

Volume 24 | Pre-issue edition



THE MONOGRAPH

featured:

UPS Address

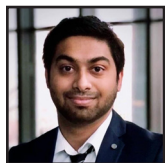
UPS and Clubs Who's Who

Anti-Calendars

The Monograph Team



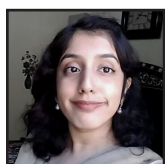
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EDITOR'S ADDRESS

We'd like to send a big congratulations to the incoming Class of 2T6 - we wish you a warm welcome to the Leslie Dan Faculty of Pharmacy! And we welcome back the returning classes of 2T3, 2T4, and 2T5 as we transition back to campus or continue APPE rotations. We, Ruba Ullah (2T5) and Joham Ahmad (2T4) are very excited to be your co-editors for the 2022-2023 school year, bringing you Volume 25 of the Monograph!

What's the Monograph, you ask? It's the Leslie Dan Faculty of Pharmacy's student newsletter - written by pharmacy students, for pharmacy students. Our goal is to capture the spirit of the faculty and student body, and we couldn't do it without your help!

Our pre-issue is a chance to get to know the pharmacy student community better, from UPS, to clubs, to fellow classmates. In "Letters to the Monograph", meet 2T6 student Sara Rough and bid farewell to Andrew Tu, an outgoing 2T2 student. Meet your UPS council in the "UPS Who's Who" feature, and find out where to get involved in the "Club's Who's Who".

To top it all off, we have the highly-anticipated anti-calendars prepared by your Monograph Reps - a great resource to learn about your courses and tips for success. A huge thanks to everyone who contributed to this issue!

With this issue, we hope to convey an even stronger sense of community as we revisit campus. This new academic year feels different but optimistic with the possibility of returning to full in person learning. Regardless of being virtual or face-to-face, the Monograph is always here to bring the pharmacy family together. Never hesitate to reach out to your class Monograph representatives or to us!

Best of luck this coming year,



Joham Ahmad and Ruba Ullah
Monograph Co-Editors 2022-2023
monograph@uoftpharmacy.com

UPS ADDRESS



hello phamily!

Welcome! Welcome! Welcome! On behalf of the Undergraduate Pharmacy Society (UPS), we wanted to officially welcome you all (back) to the Leslie Dan Faculty of Pharmacy (LDFP). While we start a new academic chapter in our lives, UPS is here to continue to support all of you in all aspects; socially, professionally, and academically.

The past few years have been quite a challenge and a whirlwind of an experience, but as we finally get adjusted to a new normal, we are super excited to be able to return to in-person social activities and events.

We can't forget, a special welcome to our incoming 2T6 students! We hope that phrosh is everything you imagined and so much more! A huge thank you to our Phrosh Planning Committee (PPC) for dedicating their time to organize and host an unforgettable orientation for you all. From one student to another, heed our advice, the next four years will be filled with challenges but also triumphs. Take your first year as an opportunity to set your momentum for years to come. Don't be afraid to step out of your comfort zone, meet your new friends (with a ph of course), go to events and make your first year memorable!

To everyone returning, we hope you enter the year with a refreshed and renewed sense of self! We are so excited to be bringing back crowd favorite events like the Interprofessional Boat Cruise (new and improved), the long-awaited UPS Welcome Back BBQ and Ice Cream Social in collaboration with CAPSI, the Phollies Talent

Show, Orientation Banquet (now open to all years), a Semi-Formal Awards Night, and the OPSIS 2023 Conference in collaboration with UWaterloo Pharmacy at Niagara Falls (on top of a bunch of new events and initiatives to support you)! A huge thank you to our UPS Council for working hard this past summer to get everything set for you!

Clearly, UPS has so much in store for the upcoming year so be sure to attend all our events to make up for all the time we have spent indoors on Zoom. To stay connected and in the loop of all UPS news and events, follow us on [Instagram](#), [Facebook](#), [LinkedIn](#) and check out our [UPS website](#)! You can even email us at ups@uoftpharmacy.com. Remember, we are here to serve you, advocate for you and assist in your success at the faculty. We look forward to seeing you all in-person real soon, but feel free to reach out to us online, we would love to chat!

Cheers,

Al-amin Ahamed
UPS President 2022-2023

Rachel Ma
UPS Vice-President 2022-2023

LETTERS TO THE MONOGRAPH: 2T6

From a young age,

I was exposed to different healthcare professions due to my mother being diagnosed with Lupus and being the primary caregiver for my grandparents. These healthcare professionals exemplified the career I envisioned for myself, where compassion and kindness were consistent with their day-to-day work. While exploring my love for chemistry early on in my high school education, I uncovered more about the pharmacy profession. By the end of high school, I felt that pharmacy would allow me to exercise both my love for chemistry and be in a profession that primarily focused on helping individuals in the community.

I decided to start my university career at York University, where I enrolled in a first-year alternative program called integrated science. Through integrated science I was able to learn how to solve problems, requiring the knowledge of all the sciences disciplines. This experience was enriching since it taught me how to think outside of what is lectured or written in a textbook, which is important for a career in pharmacy. After first-year, I decided to specialize in pharmaceutical and biological chemistry, where my passion for drug design and development was amplified. I volunteered in a pharmacy for a summer in the second year of university to see if pharmacy was something I truly wanted to pursue. The experience was not just the stereotypical counting pills image that most of us have when we think of a pharmacist. Watching the pharmacist help patients through medication counselling and making a difference in the community seemed to be a truly rewarding career. By my fourth year, I was determined to apply to PharmD programs and start my journey towards being a pharmacist. Unfortunately, life had other plans for me. I applied while studying in my fourth year and did not receive an offer of admission after the interview process. At the time, I was behind in my degree due to the COVID-19 pandemic and the extra course requirements needed to apply. Feeling at a low point, I decided to re-apply while studying to finish my degree. During my final year of study and second round of PharmD applications, I took on an Honours thesis project. Through that experience

I was able to not only learn about research in drug development and design, but also research other opportunities that the PharmD has to offer aside from community pharmacy. I discovered the plethora of options including research, hospital, industrial, and nuclear pharmacy. After anxiously awaiting admission results, I was ecstatic when I received admission!

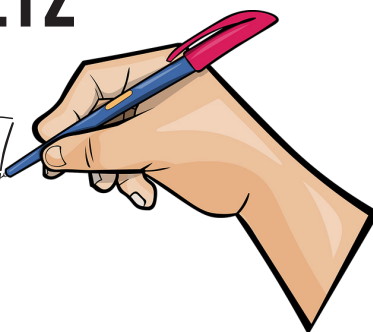
At this point in time, I think we are all excited to start our journey as pharmacists and share our experiences in the Leslie Dan program! I am not sure what to fully expect from the program, but I am honoured to be a part of it and explore all my career options as a pharmacist. What I am most excited about is to meet everyone and make lasting memories! Even though I have been warned the program is rigorous, my hope is that we will support each other throughout this program on our mission to be pharmacists. Remember, we worked hard to be here so we should be proud of that! Congratulations class of 2T6 on your acceptances and I look forward to meeting all of you.



- Sara Rough, 2T6

LETTERS TO THE MONOGRAPH: 2T2

Hello Class of 2T6!



Congratulations on your well-earned admissions and welcome to the Leslie Dan Faculty of Pharmacy! You are about to embark on your pharmacy journeys, and it will not be an easy one. Over the next four years, you will be faced with many challenges, but with every obstacle comes an opportunity to learn and grow. Pharmacy school is not all about academics and studying, though. There will be fun times, happy moments, meaningful friendships, and life-long memories that will make pharmacy school truly worth the experience. As a recent graduate from the PharmD program, I look back on my years in pharmacy school as some of the best in my life. Embrace and enjoy every moment while you can, because the next four years will go by faster than you think!

Coming into the program can feel overwhelming and nerve-racking; I remember feeling nervous and hesitant when I first started pharmacy school. As soon as I stepped foot in the pharmacy building (PB), I was amazed at how warm and supportive the community was within its walls. The Leslie Dan Faculty of Pharmacy provides many opportunities for you to make connections and to have a variety of experiences in pharmacy. Pharmacy is a small world (you may hear this saying a lot throughout your pharmacy journeys), and I encourage you all to explore that world as much as you can. Join a club, participate in events, volunteer/work, or simply spend time with your peers. You never know where these connections and experiences could lead to after graduation!

Despite all the opportunities pharmacy school has to offer, it is important to take care of yourselves first. Your health and well-being are more important than any experience, grade, or position title. Pharmacy is a life-long journey, not a four-year sprint, and you don't have to experience everything or have your careers figured out by the time you graduate. Try not to rush things during

your time in school, just take it one step at a time, and enjoy the experience as much as you can; opportunities will still be available after you graduate. Pharmacy is also not a race: everyone comes into the program with different backgrounds, and everyone has their own unique path to travel. Work hard and have fun, but don't lose sight of your own path.

Once again congratulations on taking your first step in the world of pharmacy. Remember that you are never alone and that you can always reach out to someone if you need help, whether it be a peer, professor, or alumni (including me!). Good luck on your pharmacy school journeys and I look forward to seeing you all in the profession!



Andrew Tu, 2T2

UPS: WHO'S WHO? >>> get to know your ups council!



Christine Tan, 2T3

UPS Past President

pastpres@uoftpharmacy.com

Role: This year, my role as Past President is mainly to serve as an advisor to the Undergraduate Pharmacy Society.

Talk to me about: If you see me on campus or in any pharmacy during my APPE year, just say hi! My interests include Star Trek, dodgeball, guitar, boxing and hiking.

What I'm most excited for about coming back to campus: Although I won't be on campus this year, I look forward to coming to UPS events and having get-togethers with my class. There is a certain *je ne sais quoi* about being around fellow future pharmacists that genuinely makes me happy.



Al-amin Ahamed, 2T4

UPS President

ups@uoftpharmacy.com

Role: As UPS President, I work to oversee all society activities and provide guidance and support where needed to enhance social, academic and professional life at the faculty. I'm specifically in charge of the planning for the Welcome BBQ, Halloween social, Holiday social, the OPSIS Conference and so much more, just ask me!

Talk to me about: I love anything and everything related to food, music and Rupaul's Drag Race! I'm a huge listener so feel free to just reach out regarding anything, I'm always down for a coffee and a chat.

What I'm most excited for about coming back to campus: I'm super excited to be finally hosting our in-person socials and events, I know it's been a long time coming!! From Boat Cruise, OPSIS and the Orientation Banquet, I'm pumped to finally get to mingle and jingle with all my pharmacy peers!



Rachel Ma, 2T4

UPS Vice President

ups@uoftpharmacy.com

Role: As Vice President, my main responsibilities include running the SIF meetings for club fundings, UPS Award night, and working with the president to bring fun and new events for the students, such as OPSIS, Boat Cruise, orientation banquet and more.

Talk to me about: I am always available to answer students' questions and assist them in any way to help and also enhance the PharmD experience. If you see me in the building please come say hello!

What I'm most excited for about coming back to campus: I'm most excited to see my friends again and I can't wait to help create new events for this year!

UPS: WHO'S WHO?

Adam Da Costa Gomes, 2T5
Executive Secretary
secretary@uoftpharmacy.com

Role: I'm responsible for managing anything administrative for UPS; from scheduling meetings/making meeting minutes, mail, merch pickup, awards season, and coordinating Summer Packages, all the way through to independently managing the UPS Points System for the PharmD program. I chair the Points and Awards Committee, sit on the Student Initiatives Fund Committee, and hold a host of other sub-roles by virtue of my position. The job description is extensive, but I wouldn't have it any other way.

Talk to me about: Music and concerts, dancing, Pokémon (and most other Nintendo franchises), Rupaul's Drag Race, mental health & wellness, your story of how you made it to LDFP... to be honest, just talk to me about whatever you'd like! I'm incredibly open and extroverted, so if you see me around the building, never feel afraid to strike up a conversation by saying hello!

What I'm most excited for about coming back to campus: I'm most excited to get study tips/tricks from 2T3s and 2T4s on how to manage second year, to spend more time learning beside my lovely 2T5s, and to get to know all of our new 2T6 phamily members!



Mackenzie "Mack" Richardson, 2T5
Finance Co-Director
finance@uoftpharmacy.com

Role: I work with my fellow finance co-director to make sure that all the events we want, need, and desire are getting the funding they deserve.

Talk to me about: Why Magic the Gathering is great, why ocean sunfish are terrible, and why teaching is cool. Also, I love to talk about hockey, video games, movies, or anything geeky.

What I'm most excited for about coming back to campus: Being able to enjoy the libraries at U of T. And getting to eat a Poke bowl every day.



Nickalos Narine, 2T5
Finance Co-Director
finance@uoftpharmacy.com

Role: My fellow Co-Director and I will be overseeing all things UPS Finance related! From establishing budgets to participating in the annual audit, we work behind the scenes to ensure that student life activities are properly funded so that the best student experience can be made possible!

Talk to me about: My pineapple green cheek conure Ruby, Plastic Modeling (Plamo), or any and all things tech! Current detriments to my financial health include 3D printing and custom mechanical keyboards :)

What I'm most excited for about coming back to campus: Walking into PB and seeing an open Second Cup.



UPS: WHO'S WHO?



Cindy Wang, 2T4
Senior External Affairs Director
external@uoftpharmacy.com

Role: Daniel and I work together and act as the liaison between UPS and our sponsors. Some of our responsibilities include: recruiting, coordinating or planning events with sponsors. We host different events throughout the year, such as Lunch and Learns and the Community Outreach Fair. I am also the Sr. CSHP liaison for UofT and with the help of the CSHP council, we advocate and provide opportunities through events related to hospital pharmacy.

Talk to me about: ANYTHING FOOD RELATED!!! I'm always down to explore new restaurants :)

What I'm most excited for about coming back to campus: I am super excited to see my phriends again, attend cool events and work with the wonderful UPS council that we have! Also excited to learn about new therapeutic topics this year!



Daniel Lamontagne-Kam, 2T5
Junior External Affairs Director
external@uoftpharmacy.com

Role: My responsibilities are to work together with Cindy to solicit sponsorships for the faculty and host events such as lunch and learns and the bi-annual blood drive. We also act as a liaison between U of T and the CSHP council to promote hospital pharmacy.

