

VOLUME 26

ISSUE 5

# MONOGRAPH

*Pharmacy Magazine*

*LAST  
ISSUE  
OF THE  
YEAR*

LESLIE DAN FACULTY OF  
PHARMACY

## FEATURED IN THIS ISSUE:

**MESSAGE FROM UPS PVPs**  
**LETTER FROM MONOGRAPH**  
**MESSAGE FROM 2T5s PHRIENDS**  
**REFLECTIVE PIECES**  
**CLUB EVENTS**  
**RECEIPES & RXFAILS**

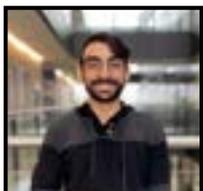
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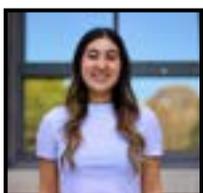
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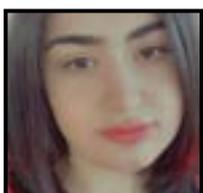
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## EDITOR'S ADDRESS

*Hello Phriends!*

Welcome to the final edition of the Monograph for this year!

We are thrilled to present Vol. 26, Issue 5, packed with a variety of content for your enjoyment. This issue highlights the successful intramural year, CAPSI's reflection on Toronto's Next Top Pharmacist (TNTP), success of Phollies & OPSIS, articles by your monograph representatives, along with your monograph co-editors, and much more! Be sure to check out the highlights from the unforgettable APPE experiences of the 2T5s!

Don't miss our final scavenger hunt for this year. Visit your class Facebook page or the Monograph Instagram for the link to enter the raffle and get a chance to win a gift card!

We also want to introduce your co-editors for next year, **Phoebe Yin** (2T7) and **Marina Numann** (2T7). We hope they have as much fun creating the issues as we have had this past year for you all.

As always, we are grateful for your continued support. We will be back at the start of the next school year to bring you more exciting content in future editions!

Best of luck to all on final exams! We're almost at the finish line.

Sincerely,

**Purvi Mahida and Vivian Hang**  
Monograph Co-Editors, 2024/25  
monograph@uoftpharmacy.com

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# UPS ADDRESS



As this academic year comes to a close, we find ourselves looking back on all the incredible moments we've shared as a faculty. From the energy of Phrosh and the Orientation Banquet, to dancing under the stars on the Boat Cruise, to the creative performances at Phollies, this year has been packed with laughter, connection, and memories that will stay with us for years to come. Each of these events was a reminder of what makes our faculty so special—our ability to come together, support one another, and make the most of our time here.

But beyond the celebrations, this year has also been one of change. With the introduction of the new three-year PharmD program, we are stepping into a new era for our faculty. It's a big shift, and while change can feel uncertain, it also brings new opportunities. But with challenges comes growth, and the LDFP has always been a place of growth, not just academically, but personally where we learn not only about medications and patient care but also about leadership, collaboration, and resilience. No matter what year or program you're in, one thing remains constant: our community. The heart of LDFP isn't just the curriculum—it's the people, the friendships, and the shared experiences that make this journey so meaningful. It's the support we offer one another, the late-night study sessions, the frantic discussions before and after an exam, and the moments of laughter in the 10-min breaks between classes. That sense of connection will always be what defines this faculty, no matter how the program evolves.

For us, this year has also been particularly bittersweet, as it marks our last one physically present on campus. In many ways, this faculty—and often the pharmacy building itself—has felt like a second home. It's where we've studied late into the night at PB, shared many many conversations in B150, B250, 220 and just about every other floor, and formed friendships that will last far beyond our time here. Walking through this building, knowing it has shaped our journey, is something we will always cherish. The support, companionship, and sense of belonging we've felt here is what makes LDFP truly special, and we hope every student continues to find that same feeling in the years to come.

Of course, none of this would have been possible without the incredible **UPS Council**. To our council members—thank you for your hard work, dedication, and passion. Whether it was organizing events, advocating for students, or finding new ways to bring people together, you've gone above and beyond to enhance the student experience. It has been an absolute pleasure working alongside such a committed and talented team.



And to every single student in this faculty—thank you. Thank you for entrusting us as your UPS President and Vice President, for showing up, for getting involved, and for making this faculty feel like home. It has been an honor to serve you, and we are so grateful for the opportunity to have played a role in shaping your student experience.

As we move forward, we are thrilled to introduce your incoming **UPS President, Miral Bunha**, and **Vice President, Unnati Shah**. They will be taking the lead in supporting both the remaining 4-year program students and the incoming 3-year PharmD students, ensuring that our faculty continues to grow and thrive. We have no doubt that they will bring fresh ideas, strong leadership, and a deep commitment to our student body.



While this chapter may be coming to an end for us, LDFP is just getting started on an exciting new journey. The years ahead will bring growth, innovation, and a new generation of pharmacy students ready to leave their mark. No matter where we go next, we will always be proud to be part of this incredible community.

Signing off,

Handwritten signatures of Mona Mollaeizadeh and Rehan Saeed in black ink.

**Mona Mollaeizadeh and Rehan Saeed**  
Signing off as 2024-2025 President and Vice-President  
Undergraduate Pharmacy Society (UPS)  
Leslie Dan Faculty of Pharmacy  
University of Toronto



# LETTER FROM UPS



As the end of the 2024-2025 school year approaches, we, the incoming UPS President and Vice President, want to extend our congratulations to all of you for making it through another year of the PharmD program! Each class has faced unique challenges and triumphs, and we are incredibly proud of the perseverance, dedication, and resilience shown by every student in the Faculty of Pharmacy.

To the **2T8s** – you did it! You survived your first year in pharmacy school, tackling everything from PK to Mol Pharm, experiencing your first MTMs, and making it through an intense year filled with midterms and final exams. From Phrosh Week to your final assessments, you have shown incredible drive and adaptability. Your presence within the faculty is now undeniable, and we are beyond excited to see what the 2T8 cohort achieves in the years to come!

To our fellow **2T7s** – you have powered through one of the most demanding years in the program, balancing the rigors of Pharmacoeconomics, Infectious Diseases, Cardiology, and everything in between. This year, you strengthened your bonds as a cohort, served as mentors and leaders for the incoming 2T8s, and continued to push through academic challenges. Your contributions to Phrosh Week, Charity Week, and other student initiatives have been outstanding. We are confident that your cohort will continue to inspire and lead as you transition into your third year!



To the **2T6s** – you are now the senior student leaders within the faculty, guiding and supporting the younger years while preparing for your APPE placements. Your resilience has carried you through MTMs, complex pharmacotherapy courses, and countless exams, and your leadership has shaped the experiences of those following in your footsteps. Your journey is far from over, and we know you will leave a lasting impact as you move toward the next phase of your pharmacy career.

To the **2T5s** – congratulations on reaching the final stage of your PharmD journey! Your presence has been felt across all areas of the faculty, from APPE placements to leadership roles to student mentorship. You have represented UofT Pharmacy with excellence in your various rotations, and we have absolutely no doubt that you will continue to make a difference in the profession. As you prepare to embark on your careers, we hope you stay connected with the faculty and the generations of students who look up to you.

This past year has been filled with incredible events: the Interprofessional Boat Cruise, Phrosh Week, Phollies, Charity Week, Pharmacy Awareness Month, OPSIS, and so much more. None of this would have been possible without the dedication of our student leaders, club executives, and volunteers who worked tirelessly to enhance student life at UofT Pharmacy. Your contributions have fostered a vibrant, supportive, and engaging community, and we look forward to continuing this legacy.

Looking ahead, we are especially excited about the upcoming transition to the three-year PharmD program starting next year! This marks a significant change in pharmacy education at UofT, and we look forward to working closely with students and faculty to ensure a smooth transition and continued success for the incoming 2T8s and future cohorts.

As we enter the final stretch of the academic year, we want to remind you that you are here for a reason. Pharmacy school is challenging, but each of you has the skills, determination, and support system to succeed. No matter the ups and downs, remember that you are never alone—your peers, mentors, and the entire UPS team are always here to celebrate your successes and support you through the challenges.

We cannot wait to see what the next year has in store for us all. Wishing you the best of luck with finals, and we look forward to an amazing year ahead!

All the best,

**Miral Bunha and Unnati Shah**

Incoming UPS President and Vice-President  
2025-2026





# 2T7 Student Council: A Year to Remember!

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By: Sara Rokni Abjari, 2T7

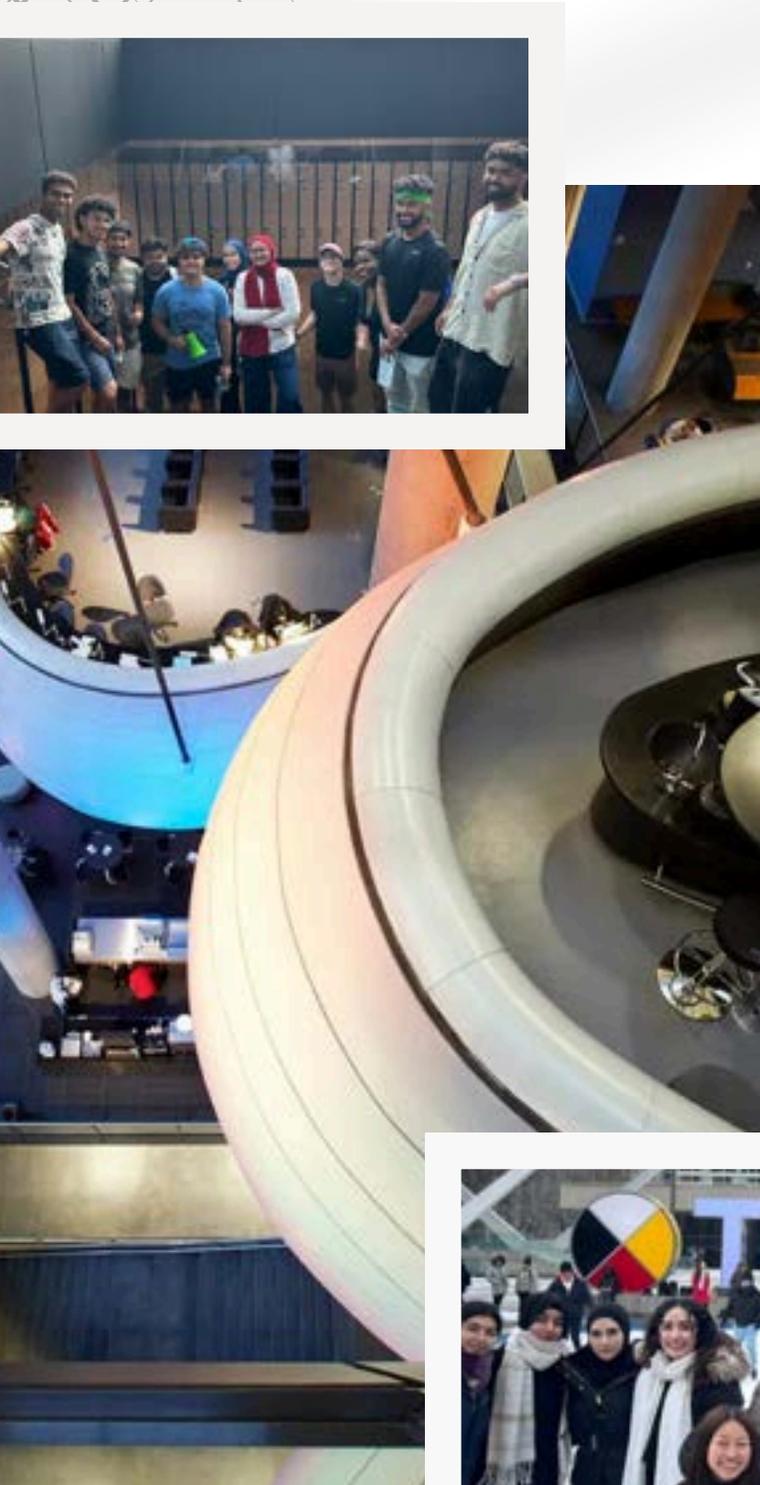
As the final edition of the Monograph rolls out, it's time to take a moment to reflect on the incredible year we've had as the 2024-2025 2T7 Student Council. From early morning meetings to late-night event planning, we've worked hard to make this year unforgettable!

