a course you can cram!

PHM240H1 The Science of Pharmacotherapy*J. Utrecht**Course Average: B*

Presentation time again! Every class a group of different students will present information on topics chosen by Dr. Utrecht, and tests will reflect information discussed in class. The majority of people do not enjoy talking in front of a large number of people but it is good to practice and the presentations are pretty laid back. You can bring your notes and will know ahead of time what topics to study. This course consists of many questions related to drugs, side-effects, genotype, biochemistry, mechanisms... the list goes on. Overall, it's pretty heavy on the amount of content but if you try and keep up with the material you should be fine!

PHM241H1 Topics in Pharmaceutical Quality and Clinical Laboratory Medicine*C. Allen, R. Reilly, D. Dubins**Course Average: B+*

This course combines both a lab and lecture component. The lectures cover a range of interesting topics, including the basis of pharmaceutical analysis, therapeutic drug monitoring, and the science behind point-of-care devices. Study up for your weekly lab quizzes, because those marks will add up. You finally get the hands-on learning you've been waiting for during the lab, and it ends up being a lot of fun. Remember to make your products look pretty to snag those marks for pharmaceutical elegance.

PHM242H1 Microbiology of Infectious Diseases*I. Crandall**Course Average: B+*

Microbiology was a fun course taught by Professor Crandall. His lecture slides are excellent and attending his classes is entertaining since he has some life experiences and short stories he likes to contribute to the material. This course will go over many organisms, parasites and bacteria that will show up in future courses such as Infectious Disease in second semester. This class has a lot of information but if you try to keep up and not cram everything the night before, you'll end up with an awesome grade.

The End is Near!: Year Three Courses

By Anja Kovacevic, Monograph Representative (1T6) with contributions from Hardit Khuman, Joseph Samuel, Jessica Sawyer, Chris Denis, Joyce Wang, Helen Huang, Alexander Bacopoulos, Andre Juricka, Rana Khafagy (1T6s)

PHM301H1 Pharmacotherapy 6: Hematology, Oncology and Immunotherapies

C. De Angelis, M. Leung

Course Average: B

This course focuses on oncologic therapies and the supportive care required to manage treatment-related side effects. Towards the end of the course, there is also an introduction to immunologic disorders and their treatments.

There are lectures and workshops every week and you will feel like you always have something due for oncology, but if you keep up with the work, the exams will be straightforward.

PHM302H1 Pharmacotherapy 7: Neuropsychiatry

J. Kellar, V. Arora

Course Average: B

This course covers major mental health disorders and their treatments. Most students enjoyed this course as the lectures were interesting and the midterm and exam were very fair. The written assignment caused a lot of stress for the class - make sure you know how to reference properly!

PHM305H1 Medication Therapy Management 4

M. Rocchi, L. Tsang

Course Average: Pass/Fail

This course is all about expanded scope - you will practice renewing and adapting prescriptions, counseling on minor ailments and providing services such as flu shots and smoking cessation counseling. The labs in this course were less stressful than previous MTM labs because it was all about addressing patient concerns and less about trying to find DTPs.

PHM310H1 Health Systems II

L. MacKeigan, M. Rocchi

Course Average: B-

This course compares our health care system in Ontario to health care systems in other provinces and around the world.

Overall, most students found the issue analysis assignment and many of the exam questions to be very difficult. Rather than only understanding the material taught in class, this course tests your ability to analyze and critically evaluate health care issues.

PHM340H1 Introductory Toxicology

G. Kalabis

Course Average: B

This course is all about mechanisms - biochemical pathways through which various compounds cause toxicities.

This is a class you cannot skip - in fact, writing down every word the prof says is the best thing to do. Make sure you memorize the pathways and know how to describe every single step in detail - exams require a diagram as well as an essay-style explanation of every single step in your diagram.

PHM320H1 Global Pharmaceutical Policy

J. Kohler

Course Average: B+

This course looks at the pharmaceutical public policies globally; it focuses on how different governments manage their public health responsibilities, global obligations of government, and will analyse barriers and opportunities to improve global drug access.

This class has multiple readings each week that you should at least have a skim through (or full read) as much of the lecture and class discussions are based on them. You must be willing to participate in this class. The midterm exam is open book and there is no final. You will have to write a 15 page paper though in replace of the final.