Talk to me about: Anything! I love exploring Toronto and learning of new places to see and things to do here.

What I'm most excited for about coming back to campus: Being able to reunite with my class for another year! Pharmacy is a profession made up of so many great people, every moment shared with them is a fun one!



Vidish Upadhyay, 2T4
Events Co-Director
events@uoftpharmacy.com

Role: I am so excited to be one of your event co-directors for 2022-2023! I look forward to planning some fun events like semi formal, boat cruise and phollies! This year we are also very excited to announce our orientation banquet in October! I'm eager to see everyone and enjoy our year's events with you all.

Talk to me about: Basketball! Hip-hop! The weather!

What I'm most excited for about coming back to campus: I'm most excited to hopefully spend a full year in person and spend time with my friends.

UPS: WHO'S WHO?

Matt Jokel, 2T4

Events Co-Director

events@uoftpharmacy.com

Role: Hi everyone! I'm one half of the events co-directors for this year, and I'll be doing my best to bring the phamily together for events like the upcoming boat cruise, phollies talent show, and more throughout the year! I look forward to meeting you all and hope we can have an amazing year together!

Talk to me about: Hockey, trivia, music, fragrances, and the pain of being a Leafs fan.

What I'm most excited for about coming back to campus: Being around my friends and phamily more often, and being walking distance from bubble tea shops.



Jonathan Platt, 2T4

Senior Athletics Director

athletics@uoftpharmacy.com

Role: I am in charge of coordinating athletic events both on and off campus involving the faculty. I am also responsible for managing the intramurals.

Talk to me about: Travel, the world in general, trivia and especially Singapore.

What I'm most excited for about coming back to campus: Getting to see everyone's happy faces again. Being able to easily tell the professors I don't understand.



Hamza Farah, 2T5

Junior Athletics Director

athletics@uoftpharmacy.com

Role: As the Junoir Athletics director my role is to assist the Senior Athletics Director Jonathan in organizing sporting events to ensure we are all staying active during the school year. Expect events like the OPA Soccer Cup, Tug-of-war, and many more!

Talk to me about: Anything sports, anime/manga, and places I would travel to given the opportunity.

What I'm most excited for about coming back to campus: Returning to a normal school year, meeting new people, and participating in all the in-person events to come!!



UPS: WHO'S WHO?



Joham Ahmad, 2T4
Monograph Co-Editor
monograph@uoftpharmacy.com

Role: Alongside Ruba, I oversee the planning, compilation, editing, layout, and publication of the student newsletter. We have invaluable help from the our executive team and the layout team. The Monograph is home to student articles, artwork, puzzles, comics, you name it!

Talk to me about: Music, food, medicine, memes – pretty much anything.

What I'm most excited for about coming back to campus: (Hopefully) full in-person learning and 3rd year electives.



Ruba Ullah, 2T5
Monograph Co-Editor
monograph@uoftpharmacy.com

Role: I work with Joham as the Co-editor to plan, prepare and produce the Monograph. We work with your class Monograph Reps and layout editors to bring you fun and exciting stories throughout the academic year.

Talk to me about: I love painting, cooking and trying new food spots! Tell me about the best restaurant you have dined in at.

What I'm most excited for about coming back to campus: Seeing my friends and having an excuse to spend too much money on coffee before class.



Prima Zhao, 2T4
Pharmakon Co-Editor
pharmakon@uoftpharmacy.com

Role: Alongside Yuji, I help run the Pharmakon yearbook club! We organize photographers for all sorts of student events and design the yearbook which will feature everyone's memories throughout the year.

Talk to me about: Manga and anime, food, crochet, TV shows and movies, food, cool facts about animals, art, and whatever you are passionate about!

What I'm most excited for about coming back to campus: Those lime green seats in the PB basement aren't going to warm themselves.... Just kidding I'm most excited about finally getting to take some elective courses and getting to know more of my classmates!

UPS: WHO'S WHO?

Yuji Choi, 2T4
Pharmakon Co-Editor
pharmakon@uoftpharmacy.com

Role: Together with Prima, my role is to work with our photographers and graphic designers to keep your special moments in pharmacy school through photographs and create a pharmakon yearbook.

Talk to me about: I love talking about kdrama, food, and video games - but I am also down to talk about anything else!

What I'm most excited for about coming back to campus: I am excited to hang out with my phriends again and attend in-person events that we didn't get to have much in the past!



Joy Wang, 2T4
Marketing Co-Director
marketing@uoftpharmacy.com

Role: I create marketing materials for UPS such as banners, booklets, and promo images for social media. I also manage UPS's social media accounts like Instagram and the Facebook page.

Talk to me about: Food, anime, kpop ;D

What I'm most excited for about coming back to campus: I'm finally living downtown this year and I'm excited to experience campus life at U of T!



Hitisha Solanki, 2T5
Marketing Co-Director
marketing@uoftpharmacy.com

Role: My co-director and I are tasked with creating all the marketing content for all UPS events throughout the year, and we even made your summer package!

Talk to me about: Anything related to K-dramas, Harry Potter or Bollywood!

What I'm most excited for about coming back to campus: Excited to see all my friends again and meet some new people!



Joy Wu, 2T5
Webmaster
webmaster@uoftpharmacy.com

Role: As Webmaster, I manage the UPS website and work with other student council members to make sure elections and summer orders go smoothly on the UPS website! I'm also the one passing along important email announcements and opportunities to you via the Listserv!

Talk to me about: I like good food, gaming, and traveling!

What I'm most excited for about coming back to campus: I'm really excited to come back and see all my friends laugh and stress out together!



UPS: WHO'S WHO?



Huy Pham, 2T4

Speaker

speaker@uoftpharmacy.com

Role: As the UPS speaker, I am responsible for facilitating the meetings to ensure that they are run efficiently and effectively in accordance with rules and regulations, as well as that everyone has the opportunities to voice your inputs. I also chair the Constitution Review Committee, which serves to review and update the UPS constitution.

Talk to me about: Anime, course content, supplemental resources for academic/professional interest (from Ansel's Pharmaceutical Dosage Forms and Drug Delivery Systems to The Practice of Medicinal Chemistry, I probably have a resource or two that'll supplement your learning and if I don't, I'll work my magic to find some in a snap).

What I'm most excited for about coming back to campus: Attending (and hosting) in-person social events.



Theodora Udounwa, 2T4

Senior CAPSI Representative

torontosr@capsi.ca

Role: I work with Ayman, the Junior Representative, to oversee CAPSI's events and initiatives here at UofT, which includes competitions, awards, notebook distribution, textbook sales, Pharmacy Appreciation Month (PAM) activities and more! I also represent the interests of UofT pharmacy students on our CAPSI National Council.

Talk to me about: Bike trails, traveling, must-watch movies, or how to get involved with CAPSI of course!

What I'm most excited for about coming back to campus: Aside from seeing the rest of the family in person, I am excited to be bundled up in Gerstein Library.



Ayman Lakhani, 2T5

Junior CAPSI Representative

torontojr@capsi.ca

Role: I assist our Senior Representative, Theodora, in hosting and facilitating CAPSI initiatives and competitions at the local level. On a national level, we sit on several subcommittees that advocate for student wellness and learning opportunities.

Talk to me about: Professional Development Week! Pharmacy students across Canada will be meeting in Saskatoon this upcoming January for a week of friendly competition and learning - I'm looking forward to the event as well as any insight from you, as CAPSI will be hosting here in Toronto in 2024!

What I'm most excited for about coming back to campus: I'm looking forward to spending time with my friends and the social events being revived after a years-long hiatus! Also hoping to discover some new food spots downtown :)

UPS: WHO'S WHO?

Samra Ghazi, 2T4
UTSU Representative
utsurep@uoftpharmacy.com

Role: I will be working with the University of Toronto Students' Union, acting as the liaison between UPS and UTSU. I will bring light to concerns shared by Pharmacy Students to the UTSU as well as inform pharmacy students of the benefits we have with the UTSU.

Talk to me about: Your pets, artwork, favorite travel destinations, and favorite food spots across the GTA.

What I'm most excited for about coming back to campus: To catch up with friends and finally have a semi-real on campus experience!



Chelsea Alder, 2T3
2T3 Class President
2t3@uoftpharmacy.com

Role: I oversee the 2T3 Class Council, organize the CTC textbook sales, and represent the 2T3 class during UPS meetings alongside our amazing 2T3 VP (Sabih)! Being in fourth year, our council's main focus is to provide support for our classmates throughout their APPE rotations away from campus and into graduation!

Talk to me about: Baking, Harry Styles, coffee shops, fall, Taylor Swift, or just say hi!

What I'm most excited for about coming back to campus: Seeing new students become new phriends :) (hi 2T6s, welcome to LDFFP!)



Sabih Jamil, 2T3
2T3 Class Vice President
2t3@uoftpharmacy.com

Role: I am in charge of organizing the annual pharmacy merchandise sale and planning Charity Week. Alongside the 2T3 President, Chelsea, I represent the Class of 2T3 on UPS!

Talk to me about: (1) Hiking and waterfalls, (2) Cats!

What I'm most excited for about coming back to campus: Although I will be at APPEs and will rarely be in PB, I am excited to see old friends and make new memories!



Stephanie Rosenbaum, 2T4
2T4 Class President
2t4@uoftpharmacy.com

Role: My role this year will be to help coordinate textbook sales.

Talk to me about: Netflix, books, food, anything :)

What I'm most excited for about coming back to campus: Going to Fresca with Clara Dai.



UPS: WHO'S WHO?



Clara Dai, 2T4
2T4 Class Vice President
2t4@uoftparmacy.com

Role: As 2T4 vice president, my main focuses are coordinating CPR re-certification classes at the start of the year and chairing our annual Faculty of Pharmacy Charity Week! I also work with 2T4 class council to plan exciting events throughout the year :)

Talk to me about: Talk to me about the best croissant you've ever eaten.

What I'm most excited for about coming back to campus: Going to Fresca to get pizza with Stephanie Rosenbaum.



Leeya Christine Wilson, 2T5
2T5 Class President
2t5@uoftparmacy.com

Role: As president, I work with the 2T5 class council to help organize a fun and planful year ahead, and serve as a representative for our class in advocating our needs to the faculty. The second-year class president serves as one of the co-chairs for Orientation Week, and recruits a team called the Phrosh Planning Committee (PPC) to help plan all things phrosh! My role also includes organizing Big Sibs, acting as a Chief Returning Officer for the first-year class council elections, coordinating PHM140 study sessions for the incoming class, and serving on several UPS committees.

Talk to me about: Anything!! When I'm not in and around PB, you can catch me with my dogs, volunteering with wildlife, hitting the books, or at the gym!

What I'm most excited for about coming back to campus: After a summer of planning, I am beyond excited to see Phrosh Week 2022 come to life! I am thrilled to be a support to the incoming class, and I can't wait to reconnect with my 2T5 phriends in September as we start our second-year journey together!



Ubaid Ur-Rehman, 2T5
2T5 Class Vice President
2t5@uoftparmacy.com

Role: I'm in charge of coordinating CPR certification classes for the upcoming class, coordinating the 2T6 Phrosh Week with the 2T5 President, and also planning Charity Week with the other class VPs! For the 2T5s, I'm one of their representatives on class council to have their concerns heard by faculty, plan fun events to make school fun for us all, and be a supportive presence for everyone.

Talk to me about: I love to talk about sports like soccer, hockey and F1! Feel free to talk to me about your favorite movies, shows, and songs! Being from Toronto, I'm always down to talk about the city and give recommendations for fun stuff to do.

What I'm most excited for about coming back to campus: I'm looking forward to seeing everyone on campus and finally moving to completely in-person learning again! Super excited to run intramurals and find new study spots on campus!

UPS: WHO'S WHO?

Alissa Kong, 2T4
IPSF Senior Representative
ipsf@uoftpharmacy.com

Role: As the IPSF Senior Representative, I advocate for the pharmacy profession and foster connections between future pharmacy professionals on a national and international scale, through various health campaigns and coordinating exchange opportunities. With IPSF, I am passionate about raising awareness and helping further our knowledge on global health problems through various perspectives.

Talk to me about: New spots for food/coffee/desserts! I'm always looking for new favourites!

What I'm most excited for about coming back to campus: Going back to in-person classes, exploring Toronto, and hanging out with friends in between classes in the pods!

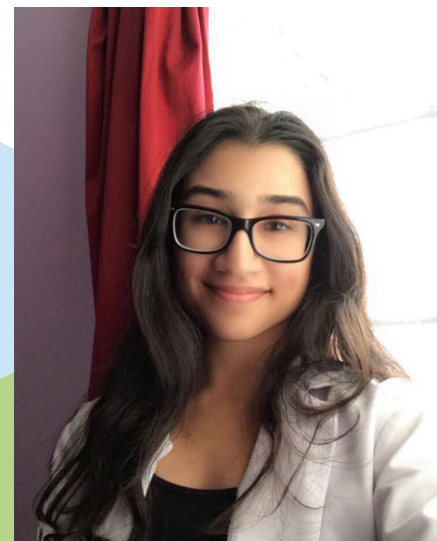


Sasha Mohindra, 2T5
IPSF Junior Representative
ipsf@uoftpharmacy.com

Role: As the Junior IPSF Representative, I work alongside our senior representative to advocate and bring awareness to public health issues on an international level. We organize various health campaigns and coordinate SEP, IPSF's Student Exchange Program to help students to explore Canada or support our students here to explore pharmacy globally. I am most excited to plan and host a variety of health campaign events, advocate for our profession of pharmacy, and expand both my knowledge as well as yours on health topics from across the world.

Talk to me about: Anything! I'm always up to hear about a new anime or video game! :)

What I'm most excited for about coming back to campus: Hanging out in Toronto, in-person classes, seeing my friends again, and studying on our beautiful campus!



2T6 Class President
2T6 Class Vice President
OPA Student Advisory Council Co-Vice Chair

UPS CLUBS: WHO'S WHO? >>> get to know the ldfp clubs!