We kicked off the year by welcoming the 2T8s with an electrifying Phrosh! From registration chaos to hilariously competitive games, we made sure our newest Phamily members felt right at home. Watching them bond over friendly competition and team spirit made all the hard work worth it!

Let's not forget our 2 cookie sale events that were a great success, helping us raise funds for our graduation in 2027. The Valentine's Candy Gram sales also surpassed our expectations—what better way to spread love than with a sweet surprise from a secret admirer?

Between study sessions during this year's cold winter our skating event was a great escape and our game nights were always a fun way to unwind and have fun.





Pharma Pursuit, our epic campus-wide race that put brains and brawn to the test was also a wonderful event! Teams dashed from clue to clue, solving puzzles and completing challenges, all while battling the ticking clock. The energy was electric, the competition fierce, and in the end, the memories made were priceless. The Step-Up Walking Challenge got everyone moving, proving that a little friendly competition is all it takes to get those steps in. Whether it was a strategic power walk between classes or an intense treadmill session, the 2T7s showed that they are always ready for a challenge.

Looking back, it's hard to believe how much we accomplished this year. From organizing unforgettable events to supporting our classmates, the 2T7 Student Council has truly left its mark. None of this would have been possible without every single person who played an integral role in making this year as special as it was.

To everyone who made this year so incredible: Thank you. Here's to the memories we made and the ones still to come!



# ALMOST A PHARMACIST

## *Honest Thoughts on Graduation and Life After School*

By: Said Aoude, 2T5

As a fourth-year pharmacy student wrapping up their APPE rotations, I was asked by the Monograph to share my honest thoughts on nearing graduation, my experiences in pharmacy school, and what I learned along the way.

Here are the questions I was asked:

**As you wrap up your final year of placements, how do you feel about graduating soon?**

I feel a strong sense of existential dread. It is a bittersweet mix of relief and terror. On one hand, I'm excited to finally be done with all the exams, assignments, and late-night cramming. But, there are parts of being a pharmacy student that I know I am going to miss. I will definitely miss all my classmates, the UofT campus, and the faculty as well. I imagine this is kind of what I imagine retirement feels like? You are happy but you know there is a lot you will miss about your workplace too. The difference is that instead of post-retirement rest and relaxation, I have a lifetime of labour to look forward to!

**What has been the most rewarding part of your final year, and how has it shaped your vision for your future in pharmacy?**

Honestly, I really enjoyed working with other students during my APPE rotations. Having someone to bounce ideas off of, share experiences, and vent to when things got tough made a huge difference. Those connections made stressful days more manageable, and it showed me how valuable a collaborative work environment is. In the future, I definitely want to work somewhere where I'm part of a supportive team of pharmacy professionals. I think having that network of colleagues would really help me stay motivated.



**Looking back on your pharmacy school journey, what advice would you give to yourself as a first-year student?**

Drop out! Just kidding — pharmacy is a solid choice overall. But honestly, I'd tell first-year Said to relax a bit and try to enjoy the experience more. It's so easy to get caught up in stressing over everything, but these four years fly by before you know it. There are a lot of great parts about being a student and it's worth appreciating that before it all becomes a memory. There's a whole lifetime's worth of stress and responsibilities waiting for you post-graduation, so just take a deep breath and enjoy pharmacy school while you can.

**What is/are some of the most significant things you've learned during your placements that you didn't learn in pharmacy school?**

I learned just how essential pharmacists are in so many different healthcare settings. In community, inpatient, and outpatient practice, pharmacists play a vital role not only for patients but for other healthcare professionals too. We're not just dispensing medications. Instead, we're a trusted source of information, a support system for patients, and a crucial part of the healthcare team. I've had rotations where patients would come in weekly just to chat with their pharmacist and get their advice, so it's clear that our impact goes beyond the dispensary.

**How should one prepare for life after graduation?**

Honestly, I have no idea — if someone figures it out, let me know! I'm just as nervous as everyone else. The best advice I've heard from upper years and pharmacists is not to jump straight into work. Take some time to relax, travel if you can, and enjoy the freedom before full-time responsibilities set in. From there, try to build a balanced routine of work, exercise, hobbies, and time with friends and family. How exactly to do all that? Unfortunately, you will need someone who has their life together more than I do to tell you that.



# PHARMACY IN PROGRESS:

## *A Glimpse Into a Third-Year's Journey*

1. How did your perspective on the pharmacy profession evolve during your third year of study?

During my third year of pharmacy school, my perspective on the profession deepened significantly. I started to focus more on the real-world impact pharmacists have on patients and healthcare teams. Through my EPE rotations I noticed how crucial pharmacists are in medication management and how they can positively influence patient outcomes. I also gained a stronger appreciation for interprofessional collaboration, recognizing that our role isn't just about dispensing medications but ensuring optimal therapy through communication with physicians, and other healthcare professionals.

2. With APPE coming up, how excited are you, and how prepared do you feel for this hands-on experience?

I'm so excited for APPEs, but it's definitely bittersweet because I won't be seeing my friends everyday. I do think it will be a learning curve, because we are only exposed to so much while we are still in school, I think I will be learning a lot as I go through my rotations.



### 3. What experiences from your first three years of pharmacy school do you feel have shaped your interests and goals for the future?

My role as the Vice President of PSASS has been a great experience in shaping my professional growth and interests. Through this position, I've had the opportunity to foster a sense of community among pharmacy students, organize events that enhance both professional and personal development, and advocate for student needs. I also got the chance to attend PDW which allowed me to engage with pharmacy leaders, explore emerging trends in the profession, and network with students and professionals from across the country.

### 5. What has been your favorite memory of pharmacy school so far, and why does it stand out to you?

Attending OPSIS is one of my favorite memories of pharmacy school! I loved it because it was so great meeting other pharmacy students, and it was a great time to learn while still hanging out with my friends and having fun!

### 4. What skills or knowledge from the first three years do you think will be most useful during your APPEs?

I think everything that we've learned in our PCT courses will be extremely helpful, as those are foundational concepts. I think everything that I have learned from MTM will also be very useful, especially when I need to communicate with patients and their families.

### 6. What is one piece of advice you would give to students in the first two years of pharmacy school?

Enjoy everything because before you know it you will be starting APPEs, and you'll almost be done with school! Get involved in clubs and attend pharmacy events, you're sure to make great memories. I would also say to try to attend at least 1 conference during pharmacy school, it's such a great opportunity to meet new people and pharmacy students from different schools!





By: Sara Rokni Abjari, 2T7

Monograph Representative

2024-2025



# PHARMACY SCHOOL: 50% DONE, 100% MORE COFFEE!

## 1. VIVID AND STRIKING NOW THAT YOU'VE COMPLETED WHAT MANY CONSIDER THE TOUGHEST YEAR OF PHARMACY SCHOOL, HOW DOES IT FEEL?

Second year was undoubtedly one of the most challenging yet rewarding experiences of pharmacy school. The increased workload and more complex clinical concepts pushed me to develop stronger study habits and time management skills. However, beyond the academic rigor, this year also provided invaluable opportunities for professional and personal growth. I gained confidence in my ability to apply knowledge to real-world scenarios, strengthened my problem-solving skills, and developed a deeper appreciation for the role of pharmacists in patient care. I know I will always look back on this year with a strong sense of accomplishment. It was a period of immense growth, both in my understanding of pharmacy and in my resilience as a student. Completing this milestone has reinforced my passion for the profession and has made me even more excited for the opportunities ahead.

## 2. WITH THE UPCOMING EPE2, HOW EXCITED ARE YOU, AND WHAT DO YOU HOPE TO GAIN FROM THIS EXPERIENCE?

I am very excited for EPE2, as it offers a valuable opportunity to apply my knowledge in a real-world setting and gain hands-on experience in patient care. Classroom learning has provided me with a strong foundation of knowledge and being in a practical environment will allow me to develop critical thinking skills, adapt to different clinical scenarios, and build confidence in my decision-making. One of my main goals during EPE2 is to strengthen my ability to provide patient-centered care by honing my communication skills and learning how to effectively collaborate with other healthcare professionals. I also look forward to receiving guidance from experienced preceptors, who can offer insights into the realities of pharmacy practice and help me refine my clinical approach. This experience will be instrumental in shaping my future career, giving me a clearer understanding of my strengths and areas for growth as I prepare for more advanced experiential learning in the years ahead.

### **3. AFTER FINISHING SECOND YEAR, WHAT ARE YOU MOST EXCITED ABOUT FOR NEXT YEAR?**

As I move into third year, I am most excited about further developing my clinical skills and gaining more hands-on experience through EPE2 and other experiential learning opportunities. Applying the knowledge I have gained in real-world settings will be both challenging and rewarding, allowing me to refine my problem-solving and patient care skills. Additionally, I am looking forward to taking more specialized courses that delve deeper into different areas of pharmacy practice that interest me. Beyond academics, I'm eager to continue engaging within pharmacy community, whether through student initiatives, networking events, or professional development opportunities. Third year presents new challenges, but it also brings exciting possibilities for growth, learning, and preparation for the final stretch of pharmacy school.

### **5. HOW DO YOU MANAGE STRESS AND MAINTAIN A WORK-LIFE BALANCE WITH THE INCREASED WORKLOAD IN SECOND YEAR?**

Maintaining a work-life balance in second year requires intentional effort and self-discipline. With the increased workload, I have learned that setting realistic goals, prioritizing tasks, and establishing a structured study routine are essential to staying on track without feeling overwhelmed. Breaking large tasks into smaller, manageable steps has helped me maintain productivity while reducing stress. Outside of academics, I make it a priority to engage in activities that help me recharge. Physical activity, spending time with friends and family, pursuing hobbies unrelated to pharmacy school helps maintain a sense of balance. Recognizing when to step back and take care of myself has been key to staying motivated, focused, and resilient throughout the year.

### **4. WHAT ADVICE WOULD YOU GIVE TO FIRST-YEAR STUDENTS AS THEY START THEIR JOURNEY IN PHARMACY SCHOOL?**

My biggest advice to first-year students is to take the time to understand their learning style early on. Pharmacy school is fast-paced, and having effective study strategies in place will make a huge difference in managing the workload. Staying organized, keeping up with material consistently, and finding a study method that works for you will help you succeed. Beyond academics, I encourage students to get involved in extracurricular activities, whether through student groups or part-time work. These experiences provide valuable skills, networking opportunities, and a sense of community. However, balancing academics with personal well-being is just as important. Make time for friends, hobbies, and self-care to avoid burnout. Pharmacy school is challenging, but with good time management and a strong support system, it can also be incredibly rewarding. Enjoy the journey—it goes by faster than you think!