PHM321H1 Selected Topics in the Pharmaceutical Industry

A. Chit

Course Average: B+

This course serves as a light introduction to some of the roles and responsibilities in the pharmaceutical industry, from the discovery and innovation of drugs to the marketing and medical liaising that occurs to healthcare professionals, with a special focus on start-up companies. Guest lecturers provide great insight in the industry and share their personal experiences and how they got to where they are. If you have a strong interest in the industry, this course should serve you well.

Take this with a grain of salt, as there is a new coordinator this year. You got 10% just from participating either in-class or online. The midterm was strictly MCQ from the lectures and reading and was straightforward if you knew all the material. The final was a bit of a curveball, with some MCQ, and two essay questions that had students thinking more like business students than pharmacy students. However, Prof. Chit was very lenient and open-minded with answers given, provided you defended your stance. A bit of a mark adjustment later, and most students were very satisfied with the course.

PHM323H1 Molecular Mechanisms of Drug Action

J. Wells, S. Angers, R. MacGregor, I. Crandall

*Course Average: **

There are four relatively equal sections taught by each professor split into one midterm and a final. Jim Wells' section was very similar to molecular pharmacology in first year. Ian Crandall's section was a review of microbiology from second year. MacGregor covered basic information about DNA while Angers focused on cancer with topics such as oncogenes and signaling pathways.

For Wells you NEED to go over his old tests which he provides you with. If you can do the old tests, you will do very well. He also gives bonus marks again. Crandall's material is the same as before but his tests are short answer this time. He will tell you what to focus on if you go to class. For Macgregor, he gave printed handouts with little information so you are required to go to class and take notes to understand what is going on. It is not difficult material however. For Angers' section just read the slides.

PHM325H1 Aboriginal Issues in Health and Healing

D. Burman

Course Average: A-

This course is open to all students at UoT but is a very small class size, making it very intimate. Classes consist of sitting in a circle and discussing various topics that affect Aboriginal people. It will help you understand how to create a culturally safe environment in healthcare in order to meet the needs of your patients who may come from various cultures. Different guest lecturers come every week to discuss their stories and their experiences with the western healthcare system.

Make sure to keep an open mind and stay respectful! You will hear things that might not make sense to you or things we were taught the opposite of in our pharmacy classes. Regardless, make sure to put your judgements aside and remember that you are there to learn how to integrate other belief systems into our current healthcare model. Bonus: there is no midterm or final, just writing assignments. You do have to write reflections for 5 classes so make sure to keep on top of them so you don't find yourself having to write a reflection for the last 5 classes which might not be as interesting as the first few ones!

PHM383H1 Antimicrobial Stewardship

M. So

Course Average: A-

The lectures in this course focus less on ID and more on program design and management. However, exams will expect you to know everything from ID, so make sure to review those antibiotic spectra!

There are many small assignments due throughout the semester, so this course will feel more like a PCT course in terms of workload. However, the assignments were straightforward and most students did very well in the course.

PHM322H1 Patient/Medication Safety

C. Ho

Course Average: A-

The lectures in this course focusses on how pharmacies can improve their systems to reduce errors. It incorporates many different models and procedures that are supported by ISMP Canada. There are many workshops that you have to attend throughout the semester. The workload is minimal, except towards the end of the semester where you will have to submit a 30 page (double-spaced) write up. With that being said, most students excelled in this course.

PHM389H1 Research Project

S. Pang

*Course Average: **

This course has you dipping your toes into the realm of research with a faculty member. What's required of you is a research proposal (an outline of which is online), a midterm evaluation, and your final thesis to hand in as well as a presentation to the coordinator and other supervisors. First things first, the supervisor you choose has a great impact. Choose someone who studies in your field of interest, and ensure that they will be supportive of you throughout the way and have time to guide you. Although you can do either a basic science or a clinical project, I would recommend a clinical one as you really only have 2-2.5 months to get a project completed and you don't have much time to run basic experiments. If you put in the work and give an honest effort, you can do well in this course.

PHM350H1 Pharmacotherapy in Ambulatory Care

J. Hunchuk, K. Walsh

Course Average: B

This course covers common chronic diseases you see in the community: asthma, COPD, heart failure, hypertension, and diabetes. You also learn about infant formulas and stability devices. Classes will be split up 1 hour lecture on the subject where the profs review the treatment algorithms and medications followed by an hour of questions that you respond to electronically and then discuss each answer! Be prepared for weekly or biweekly care plans (but they will drop the lowest).