Black Pharmacy Student's Association (BPSA)

UofT BPSA is a community of Black pharmacy students from diverse backgrounds who have come together to enrich the student experience by providing academic, social, and career related support. Our goal is to promote diversity within the faculty and increase representation to inspire Black students to become leaders in pharmacy, as well as increase the future number of Black pharmacy professionals. We believe in inclusivity and aim to uplift current as well as future students from diverse communities, academically and career wise. You can expect a variety of academic, social, and career related events, such as outreach, mentorship programs, study groups, and networking opportunities.

The 2022-2023 school year will be our first full year as a club and we are excited to see what we can accomplish! If you self identify as Black and/or are interested in joining us on our journey, please apply in the Fall! You can also follow us on Instagram (@uoftbpsa) and Facebook 'U of T Black Pharmacy Student's Association'.



Iman Abdulhadi and Obinna Okafor-Justin

BPSA President and Vice President

uoft.bpsa@gmail.com

Canadian Association of Pharmacy Students and Interns (CAPSI)

As a UofT pharmacy student, you are automatically a member of the Canadian Association of Pharmacy Students and Interns (CAPSI) and this comes with many benefits! CAPSI U of T is the local chapter of a national organization that serves to unify and advocate for the interests of pharmacy students from all 10 pharmacy schools across Canada. Our goal is to provide diverse opportunities and an enriching pharmacy student experience through practical and professional experiences outside the classroom. We hope to see you at any of our CAPSI competitions and student initiatives, including educational symposia, Pharmacist Awareness Month outreach programs, social media challenges, and giveaways. CAPSI National also hosts Professional Development Week (PDW), an annual, national pharmacy student conference and a great way to meet and network with students from other pharmacy schools. The next edition of PDW and first in-person CAPSI conference since the COVID-19 pandemic is scheduled to take place in January 2023 in Saskatoon—registration information coming this October!

We hope you appreciated getting a copy of this year's CAPSI notebook and look forward to meeting you in person soon! In the meantime, connect with us on Instagram and Facebook @capsiuoft.



Theodora Udounwa and Ayman Lakhani

CAPSI Senior and Junior Representative

torontosr@capsi.ca , torontojr@capsi.ca

UPS CLUBS: WHO'S WHO?

Canadian Society of Hospital Pharmacists (CSHP) Council

The Canadian Society of Hospital Pharmacists (CSHP) is a national voluntary organization of pharmacists that represents pharmacy professionals working in hospitals and other collaborative healthcare settings. The CSHP Student Council at U of T works with the provincial Ontario Branch and national CSHP groups to raise awareness of student issues regarding Hospital Pharmacy and to promote the field of Hospital Pharmacy. Be sure to check out our events throughout the year including the First Year Mixer and Resident's Speed Meeting. The Council is composed of the liaisons and executives working on projects around Membership, Awards, Education, Communications, and the Metro Toronto.

Canadian Society of
Hospital Pharmacists



Société canadienne des
pharmaciens d'hôpitaux

Cindy Wang and Daniel Lamontagne-Kam

CSHP Senior and Junior Liaison

cshpcouncil@uoftpharmacy.com

Compounding Opportunities & Mentorship Program for Pharmacy Students (COMPPS)

Compounding Opportunities and Mentorship Program for Pharmacy Students (COMPPS) provides pharmacy students with opportunities to develop compounding skills, access compounding resources, and network within the compounding community. Last year, we hosted a variety of in-person and online events, including the vanishing cream compounding lab, compounding panels and seminars with industry experts, and lighthearted social media campaigns such as 12 Days of COMPPS and RxWordle. This year, as we anticipate a return to in-person activities, we're excited to bring back some of our more popular compounding workshops! To learn more about our initiatives, be sure to check out our Monograph articles, follow our socials (@comppsuoft on Instagram and Compps At Uoft on Facebook), or consider joining our executive team!



Ayman Lakhani and Sophia Xie

COMPPS Co-Presidents

compppsinfo@gmail.com

UPS CLUBS: WHO'S WHO?

Embracing Ventures and Orienting Leaders to Value Expanded Scope (EVOLVE)

EVOLVE is an organization geared towards encouraging new pharmacy professionals to get informed and comfortable with expanded scope services in pharmacy. We promote student collaboration and empowerment through initiatives such as the HOPE (Humans of Pharmacists' Expanded Scope) Campaign, which aims to shed light on the pharmacy experiences of a variety of individuals within and outside of the pharmacy community in a manner similar to "Humans of New York". Other initiatives include journal clubs, speaker events, trivia nights, monthly articles published in the Monograph, and more!



Niki Ghalibaf and Ahmad Shakeri
EVOLVE President and Vice President

niki.kamelghalibaf@mail.utoronto.ca

ahmad.shakeri@mail.utoronto.ca

Exploring Pharmaceutical Industry Initiatives (EPII)

EPII is a unique club that brings together the pharmaceutical industry and psychedelic initiatives. We are a club focused on drug discovery, design, and psychedelic repurposing. The focus is to shed light on new discoveries. Pharmaceutical innovations create value to society as they make it possible to produce positive patient outcomes and improve patient health. The uniqueness of these pharmaceuticals is what redefines healthcare. We have created a space to collectively focus on a specific area that is being researched and developed for future innovations. These initiatives spread awareness about new industry developments that spark areas of interest in current pharmacy students and future pharmacists.



Jashan Mann and Huy Pham
EPII President and Vice President

jashan.mann@mail.utoronto.ca

quochuy.pham@mail.utoronto.ca

Global Medicine Initiative (GMI)

The Global Medicine Initiative club is a UPS club that advocates for increased access to medicines at the local, national and international levels. Our mission is to promote awareness regarding global health challenges and issues that influence medication access; foster a lifelong commitment to involvement in international health; and fund-raise towards health care access projects and initiatives for those in need. We aim to do this through a variety of events including lunch-and-learn sessions with educational lecturers, information sessions about international internships for pharmacy students, and an annual fundraising gala.



Devangi Wickremasinghe and Setayesh Yazdani

GMI President and Vice President

globalmedicine.uoft@gmail.com

UPS CLUBS: WHO'S WHO?

Health Care Keynotes (HCK)

Health Care Keynotes is a club that focuses on the development of communication and presentation skills while introducing you to non-traditional avenues of pharmacy. We hold biweekly meetings featuring high-profile and engaging guest speakers (ex: Monica Gautam, co-founder of Medical Affairs Canada, Moataz Daoud, global director of dermatology at Sanofi Genzyme, Zubin Austin, professor and winner of the President's Research Impact and Teaching Excellence awards). Sessions will often focus on tips and tricks to solidify your approach to interviews/first impressions and overall improve your verbal and non-verbal communication skills. Each meeting also incorporates an activity period where attendees are encouraged to participate in a range of exercises aimed at further developing their communication abilities. If you are interested in perfecting your speech, gaining confidence and learning more about the in-and-outs of pharmacy, then HCK is definitely the club for you!



Meagan Bardan and Brennah Danchuk-Lauzon

HCK Co-Presidents

healthcarekeynotes@gmail.com

IMAGINE Clinic

IMAGINE Clinic is an interprofessional, student-run community health initiative aimed at promoting and providing healthcare to marginalized and underserved communities across Toronto and the GTA. Our team of medical, nursing, pharmacy, physiotherapy, occupational therapy and social work students work with licensed preceptors every Saturday to provide our clients with comprehensive, high-quality care. We also run monthly workshops with community groups to promote healthy lifestyles around Toronto.

IMAGINE is always looking for smart and compassionate students who are interested in caring for some of society's most vulnerable people. If that sounds like you, look for our recruitment campaign this September!



Matthew Hacker Teper and Kelsey Yang

IMAGINE Executive Co-Directors

imagine.clinic@gmail.com

Initiative for Mental Health Awareness in Pharmacy (IMHAP)

The Initiative for Mental Health Awareness in Pharmacy (IMHAP) is a student-led organization that promotes discussion about mental health in the pharmacy profession and in pharmacy student life. Our goal is to allow students to learn from experts in the field and gain skills that will help them reduce mental health stigma in their future practice. We hope to create a safe space for sharing and learning through our IMHAP events.



Kelly Amrud and Savana Elsays

IMHAP Co-Presidents

imhapuoft@gmail.com

UPS CLUBS: WHO'S WHO?

International Pharmaceutical Students Federation (IPSF)

IPSF is the leading international advocacy organization for pharmacy students. We advocate and promote awareness for global public health issues. IPSF aims to improve health through the provision of information, education, and networking opportunities through various health campaigns and events. One of IPSF's initiatives is the Student Exchange Program (SEP), which provides the unique opportunity to travel abroad and experience pharmacy practice in countries worldwide. With over 1000 exchange students across 60 countries, students can work and learn about pharmacy settings in community, research, hospital or industry at an international level. We have exciting events planned for this upcoming year and we hope to meet you all soon!



Alissa Kong and Sasha Mohindra
IPSF Senior and Junior Representative
ipsf@uoftpharmacy.com

Interprofessional Health Students' Association (IPHSA)

IPHSA is an interdisciplinary healthcare professional student group that facilitates collaboration and communication among healthcare students. IPHSA includes student representation from 11 healthcare faculties at the University of Toronto (Dentistry, Kinesiology & Physical Education, Medical Radiation Science, Medicine, Nursing, Pharmacy, Physician Assistants, Physiotherapy, Occupational Therapy, Social Work and Speech Language Pathology), plus the Canadian Memorial Chiropractic College and the Canadian College of Naturopathic Medicine. All pharmacy students at UofT are automatically IPHSA members and are welcome to attend events throughout the school year and participate in one of our committees: Health Policy, Education, Social and Outreach!



Rachel Bae and Angela Cicero
IPHSA 2T4 and 2T5 Representative
pharmacy.iphsa@gmail.com

National Community Oncology Dispensing Association (NCODA) U of T Student Chapter

NCODA U of T Student Chapter is dedicated to enhancing students' exposure to oncology pharmacy. The NCODA UofT Chapter is the first international Canadian chapter for NCODA and serves as a connection with NCODA National to promote access to oncology-related learning opportunities in the context of industry and hospital pharmacy. We strive to provide students with opportunities to network with national and international leaders in the field of oncology, and learn about novel oncology medications that are making a difference in the lives of cancer patients. Overall, we hope to enhance students' understanding of oncology and their role as pharmacists in cancer care, provide enriching opportunities for students, and allow them to develop relationships with professionals and leaders in oncology.



**PROFESSIONAL
STUDENT
ORGANIZATION**

Jenny Ma
NCODA President
ncoda.uoft@gmail.com

UPS CLUBS: WHO'S WHO?

Ontario Pharmacists Association (OPA) Student Advisory Council

The OPA Student Advisory Council (SAC) aims to increase engagement between pharmacy students from the Ontario Schools of Pharmacy (University of Toronto and University of Waterloo) and OPA. The SAC acts as a liaison and works to represent the voice of the pharmacy student body and provide advice and guidance to OPA from the student perspective. It also advises OPA of new or current issues to increase OPA's understanding of the concerns and viewpoints of pharmacy students. Finally, it provides suggestions for promoting and executing new ideas for advocacy initiatives at the school level, some of which include dinner and learns on key pharmacy topics, informational webinars, open forums, online social media contests, and the OPA cup. The SAC aims to empower pharmacy students to shape their learning and professional environments and advocate for the future of the pharmacy profession.



Julia Giannini

OPA Student Advisory Council Co-Vice Chair and UPS Representative

opa@uoftpharmacy.com

Pharmaceutical Industry Primer and Education (PIPE)

PIPE is a UPS club that aims to help students gain a basic understanding of the roles PharmDs play in the pharmaceutical industry. Now in our second year, our goal remains to provide students with opportunities to network with industry pharmacists and familiarize students with the structure of the Industrial Pharmacy Residency Program. This club was founded in 2021 because we feel that apart from the third-year industry elective course, pharmacy students have little exposure to the pharmaceutical industry and the roles pharmacists can play in it. Therefore, we at PIPE aim to bridge this gap so PharmD students interested in pharmaceutical industry can get a head start on their career planning. Our initiatives will include networking events, information nights, and newsletters!



Vincent Saullo and Nat Chaput

PIPE Co-Presidents

pipeuoft@gmail.com

Pharmacotherapy Journal Club (PCTJC)

PCTJC is a journal club dedicated to discussing scientific journal articles. Our mission is to promote discussions between pharmacy students, health care professionals and researchers about fascinating pharmacotherapy research, trials, and therapeutics. We hope to enhance critiquing and appraising research skills while further encouraging the utilization of research in evidence-based pharmacy practice. Learn more about PCTJC'S events and initiatives by visiting our Facebook and Instagram page! @pctjc



Pooja Patel and Nuzat Karim

PCTJC President and Vice President

journalclub.pharmacy@gmail.com

UPS CLUBS: WHO'S WHO?

Pharmacy Awareness of Geriatrics Club (PAG)

PAG's purpose is to link education and philanthropy together to enhance the health-care experience for older adults in our community. Every year, we execute a wide range of events such as fundraisers, educational lessons with a panel of experts in the geriatric field, and community outreach opportunities with LTCs/hospitals. Our aim is to educate pharmacy students on issues our elderly population face (i.e., social isolation, geriatric giants, etc.) to deliver the best possible patient-centered care. We also strive to empower our elderly population to take an active role in maintaining their own good health. Join us to gain more insight into the geriatrics field, while making a difference in the community!



Irendeeep Johal and Pooja Patel
PAG President and Vice President
pag.uoft@gmail.com

Pharmacy Awareness of Indigenous Health (PAIH)

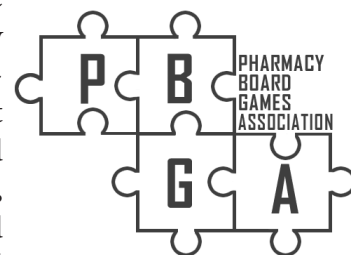
PAIH aims to raise pharmacy professionals' awareness of the healthcare barriers faced by Indigenous communities. We strive to improve Indigenous cultural competency and representation in the pharmacy profession. PAIH hosts health education workshops for Indigenous clients of the Native Canadian Centre and the Native Child and Family Services of Toronto. We have also collaborated with industry partners and the Non-Insured Health Benefits (NIHB) program, the federal health and drug insurance provider for Indigenous patients, to develop infographics for pharmacy professionals. Follow us on Facebook and Instagram to learn more about PAIH's patient advocacy initiatives!