### **6. WHAT WERE SOME OF THE MOST IMPORTANT THINGS YOU LEARNED IN YOUR SECOND YEAR, AND HOW DID THE YEAR COMPARE TO YOUR FIRST YEAR IN TERMS OF DIFFICULTY AND WORKLOAD?**

Second year emphasized the importance of time management and adaptability. The coursework was significantly more rigorous, with a stronger focus on clinical application and critical thinking. Compared to first year, the workload was heavier, requiring greater efficiency and problem-solving skills. However, the knowledge gained felt more practical and directly applicable to real-world pharmacy practice. Patient cases were realistic and challenges faced in the controlled classroom environment were close to what we will see in practice. While challenging, second year provided a deeper understanding of the pharmacist's role in patient care and prepared me for more advanced learning experiences in the years ahead.

# PHARMACY SCHOOL 101: SURVIVING AND THRIVING IN YEAR ONE

By: Fieruz Mobarak, 2T8

## ***1. HOW HAS YOUR FIRST YEAR OF PHARMACY SCHOOL BEEN SO FAR? WHAT ARE SOME KEY LESSONS YOU'VE LEARNED?***

The first year of pharmacy school has been a MIX of emotions. At the start, I was apprehensive, unsure of what to expect and nervous about the challenges ahead. However, as the months passed, I found my footing, thanks to an incredibly supportive community. My classmates, professors, and mentors have made this journey easier, offering guidance, encouragement, and friendship. The workload is intense, but I've grown academically and personally, learning to balance responsibilities while staying motivated. This year has solidified my passion for pharmacy, and I'm excited to see where this journey takes me in the coming years.

## ***2. WITH THE UPCOMING EPE1, HOW EXCITED ARE YOU, AND WHAT DO YOU HOPE TO GAIN FROM THIS EXPERIENCE?***

There are definitely quite a few nerves as I approach EPE1, but also excitement. I look forward to being able to apply my skills from MTM1 in-practice while also getting a better understanding of the pharmacy environment. I hope to be able to become more comfortable in a pharmacy setting and to develop a greater sense of confidence when communicating with patients and other healthcare professionals.

## ***3. IF YOU COULD GIVE YOUR PAST SELF ONE PIECE OF ADVICE BEFORE ENTERING PHARMACY SCHOOL, WHAT WOULD IT BE?***

I would tell myself to not be afraid to make mistakes. I have always been one to be worried about failure and as a result, have often been shy to approach challenges with confidence. However, through experiencing challenges both academically and professionally in this first year, I now realize the best way to learn and grow is to proceed with confidence, and if you fail, don't feel discouraged. That is not to say that you can't feel disappointment or sadness, as this is also a natural part of the process. But, I now realize how important it is to get back up after you fall, and to not let one failure discourage you as one failure doesn't define your entire future.



#### **4. WHAT WAS THE MOST CHALLENGING PART OF ADJUSTING TO PHARMACY SCHOOL, AND HOW DID YOU OVERCOME IT?**

One of the big challenges I faced was finding what study techniques worked best for me. Trying to keep up with all the course work, while also finding the balance between memorization and application was something I constantly struggled with in midterm and finals season (and I could argue I'm still figuring it out). This struggle paired with trying to find a work-life balance brought a lot of stress at times this year. Despite this, I am glad I went through this in my first year, as I feel I am better prepared to handle the more challenging workload to come in the coming years at LDFP.

#### **5. HOW HAVE YOU BEEN ABLE TO BALANCE ACADEMICS WITH PERSONAL LIFE DURING YOUR FIRST YEAR?**

This is something that I still think I struggle with on occasion, but one of the things that helped me find a better balance is to surround myself with people who were supportive of my academic goals while also encouraging me to have a social life! The friends I have made at LDFP keep me on top of my school work and motivate me to work hard, while also encouraging me to take breaks and have downtime. It is so incredibly important to have a solid support system to be able to find balance, and luckily the community at LDFP is full of supportive individuals to help you succeed.



#### **6. WHAT ADVICE WOULD YOU GIVE TO SOMEONE THINKING ABOUT STARTING PHARMACY SCHOOL OR APPLYING TO A PHARMACY PROGRAM?**

If a patient tells you they are taking a drug, don't forget to ask for the strength (while it seems like common sense, apparently it wasn't to me in MTM1:). On a more serious note, if you're contemplating applying to the UofT PharmD program, but are on

the fence because you think it's going to be too hard, that shouldn't discourage you from applying! I'm not saying it will be a walk in the park (at least it hasn't been for me), but going through challenges in this program does feel rewarding in the end, even if it doesn't in the moment. I have made some amazing friends and had some exciting experiences so far, none of which I would have had if I had

been discouraged by my worry that it would be too hard for me. As I continue to progress through this program, I know it won't be easy but now that I have felt the reward of overcoming challenges in this first year, I am motivated to take on more challenges to come!

*Until Next  
Time...*

# ***A SNAPSHOT IN THE LIFE OF THIRD YEAR: AN ARTICLE BY THE 2T6 CLASS COUNCIL PRESIDENT SARA ROUGH***

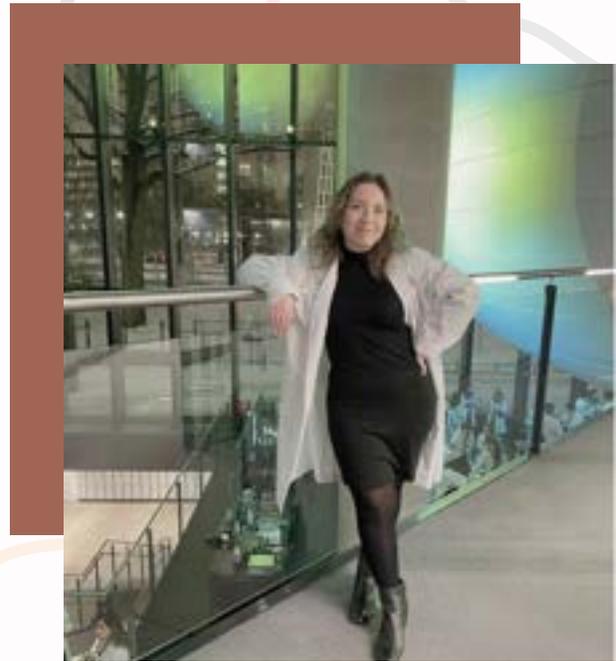
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By: Sara Rough, 2T6

Hey Phamily!

You may or may not know me, but my name is Sara Rough, and I am the 2T6 class council president. I wanted to write a monograph article talking about third year and class council for those interested in what's to come by your third year or taking on a leadership role at the faculty!

It feels like yesterday I was in first year and nervous to make it through the program and become a competent pharmacist. At the end of third year, I can't believe how fast time has gone by. I think third year in particular; you do feel the burn out that's accumulated from previous years, but you still persevere since you are almost there! From picking APPEs to studying for your classes, you'll be kept busy and in the blink of an eye you are at the end. Some class related advice I would give students going into third year, is to choose the electives you are the most interested in and not just ones that are necessarily "easier" than others. If you don't enjoy the topics in the classes you've chosen, then it will feel a lot harder for you to study. Now is the time to explore topics you didn't previously learn in the curriculum and follow your interests. When choosing electives, you are essentially choosing topics that will benefit your future career so it's important you are engaged with the material to be able to apply it to your work as a pharmacist. Enjoy your last year at LDFP and soak up the knowledge!

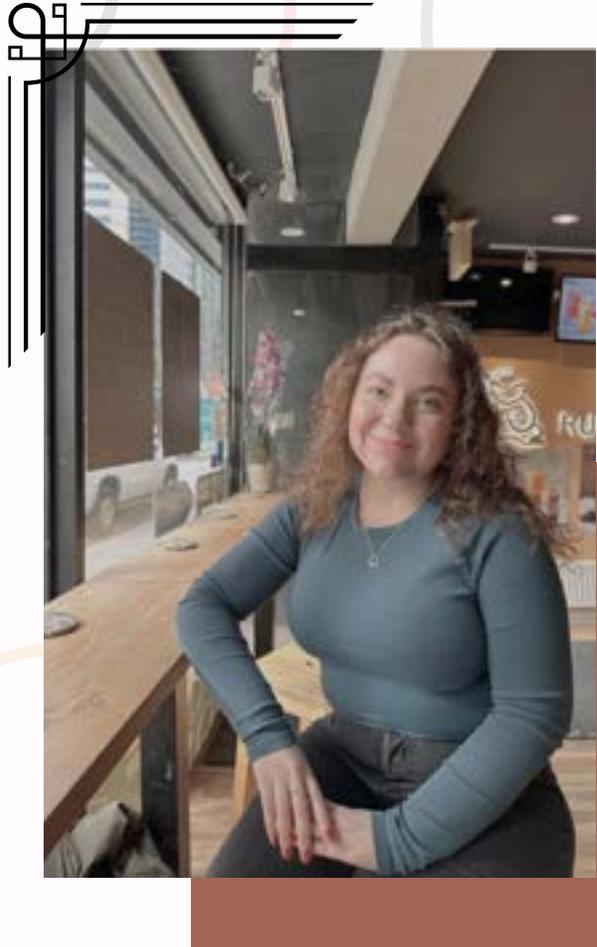


In addition to the above advice, I would like to speak about my time as the third-year president. It's been a pleasure to be able to be a leader for my cohort and to lead a group of like-minded individuals towards common goals such as organizing events and the Patagonia sale. I think what made it easy was having an amazing team by my side and I can't thank them enough for the amazing job they have done this third year. I got to get closer to each of you through our council meetings, discussions outside of class and events we held which was nice since the cohort is so large, it is hard to know everyone on a personal level. But making these new connections is something I really appreciated as class council president. Thank you to the wonderful class council and I look forward to seeing what you do in your future endeavors.

Being on class council allowed me to feel a sense of closeness with the cohort since I overlooked the needs of the class. Aside from leading, I learned a few lessons that I think we will all learn at some point in our lives or if anyone takes a leadership role. I learned how to strengthen my conflict-resolution skills, organization skills, boundaries, balance between time alone, friends/loved ones and my school/council responsibilities and how to be decisive in decisions that need to be made. And reflecting on that, I think those are all important skills for a pharmacist to have. I look forward to leveraging these skills in my future career as a pharmacist! If anyone is interested in taking on a leadership role, I encourage it as you gain all the skills stated above along with the ability to build your resume with an experience that you can talk about with whomever you wish to share that with.

Thank you LDFP for the memories and I look forward to experiencing my APPE placements this coming year! Good luck to my fellow classmates that are embarking on the same journey-we are almost there just one final push! And finally good luck to all the other students as LDFP-whether you are experiencing the new three-year program, or progressing to second or third year, you are doing amazing! Enjoy the memories because it will be gone in a blink of an eye!