PHM351H1 Pharmacotherapy in Institutional Care

V. Teo

Course Average: B

Lectures cover common hospital pharmacy topics: VTE prophylaxis, ACS, TPN, etc. as well as some critical care topics such as acid/base and electrolyte disorders, sepsis, and drug overdose. This course is a big help in preparing for institutional APPE rotations. The material can be challenging but prof Teo is very fair, giving many hints for what to study, as well as providing optional tutorials to review every topic that was covered.

The Anti-Calendar

PHM353H1 Pharmacotherapy in Critical Care

C. Chant, N. Dewhurst

Course Average: B-

The course material is presented by numerous guest lecturers and most lectures are very dense and detailed. A variety of critical care disease states are covered as well as supportive care such as ventilation and parenteral nutrition. This course has a heavy workload. The questions for the 3 quizzes are pulled from guest lecturers' slides, not the required readings so it is beneficial to read over the lecture slides before they are presented. The marks from the assignment varied a LOT depending on what type of article you were assigned to critically appraise and who marked the assignment (cross your fingers you don't get Clarence). Norman gives lots of helpful hints for exam questions if you are lucky enough to have him as your small group seminar leader - ask your friends for their notes from his seminars!

PHM352H1 Pharmacotherapy in Older Adults

C. Fan-Lun

Course Average: B+

This course focuses on a variety of geriatrics topics, many of which were previously discussed in the 1st year Gen Med course, but in greater detail. Guest lecturers provide the majority of lectures. There is no separate workshop time, so the second half of the two hour lecture is often a case discussion. The two exams were a combination of MCQ (~20 marks) and short answer (~80 marks). There is one assignment worth 10% and two group care plans worth 5% each. All assessments were very fair and you are provided with ample time to complete them. There is one inter-professional event that must be attended, however it is one of the better events you will attend.

PHM354H1 Pharmacotherapy in Pediatrics

S. Bjelajac Mejia

Course Average: B

This course focuses on a variety of pediatrics topics, including: vaccinations, breastfeeding, pediatric oncology, OTC, solid organ transplants, etc. that are very useful in pediatric practice. It is strictly didactic with all guest lecturers from SickKids. There's a midterm and a final, all MCQ, and a small assignment where you create a drug information pamphlet emulating the ones used at SickKids. Exams are all MCQ (30% midterm, 50% final) and it's mostly regurgitation. The midterm doesn't cover too much, so be weary of specific details. For the final, there is much more material to cover. That being said, if you know the material, you can do very well in the course. The assignment is worth 20% and is quite simple.

PHM355H1 Pharmacotherapy in Women's Health

T. Brown, M. Tomas, L. McCarthy

Course Average: B

From contraception, to pregnancy, to menopause and beyond, this course covers a variety of conditions affecting the female reproductive system, both in terms of dysfunction as well as the

normal changes that arise as a woman ages. This course was very enjoyable as the lecturers were very engaging and generally hilarious. Evaluations consisted of a simple in-class assignment and a midterm and final. There is not a lot of material in the course, but for everything that is taught, you need to know the details. Students found the exams to be somewhat tricky, so be sure to carefully read each question.

PHM360H1 Personalized Medicine

M. Piquette-Miller, M. Erclik

Course Average: B+

This course is mostly taught through student presentations, and 10% of your mark is based on just showing up to watch your classmates present. Exams are straightforward and focus only on the key concepts from each presentation. Profs review these concepts at the end of every class, so make sure to study their review slides carefully.

PHM361H1 Latest Developments in Drugs and Biologics

L. Kotra

Course Average: A-

This is a course concerning drugs that were recently approved by either the FDA or Health Canada. Prof. Kotra only lectures for 4 classes and the rest of the course is student presentations (2 presentations/class). Each presentation is various parts of the product monograph.

Exams are all short/long answer format. Questions tend to focus on what makes the drug unique (mechanism, development, place in therapy, monitoring etc). Prof. Kotra tends to ask the class questions after each presentation which may guide studying.

PHM362H1 Assessing the Bioavailability and Bioequivalence of Medicinal Drug Product

D. Dubins

Course Average: B+

The format was weekly lectures with a midterm, a final, and 4 take-home problem sets. The lectures reviewed PK and statistics principles and then applied them to designing clinical trials (mostly bioequivalence trials) and interpreting the results. There was a lot of emphasis on practical aspects in designing trials: how to determine the sample size you will use, what sort of sampling schedule you would use given the PK characteristics of the drug, how the regulatory requirements in different jurisdictions impact study design, how to handle the "messy" data you get in real life

etc. Exams are mostly short answer/fill in the blank with some MCQ. Dr. Dubins gives very engaging lectures that help to clarify concepts. He has a lot of real world experience working for contract research organizations that perform bioequivalence trials and offers a lot of insight into the industry and applying theory to practice. The best way to do well in the course is to go to class, participate, and do the problem sets independently.