Yas Zareyan
PAIH President
uoftpaih@gmail.com

Pharmacy Board Games Association (PBGA)

"To deceive or not to deceive? Hmm..." Instead of thinking so much, why not just take the leap? Now, you might be wondering what this is all about! Welcome to Pharmacy Board Games Association, a.k.a. PBGA! But before we delve in, thanks for not deciding to skip and actually read about our club! As the name indicates, PBGA is all about socializing with other pharmacy students and playing board games together to build friendship and create fun memories. If you love to strategize, cooperate, and/or win, PBGA is perfect for you. Experienced or not, if you enjoy playing board games and having a relaxing and exciting time with friends, come! Jump into the club and find out for yourself what PBGA is all about!



PBGA Co-Presidents TBA
Past Co-Presidents: Jason Moh and Moid Shah
pbga.uoft@gmail.com

UPS CLUBS: WHO'S WHO?

Pharmacy Café

Pharmacy Café brings together experts in healthcare to share their experiences in research, entrepreneurship, clinical expertise, and pharmacy practice in a relaxed café-style atmosphere. We foster an engaging environment between healthcare experts and pharmacy students while exploring the latest innovations in the world of pharmacy. A typical Pharmacy Café event will commence with a short presentation by an esteemed speaker followed by a group discussion. Subsequently, the audience will have the opportunity to pose any questions or share their ideas with the speaker. Most importantly, this will be done over a cup of premium coffee. We envision Pharmacy Café to be a place where pharmacy students can create, connect, collaborate, and innovate with respect to the future of pharmacy practice.



Lea Ghaddar and Nuzat Karim

Pharmacy Café Co-Presidents

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nuzat.karim@mail.utoronto.ca

Pharmacy Choir

N.B. Status of club is subject to change in the event of COVID restrictions

Do you like to sing? Do you like to meet new people? Did you know that Leslie Dan Faculty of Pharmacy has a choir? Pharmacy choir joins every week for a one-hour choir practice, so that we can prepare for upcoming performances, relieve stress, laugh and have fun! Choir performs at Phollies, the annual UPS Christmas party in the fall term, and Pharmacy Arts night in the winter. It's a great way to make friends and take a break from studying! See you at practice!



Pharmacy Choir Co-Presidents TBA

pharmacy.choir@gmail.com

Pharmacy Dragon Boat Club

Looking to have fun and get fit? Want to make more phriends in pharmacy school? Pharmacy Dragon Boat Club, "the Painkillers", provides an inclusive environment for students of all years to engage in fitness. This is a co-ed team that trains throughout the school year and competes during the summer. Each practice is a great opportunity to stay fit and build team spirit with your pharmacy peers, and all fitness levels are welcomed! So if you are looking to try out a new sport, train in a group environment, and build long-lasting friendships with your fellow teammates, our club is for you!



Pharmacy Dragon Boat Co-Presidents TBA

Past Co-Presidents: Jaspreet Ghataura and Nancy Zhuo

pharmacydb@gmail.com

UPS CLUBS: WHO'S WHO?

Pharmacy French Club (PFC)

PFC aims to promote the use of the French language among pharmacy students in an interactive and low pressure environment. We also aim to encourage the learning and application of diverse languages and demonstrate its benefit in pharmacy practice.

Setayesh Yazdani

PFC President

pharmacyfrenchclub@gmail.com



Pharmacy Mentorship Program (PMP)

PMP is a student-led organization dedicated to connecting pharmacy students with practicing pharmacists in Canada. Join our events to network with a variety of pharmacists and gain insight into different pharmacy professions, such as communi-ty, hospital, industry and government. We strive to create an environment where you can meet pharmacists face-to-face and get advice on how to make the most out of your pharmacy ca-reer. If you are looking to get involved in exploring different pharmacy career options, be sure to check out PMP!

Christina Kang and Godwin Chan

PMP Co-Presidents

pharmacy.mentorship.ut@gmail.com



Pharmacy Muslim Student Association (PMSA)

Asalamualykum! Peace be upon you all! The PhaMSA is here to facilitate the integration of the dual identities of Muslims as pharmacy students. As Muslims, Islam encourages us to act in excellence in all facets of life by demonstrating mercy, honesty, and compassion. As pharmacists, we have vowed to act with beneficence, prioritizing patients' needs and drawing from our formal education to help them as best we can. Our club hopes to merge these two aspects of our lives by holding events that emphasize charity, unity, and commitment to patient-centered care. We aim to create a safe environment for Muslims to interact and learn with other members of the community. We look forward to seeing you soon!



Hudaifa Khanam and Hamza Farah

PMSA Co-Presidents

pharmmsa@gmail.com

UPS CLUBS: WHO'S WHO?

Pharmacy Pediatric Initiative (PPI)

PPI is a club dedicated to advocating for the pediatric population. As pediatric pharmacy is underrepresented we strive to increase awareness and involvement through various events we hold throughout the year. These events include trivia nights, toy drives and information panels. Through these initiatives, we hope to increase student interest in this field and equip students with the knowledge and skill sets they need to excel in pediatric pharmacy.

Ashley Domingues and Brianna Pelle

PPI President and Vice President

ppi.uoft@gmail.com



Pharmacy Student Service Team (PhaSST)

Community involvement and volunteerism are essential experiences to develop social awareness and compassion. PhaSST works to advocate for and promote these opportunities to then be integrated into our practice as future pharmacy professionals. By connecting students to diverse volunteer opportunities at local service organizations in Toronto, PhaSST hopes to support student engagement, community service and activism. Some past events include collecting holiday cards to be donated to senior homes, supporting food kitchens, and leading resume workshops for high risk young adults. This year, with our new logo and rebranding, we hope to continue our efforts through annual fundraising and donation events to help support the needs of individuals and local programs. If you are interested in giving back to the community and joining a team of active service workers, this is the club for you! Check out our [Instagram](#) and [website](#).



Al-amin Ahamed and Cindy Wang

PhaSST President and Vice President

phasst.utoronto@gmail.com

Pharmacy Students for Antimicrobial Stewardship Society (PSASS)

Pharmacy Students for Antimicrobial Stewardship Society (PSASS) is a student-run pharmacy club that is dedicated to advocating for antimicrobial stewardship and educating students on the importance of responsible and safe antimicrobial use. By starting this discussion, we hope to inspire you to learn and speak on these topics. Throughout the year we hold many events, including lunch-and-learns, trivia nights, and collaborations with SASS teams from other healthcare faculties, such as medicine and dentistry. In addition to our events, PSASS releases guidelines on the management of infectious diseases to help students during their practical rotations.



Kelly Amrud and Kim Ann Cheung

PSASS Co-Presidents

psass.uoft@gmail.com

UPS CLUBS: WHO'S WHO?

Pharmacy Students for Cancer Awareness (PSFCA)

PSFCA is a pharmacy student-led club which was founded in 2011. PSFCA's mission is to raise cancer awareness within the faculty, and to promote awareness of the pivotal role of pharmacists in cancer research and in cancer care in the community and hospital settings. Additionally, PSFCA aims to shed light on the diagnosis of cancer from a patient perspective, and opportunities available for pharmacists to provide patient-centered care through various social events throughout the year.



Erica Pietrangelo and Zi Yang Liu

PSFCA Co-Presidents

uoftpsfca@gmail.com

Pharmacy Students for Women's Health (PSWH)

PSWH is a club that is dedicated to promoting women's health through education within the profession of pharmacy as well as in the community. Pharmacy students in this club have been involved in creating educational posts through monthly Myth-Busters regarding women's health. This club emphasizes how women face their own unique health issues throughout their lives. By providing a platform to address these issues, PSWH aims to eliminate any misconceptions about women's health. Over the past few years we have covered the following topics: female hygiene, premenstrual syndrome (PMS), polycystic ovary syndrome (PCOS) and cardiovascular disease in women. PSWH will provide students with opportunities to help create educational content regarding women's health, being involved in the community, and awareness on how future healthcare providers can help improve women's health. Please follow us on Facebook and Instagram @pswhtoronto to keep up with our latest events!



Jasveen Sangha and Amanda Gorgees

PSWH Co-Presidents

pswh.toronto@gmail.com

Seniors Outreach

Seniors Outreach promotes community engagement between UofT students and isolated seniors in the community. Our club aims to improve the quality of life of seniors while providing students opportunities to improve their teamwork skills and foster interprofessional learning. Working closely with Centre for Advancing Collaborative Healthcare & Education (CACHE) and with our community partner The Central Neighbourhood House, we match 3 healthcare professional students with a senior in the community to form a social group. These groups meet every few weeks to socialize, do fun activities and strengthen the connections in our community!

Erin Cliff, Pooja Patel, Brianna Pelle, and Heba Shahaed

Seniors Outreach Co-Executives

uoftseniorsoutreach@gmail.com



UPS CLUBS: WHO'S WHO?

PharmaPride (PhP)

PharmaPride is a student group that focuses on the intersections within the 2SLGBTQ+, BIPOC and pharmacy communities. Our mission consists of spreading knowledge on prevalent and current issues found within these minority communities including barriers to accessing healthcare and the impact of stigma surrounding HIV/AIDS. In past years we have held online Pride month campaigns featuring trailblazers such as Alok Vaid-Menon, Jiggly Caliente, Kyne and Divina De Campo; an HIV/AIDS awareness panel; a progress pride flag raising ceremony; starting up our new podcast, [PharmaPride Podcast](#); and much more. This year we hope to continue our efforts in advocacy and collaborate with many local organizations to host more events for you. To get involved be sure to stay updated with our active [Instagram](#) and [podcast](#) page. We encourage students from all walks of life to join PharmaPride, whether you identify as a member of the 2SLGBTQ+ community or are an ally!



PhP Co-Presidents: Al-amin Ahamed and Selina Cascone

PhP Vice President: Dante Foschia

pharmapride.uoft@gmail.com

Students for Optimizing and Advocating Pharmacy Endeavors (SOAPE)

SOAPE is a non-profit, student-run organization at the University of Toronto Leslie Dan Faculty of Pharmacy. The vision of SOAPE is to help the profession of Pharmacy evolve through the involvement and leadership of pharmacy students. Our mission is to promote awareness of the competency of pharmacists to improve public health care and improve the efficiency of the health care system. SOAPE runs many events throughout the year including Pharmacy 101, Opioid Information/Naloxone Training Session, Diabetes Awareness Event, various events during PAM (Pharmacy Awareness Month), and more! Stay tuned!

SOAPE
UNIVERSITY OF TORONTO

Michael Chan and Erica Pietrangelo

SOAPE Co-Presidents

soape.uoft@gmail.com

University of Toronto Students' Union (UTSU)

The UTSU is the official student government for over 38,000 students at the University of Toronto. It is run by the students, for the students. The UTSU supports student-led initiatives, organizes public education campaigns, and organizes major events throughout the year. There are countless benefits for Pharmacy Students as members of the UTSU. For example, the UTSU offers services such as a Food Bank, Student Aid, Annual Tax Clinic, Clubs Funding, and the UTSU Health & Dental Plan (which includes access to mental health resources). Be sure to check out the Student Commons as well, which is also run by the UTSU!

Samra Ghazi

UTSU Representative

utsurep@uoftpharmacy.com



UNIVERSITY OF TORONTO
STUDENTS' UNION

ANTI-CALENDARS

ANTI-CALENDARS

ANTI-CALENDARS

With the help of our Monograph Representatives, the anti-calendars are back again! The anti-calendars provide a brief description of each course for each year, with information on professors, course averages, and tips on how to succeed. We hope you find this resource helpful in preparing for the year ahead!

ANTI-CALENDARS

ANTI-CALENDARS

ANTI-CALENDARS

FIRST YEAR ANTICALNDAR

By: Aqsa Ali

Fall Term Courses

PHM110H1: Health Systems

Class Average: B+

Description: This course provides an overview of the underlying structures, financings, and policies of the Canadian health care system. With a specific focus on the structure and function of Ontario's health system. You will be taught about the role and responsibilities of various healthcare providers including pharmacists in different healthcare settings. At the end of this course, you should have a better understanding of how the Canadian healthcare system functions. As well as be able to discuss social determinants of health and how they impact the health of Canadians. This course consists of two written assignments, a midterm, and a cumulative final exam. There are guest lecturers almost every week who are experts and leaders in the topics they are teaching.

Tips for Success: Review all the lectures, IPE modules, required readings and videos; these are all testable material. This course requires a lot of memorization, so have strategies to aid with remembering the course content for the midterm and the final exam. The assignments are where you have the chance to apply everything you have learned so far in the course. Take advantage of using the writing center and getting your assignment peer edited.

PHM113H1: Pharmacy Informatics

Class Average: B+

Description: Pharmacy informatics is about providing effective management and delivery of medication data, information and knowledge to support optimal medication outcomes. Students will be introduced to various types of resources pharmacists use when practicing in a clinical setting. This includes print resources such as the CPS (Compendium of Pharmaceutical Science) and CTC (Therapeutic Choices). As well as online resources like Lexicomp, RxTx, and ODB e-Formulary. Students will learn how and when to use these resources to en-

sure safe and effective patient care is being provided throughout the medication process. This will serve to be useful for the MTM-1 labs and EPE-1. The course has a midterm, timed assessment, and a final exam. The final is cumulative, however, will focus more on the material covered after the midterm.

Tips for Success: Going over the assigned modules to help reinforce the content taught during lectures. For the timed assessment, students will have to be able to use online resources taught during class to be able to retrieve answers to drug-related questions. To do well on this, knowing your way around these online resources may help you quickly and efficiently find the answer to the questions. Also reviewing practice questions can help to prepare for the midterm and final exam.

PHM130H1: Pharmaceutical Calculations

Class Average: Pass/Fail

Description: This is an introductory course to basic pharmaceutical calculations one would experience when working in a community or hospital pharmacy. These include determining doses, dosing regimen, quantities of compounds, etc. The course consists of two midterms and a final exam. The first midterm and final exam require an average grade of 85% to pass. Whereas on the second midterm, you need 100% to pass. However, this is all doable with enough practice. There is also an opportunity to retake the second midterm if the grade is not achieved on the first try. The final exam is cumulative.