*Good Luck*



# Reflection from 2nd Year; A Letter to you

It is unbelievable that we are already at the end of second year. Looking back on it, it was the longest, most difficult and challenging year of our education so far. Yet it's so bittersweet to see it go. The end of this academic year marks a lot of things; half way done our PharmD, one year closer to APPEs, one year closer to our PEBCs, and one year closer to becoming registered pharmacists. It's going by so fast and yet so slow. What even happened this year?



We had our first extensive pharmacotherapy course which was the favorite of a lot of us and those workshops were truly eventful. Especially if you had the workshop with Dr. Andrea Swanson. We also had the infamous minor ailment course with Dr. Debra Sibbald, a true pillar of pharmacy practice. Her iconic outfits will be missed, unless you take the third year elective. Doesn't it seem that the first semester is a long time ago?

We were very busy this year weren't we y'all? I feel like we all became very connected though, trauma bond or what not. There were a lot of funny moments too. For example, how to NOT talk to diabetic patients ft. yours truly. Too bad that will be recorded on OCCS forever. MTM is such a fun class but I think a lot of us are scared of DAP notes now. Looking back at MTM 1 and the 2T8s, we learned so much.

Wait, I can't forget about Phrosh and all the amazing people that made it possible. What a week that was! Gabra and I worked all summer with our Phrosh Planning Committee and our Phrosh Leaders to deliver a memorable week to the 2T8s. Shout out to all of them! Each one of you was invaluable to this process and thanks to all of you, our Grad Reps are set up. Looking forward to seeing what they do.

I always think 2T7s are the best cohort, and I am not biased as the previous president. We are connected, driven, and involved. So many of us are in extracurriculars one way or the other, doesn't that show how much we love LDFP? For me, I loved being on the student council. It was such an honor being your president. It made me happy how you trusted me to be in this position and I hope I fulfilled my promises. On behalf of the 2024-2025 council, thank you. For the new council, congratulations! I know my 2T7s will be taken care of next year and I can't wait to see what you do.



We are almost done this year! We got through so many classes we never thought we would survive and yet here we are. I know business and economics might not be our forte as science students but we can't let those classes defeat us, we can't let the business kids win. In one month or so, we will be heading out to our EPE-2. How different are we from EPE-1? I reflect on that difference a lot; look at who you have become! Someone told me that pharmacy is about who you know and if pharmacy is about who you know then I am glad I met you guys. Can't wait to finish this journey with all of you.

Sincerely,  
Sohila Elgedawi, 2T7



**MESSAGE**  
**from** **2T5 PHRIENDS**

Add  
18feet  
to your life



“As you gear up for your APPE rotations, you might be feeling a mix of excitement, nervousness, and a slight existential crisis about finally being in fourth year. Don't worry, we've all been there. To help you make the most of this experience (and avoid unnecessary stress), here are five practical tips to help you navigate your rotations.”

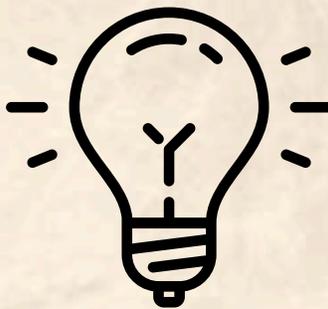


## 1 Email Your Preceptor Early

It's always a good idea to reach out to your preceptor a couple of weeks before your rotation starts. A quick email introducing yourself and confirming your start date goes a long way. Be sure to include your name, rotation dates, any questions you may have, and, of course, some fake enthusiasm! Reaching out early gives you time to complete any required documentation, training modules, account set-up, or pre-reading before your first day. Plus, it's also a great chance to ask about your schedule and day-to-day responsibilities so you're not walking in blind.

# 5 APPE ADVICE: TOP 5 TIPS FOR YOUR FOURTH-YEAR ROTATIONS

By: Said Aoude, 2T5



## 2 Prep Your Learning Contract Early

Yes, we all love procrastination, but trust me—do your learning contract early. Not only will this free up your time during the rotation, but it also allows you to have a meaningful discussion with your preceptor about your goals. This conversation helps clarify their expectations and gives you a chance to tailor your experience to what you actually want to learn.

### 3 Ask for Regular Feedback

We all expect feedback during midpoint and final evaluations, but waiting until Week 5 to find out you haven't been meeting expectations is not ideal. Instead, try to ask for feedback throughout your rotation—after a patient interaction, a presentation, or any key learning moment. This will help you improve in real time and make sure you're on the right track, not just for this rotation but for your future career as well.



### 4 Choose Your Presentation Topic Early

Picture this: Your preceptor asks if you have any topics in mind for your presentation. You haven't given it a single thought, so you shrug and say, "No, I'm open to anything. Do you have any recommendations?" They respond with the most complex, dry, and soul-crushing topic imaginable. Avoid this fate by coming prepared with a few articles or topic ideas early on. This makes you look proactive and ensures you get to present on a topic that won't make you regret every life decision that led you to this point.



### 5 Have Fun!

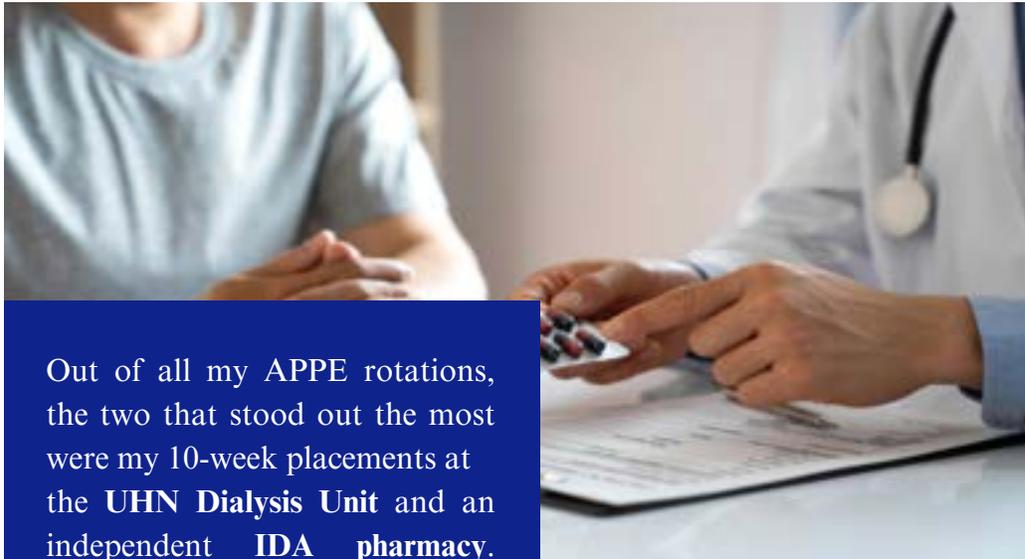
Yes, I know—this sounds like a generic way to fill an empty spot on this list (and it is!) But, ultimately, APPEs should be fun. Let's face it, we're doing a year's worth of free labor, and if we're not getting paid, we might as well make the most of the experience. Use this opportunity to explore different practice settings, meet new people, and figure out what you do (or don't) want to do in the future. If you love your rotation, great! If you hate it, at least you now know what to avoid when job hunting. And if you REALLY love it, well—who knows? Maybe your preceptor will remember your enthusiasm when they're looking to hire. At the end of the day, APPEs are what you make of them. Take advantage of this year, soak up the experience, and try to enjoy it as much as possible!

BY: AQSA ALI, 2T5

APPE EXPERIENCE

## STEPPING INTO PRACTICE:

# AN APPE EXPERIENCE REVIEW



Out of all my APPE rotations, the two that stood out the most were my 10-week placements at the UHN Dialysis Unit and an independent IDA pharmacy. These experiences allowed me to apply my knowledge in real clinical settings, take on key responsibilities, and further develop the practical skills needed for pharmacy practice.

role in my learning—being able to collect a thorough medication history and then use that information to assess and optimize drug therapy was a highlight of the experience. It was also a chance to see how clinical decisions were influenced by both lab data and patient-specific factors such as affordability and access to medications.

### UHN Dialysis Unit

At the UHN Dialysis Unit, I was part of a collaborative, interprofessional team that included nephrologists, dietitians, nurses, and pharmacists. I had the opportunity to participate in monthly blood rounds, where we reviewed patient labs and discussed individualized care plans. I contributed medication-related recommendations, especially in areas like renal dosing adjustments and phosphate binder optimization. Conducting BPMHs also played a big



### IDA Pharmacy

At the IDA independent pharmacy, I experienced a different but equally valuable side of pharmacy practice. I was trusted

with several key responsibilities, including data and clinical verification, product checks, and involvement in various steps of the dispensing process. I performed MedsChecks, counseled patients, and worked through real-time workflow challenges. Being engaged in so many aspects of the day-to-day operations gave me a deeper understanding of how community pharmacists balance clinical care with operational demands, especially in a high-paced, independent setting.

To the upcoming class choosing their APPE sites: pick something you're truly interested in. These are your last rotations before becoming a pharmacist, so take the time to explore areas that matter to you and will help round out your experience. Also, consider the practical aspects—the commute can add up quickly in both time and money, so factor that into your planning.



## Lessons Learned

An important lesson I took away from both rotations was the value of professionalism and being proactive. Treat each rotation as a job opportunity. These placements are a chance to demonstrate your skills and work ethic to potential future employers, even if they are not formal job interviews. Every interaction, whether with your preceptor, colleagues, or patients, is an opportunity to show how you handle responsibilities, solve problems, and contribute to the team. Be proactive, ask questions, and take the initiative to contribute meaningfully. These are the qualities that employers look for, and you never know what connections or future opportunities may arise from a strong performance during your rotations.

Each site offers something unique, and wherever you go, stay engaged and make the most of every learning opportunity.

By: Jonathan Scodeller, 2T5

# APPE Reflective Piece

After finishing pharmacy school on a random Friday in March, I took some time to reflect on this past year of APPEs from the selection process to all of my rotations and see how that journey went.

When I was selecting my APPEs, I knew that I wanted to try a lot of new experiences for this final year, so after working mainly in busier pharmacies, I wanted to use APPEs to work at some slower pace stores and environment to really take my time practicing my therapeutics and be able to connect with the patients much better. Once I had my final schedule, I had a good mix of DPC and NDPC rotations varying in areas of focus – from working at an ambulatory nephrology clinic through my hospital rotation, to working alongside the faculty with Jennifer Lake and Discovery Pharmacy, and doing an NDPC rotation in an HIV clinic, I knew this next year would be an exciting opportunity for me.