PHM370H1 Community Pharmacy Management*J. Ahmad**Course Average: B+*

The course focuses on the key roles of a pharmacy manager of a community pharmacy. There are many guest lectures talking about their experience managing a pharmacy as well.

All material is testable - including some graphics. The midterm was very easy and straightforward but the final was slightly harder. You will also have to complete a full business plan and proposal - be prepared to be creative and complete LOTS of excel spreadsheets.

PHM371H1 Institutional Pharmacy Practice Management*B. Wilson**Course Average: B+*

This course focuses on the key roles of a pharmacy manager in an institutional setting - including topics such as organizational structure, leadership, and financial management.

The lectures are interesting and always come with a fun Bill Will story for every topic. The exams are very straightforward (I hope you like lists!) and this is the only business course where you don't have to write a business plan. It's exactly like PHM214.

PHM372H1 Fundamentals of Business Administration and Management*A. Goodwin**Course Average: A-*

The format was weekly lectures. There was a group presentation, a business plan, a written financial/strategic analysis, and an open book MCQ final. Topics covered included accounting, finance, strategy, negotiation, business planning, etiquette.

This is a business course about healthcare more generally rather than pharmacy in particular. You learn about many types of businesses peripheral to pharmacy but if you wanted a course to prepare you to manage a pharmacy there are better choices. You also have a lot of flexibility in your business plan, it can be a new business in anything vaguely healthcare related. It's a good opportunity to flesh out business ideas with people who are very knowledgeable about business but are also pretty lenient with marking. My advice for success would be to start your assignments well in advance, they take a lot of time to do well.

PHM384H1 Teaching and Learning*A. Lee**Course Average: B+*

This course focuses on different teaching styles and learning theories. It mostly uses a non-didactic teaching format and motivate students to learn through discussions, presentations and various interactive games. Students would also have the opportunity

to mark a MTM1 session, as well as lead and facilitate an IPE activity.

It is important to really participate in this class. There will be

plenty of opportunity for class interactions, and the more you take part the more fun it will be for you and the easier it is to get higher marks. Prof Annie Lee is also very approachable. She values an open environment for any discussions. To do well for the assignments and exams, try to understand the concepts taught in class and be able to explain them with concrete examples. This can be a very rewarding course if you are genuinely interested in learning about how to be a better facilitator in various group scenarios.

PHM385H1 Diabetes Care*H. Halapy, T. Montada-Atin**Course Average: B*

This course mostly focuses on insulin dosing, diet and exercise, and special populations with diabetes. Oral hypoglycemics are surprisingly largely omitted from the course, and pharmacotherapy of diabetic complications is also not covered. Students found one of the pros to be much more engaging than the other, and the case-based insulin dosing lectures were helpful. Most other lectures consisted of over 100 slides and exams were largely based on memorization.

PHM386H1 Mental Health and Addiction*J. Kellar**Course Average: A-*

This course covers aspects of mental health that were not touched on in PCT 7, but it is not a PCT course! Instead, the focus is on exploring other aspects of mental health, such as stigma, the legal system, and comorbid substance use. Topics such as ADHD, eating disorders, personality disorders, and opioid addiction are also covered.

Assessments consisted of a midterm and final (all MCQ) and a very straightforward in class assignment. Overall an interesting course with a light workload.

PHM387H1 Global Health*D. Cheng**Course Average: **

The first half of the course provides background concerning various global health issues (disease states, drug management, global health resources and some policy issues). The second half of the course is similar to PCT course workshops, however the focus is not on therapeutics, but to enable you to think of patients as not just DTPs, but other factors which could affect their health/treatments. Most lectures are given by guest lecturers who provide unique perspectives.

There is a mid-term exam that is all short/long answer questions that focuses on broad topics (it is an open-book exam!). The second half of the course requires weekly care plans to be submitted, which are not graded, but you have to write weekly reflections on what you learned after each case which are worth 5% each. There is a final paper and presentation (on the paper topic) which replace a final exam.