Tips for Success: Go over questions covered during lectures and practice the questions assigned for homework. Highly recommend going to tutorials, taking advantage of the discussion board on Quercus, attending TA office hours, and practicing past tests posted by the professor.

PHM142H1: Metabolic Biochemistry and Immunology

Class Average: B

Description: This course is divided into two sections, where each is taught by a different lecturer. The first part of the course is about metabolic biochemistry. Here,

FIRST YEAR ANTICALNDAR

students will explore mammalian metabolic pathways, their pathologies, and drug interventions. The second part of the course covers basic principles of immunology including its disorders, vaccines, and drug sensitivities. This course includes two written assignments, a midterm, and a non-cumulative final. There is also an optional group presentation where you can get up to 4% in bonus marks. Here, students will sign up for a topic and their groups will make a recorded presentation to be submitted online for evaluation.

Tips for Success: Signing up for the group presentations is not only a great way to get to know your peers but is also considered a mark booster. If you follow the outline of past presentations posted as examples on the class site, you should expect to get a good mark on this. Make sure you can understand the pathways covered in lectures and memorize their components. As well as know how their pathologies arise and what drugs can be used for their treatment. Both the midterm and final exam require a lot of memorization, but you must also be able to use that knowledge to answer application-based questions.

PHM144H1: Pharmacokinetics

Class Average: B

Description: Pharmacokinetics is about studying the movement of drugs in the body (i.e. the rate and extent of absorption, distribution, metabolism and elimination of drugs). This course also covers pharmacodynamics (what the drug does to the body), determining drug dosing regimens, and mechanisms of drug-drug interactions. The course content is divided among five different lecturers with tutorials and four workshops. The assessment of this course includes 4 workshop quizzes, one midterm, and a cumulative final exam. The workshop quizzes are multiple choice while the midterm and final exam consist of multiple choice, short and long answer questions.

Tips for Success: Make sure to go over as many practice questions from tutorials and past exams. This course has a fair amount of calculation-based questions you will need to know that are related to finding pharmacokinetics and pharmacodynamics parameters. You will

also be expected to be able to remember different transportation channels and metabolic reactions covered in class. This course has a lot of material covered during the semester and it is easy to fall behind in this class as lectures are held 3 times a week. However, staying on top of the material and giving yourself enough time to study and practice will help you do well in this course. The tutorials and workshops are there to help reinforce the material covered in class and the quizzes provide an opportunity to test how well you know the content. Use this as an opportunity to see where you are excelling and areas you need more help in when preparing for the midterm and the final. Attendance for tutorials is highly encouraged as these have been shown to help students do well on the midterm and final exam.

PHM145H1: Human Histology and Anatomy

Class Average: B+

Description: This is an introductory anatomy course that focuses on the structure and function of the different parts of the human body. For each system, the arrangement of cells, cavities, organs, and vessels is covered. This is a memorization-based heavy course, so being able to remember and recall the material covered during lectures is important to do well on the tests. This course consists of three tests, each worth around 33%.

Tips for Success: Try to attend all lectures and review sessions held before a test. Dr. Sun highlights the information on the slide that you will need to know for the tests. Therefore, note down anything that was emphasized during the lecture. Memorization is key to doing well in this course, so develop strategies to help you remember the material.

PHM146H1: Fundamentals of Pharmacology

Class Average: B

Description: This course will introduce students to the fundamental principles of pharmacology which are about the fates and actions of drugs in our body. This includes exploring different drug classes, their interactions with receptors, and the response elicited. The course has 3 quizzes, a midterm, and a final exam that is cumulative.

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Tips for Success: Memorization of drugs and their targets is key to doing well in this course. Make sure to stay on top of lectures, take good notes, and find study methods to help memorize the material.

Winter Term Courses

PHM101H1: Pharmacotherapy 1: Foundations and General Medicine

Class Average: C+

Description: This course is one of the first of many pharmacotherapy courses you will have in the next three years in the program. PCT1 is a case-based course that will provide you with the knowledge and skills to manage patients' drug therapy. Specifically, you will be taught how to identify, solve, and prevent drug therapy problems and create treatment plans for various common ailments (ex. Asthma, COPD, GERD) using the patient care process. Each week, there is a lecture held to introduce the pathophysiology, pharmacology, and pharmacokinetics of a therapeutic topic. You will be using this information and the resources provided by the professors to create a pharmacotherapy workup and care plan for the workshops. The workshops are held in a seminar-style where a group discussion led by the professor will go through the patient care process to analyze and create a drug treatment plan for the patient's case. The course assessment includes a patient care process quiz, participation mark for the workshops, two work-up/care plan assignments, a midterm, and a non-cumulative final exam.

Tips for Success: Start preparing early for the workshops because it can take a lot of time to research the topic and create a workup/care plan. Take good in-depth notes during lectures and use the assigned readings when preparing for the workshops. You can also collaborate with other students to come up with a workup and care plan. However, you need to be ready to discuss either section if your group is chosen to present.

PHM105H1: Medication Therapy Management 1

Class Average: Pass/Fail

Description: MTM focuses on preparing you to have the clinical knowledge and skills needed to practice in a community pharmacy. This course will serve to be useful in EPE-1 rotations that happen in the summer from May to August. In this course, there are two types of skill-based labs: patient care skills (PCS) and clinical care skills (CCS). In the PCS labs, you will be given a list of drugs each week and be expected to counsel on any drug chosen by the facilitator. The list of drugs is posted in advance to give you enough time to compile all the information you need to reference when counseling. These labs will test your ability to gather drug information, communicate information to patients, and use your resources to answer drug-related questions. The CCS labs will test you on the following four components: your ability to take a verbal prescription (VRx), prescription checking (RxC), drug information (DI), and prescription processing (RxP). You can bring any print references with you to these labs.

Tips for Success: Attending and asking questions during lectures are highly recommended as they provide useful information to help do well in the labs. Also, making a checklist can help to prepare and determine whether you are meeting all the requirements needed to be able to pass the labs.

PHM114H1: Social Behavioral Health

Class Average: A-

Description: This course is divided into two sections. The first section introduces sociological theories and concepts that impact health and healthcare professionalism. You will be taught about the ethical principles and will be required to use them to analyze and solve ethical dilemmas. The second half of the course uses different theories in psychology to understand patient behaviours and how we can use these in practice to better help patients. The course last year included three online participation quizzes, a writing assignment, a midterm, and a non-cumulative final exam.

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Tips for Success: A lot of topics taught in this course may come across as new to students, but are important to know and understand as future pharmacists. Attend lectures and note down anything that is being emphasized by professors to know what important topics will likely be covered on the midterm and final exam. The online participation quizzes are where you will have to answer questions related to a specific topic covered in class. These serve as mark boosters, so be sure to remember to complete them on time. As for the writing assignment, take advantage of the writing center available on campus to get feedback on your essay.

PHM140H1: Molecular Pharmacology

Class Average: B

Description: This is probably one of the more challenging courses you will have in your first year. This course is split into 4 sections where each one will focus on a different kind of receptor (ie. GPCRs, ion channels, nuclear receptors, and tyrosine kinases). Each section is taught by a different professor and students will learn about the drug-receptor interactions, their ligands, and cellular signaling. The first section is the largest and notoriously known to be the hardest since you will need to know how to recognize and derive equations for different drug-receptor interactions. You will also encounter many calculations and application-based questions in this section of the course. However, the rest of the sections will require you to memorize a lot of information, so be sure to give yourself time to study and practice enough questions before the midterm and final exam.

Tips for Success: Last year, professor Redka filled in to teach Well's section and I found that doing Well's past midterms and exams were not required as the format of her test and complexity of her questions were more reasonable. To do well in her section requires you to have a good understanding of the material. As for sections that require a lot of memorization, creating an effective study method will help you to remember the course content (eg. flashcards).

PHM141H1: Pharmaceutics

Class Average: B

Description: This course will cover the parameters and methods used in drug design (ie. clinical pharmacology, biopharmaceutical considerations, pre-formulation, and development of drugs). This course has three quizzes, a midterm, and a cumulative final exam.

Tips for Success: There is a considerable amount of content you will need to understand and remember for the midterm and final exam. Practice as many problems from past exams, assigned problem sets, and tutorials while studying. As well as being able to recognize equations and know what they are used for will help to navigate through the equation sheet provided for the midterm and final exam.

PHM143H1: Pathobiology and Pathology

Class Average: B-

Description: This course explores the biochemical mechanism and pathophysiology of different kinds of diseases and how diagnostic tools can confirm their presence and be used to determine treatment options. This course is taught by different guest lecturers each week who specialize in their respective fields. The course assessment includes a midterm and a non-cumulative final exam, both of which are multiple choice.

Tips for Success: Attend lectures and go over what is emphasized by lecturers during class. This will help you know what topics to focus on from each lecture while you study for the midterm and final exam. There is a lot of memorization required for this course and you must be able to apply that knowledge to application-based questions. Most of these questions will have a scenario presented and you must choose the option that is the most correct. Make sure to attend review sessions held by TAs and always ask questions about anything you are unsure of.

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By: Ruby Ung

Contributors: Huy Pham

Fall Term Courses

PHM201: PCT2 – Self-Care Perspectives and Pharmacotherapy

Instructor: Debra Sibbald

Class average: B+

Description: Topics that will be covered include: acne & psoriasis, seborrheic dermatitis, contact dermatitis, diaper dermatitis, atopic dermatitis, allergic rhinitis & conjunctivitis, cough & cold, plantar warts, Athlete's foot, lice, scabies, first aid + insect bites, burns, otitis media, and otitis externa.

The first couple of lectures will be "lecture" format until seborrheic dermatitis where this will be the first skills lab. Skills lab are "panel style" where Dr. Sibbald will select 2 groups of ~15-20 people randomly: group 1 will sit in the front two rows, group 2 will sit on the sides. Group 1 will be selected to answer questions (microphone handed to person talking) pertaining to the case study that day, group 2 will partake online through Pepper. Prior skills labs, everyone will be expected to prepare notes (read up on conditions from CPS) for the 2 topics that will be taken up in class. Groups 1 & 2 will have to submit their preparation notes on Quercus. Everyone else may need to submit their notes for attendance so you must prep your notes each time!

The marking scheme includes: quizzes for each topic during class, midterm, final exam – all multiple choice, and "attendance" (lecture notes to be submitted).

Tips for Success: Attendance is mandatory for all skills labs – make sure you come on time and bring your white coat! If called upon for the panel, answer the question confidently as the professor wants you to be answering like a pharmacist. Don't be afraid to participate! Take good notes during skills labs and make note of the points the professor likes to emphasize. Zinc oxide is your best friend! Active recall can be helpful for the exams since they are both multiple choice – just be wary that questions/answer choices provided can be very similar.

Overall thoughts: It's a different style of teaching that is more similar to MTM than your regular PCT courses. I think that if you like a class that involves lots of participation, this would be an enjoyable class for you. Always be prepared for every skills lab or you'll regret it!

PHM202: PCT3 – Endocrinology/Nephrology/Urology

Instructor: Minh-Hien Le, Katie Palmer

Class average: B

Description: Topics that will be covered include: OAB, BPH, ED, T2DM, Thyroid, Contraception, Menopause, Nephrology (AKI, CKD), integrated case (combining topics together). Assessments include: midterm, exam, assignments (2), workshop quizzes (pre/post). The midterm and exam consisted of multiple choice, short answer, and long answer questions. Some multiple choice and the short answer questions would be knowledge based; I.e. "mechanism of ____", some multiple choice and the long answer questions would be case-based/care-plan. Assignments are similar to workshop seminars where you make a care-plan. Prior the workshop, a patient case will be provided for you to prepare to discuss with your group. After, the case will be taken up as a class together. This provides an opportunity to engage with fellow classmates and to participate in class discussions.

Tips for Success: Readings help supplement but lecture slides emphasize the important points that you should definitely know; quiz questions are from the lectures and they can be very specific. Try to review the lecture slides before each workshop to prep for the quiz

Attend all work-shops and take good notes! This will be very helpful for your assignment, understanding how to do well for the midterm & exam, and for the care-plan part of MTM2. When studying for the midterm and exam, be familiar with the PCT process to provide a care plan. Active recall can be useful for some of the multiple choice or short answers questions, but it is crucial to *understand* the topics to do well for long answers and the case-based multiple choice questions. Staying on top of your work is important since you'll be covering the same topics for MTM2!

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Overall thoughts: I personally found that PCT3 was a great course that was engaging with the workshops and the topics were interesting! I found that the course instructors were reasonable and marks would be rewarded reasonably even if the assignment wasn't done correctly.

PHM205: Medication Therapy Management 2

Instructors: Kenny Tan and Sandra Bjelajac

Class average: H/P/F

Description: The course consists of two 90 minute components: 1. CCS (clinical care skills) component and 2. PCS (patient care skills) component. You will receive a lab theme which will be based on several conditions (from PCT1/2/3) where you need to know how to assess if the medication(s) are appropriate; if not, provide another recommendation instead. This is different from MTM1 where you were provided a list of medications to prepare how to counsel for. Note when I had MTM2, PCS was online, CCS was in person.

CCS: for this component you will do 3 things in the lab: (1) take a verbal order/enter the prescription via Kroll, with option to call back 1x and clarify anything if needed, (2) RxC – verify a prescription was entered and filled correctly, (3) care plan. Note that for verbals, this is intended to be trickier than for MTM1. For example, the prescriber may give the v/o extremely quick, there could be an error with the medication, omission of information, etc.,

PCS: for this component you will be counselling with a 10 minute time limit.

Milestones will be 1 CCS and 1 PCS. To pass the course you need to pass 3 of 4 components and same for the exam.

Tips for Success: I would recommend splitting up topics with friends to create drug tables for each medical condition. For example, one lab theme was MSK, OP, OA, and gout. It would be helpful to have 4 friends to create a drug table, one for each condition. Other options include familiarizing yourself with CPS so you can easily find the drug table if you do not want to create on yourself (you have access to pharmacy library resources).

For CCS: when taking v/o, do not interrupt your prescriber – it can be considered as a failing point and con-

sidered unprofessional. Do not document in anything other than pen; if you make a mistake, cross it out with initials, do NOT use white out. I personally found that when I was waiting for my turn for the v/o, I was too distracted to start thinking about what to do for my care plan. I would recommend doing the RxC component while waiting for the v/o, gathering relevant information before critically assessing what needs to be done.