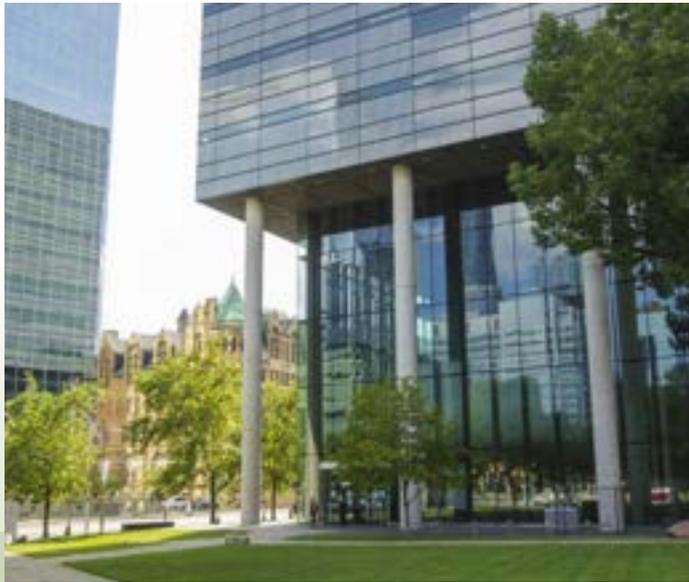
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## DPC ROTATION: INDEPENDENT PHARMACY



Going into my first few blocks, getting into the motion of working full time was a bit of an adjustment, so building a schedule and a routine was really important for the first rotation. I also got into a good habit of making sure that I left the work at my placement – I knew I would be back tomorrow so leaving some of the stress behind allowed me to better decompress when the day was done. Finally, I made sure to set aside time during the workday to ask for feedback to ensure I was doing my best and wasn't surprised by my midpoint or final evals. The first block was my community block, which was at an independent pharmacy, which was a nice change of pace from the busy chain pharmacies I was used to in past EPEs. My 10 weeks there were spent rebuilding my practical skills in community pharmacy, while also giving me a chance to hone my therapeutic knowledge and decision-making abilities. I also got to be a mentor for an EPE student (shoutout Chloe!) that had her EPE 2 block there while I was in the second half of the rotation, which helped me learn how to delegate tasks. Overall, this block was super nice and chill starting off, and my preceptor gave me good tips for future APPE blocks and for studying for my licensing exam.

## NDPC ROTATION: LESLIE DAN FACULTY OF PHARMACY



One rotation that I enjoyed the most would have to be my 2nd rotation, which was with Jennifer Lake at the Faculty of Pharmacy. It was my first NDPC rotation, which it was nice to sometimes be able to work from home in my pajamas (especially in July when it was extremely hot outside), but it was also the placement I knew the least about going into it, as being an NDPC project rotation, I could have been doing anything for it. The project that I worked on was super interesting, and it was also nice that Jen had another student working with her during my APPE block (shoutout to Laura!), so I had someone to bounce ideas off of and chat with. The 5 weeks flew by super fast, and Jen was a great preceptor, giving me good feedback, allowing for me to reflect on what I had done up to that point, and challenging me to solve problems in different and unique ways. I finished this block with a sense of accomplishment and having physically done something that I could look back on and say, “oh hey I wrote that article portion.”



## DPC ROTATION: ETOBICOKE GENERAL HOSPITAL

Blocks 5 and 6 were the blocks I was dreading most of all when APPEs started... 10 weeks of institutional placement. I remember my first day walking up to Etobicoke General Hospital (at the crack of dawn no less) and thinking “this is the hump; you can get past this.” Luckily my first 5 weeks were pretty smooth overall. The first half was in an ambulatory nephrology clinic which was somewhat of a gateway to hospital practice. I would see patient’s half of the week, and would be doing patient workups, drug coverage applications, and working on learning assignments the other half of the week. My preceptor for this block saw that I liked teaching and learning, so she catered parts of the block to let me do just that, giving me questions about chronic kidney disease management and having me teach it back to her. This is something that I highly recommend when going into your APPEs, having the conversations with your preceptors about how best you learn, and how best you communicate, which will allow for smoother learning experiences and working environments.

But just like that, I had moved from the nephrology clinic, to working on the inpatient floor. Let me tell you, those first 2 weeks of inpatient hospital were probably my 2 least favourite weeks of all of my APPEs. This by no means was because of the staff, or the location, or even my preceptor, but this was just due to the shift in what I had been used to so far in APPEs and pharmacy practice. Every day, I would have a new patient that I would have to work up, along with working up the disease state, and present these to my preceptor, who would then have followed up questions about the disease state and the patient. I was also on a gen med floor, which means my cases could range widely from patient coming in with pneumonia to alcoholic hepatitis to diabetic ketoacidosis. On top of this, every new patient would mean I would have to follow up the same patient until they were discharged, so by the end of week 1, I already had 6 patients I was actively following. I felt that no matter how much work I did on these workups, there was always something I was missing; whether it was a “why was this medication prescribed”, or “what would you use in this case scenario”, there was always a point where I had to say, “I don’t know.” I learned

a couple of things from this, however. Firstly, make sure you are talking to your preceptor. After this first week, I sat my preceptor down and asked for feedback because I wasn’t getting a lot, which helped a ton because he was able to give me focus areas that he felt were lacking. Secondly, if you are feeling overwhelmed by the work, take a step back from it, use your support systems, and again, talk to your preceptor. I’m lucky that I had some great friends that I could fall back on for this, but make sure that your mental health comes first throughout your APPPEs. Finally, it is ok to say, “I don’t know.” We have all the resources at our fingertips, it is ok for you to take a second and look up the answer. Its better to not know and look it up, than to guess randomly and be wrong. By the end of the rotation, I had a good groove on how my days were in the hospital, I got my work done and left my hardest block behind me.

## NDPC ROTATION: TORONTO GENERAL HOSPITAL

My second last block was at the HIV clinic at Toronto General Hospital where I was doing NDPC work – mainly focused on projects about side effects of HIV medication. With this block, I was further able to act on those teaching skills that I liked from my past hospital block and use those to teach new clinic staff about HIV drugs, resistance, and management of patients living with HIV. This whole block gave me a great perspective on patients living with HIV, and I got so many great opportunities during this block to interact with other clinicians in this field, whether it was on a zoom call or at a nice dinner. It was also my second NDPC, so I knew a little more of what to expect, and I continued to love the days that I could work from my bedroom (especially during those heavy snow days).



## DPC ROTATION: DISCOVERY PHARMACY



Just like that, I was on my last block, which brought me back to where it all started – the Leslie Dan Faculty of Pharmacy, specifically at Discovery Pharmacy. One thing I loved about this block is that my preceptors trusted me right away.

This being my last block, they gave me confidence in myself and said, “you’re basically a pharmacist by now, you can do things without me being over your shoulder.” This block helped further cement my therapeutic skills, while also helping me build my confidence in counselling, documenting, and being a leader in the pharmacy. Having so many pharmacy students coming in and out of Discovery helped me build mentorship skills and delegate tasks to efficiently do the day-to-day work. This block also further reinforced the idea that I want to work in a community pharmacy after I graduate – specifically one where I can take the time and get to know the patients.

After a year of stress, 9-5s, presentations, and many times where I thought “what was this doctor thinking”, I finished my APPEs. So, as I am sitting here now, staring at my notes for the PEBCs, I have some advice to give to all of you going into APPEs, or dreading the selection process next year, or even if a first year is reading this just being curious about what will happen in the future.

- 1 Plan your blocks out. Pick the rotations that you are very interested in, as they will go by the fastest and keep you engaged throughout the block.
- 2 Use that APPE resume wisely – let your preceptor know what works for you and what doesn’t, and what interests you. This way, they will try and make the tasks you are given and the feedback you receive better tailored for your individual learning.
- 3 Leave your stress at the pharmacy door – sometimes its inevitable that you need to bring some work home with you, whether its prepping for a new patient, or the presentation that you need to do, or something else. If you can, try to leave some things for working hours. You need the rest too, or else you are just going to crash and burn out.
- 4 Be confident in yourself. Even if you feel that you don’t know something or you feel like you are doing a bad job – seek out that feedback, improve your knowledge gaps, and come out of every block even a step above where you were when you started.
- 5 Have fun! It is a lot of work doing your APPEs but take time to enjoy the little things. Get yourself that sweet treat on your lunch break, enjoy the little things, cause before you know it, you will be done.

Hope you all loved reading my stream of consciousness that I just threw onto this page. Hope this helps with your future APPE endeavours.

# TOP 5 THINGS TO DO IN JAPAN DURING YOUR APPE ROTATION

**By: John Nguyen, 2T5**

Doing a pharmacy rotation abroad is a unique opportunity, and if you're lucky enough to land in Japan, you're in for an unforgettable experience! Between exploring the food scene and adjusting to cultural differences, don't miss out on the chance to experience all that Japan has to offer. Here are my top 5 must-dos while you're there:

## 1. Visit a Traditional Onsen (Hot Spring)

After a long week of learning the ropes at your rotation site, treat yourself to the ultimate relaxation experience at a traditional onsen. There's nothing quite like soaking in hot, mineral-rich waters surrounded by nature.



## 2. Explore the Bustling Streets of Tokyo

Tokyo is a sensory overload in the best possible way. Visit Shibuya Crossing for the “organized chaos” experience, dive into Akihabara for all things anime and gaming, and try conveyor belt sushi for a meal that's as fun as it is delicious. The blend of futuristic tech and traditional temples is a must-see.



## 3. Visit Super Nintendo World

Channel your inner gamer and immerse yourself in the vibrant, nostalgia-filled world of Super Nintendo! Located at Universal Studios Japan in Osaka, this park is a must-visit for anyone who grew up playing Mario Kart or battling Bowser. From interactive games to themed food and merch, it's a surreal experience that makes you feel like you've stepped inside a video game.



## 4. Try All the Food

From ramen and okonomiyaki to the freshest sashimi you'll ever eat, Japanese cuisine is a whole experience. Make sure to check out the street food scene — try takoyaki (octopus balls) or taiyaki (fish-shaped pastries) for a quick bite. Be adventurous — you might surprise yourself!

## 5. Take a Day Trip to Kyoto

Kyoto is the heart of traditional Japan. Visit the Fushimi Inari Shrine, stroll through the Arashiyama Bamboo Grove, and catch a glimpse of a geisha in the Gion district. It's a peaceful contrast to the hustle of cities like Tokyo, and it feels like stepping back in time.

# PHOLLIES

By: Victoria Jamieson, 2T7

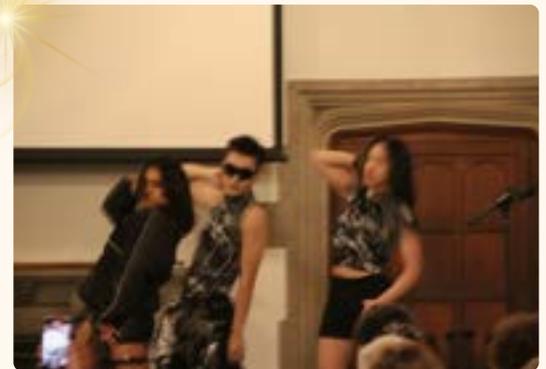
Let's hear it for our 2024/25 Pharmacy Phollies!

Every year, UofT PharmD students and faculty come out to showcase their charisma, uniqueness, nerve and talent (thank you, Ru, for these great words). This is always a highlight of the year, a chance to step out of the classroom, be creative, and share some laughs. This year, we had performances that blew us all away.



As their last Phollies performance, our 2T6 class council opened the show. These soon-to-be pharmacists killed it with their rap number, starting our evening off on a high note.

Next, the Pharmacy Dance Team had their Phollies debut, with an incredibly impressive set. And those outfits?! Off the charts. We're so excited for all their future performances!



2T7 council followed this up with what is sure to be a billboard hit - Sabrina Carpenter herself would be proud.



Our lovely faculty came to shine (as always) with both a skit and a band-accompanied song. 'We were made for pharmacy, baby'!!

The ever-growing Pharmacy Choir performed Somebody To Love - in 4 part harmony!!