For PCS: always make sure you check off all the components from the list: I.e. name, DOB/age, allergies*, meds/medical conditions, etc.

Make sure you stay on top of your PCT2 & PCT3 topics because these will be the topics tested!

Overall thoughts: MTM2 can be quite subjective with the care plan grades and PCS component depending on your CI. Don't be so tough on yourself if you didn't get the grade you expected!

PHM212: Research Methods

Instructors: Anna Taddio and Bassem Hamandi

Class Average: B+

Description: This course covers the various kinds of studies involved in the field of pharmacy, from small case reports, to large scale randomized controlled trials, to clinical guidelines. The course also exposes students to methods of finding research that is most appropriate to answer a clinical question. The format of the course is a series of asynchronous lectures by Anna Taddio with a weekly synchronous session to go over the content. There are also online practice quizzes to help reinforce the learning. One very key skill that you'll gain from this class is critical appraisal of literature, which you have an opportunity to develop as you and an assigned group are given a research article to review and appraise for a journal club presentation. Though the content can come across as dry, by the time the course is completed, one should be confident and competent in searching and appraising clinical literature. The overall course is composed of the aforementioned critical appraisal presentation, online practice quizzes, two midterms and a final exam.

Tips for Success: Understand the nuances, similarities and differences between the different types of study de-

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signs and how they work. Making a table to compare and contrast these designs would be helpful in succeeding in the course. The content is somewhat dry so going through the asynchronous lectures multiple times will help solidify what you've learned. Attend the synchronous sessions as the instructor eloquently summarizes the content from the asynchronous lectures. Take advantage of the practice quizzes to test yourself, especially when preparing for the midterm and final exams.

PHM241: Topics in Pharmaceutical Quality and Clinical Laboratory Medicine

Instructor: Raymond Reilly, Noor Al-Saden

Class average: B+

Description: There were 2 lecture parts to the course. Part 1 was taught by Dr. Al-Saden regarding Pharmaceutical Quality (good manufacturing process, drug approval process, etc.), and part 2 was taught by Dr. Reilly regarding Special Topics in Pharmaceuticals & Clinical Laboratory Medicine (COVID vaccines, nanomedicines, radiopharmaceuticals, etc.)

The lab component included 3 labs scattered throughout the semester. Labs were fun, no preparation required other than attending the tutorial before the lab for the explanation. You will be compounding suppositories, creams, etc.

Tips for Success: *Part 1:* Dr. Al-Saden had office hours where she indicated which slides were important to study for the midterm! *Part 2:* Dr. Reilly's section is quite detailed. Active recall would be helpful because he tested very specific details!

Don't forget your TCard or government photo ID for labs! You will NOT be allowed in without it, even if you have a picture. Always leave early on time; lab times are tight and they don't provide exceptions.

PHM242: Microbiology of Infectious Diseases

Instructor: Ian Crandall

Class average: B+

Description: This course tells you about the "bugs" (microorganisms) that causes infectious diseases. Many of the topics will be further explored in PHM203 (Infectious Diseases). The way the course was delivered in-

cluded both a ppt with embedded audio and live lectures with the option to use either. There were 2 midterms, 1 final exam that were all multiple choice – requiring lots of memorization!

Tips for Success: Dr. Crandall provides you with past midterms/exams - I highly recommend doing them! He likes to re-use or use similar questions. Active recall is helpful too but definitely make sure you do the past tests. I recommend making drug tables for the antibiotics/antivirals/antifungals because the questions were quite specific. Try not to fall behind in this course because it can be difficult to catch up!

Overall thoughts: There was a lot to study for this course but doing the past midterms/exams and active recall is the key to doing well for this course! Dr. Crandall makes funny jokes that keep you entertained throughout the lectures too.

Winter Term Courses

PHM203: PCT 4 – Infectious Diseases

Instructor: Linda Dresser, Norman Dewhurst

Class average: C+

Description: There are lectures and workshops (alternating with cardiology) as a part of your learning with a care plan (random 2 of 5 marked) due q2weeks, also alternating with cardiology. Lectures are given by both Dr. Dewhurst, Dr. Dresser, and other guest lecturers. Assessments include quizzes before each workshop, 2 midterms, and a final exam. Workshops go into detail like a patient-case study. Topics include: influenza, pneumonia (CAP/HAP), TB, infective endocarditis, multi-drug resistant organisms, anti-virals, anti-fungals, pharmaceuticals – injectable formulations & oral suspensions, pharmacogenomics, drug-interactions, intra-abdominal infections, *C. difficile* infections, travel/tropical infections & malaria, UTIs, STIs, HIV, soft skin tissue infections, and osteomyelitis.

Tips for Success: Making drug tables for the antibiotics are very helpful; need to know the name, strength, directions, days supply. Lexicomp, IDSA, and DiPiro are useful resources to read up more about conditions and

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the antibiotics. Depending on the lecturer, they may ask you to know IDSA guidelines or the Ontario guidelines or possibly both. Make sure you're careful on the exam on answering which one! I.e. the exam will state "based on LHIN guidelines... based on IDSA guidelines..."

Important to understand the content and also active recall to do well in this course! Spend lots of time making the drug tables and making sure you understand everything thoroughly. Make sure you attend all workshops; very useful and topics covered in the workshop are questioned more in detail on midterms/exams.

Don't fall behind since it'll be quite difficult to catch up! Topics will also be covered in MTM labs as well.

Overall thoughts: ID is a difficult course that requires lots of time and effort. Preparing for the midterms/exams much in advance (I.e. minimum 5 days) is crucial for success in the course! Good luck!

PHM204: PCT 5 – Cardiovascular Diseases

Instructor: Heather Kertland

Class average: B+

Description: There are lectures and workshops (alternating with ID) as a part of your learning with a care plan (random 2 of 5 marked) due q2weeks, also alternating with ID. Lectures are given by Dr. Kertland, guest lecturers, and pharmacology topics covered by Dr. Erclik. Assessments include quizzes before and after (team quiz) each workshop, 1 midterm, 1 final exam, and a partnered assignment. Topics include: cardiovascular risk factors, dyslipidemia, hypertension, atherosclerosis, venous thromboembolism, pharmacogenomics, applied pharmaceuticals, heart failure, arrhythmia / atrial fibrillation, and stroke.

Tips for Success: Note that care plans should include justifications for non-pharmacological recommendations and should be tailored for the patient. For example, "the patient would benefit from initiating exercise due to ..." rather than just stating "initiate exercise ...". Come prepared for the quiz by reviewing lecture slides before the quiz! The same quiz will be done again where you take it up as a group. Workshops are interactive and fun! Always go to all workshops as they're helpful for the exams and care plans.

Important to understand the concepts and use active recall to do well for the assessments. Don't fall behind since it'll be quite difficult to catch up! Topics will also be covered in MTM labs as well.

Overall thoughts: Cardiology is a heavier course but the topics are interesting and you'll be an expert at many of the fast-movers in your community pharmacy!

PHM206: Medication Therapy Management 3

Instructors: Minh-Hien Le and Jaris Swidrovich

Class average: H/P/F

Description: This course consists entirely of counseling (no CCS component) unlike MTM1 and MTM2. In addition, there is further emphasis on communication – having proper empathy, ensuring no medical jargon is used rather than focusing on completing a checklist. With MTM1 & MTM2, missing checkpoints would be considered a fail point whereas with MTM3, a missed checkpoint may still result in a pass if the patient is safe. Even if you don't complete the interaction within 10 minutes or you weren't able to recommend non-pharms, you can still pass the lab (although of course try your best to do everything within 10 minutes!) After the patient counselling, you are expected to complete a DAP note to document what occurred during the patient interaction. Additional components include conducting a BPMH and medication reconciliation which will also be a part of the milestone lab. You will also be allowed 1 (double-sided) cheat sheet for you to make notes, blank paper to take notes during the interaction.

Tips for Success: Prepare in advance for the MTM3 labs; I recommend practicing with a friend or in front of a mirror so you're more comfortable with being more conversational rather than following a strict format.

You're allowed access to the paper copy of CPS. If you have never used the paper copy before, I recommend visiting the lab beforehand to flip through the pages and get familiar with how to use it. Note down which pages to directly flip to regarding which topics you'll need. If not, make sure you make good notes!

Make sure you always have your TCard and white coat with you! And leave your phone and any electronics in your locker or this will be a F if they catch you with it!

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Overall thoughts: I think that MTM3 is easier than MTM2 where if you don't make the best recommendation, this does not mean a fail. For example, not recommending the most optimal blood pressure medication for a patient with hypertension would not be a fail whereas if you did something similar in MTM2, this would be the case. However, I think that the threshold to get H is harder than MTM2.

PHM215: Management – Skills, Communication, and Collaboration

Instructors: Monica Gautam and Zubin Austin

Class average: A-

Description: This course is divided into two sections: Monica's section which is focused on the business aspects of pharmacy management such as human resources and finances, and Zubin's section which is on the social aspects of leadership and management with a portion dedicated to legal issues in pharmacy. The first section is circled around the business plan competition, where students work in teams to produce and present a business plan that addresses an issue in healthcare (does not have to be related to pharmacy). The first assignment is a reflection on how you collaborated with your team members, the challenges that came your way and how they were overcome. You will also be evaluated on the slide deck your team prepared for your business plan and your individual business pitch. Finally, though not directly related to the business plan competition, there is an assignment on personal branding and your own professional network. As stated previously, Zubin's lectures are focused on topics like emotional intelligence, the different types of power, and tort law as it relates to pharmacy practice. The lectures by Zubin are very engaging and interactive. Students should keep the content they've learned in this course to heart as it will be very useful in their future career. The exam is only on Zubin's content.

Tips for Success: Before the winter semester, take some time to research the healthcare landscape so that you'll have a better idea of the current issues in healthcare and what solutions you want to propose for the business plan. For the business plan competition, you will be given a mentor to help with your business

plan. Be sure to use them as a resource as they can provide valuable input and constructive criticism to refine your business pitch. For the personal branding assignment, remember that your personal brand is a product of your interests, values and beliefs so having a deep reflection about who you are, your strengths and weaknesses, and your career goals really helps with crafting a personal value statement and that good branding involves focus, purpose and regular updates. Be aware that you have a maximum of 100 words for your personal value statement so every word should count. Ask your friends, current or former co-workers and managers about their thoughts about you as it could reveal strengths and limitations that you yourself are not aware of.

PHM230: Physical Assessment and Injection Technique

Instructor: Natalie Crown

Class average: A-

Description: There are lectures and labs (on same day as your MTM3 lab date). Assessments include 1 midterm, 1 final exam, 2 assignments, and quizzes. The midterm and final exam are focused on the lectures whereas the quizzes could be either the lectures or the labs. Labs are chill where you get to learn how to use a stethoscope, measure tympanic temperature, blood pressure, checking vital signs, etc. This will also be the course where you learn how to administer injections! You will be provided with an in-person lab where you and your partner will inject each other (with saline!) at the end to get certified!

Tips for Success: Although labs aren't graded (only attendance = participation marks), make sure you pay attention to the debrief since it could be a quiz question that wasn't covered in lectures!

Active recall works best for this course given that it's a multiple choice exam. Questions could be patient case scenarios, facts about the pathophysiology, etc.

Overall thoughts: Labs are quite interactive and they are a fun way to learn more about conducting physical assessments! Although the content may not appear applicable, learning about physical assessments will help

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you understand what has been done so far when you do work-ups on your patients in the future.

PHM213H1: Health Economics and Pharmacoeconomics

Instructors: Paul Grootendorst and Manny Papadimitropoulos

Class Average: B+

Description: This course touches upon the economics of health, the health care system and health care policy. The first couple of lectures goes over basic concepts in economics such as the supply and demand curve and factors that affect them. Dr. Grootendorst also provides case studies that help explain these economic concepts. Subsequent lectures build on these topics and how they are applied in health care decisions such as drug reimbursements and health insurance policy. Some of the lectures by Dr. Papadimitropoulos have links to reports by CADTH that exemplify pharmacoeconomic analysis and are quite an interesting read. This course is composed of two assignments, a midterm and a final exam, where the first assignment is a series of questions on economic concepts while the second assignment (which may be done in groups) is on one of three topics of your choice. One noteworthy topic for assignment 2 is a critical appraisal of a health economics paper. The midterm covers lectures 1-6 and the final exam is cumulative. Given the nature of economic studies, there are graphs to aid in conceptualizing the contents of the course. The professors are very receptive to questions and feedback during the lectures so don't be afraid to ask any questions if there is anything that you need clarified.

Tips for Success: The professors post previous exams so use them as practice for your preparation for the mid-term and final. There is also a workshop on pharmacoeconomic literature critical appraisal that I strongly urge you attend since it will be tested on for the final exam. On that note, reading through any literature for critique as soon as feasible would be ideal so that you get familiar with the content, strengths and limitations of the given literature. Any students leaning towards the pharmaceutical industry (primarily market access) or provincial reimbursement will find the

content very useful in their future endeavors.

PHM240H1 The Science of Pharmacotherapy

Instructor: Jack Uetrecht

Class Average: B

Description: The theme of this course is self-directed learning as there are a total of 50 modules from which you could be evaluated on. The questions are straight from the modules (with some modifications) so there is a very high degree of memorization in this course. Although the content load may seem intimidating, some of the modules are on concepts covered in other courses so they should serve as refreshers. The professor also hosts a tutorial session prior to the exams that summarizes the content of each module. There are two midterms, each encompassing approximately twenty modules, and a cumulative final exam, all of which are short-answer questions.

Tips for Success: How you manage your time is integral to success in this course so try not to fall behind. I recommend going through 5-6 modules per week and leaving a week or two to go over the content of the modules multiple times. Your first run through the module should involve answering the questions to the best of your knowledge, after which you should closely analyze the answers to note any key concepts like the impact of a polymorphism on drug response or the logic behind the response. Admittedly, some of the information in the answers is superfluous so multiple readings are warranted to get the key information. During the tutorials, the professor provides an indicator on what will likely or not likely be covered in the exam. Avoid writing a long soliloquy on the mechanisms of action during the tests. Your answers should be concise and straight to the point. Uetrecht provides the recommended range of sentences for each question so use that to guide how you write your responses. If you're not completely sure about a question, try to think through it logically. If the logic of your response is sound, you will be given marks. Uetrecht releases exams from previous years so use them to test your knowledge.

THIRD YEAR ANTICALNDAR

By: Amar Deonandan

Contributors: Chelsea Alder, Michael Lee, Misha Krivykh, Marigrace Gorospe, Kari Griffore, Katarina Pessina, Rini Karmaker, Zena Al-Janaby, Nubaira For-kan, Adrian Deboer, Melissa Hubscher, Abby Krupski, Danya Nguyen, Julia Giannini, Sabih Jamil, Cameron Ho, Moid Shah.

FALL TERM REQUIRED COURSES

PHM301H1: Pharmacotherapy 6: Hematology, Oncology, and Immunology

Course Coordinators: Kathy Vu, Mova Leung, and Carlos DeAngelis

Class Average: B

As one of your 2 final required PCT courses in third year, PCT6 covers a large breath of oncology related topics including oncology basics, chemotherapy-induced nausea and vomiting, toxicities of targeted therapies, pharmaceuticals of monoclonal antibodies, hematologic toxicities, chemotherapy-induced mucositis, pain, and many others. Similar to other PCT courses, PHM301 consisted of lectures each week and 6 workshops throughout the semester. Prior to workshops, readings and learning objectives were posted. Biggest piece of advice: read the learning objectives!!! Although long (some were 35+ pages in length), the answers to all learning objectives, important pharmacotherapy considerations, and drug tables were posted within these documents, which made tackling the case for the care plan easier than going through all the readings on your own.

If you're a fan of some healthy competition, during workshops the class was split into random groups to answer questions on TeamUp! At the end of the semester, the TeamUp group with the most points won a prize. At the end of each workshop there was an individual quiz consisting of questions based on the pre-readings and workshop discussion. In total there were six post-workshop quizzes worth 2% each, for a total of 12%. Two of the care plans were selected randomly to be marked worth 6% each for a total of 12%. The midterm and final were both worth 38% and consisted of multiple-choice questions. These tests were open-book (even in person!), so make sure to print and organize your notes

early to know where information is during the exams (you will not have time to search for every answer).

PHM302H1: Pharmacotherapy 7: Neuropsychiatry

Course Coordinators: Jamie Kellar, Ashlee Brunt

Course Average: B

This course provides an overview of several major psychiatric disorders including depression, anxiety, migraines, and schizophrenia. The course primarily consists of weekly didactic lectures and biweekly case-based workshops. Each workshop is essentially a lecture that goes through the work-up for a patient with a specific psychiatric disorder covered in class. The Evidence-Based Clinical Question Report (EB-CQR) is the major assignment (30%) that requires students to develop a focused clinical question for a specific patient scenario, critically appraise relevant literature, and formulate an evidence-based response. The two reflections (5%) are short, simple assignments intended for students to consider how their views on mental illness have changed. The midterm (30%) is a mixture of MCQ and short-answer while the final exam (35%) is non-cumulative and strictly MCQ.

PHM305H1: Medication Therapy Management 4

Course Coordinator: Naomi Steenhof

Class Average: Pass/Fail

When it comes to preparing you for your APPE rotations and future practice in general, MTM4 is a great course all-around. The structure is similar to previous MTM courses, most similar in resemblance to MTM3. However the key difference is that unlike other MTM courses, MTM4 has a smaller focus on clinical knowledge. The central point of MTM4 is to prepare you for the continuing expanding scope of pharmacy practice in Ontario. You will learn the basics of adapting and renewing prescriptions, and routine vaccination promotion to name a few examples.

Success in the course is determined in-part by you and in-part by the clinical instructor. Like in the real world of practice, different clinical instructors will have different standards, so the best thing you can do about that is to try and adapt as much as you can. Review the weekly lectures

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thoroughly, they are not usually complex and the labs directly test the skills you are to gain from the lectures. Practice with a partner before labs, especially if you feel unsure about lecture material, and you will do great!

PHM310H1: Pharmacy in the Modern Healthcare System

Course Coordinators: Lisa Dolovich and Marcia McLean

Class Average: B+

PHM310 focuses on several topics including achieving quality improvement in healthcare, drug supply, drug reimbursement, advocacy, e-health, and public health. While it is possible to do well in this course, do not be deceived by the seemingly smaller workload. Planning early and ensuring you follow the outline for assignments are key to succeeding in this course. Working well with your group and sharing the workload is key to finishing group assignments on time. Lastly, the exam is cumulative so don't leave studying for the exam to the last minute!

PHM330H1: Preparation for Advanced Pharmacy Practice Experience

Course Coordinator: Tom Brown

Class Average: A-

PHM330 aims to prepare you for APPE rotations by focusing on topics such as practice/time management, communication, self-assessment/reflection, problem solving and decision making. While the concepts and lessons seem to be straight forward, do not underestimate this course. The weekly assignments may seem low effort, but still require time and effort to do well. Finishing these assignments while focusing on concepts from the lectures are key to doing well in this course.

PHM340H1: Introductory Toxicology

Course Coordinator: Gryzna Kalabis

Class Average: B

Toxicology is a very biochemistry-heavy course that introduces mechanisms of drug-mediated toxicity in different organisms. Like molecular pharmacology, this course is cross listed as an undergraduate pharmacology course. Originally developed by Dr. Peter Wells, the

brother of the legendary J Wells who taught molecular pharmacology, content here will not be as technically challenging as previously encountered in molecular pharmacology, with one major caveat-there are two high stakes midterms and a final exam. Each midterm exam will cover only one topic (and in the past exams were only a single question) worth 25% on your final mark. Questions are essay style and it is important that you are as thorough with your answer as possible. Do not answer straight to the point-explain any concept related to your question as detailed as possible. The marking scheme will be very selective to the point where not including specific keywords will cost you marks. However, don't let that discourage you from taking this course. The content will be very straightforward and will be a breeze if you're able to piece together concepts throughout the course.

FALL TERM ELECTIVE COURSES

PHM320H1: Global Pharmaceutical Policy

Instructor: Jillian Kohler

Class Average: A-

Broad topics covered include corruption in the pharmaceutical sector, role of key stakeholders in global health, trade agreements and impact of IP rights, and conflicts of interest. The class requires participation and weekly readings (~30 minutes-1 hour weekly). However, the class is very engaging, and Dr. Kohler is a fantastic lecturer. The assessment style had been altered due to online learning, however, the assessment breakdown this year was a research presentation and a final exam (essay style). The research presentation was allowed to be on any topic of interest related to course concepts and the final exam was very reasonable requiring knowledge of key course concepts. The style of this course differs from typical pharmacy courses but is very interesting for anyone with an interest in global health.

PHM321 Selected Topics in the Pharmaceutical Industry

Instructor: Monica Gautam

Class Average: A-

This course is intended for those looking to learn more about a career in the pharmaceutical industry. Con-

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tent covered includes the drug commercialization process, pharmaceutical marketing activities, healthcare compliance, patient support programs, and careers in medical affairs, regulatory affairs, pharmacovigilance, medical information etc. While Monica delivers several of the lectures, the course includes multiple guest lecturers throughout the semester. The guest lecturers are various professionals working in the industry who provide insight to their career paths and the general roles and responsibilities surrounding their professions.

During the course, you will be assigned a recently approved biologic drug. You will submit different assignments about your drug including a critical appraisal of a clinical trial, a S.W.O.T. analysis for the drug's market landscape, and a brand presentation. These assignments provide a realistic glimpse into the types of projects that you may be tasked with if you pursue a career in industry. There was no mid-term exam, but the final consisted of multiple-choice questions based on the assigned drugs and long answer questions based on general course content.

PHM323H1: Molecular Mechanisms of Drug Action

Instructors: J.W. Wells, I. Crandall, R. MacGregor, S.

Angers

Class Average: A

Note: Course was not offered in the 2021-2022 year. While Molecular Pharmacology was no doubt a daunting course for many first-year students, don't let it discourage you from taking PHM323H1, or "Mol Pharm 2". It's only a little of the same, but much more that's different. In the 2020-21 and COVID-19 edition of PHM323H1, the online course was structured with no final exam. Instead, there were two midterms (40% each) and an assignment (20%) where students selected a drug and described aspects of the drug or its development in a 2500-word report. The first midterm covered Professor Wells' mechanisms and Professor Crandall's microbiology content, both of which felt like a review of what was taught in previous years. New material was covered in the second midterm, where Professor Angers taught cell signalling in cancer and Professor MacGregor focused on DNA structure. The second midterm was the easier of the two but be pre-

pared to write fast! Don't write off PHM323H1 – the professors are engaging, the midterm concepts predictable, and the assignment (relatively) fun. Plus you get to brag about surviving "Mol Pharm" 1 and 2!

PHM324H1: Recent Developments in Dosage Form Design

Instructors: Ping Lee and Gary Chen

Class Average: N/A (small class size)

Note: Course was not offered in the 2021-2022 year. This course initially reviews the fundamentals of pharmacokinetics and then delves deeper in the methods of designing different controlled release dosage forms. Exciting topics include nanoparticles, hydrogels, and polymers used to improve drug delivery. An important benefit is that the concepts learned here are an asset in other pharmacotherapy courses during the same semester, such as neuropsychiatry or oncology. Also, the course is taught in weekly-two hour classes and the slide packages provided are sufficient for studying. Professor Ping Lee and Dr. Gary Chen (covering for Professor Shirley Wu who was on sabbatical) were approachable, supportive, and could explain the material well.

There are two problem sets, one term test, a 15 page review paper, and a 10-minute presentation covering the topic of the review paper. There was no final exam during the exam schedule. Although equations are needed for calculations in problem-sets and tests, the focus is on understanding them holistically. As well, they do not need to be memorized as they are always provided. Topics for the review paper can include gene and siRNA drug delivery, ultrasound technology, and feedback controlled insulin delivery systems. Overall, despite the consistent workload throughout the semester, success in the course was very achievable and it was a worthwhile course for preparation for future practice in pharmacy.

PHM325H1: Aboriginal Issues in Health and Healing

Course Coordinator: David Burman

Class Average: A-

This course is very different from what students are used to with the pharmacy curriculum. You need to

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attend every lecture, there is a weekly reflection you need to submit that will likely be related to one of the topics we have guest lecturers for. Attendance is graded for that reason and you get participation marks for submitting the weekly reflections. No midterm or final exams but the papers we are required to submit are pretty hefty and do require a substantial amount of research/background work. Pretty cool course that opens your mind to the idea of healing so go into it with an open mind and make sure you allocate enough time for the 4 papers that are graded for your course grade.

PHM383H1: Antimicrobial Stewardship

Course Coordinators: Mark McIntyre and Linda Dresser

Class Average: B+

This course is very different from the ID pharmacotherapy course in second year, you will not learn any therapeutics. Instead, this course gives an overview of antimicrobial stewardship concepts such as the implementation of AMS interventions, diagnostic stewardship, as well as an emphasis on quality improvement and project management. The second half of the course focuses on the application of AMS in various settings such as critical care, primary care, long-term care, community, public health, and international and niche populations such as pediatrics and the immunocompromised. The evaluation of the course consisted of a midterm (25%), final exam (30%), assignments (4 x 7.5%), Dragon's Den group presentation (10%) and an individual group reflection (5%). As the class size was relatively small (~30), the majority of lectures were delivered in-person. In 2021-22, this course was taught by Linda Dresser and Mark McIntyre who facilitated interactive class discussions and were a great dynamic! There were also lectures by guest speakers from different backgrounds (i.e., medicine). The Dragon's Den group presentation integrates concepts learned in the course and provides a great opportunity to get feedback from a panel of experts in the hospital field. The format of the midterm and final exam were a mix of multiple-choice and short answer questions. I highly recommend this course for students interested in pursuing a career in hospital pharmacy as stewardship will come up along your way, either in your APPE rotations, hospital residency, or in practice.

PHM389H1: Research Project

See description in Winter Term Electives.

WINTER TERM SELECTIVE COURSES

PHM350H1: Ambulatory Care

Course coordinator: Jonathan Hunchuck

Class average: B

In this course, common ambulatory conditions that you would encounter in outpatient care settings are reviewed. The majority of these topics were previously discussed in past PCT courses. Some examples include diabetes, asthma, COPD, and hypertension. Less time is spent reviewing the conditions and assessing alternative therapeutic options, and instead emphasis is placed on current guidelines and novel clinical trials which led to adoption of these guidelines. This course provides an excellent review heading into APPEs and a suitable foundation of knowledge for any subsequent pharmacy career path.

Lectures are delivered by either Jon or an invited guest lecturer. Each lecture is a different topic. Following the weekly lecture, a documentation assignment will be due 7 days later, prior to the next class. While there are 9 possible documentation assignments (for 9 topics), only the highest 5 grades will be counted towards your final grade. The midterm and final exam consisted of short-answer and case-based questions. The final exam was non-cumulative.

PHM351H1: Pharmacotherapy in Institutional Care

Course coordinator: Vincent Teo

Class average: B

Institutional PCT is a versatile course that will prepare you for a variety of key conditions that you will typically see in hospital practice, including VTE prophylaxis, fluid/electrolyte management, acute ACS management, total parenteral nutrition, an introduction to critical care, and emergency pharmacotherapy. The difficulty and workload of this course falls roughly in line with previous pharmacotherapy courses. The evaluation style of this class includes weekly reading quizzes, condensed care plans called "chart notes", with the best 2 of 3 being marked, group chart notes on

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integrated cases, a high-stakes midterm and non-cumulative final exam. I would strongly recommend this course if you are considering a career in hospital practice or would like a strong foundation for institutional APPEs. Since the nature of these cases vary widely from your typical community disease states, this course will help to prepare you to adapt your therapeutic approach for a different clinical environment.

PHM353H1: Pharmacotherapy in Critical Care

Course Coordinator: Norman Dewhurst

Class Average: N/A

This course focuses on medications, lab values, medical devices and disease states seen in the ICU. Examples of topics include shock, sepsis, renal failure and traumatic brain injury.