Pharmacy students really are a talented bunch! Next, our first year superstars on 2T8 council blew us all away with an incredibly well thought out (and hilarious) skit.



Just when you thought the night couldn't get any better, choir member Jazmyn (2T8) blew us all away with a Broadway-worthy rendition of 'Popular' from Wicked, and choral director Kayleigh (2T7) brought us to tears with her beautiful solo act. Pharmacy Dance Team leader Anica blessed us all with a solo routine that had us thinking 'gosh, she's talented!'.



And finally, to close our wonderful evening, ADR (Adverse Drug Reaction) returned to the stage with a dazzling display of musical talent.



From musical performances to comedic skits, the talent on display proves that there's more to pharmacy than just prescriptions and pills - it's about passion, creativity, and community. Join us next year for another night of laughter, applause, and unforgettable performances that highlight the diverse talents of our pharmacy phamily!



# Toronto's Next Top Pharmacist TNTP 2025

By: Anica Shafiq, 2T7

Organizing Toronto's Next Top Pharmacist (TNTP) as the CAPSI Junior Representative has been one of the most exciting and rewarding experiences of my year. TNTP is not just a talent show—it's a CAPSI flagship event that brings together pharmacy students and faculty in a night full of talent, laughter, and community. From singing and dancing to reciting pi and pill counting competitions, the event truly embodied the vibrant spirit of our pharmacy student body.

From the CAPSI perspective, TNTP serves to strengthen student engagement and spotlight the multifaceted talents of future pharmacists beyond academics. It fosters camaraderie, celebrates individuality, and provides a platform for students to take a break from the rigor of pharmacy school. This year, I was incredibly proud to colead and coordinate every aspect—from contestant recruitment and logistics, to music editing, schedule planning, and designing the award segments.



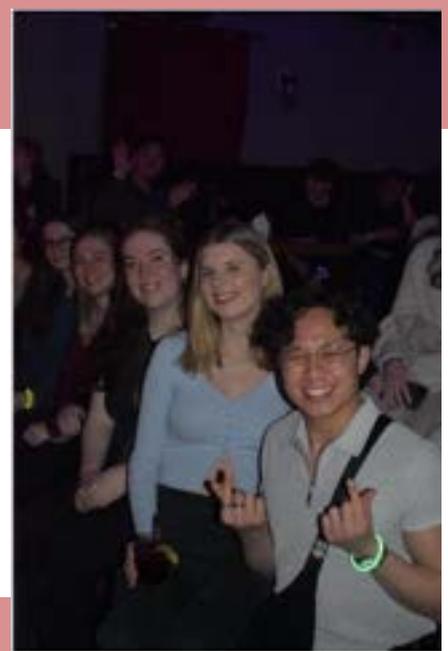
A standout moment was hosting the first-ever CAPSI Local Awards, which I initiated as a way to celebrate the heart and hustle of our executive team. From “Most Reliable Exec” to “MVP of the Year,” these awards brought laughter, recognition, and a sense of appreciation to those who keep our chapter running smoothly. This addition also reflected CAPSI's commitment to building a supportive and fun leadership culture.

TNTP ended up being one of the biggest and most successful events of the semester—it was a sold-out show packed with students, faculty, and unforgettable energy. The performances were phenomenal, and the crowd engagement exceeded all expectations. I learned so much through this process: how to manage large-scale event logistics, how to adapt on the fly, and how essential teamwork and creativity are to making events like this shine.

I'm beyond excited to take everything I've learned and bring even bigger ideas to next year's TNTP as CAPSI Senior Rep. With the Professional Development Week (PDW) being hosted in Quebec City in 2026, our next show will set the stage for something even greater—and I can't wait to start planning.



C A P S I • A C E I P



# OP SIS EXPERIENCE

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BY: SHEENA YE, 2T6



If you scored a ticket to one of the most coveted events of the year, the Ontario Pharmacy Students Integrative Summit, congratulations. I hope you had a restful week after our insane weekend of case studies, speakers, networking, debate competitions and other fun activities that would not be appropriate to include in a student newsletter. If you missed out this year or was curious about the OPSIS experience, I hope this article summarizing our past OPSIS weekend will spark some excitement for our 2026 conference!

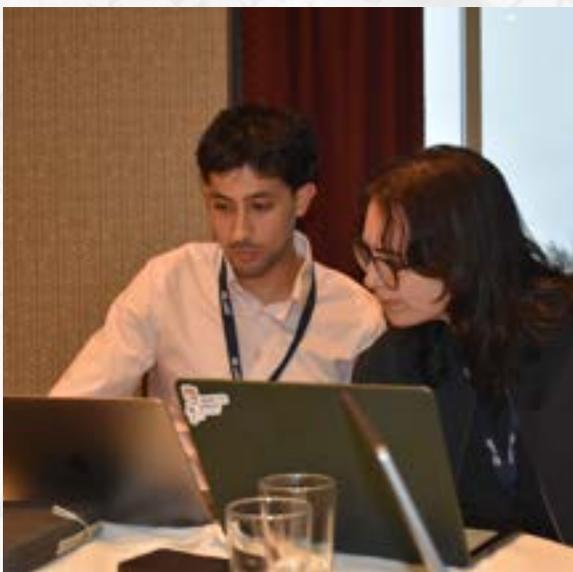
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**THIS YEAR'S THEME, "ASPIRE" WAS INSPIRED BY THE QUOTE "REACH FOR THE STARS", EMBODYING THE LIMITLESS POTENTIAL OF PHARMACY'S FUTURE LEADERS.**

Our ultimate goal of organizing OPSIS is to drive our delegates to dream big, aim high, and pursue excellence while creating lasting memories and professional connections.



OP SIS 2025 started off an absolute blast with our attendees enjoying a delicious 3-course catered meal during our opening ceremonies. The remainder of the night will go undiscussed in this article, but let's just say it was memorable nonetheless. After about probably 3 hours of sleep, we awoke the next day refreshed and ready to tackle our case competitions alongside the UWaterloo and UOttawa pharmacy students while chugging endless mugs of coffee. We heard some insightful talks from WholeHealth and Shoppers Drug Mart speakers about owning your own pharmacy and carving your path as a new graduate. We also enjoyed hearing the debate competition where students crafted arguments regarding controversial yet riveting topics, practicing their public speaking skills.



Finally, the highlight of all these conferences is **FOOD, FOOD, FOOD** - which was presented as an open buffet for all 3 meals of the day and served as a wonderful break for students from all three Ontario pharmacy schools to bond over. On the night of Day 1, our closing gala and awards show highlighted all the effort students put in earlier that day, with many students coming home with fun prizes. On the final day of the conference, after another unforgettable night of indescribable activities, students enjoyed an inspiring talk by the Ontario Pharmacists Association.

Overall, this eventful weekend was absolutely incredible and well planned. Our organizing committee did a fantastic job at ensuring all students' needs were met. I would like to give a huge shout out to our Toronto planners: Mona, Lydia, Miral, Unnati, Emily, Amira, Maggie and Rehan who have worked tirelessly over the past year to make this conference. Special shoutout to our Pharmakon representatives, Jenna and Victoria who took some beautiful photos capturing our priceless memories this weekend! I cannot wait to see what the next OPSIS has in store for everyone.



By: Elin Foulds, 2T6

# Move for a Mission: PhaSST's Collaboration with RxRunners for a Great Cause!

On Friday, March 21st, 2025, pharmacy students and faculty participated in a 2K walk or 5K run as part of a collaboration between the Pharmacy Student Service Team (PhaSST) and RxRunners to raise money for a local organization, Journey Home Hospice.



I was first introduced to Journey Home Hospice when working at a local community pharmacy the summer after first year and had the opportunity to tour their facilities and learn more about their role in helping our community. I was deeply moved by Journey Home Hospice's mission and wanted to find a way we could help support them as pharmacy students!

This past January, PhaSST held a Lunch & Learn with Rachel Weatherbee, the Manager of Volunteer Services at Journey Home Hospice. Rachel spoke with pharmacy students about Journey Home's role in the community and how pharmacy students could get involved.



Journey Home Hospice is Toronto's first hospice dedicated to providing specialized, quality palliative care, for individuals experiencing homelessness and structural vulnerability at end-of-life. By participating in this event and making donations, students and faculty directly contributed to improving patient care and continuing to support Journey Home's mission of bringing care and compassion to those that require their services.

By: Elin Foulds, 2T6

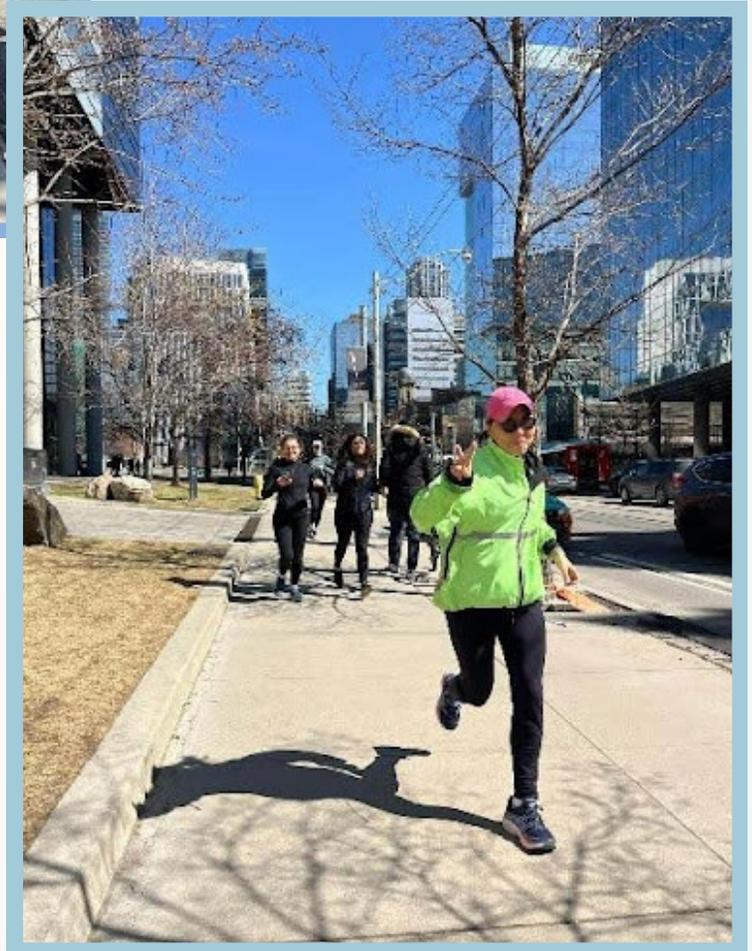


Despite the chilly weather, the shining sun and high spirits made for a successful event with \$1000 raised for Journey Home Hospice!



Thank you to everyone who came out to the event or donated to this great cause in our community!

Following the Lunch & Learn, PhaSST started preparing for our 5K Run / 2K Walk event with RxRunners, which saw more than 30 students and faculty lace up for this great cause! Runners trekked along College Street to St. George Street, up to Dupont Street and then back along Avenue Road to Queen's Park Crescent. Walkers started a similar journey but turned down Hoskin Avenue to complete their 2K loop of the area.



# Pharmacy Intramurals

2024/2025

MORE WINS, MORE FUN, MORE TROPHIES!

BY: JULIA IOANNOU, 2T6

**P**harmacy had an extraordinary performance during both the fall and winter intramural seasons this year. In the fall semester, three of our six teams made it to their championship games, with two of them bringing home the trophy! In the winter semester, four out of seven teams reached the finals, and one team secured the division title. This year's intramural success is a testament to the hard work and dedication of our players, as well as the leadership of our captains, who devoted countless hours after class to participate in and support pharmacy athletics. This has truly been one of the **most successful intramural seasons** pharmacy has ever seen!



## Women's Division 2 & Division 1 Volleyball

Our women's volleyball team has been pharmacy's standout performer for the past three years, having previously won the Division 2 championship in both the 2022/2023 and 2023/2024 seasons. In the fall semester, the team remained undefeated throughout the entire season, **claiming the Division 2 title for the third consecutive year!** Despite being moved up to the more competitive Division 1 in the winter semester, the team persevered, winning every match leading up to the

championship game, where they fought a hard battle against Skule. We are incredibly proud of their achievements and extend a special thanks to team **captain Madeleine Yee** and **MVP Negar Shavandi**, whose skill and leadership were instrumental in the team's success.

## Open Division 2 Volleyball

Our open volleyball team also had a stellar performance in both semesters. In the fall, they went undefeated until the championship match. During the winter semester, the team dominated the regular season and **captured the Division 2 title** with a decisive 2-0 victory over Medicine! Congratulations to the entire team, and a huge thank you to **captains Alex Su and Kourosh Sedaei**, along with **MVP Cameron Chan**, for their leadership and commitment.





## Mixed Division 2 Tennis

In the fall semester, pharmacy partnered with OISE in the Mixed Division 2 Tennis League. The team had an impressive run, winning four of their five regular season matches and making it all the way to the finals, where they **emerged as champions!** Their success wouldn't have been possible without the efforts of **team captain Kourosh Sedaei** and **MVPs Isabelle Cardos and Holly Parker.**

## Open Division 2 Basketball

Our basketball team had an exciting year marked by tremendous growth! In the fall semester, they secured two regular season wins against Medicine and New College. In the winter semester, pharmacy joined forces with New College, forming a dynamic team that instantly clicked. Together, they won four out of five regular season games and **made it to the finals**, where they played an intense championship game that extended into double overtime! A huge thank you to **Abdelrahman Salem, who captained the team in the fall**, and our **winter semester captain and MVP, Waseem Meghjee**, for leading the team to the championship game.



## Mixed Division 1 Innertube Waterpolo

Pharmacy partnered with the School of Graduate Studies (SGS) and Grad House in the winter Division 1 innertube water polo league, delivering another exhilarating season! The team won four out of five regular season games, securing some victories with an outstanding 15-point lead! They **made it to the championship game** against their division rivals, Trinity College. The team thrived under the strategic leadership and skill of **captain and MVP Kayleigh Melcher!**



## Mixed Division 2 Volleyball

Our Mixed Division 2 volleyball team had a strong season! In the fall, they secured two regular season wins and came close to making the playoffs. In the winter semester, the team stepped up their game, winning four of their five regular season matches and defeating Medicine in the quarter-finals before **making it to the semi-finals**. A big shoutout to **team captain Celina Cui** and **MVP Omar El Barbir** for their dedication and hard work!

## Mixed & Open 6v6 Division 2 Soccer

Our mixed and open soccer teams had a fun and competitive season! In the fall semester, the mixed team, **captained by Youssef Hegazy**, had **two thrilling victories** against Nursing and Medicine. In the winter semester, the open team kicked off their season strong with a **2 - 1 win** against St. Michael's College. The team's success was driven by the skill and leadership of **captains and MVPs Shaheen Karimi and Waseem Meghjee**.



## Open Division 1 Badminton

In the winter semester, our badminton team had a great time competing in Division 1. They secured an **exciting 9-3 win** against Medicine and fought hard in a 7-7 tie against the School of Graduate Studies. A huge thank you to **team captain Samuel Chen** and **MVP Angela Choi** for their outstanding contributions.

**T**his year's intramural season was one for the books! A **heartfelt thank you** to all the players, captains, and MVPs for their commitment and passion. Pharmacy athletics continues to grow stronger, and we can't wait to see what next year brings!

# PHARMACY DANCE TEAM



## GET YOUR GROOVE ON PHARMACY

The Pharmacy Dance Team (PDT) is a student-led recreational dance group open to all students at the Leslie Dan Faculty of Pharmacy, regardless of prior dance experience. Established in the 2024-2025 school year, PDT aims to incorporate various dance styles and welcomes students with varying dance experience. Our goal is to have fun, stay active during the busy school year, and learn some dance moves along the way.

To kick off the year, Anica, Emily, Katharine, and Harry performed at the annual Phollies, showcasing their hard work in Igloo – Kiss of Life and Whiplash – Aespa. It was incredible to see the overwhelming support for their performances!



ON MARCH 6TH, IN CELEBRATION OF PHARMACIST AWARENESS MONTH (PAM), WE HOSTED A BAKE SALE, RAISING FUNDS THROUGH DELICIOUS HOMEMADE TREATS TO SUPPORT PHARMACY STUDENT INITIATIVES.

Lastly, Anica, Katherine, and Linda represented PDT in Toronto's Next Top Pharmacist, performing to Killer – Valerie Broussard and Shh – Viviz. After weeks of intense practice, their hard work paid off and they delivered a stunning performance and won 3rd place!

We're so excited for what's to come next year for PDT and can't wait to continue growing our dance community!

Questions?

Email us at:

[pharmacydanceteam@gmail.com](mailto:pharmacydanceteam@gmail.com)

Follow us on instagram: Pdf\_uoft



# A Tale of Two Musicals

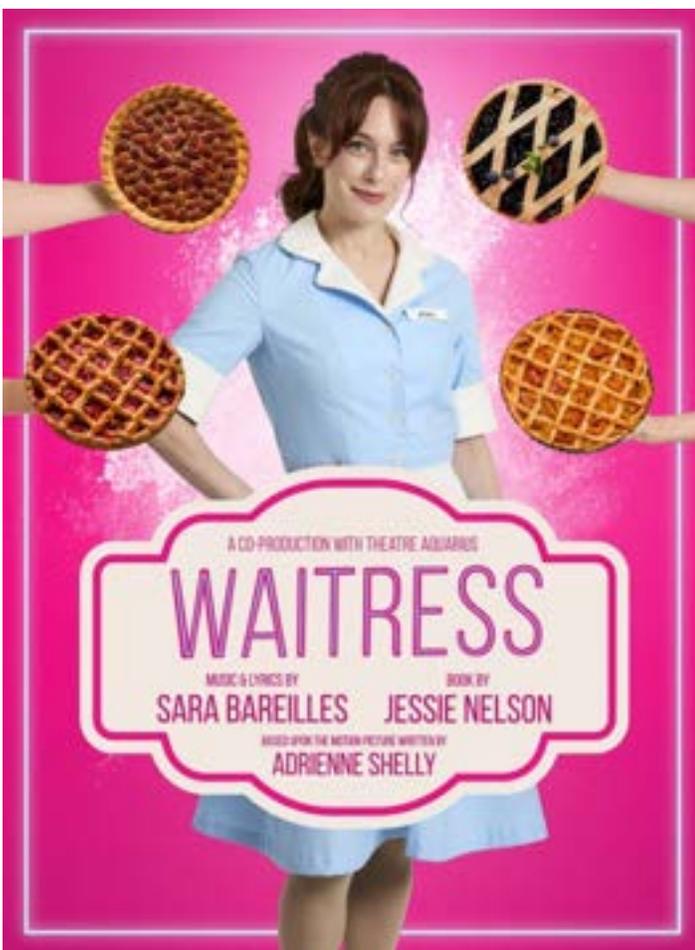
By: Sarah Vo, 2T5

In continuation of Emily Lam's previous review of musicals, I present to you Part 2: A Tale of Two Musicals; an honest review of two musicals I have watched. Watching musical theatre has become a fun past time of mine. Musical theatre captivates the audience with intricate music and vocals, mesmerizing set designs, stunning choreography, and a thoughtful plot line. My review will cover the musical works of *Waitress* (watched in London, Ontario) and *Dear Evan Hansen* (watched in Toronto).



## **Waitress: 3.5/5**

*Waitress* the musical follows the storyline of a waitress and pie baker named Jenna. She finds herself in a difficult situation with an abusive husband and unexpected pregnancy, all while trying to make ends meet as a waitress. She hopes to win a baking competition to earn enough money to leave her husband. Jenna's story unfolds through various songs building on the complexity of her life situation. The metaphor of baking is used as a unique comparator to her life, in particular during "What Baking Can Do" where Jenna explores her doubts, struggles, and ability to cope with her life situation. *Waitress* excels in capturing the emotions and adversities of Jenna through talented acting and emotional lyrics and music by songwriter Sara Bareilles. My only point of criticism of the musical lies in the overall progression of songs. My personal preference in musicals involve songs and orchestration that continue to build, layered with excitement, key changes, and unexpected vocal riffs (think "Defying Gravity" from *Wicked*); at times this element was lackluster in *Waitress*. When all is said and done, I do give props to the ending of the musical where Jenna makes an empowering decision and sings her heart out during "Everything Changes".



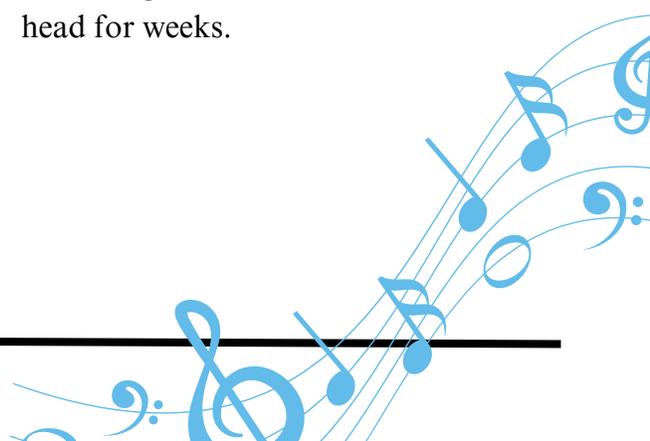
## A Tale of Two Musicals

### Dear Evan Hansen: 5/5

Dear Evan Hansen explores the perspective of a high school student, Evan Hansen who struggles with social anxiety. He copes by writing letters addressed to himself, explaining why “this is gonna be a good day”. Evan arrives to school one day with a cast on his arm after falling from a tree. Connor Murphy, a classmate that Evan barely knows, was the only one that signed his cast. Connor discovers Evan’s letter to himself full of confessions and secrets. It is later discovered that Connor committed suicide, with everyone falsely believing that Evan’s note was written by Connor as a true friend. The plot thickens when Evan finds himself in a lie that keeps growing of being Connor’s close friend. Evan continues to grow closer to the Murphy family and his crush, Zoe Murphy who happens to be Connor’s sister. Eventually the truth is revealed and the musical builds up to an intense moment during “Words Fail” where Evan pours out his emotions and struggles surrounding anxiety and self-acceptance.