The material is very interesting but quite dense (one slide deck was around 180 slides in 2 hours). There are several readings given as well; however, that material is rarely tested and you can get by with just a quick skim. You are given plenty of time on the exams; however, they are quite difficult and it can be challenging to do well even with plenty of preparation. On the bright side, there are 2 open book seminars, 3 open book quizzes and a critical appraisal paper which can bring up your mark and are marked very leniently by Norman. Overall, I think the class of 5 of us did well in the end and we're happy with our decision to take this course! It is by no means easy, but the material was very interesting and reinforced you to integrate concepts learned throughout the years and apply them to new situations.

PHM352H1: Pharmacotherapy in Older Adults

Instructor: Naomi Steenhof

Class Average: A-

If you're looking for a deeper dive into conditions that impact the geriatric population, this elective is for you. Professor Steenhof is the course coordinator, and she invites several expert guest lecturers throughout the semester to discuss topics such as polypharmacy, Parkinson's Disease, delirium, dementia, falls and fractures, and more. An enjoyable aspect of the course was the focus on biopsychosocial issues that impact older adults

such as ageism, informed consent, barriers to health-care access, and patient autonomy. There was particular emphasis on the importance of the comprehensive geriatric assessment and the utilization of assessment tools/rating scales for functional ability and diagnostics. The course is non-traditional, as there is no midterm or final exam, and it is a self-directed learning experience. The assessments consist of weekly quizzes (25%), a written reflective assignment (20%) and a large final assignment that includes a deprescribing care plan, recorded video, and peer assessment (45%). Make sure to spend time on the assignments to perfect your sentence structure, grammar, and punctuation for the best results. Professor Steenhof kindly provides participation points for participating in class discussions, posting discussion topics on Quercus, and creating multiple choice questions (10%). Your engagement in lectures and readings will determine the knowledge that you take away from this course. Overall, it was a great learning experience, and I would recommend this course to anyone with an interest in the care of older adults.

PHM354H1: Pharmacotherapy in Pediatrics

Course Coordinators: Sabrina Boodhan & Jennifer Chen

Class Average: B+

Pediatrics is a good course to take if you are interested in learning more about the pediatric population. Topics covered include pediatric medicine, neonatology, drug information, compounding, PK, TDM, nutrition, GERD, vaccines, ASP, allergies, cystic fibrosis, oncology supportive care, HF, nephrology, transplant, and PICU. This course features various guest lecturers who are experts in the field. Additionally, Sabrina and Jennifer break down their lecture slides to ensure each learning objective is answered, and these are how they formulate the exam questions. All professors are open to answer any questions you may have. The course load starts off moderate and then gets heavier in the latter stages of the course with more complex topics such as cystic fibrosis. The midterm exam was multiple choice and short answer questions. With the questions being based on the learning objectives presented in the lecture slides. There are 3 take home assignments which involved several cases that we went over in lec-

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ture and drug information questions that required research and providing answers from reputable references. Lastly, the final exam was a mix of multiple choice and mostly short answer questions that had a very similar style to the midterm questions. Sabrina and Jennifer also provided practice cases and sample questions to help prepare for the final exam.

PHM355H1: Pharmacotherapy in Women's Health

Course Coordinator: Tom Brown

Class Average: B+

This course covers a number of conditions surrounding women's health that you may encounter both in community and institutional care. The first half of the course is taught by Tom Brown and the second half is taught by Lisa McCarthy. Tom's lecture content includes menstruation, contraception, premenstrual syndrome, menopause and hormone replacement therapy. Lisa's lecture content covers PCOS, infertility and drug dosing adjustments during pregnancy.

There is one workshop throughout the entire semester which covers pharmacotherapy in transgender patient care. There are quizzes after certain lectures, a micro lecture based on the workshop content, and a midterm and non-cumulative final. The assessments consist of both multiple-choice questions and short answers.

PHM360H1: Personalized Medicine

Course coordinators: Mary Erclik and Micheline Piquette-Miller

Class Average: B+

Personalized medicine provides students with an in-depth exploration of well...personalized medicines. Topics of discussion will include pharmacogenetics, new vaccine technology, and targeted therapies such as the ones encountered in oncology. The evaluation style is straightforward and includes the following: three case studies where you will summarize and submit a paper assigned to you, three participation quizzes following a tutorial after each case study, a midterm, and a final exam. Both exams will be short answers only. While the course content can be incredibly dry and daunting at times, the evaluation style

and course expectations are very simple and fair-pay attention to what Dr. Erclik will expect for her exams.

PHM361: Latest Developments in Drugs and Biologics

Instructor: Lakshmi Kotra

Class Average: B+

The Biologics course provided an overview of the drug development process and a wide exposure to the newest approved drugs on the Canadian market. The first several lectures are provided by Professor Kotra and are focused on the discovery and development of biologics, small molecule drugs, and cell therapies. Student group presentations comprise the remainder of the lecture hours. Students are asked to form groups of 5-6 to provide a 45-minute presentation on an assigned newly approved drug on the Canadian market. The presentation is evaluated based on a 10% group mark and a 10% individual grade. Try to memorize your component of the group presentation, as the professor uses this as a measure for your individual presentation score. The midterm (30%) and cumulative final exam (50%) evaluate major concepts discussed in class as well as material from group presentations. The exams consist of 5-8 short answer questions. Pay close attention to the questions the professor asks at the end of group presentations, as they are often tested on exams. You will be asked to provide explanations of major concepts, rather than small details. The professor often links concepts from the presentations to what was learned in his didactic lectures to assess understanding on exams. Students often do well in this course, and it is a lighter course load.

PHM362H1: Assessing the Bioavailability and Bioequivalence of Medicinal Drug Products

Class Average: A-

This course is designed for individuals interested in research, industry, and/or regulatory affairs. Throughout the course, students learn about the different steps in planning a clinical trial, from preparing a study design to running the PK analysis to drafting a quality assurance report. Dr. Dubins teaches the material thoroughly and provides very detailed examples. Although students will do basic programming

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with Excel and R studio, Dr. Dubins provides sample spreadsheets, coding, and examples which he walks the class through step-by-step. Assessments include 4 problem sets, a midterm, and a final exam. Problem sets test students' knowledge to apply lecture material and focuses on ability to use online programs (R Studio). The exams test on understanding course concepts and definitions as well as various calculations. In conclusion, this course provides students with many practical tips for working in pharmaceutical industry

PHM370H1: Community Pharmacy Management

Course Coordinator: Jauher Ahmed

Class Average: B+

Community management is a massive course that will provide you the fundamentals needed to develop yourself in becoming a pharmacy owner/manager. Come to class as many of Jauher's teachings will be given verbally during his lectures as opposed to his slides. The class is renowned for the grueling business plan, a 30+ formal business plan that will require you to plan developing your own pharmacy. There's no sugar coating it-this is a painful, yet highly rewarding assignment to write. Start early and use Jauher's lectures and templates to guide your business plan. Jauher tends to include numerous readings on his exams as well so make sure you follow his provided exam blueprints to minimize time wasted on unnecessary readings. This course is a must-have for anyone considering operating a retail pharmacy as you will develop strategies in everything from human resources management, to legal management, to inventory and pricing management that you need.

PHM371: Institutional Pharmacy Practice Management

Course Coordinators: Kathy Vu and Samantha Yau

Class Average: B+

Institutional management was a great way to get a glimpse into how hospitals are run and introduce you to the many types of roles pharmacist have in leadership positions outside of the traditional pharmacist role. Sam and Kathy work hard to bring in lots of different guests across all levels of hospital management so that students have a chance to form connections and ask questions.

This is especially helpful for students who are looking into doing a hospital residency. It's worthwhile to attend class in-person as there is heavy emphasis on discussions, panel Q&As and group-based activities rather than straight lecturing. The assignments gave a lot of freedom in terms of what you could do, and they were not very time-consuming. All in all, it was a fun & relatively stress-free class that I would recommend to future students interested in going into hospital pharmacy.

WINTER TERM ELECTIVE COURSES

PHM322: Patient and Medication Safety

Course instructor: Certina Ho, Ambika Sharma

Class Average: A-

This course covers various topics surrounding safe medication practices in the pharmacy, both system and person-based. Topics include reporting of medication incidents and adverse drug reactions, drug interactions and how to manage them, various methods and models for error analysis on small and large scales, and the organizations involved with these processes. Each week, there are usually pre-recorded lectures, pre-reading materials, as well as a live lecture portion which goes over the material provided, and summarizes the most important information from that week. Workshops are held approximately every other week, following a shortened live lecture, and are run by ISMP Canada facilitators. These workshops are mandatory for students to attend, though not marked, and each one teaches a different error analysis method. Completing the workshops results in attaining 3 different ISMP Canada certifications which you would otherwise need to pay for (and are expensive!). The course breakdown includes a midterm (20%), final exam (40%), group project (10%) and written final report (30%). Weekly pre-readings are testable and many questions were included on examinations. Overall, while the content could be considered slightly dry, Dr. Ho and Dr. Sharma were very passionate, helpful and engaging about the topic.

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PHM384H1: Teaching and Learning

Instructor: Annie Lee

Class Average: B+

This course is highly recommended for anyone interested in pursuing teaching roles (CI, professor, preceptor, etc.). For our weekly 2-hour class, the first hour was didactic learning about teaching styles and educational theories, and the second hour was interactive group activities to apply the knowledge. The highlight of the course was that we got to facilitate an MTM-3 lab, where we acted as the patient and CI for 2nd year students and gave them feedback. We also had to do a group presentation for this course. There was a lot of reflective writing in this course which requires some deep thinking about our experiences. There were no additional required readings, and the final exam was nice and fair.

PHM385H1: Diabetes Care

Course Coordinator: Henry Halapy

Class Average: B

PHM385 (Diabetes Care) is taught by Professor Halapy. Unlike the short diabetes section in PCT, this course thoroughly teaches you about diabetes including pharmacologic and non-pharmacologic management, complications, nutrition, devices, and special situations. This course is designed to prepare you for the Certified Diabetes Educator examination and will also improve your community and ambulatory knowledge. Professor Halapy delivered the course in a structured and logical manner. He is very patient, approachable, and always makes time to answer questions. Although it is content heavy, I highly recommend this course as it teaches you about very important and relevant topics, and improves your diabetes knowledge and confidence while conducting Diabetes MedsChecks.

PHM386H1: Mental Health and Addiction

Course Coordinator: Jamie Kellar, Maria Zhang

Class Average: B+

This course discusses various topics related to mental health including but not limited to stigma, ADHD, autism, personality disorders, and suicide risk assessments. It is a third year elective course that students

can choose to take in their second semester. Much of the content can be seen as an extension of PHM 302 with far less complex pharmacotherapies or therapeutics. Evolutions for this course consist of a midterm exam, two reflections on course materials up to that point for participation, an "In The News" assignment posted on the class discussion board, and a final exam. The midterm exam consists of both short answers and multiple choice. What can make the multiple choice questions difficult to answer is there may be multiple "correct" answers for the case that is presented, but it takes careful reading to choose the "best" answer. The short answers rely more on the student's ability to use careful language that answers the question fully but also connects to topics discussed in the course like stigma so that there is no stigmatizing language in the answer. I had a great experience with this course because I found much of the material interesting, not heavy on therapeutics, and relevant both within and outside of my clinical practice. Some tips for success: If you want to be successful in this course it is important to participate. Much of the course is what you take from it yourself. Because mental health is an increasingly more prevalent topic in our day to day lives, it's important to be able to put yourself in a patient's shoes and know how to approach that kind of a conversation. Therefore, actively participating will make it easier to understand the approach to the conversations and the kind of impacts certain words or misconceptions can have on patients. This participation will also translate to success in the course material as well because you will have a better understanding of what approach you should take. Lastly, this is a third year elective, so the best way to ensure you are successful is to decide if the subject matter presented in the course is actually something that interests you and can be relevant to your pharmacy practice.

PHM387H1: Global Health

Course Coordinator: Doret Chang

Class average: B+

In this course, pharmaceutical policy on a global scale is discussed. In the first half of the course, Doret covers domestic health policy issues, health disparity, as well as governance and corruption. In the second half of the semester, guest lecturers are invited to dis-

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cuss the burden of a global disease in the context of a specific country. In preparation for each of these lectures, you are expected to submit a care plan based on the pre-readings and cases posted. However, these care plans are only marked for participation grades. Following the lecture, you must submit a reflection of what you learned and what surprised you to learn, as well as a commentary of your participation in the weekly discussion. These reflections are graded.

In place of a midterm, our class opted for a research paper. Each student picked a low- or middle-income country and reviewed access to the COVID-19 vaccine in their country. There is also a final research paper which ties together concepts from throughout the course. Lastly, there are student group presentations.

PHM388H1: Self-Care Principles and Pharmacotherapy for Minor Ailments

Course Coordinator: Debra Sibbald

Class average: A-

With minor ailments prescribing entering our scope of practice in Jan 2023, minor ailments will now become one of the most important courses you take in pharmacy school. As an extension of second year dermatology, course expectations and evaluations should serve as no surprise as the course will be presented in a similar structure. Important topics covered include but are not limited to emergency contraception, women's health, acne rosacea, and pediatric ailments. Unlike your first course with Dr. Sibbald, the course load will be signifi-

cantly lower, with shorter, lighter lectures, and usually only one topic covered during workshops weekly. Along with Debra's amazing personality, how could you say no to a course like this? This course has to be one of the best bang-for-buck courses you could take pre-APPEs!

PHM389H1: Research Project

Course Coordinators: N/A

Class Average: N/A

This course is offered in both the Fall and Winter terms. It requires you to reach out to professors who hold SGS appointments in the Department of Graduate Pharmaceutical Sciences. Once you have found a supervisor who has space and enthusiasm to take you on; you will have the option of completing the research project in the fall or in the winter terms. It is recommended you begin reaching out to professors at least one semester in advance.

The course is structured like an independent research project, where you work in a professor's lab and complete a project - starting with a proposal, midterm report on your activities and a final report which is similar to a research paper submission to a journal. You have the option to complete a wet lab or a dry lab/literature review type project; the former notoriously requires much more hours.

The quality of this experience will depend a lot on your supervising professor. A lot of the learning is self-guided and so you will learn only what you work to learn; but you may also get a publication out of it!

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