The musical ends on a hopeful note where Evan ends with one last note to himself understanding that he is enough during “Finale”. This musical has been my all-time favourite for years where I genuinely enjoyed each and every song from the soundtrack. This musical in particular does a stellar job at highlighting the importance of mental health, while captivating the audience with a complex and unexpected plot line. The songs are full of incredible lyrics and impressive musical techniques interwoven throughout. I was impressed by the writing and character development of Evan, but also of the Murphy family and Evan’s family, exploring the intricacies of life. For instance, “Anybody Have a Map?” is full of call and response between Evan and Connor’s moms struggling with parenthood. The musical uses imagery while foreshadowing events, such as during “Waving through a Window” and “For Forever” painting the picture of the tree Evan fell from. Finally, I will end with my favourite moment in the entire musical during

“Words Fail” where a familiar tune from “Waving through a Window” is reprised, with a deeper understanding of Evan’s personal struggles. Dear Evan Hansen has many more spectacular moments that keep the audience on the edge of their seats with songs that will be stuck in their head for weeks.



# Exploring the Best of Spring in Toronto: Things to Do

By: Yasmin Ameeriar, 2T6

Spring in Toronto is a magical time when the city bursts into life, showcasing vibrant blooms, cultural festivals, and outdoor adventures. Whether you're a local or visiting, there's something for everyone to enjoy in this dynamic urban landscape. Here's a list of some of the best things to do in Toronto during the spring season



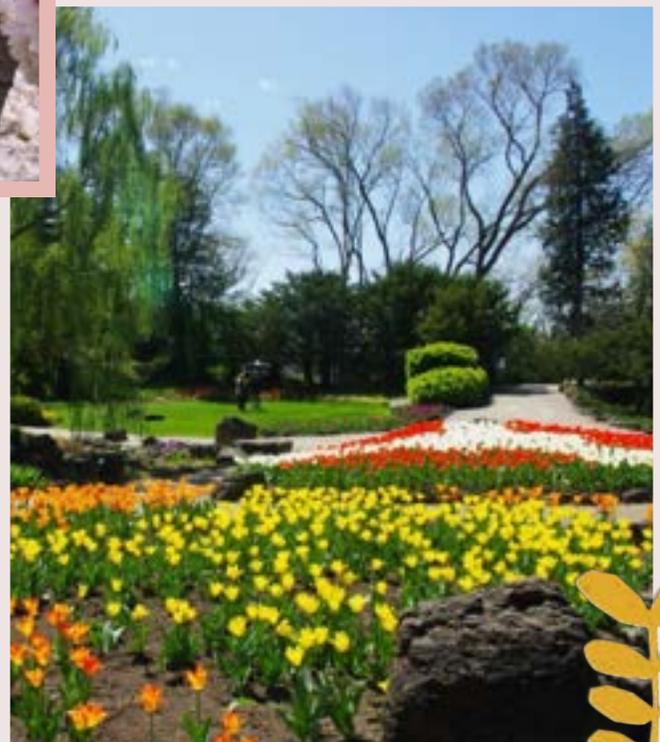
## 1. CHERRY BLOSSOM VIEWING AT HIGH PARK



High Park is a beloved spot for cherry blossom enthusiasts. In spring, the park becomes a breathtaking canvas of delicate pink and white blossoms, with over 2,000 cherry trees blooming. It's the perfect spot to take a leisurely stroll, snap some photos, and immerse yourself in the beauty of nature.

## 2. EXPLORATION OF TORONTO'S BOTANICAL GARDEN

For those seeking tranquility, the Toronto Botanical Garden is the ideal spring destination. With over 17 acres of themed gardens and diverse plant collections, this lush oasis offers a peaceful retreat from the bustling city. In spring, the gardens come alive with vibrant flowers and blossoms, providing a serene environment to relax, explore, and enjoy the fresh air.



By: Yasmin Ameeriar, 2T6

### 3. A VISIT TO THE TORONTO ISLANDS



Just a short ferry ride away from downtown Toronto, the Toronto Islands offer a beautiful escape into nature. Whether you enjoy biking, walking, or lounging on the beach, the islands are a great spring getaway. With fewer crowds and pleasant weather, it's the perfect time to explore the beaches, picnic areas, and recreational facilities. Take in stunning views of the city skyline while enjoying the calm of the islands.



### 4. ART EXHIBITIONS AT THE ART GALLERY OF ONTARIO (AGO)

For art lovers, the Art Gallery of Ontario is a cultural gem in the heart of the city. Spring is often when the AGO hosts special exhibitions, in addition to its permanent collections. From contemporary art to historical pieces, the gallery offers an enriching experience for those interested in the arts. It's an ideal spot to spend a day soaking in creativity and culture.



### 5. BIKING ALONG THE MARTIN GOODMAN TRAIL



For those who love outdoor activities, biking along the Martin Goodman Trail is a fantastic way to experience Toronto's waterfront. The trail stretches for 56 kilometers (35 miles) along Lake Ontario, offering scenic views of the water and the city skyline. Whether you're cycling, jogging, or taking a leisurely walk, spring provides the perfect weather to enjoy the beauty of the waterfront.

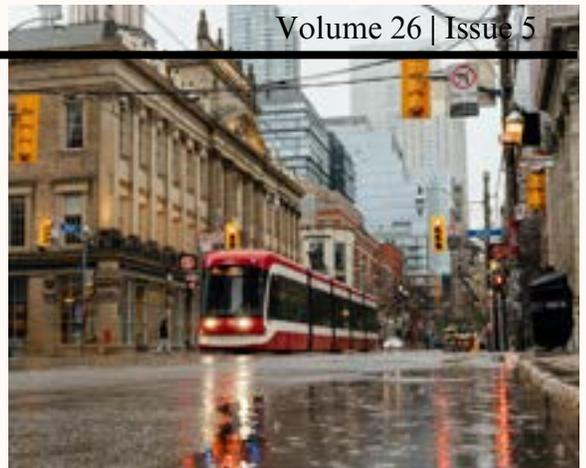
Spring in Toronto is a time to embrace the outdoors, explore cultural sites, and enjoy the natural beauty that the city has to offer. From cherry blossoms in High Park to cycling along the Martin Goodman Trail, Toronto provides a wealth of activities to make the most of the season. Whether you're a nature lover, art enthusiast, or outdoor adventurer, there's something for everyone to enjoy this spring in Toronto.



# Things to do in Toronto this summer

By: Ayesha Ahmad, 2T7

Toronto comes alive in the warmer months with festivals, outdoor adventures, and cultural events. Whether you're a local or a visitor, here are some must-do activities to make the most of your summer in the city.



## APRIL

Spring is in the air! Late April is the perfect time for tulip picking at farms like TASC Tulip Pick Farm (Niagara Region). If you're a sports fan, catch a Blue Jays game at Rogers Centre, or a Maple Leafs or Raptors game at Scotiabank Arena which occurs throughout the summer.

## MAY

The city's most iconic springtime event is cherry blossom season at High Park (late April to early May, weather dependent), with delicate pink flowers in full bloom. Thrill-seekers can kick off the amusement park season at Canada's Wonderland (Vaughan, ON, opens May 8, 2025), while art lovers can enjoy the dazzling performances of Cirque du Soleil (Lake Shore Blvd West, May 1, 2025 - June 28, 2025). Anime fans won't want to miss Anime North (Toronto Congress Centre, May 23-25, 2025), a major convention celebrating Japanese pop culture.

## JUNE

June is all about outdoor fun! Enjoy strawberry picking (mid-June to mid-July) at Downey's Farm (Caledon, ON). Take a ferry to the Toronto Islands, a perfect escape with beaches, picnic spots, and bike rentals. History buffs can explore Casa Loma (1 Austin Terrace, open year-round), a majestic castle in the city. Beachgoers can unwind at Scarborough Bluffs (Bluffer's Park Beach, 1 Brimley Rd. S.). For an adrenaline rush, try jet skiing at Toronto Harbour or Sunnyside Beach, where you can rent jet skis and enjoy the city skyline from the water.

## JULY

Celebrate Canada Day (July 1, 2025) with fireworks, festivals, and concerts across the city, including celebrations at Nathan Phillips Square and Ashbridges Bay. The energy heats up with Caribana (Grand Parade, Exhibition Place & Lakeshore Blvd., July 31st - Monday, August 4th, 2025), North America's largest Caribbean festival, featuring vibrant parades and music. And of course, summer isn't complete without more time at Toronto's beaches!

## AUGUST

The Canadian National Exhibition (CNE, August 15 - September 1, 2025, Exhibition Place) returns, offering thrilling rides, delicious food, and live entertainment. Pop culture enthusiasts can geek out at Fan Expo (Metro Toronto Convention Centre, August 21 - 24, 2025), Canada's biggest comic and gaming convention, where you can meet your favorite celebrities and artists.



## SEPTEMBER

Summer may be winding down, but there's still plenty to do. Catch the final days of the CNE (until September 2, 2024), then experience the glamour of the Toronto International Film Festival (TIFF, September 4-14, 2025, TIFF Bell Lightbox & King Street venues), where Hollywood's biggest stars gather for movie premieres. For an underwater adventure, visit Ripley's Aquarium (288 Bremner Blvd., open year-round) and explore marine life up close.

**No matter your interests, Toronto's summer lineup has something for everyone. Get out and enjoy the season!**

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*Salena Jaffer, 2T8*

## Ingredients

- 3 bananas, medium to large size, and quite ripe
- 2 cups flour
- 1/4 tsp salt, omit if using salted butter like I do
- 1 tsp baking soda
- 3/4 cup sugar
- 1/2 cup butter
- 2 eggs
- 1 tsp vanilla extract
- 1 cup chocolate chips, any kind, but I always prefer darker chocolate



# BANANA BREAD COOKIES

*Really yummy recipe but more of a flat banana muffin than a cookie texture. Would recommend it if you're looking for a new way to enjoy banana bread but not if you're looking for a classic cookie consistency with a banana flavour.*

## Instructions

1. Preheat oven to 350 degrees F.
2. Sift together the flour, baking soda and salt. Set aside.
3. Mash the bananas with a fork until they are smooth. Small lumps are okay.
4. Cream the butter and sugar until light in colour and fluffy.
5. Beat in the vanilla extract.
6. Add the eggs, one at a time, beating well after each addition.
7. Mix in the mashed bananas.
8. Fold in the flour mixture by hand using a wooden spoon or rubber spatula.
9. When the flour mixture is almost incorporated, with a few streaks of flour in the batter, add the chocolate chips in the final few folds.
10. This will be a wet batter but if you feel it is too loose, fold in another tablespoon or two of flour. This may be the case if you use quite large bananas.
11. Drop by heaping tablespoons onto a parchment paper lined cookie sheet, about 2 1/2 inches apart.
12. Bake for 13-14 minutes until they are brown around the edges and the centres are set.
13. Cool on a wire rack and store in an airtight container when completely cooled.

\*Top with flaky salt if desired.



# *The Ultimate Recipe for* PERFECT HOMEMADE BAGELS

By: Alyssa Matsumura, 2T5

## INGREDIENTS

- 1 cup All-Purpose Flour
- 2 tsp Baking Powder
- $\frac{3}{4}$  tsp Kosher Salt
- 1 cup Non-Fat Greek Yogurt
- 1 Egg, beaten
- Everything Seasoning
- Cream Cheese (optional)
- Cucumbers (optional)

## INSTRUCTIONS

- 1** Preheat oven to 375°F and line a baking sheet with parchment paper (or coat with oil).
- 2** Whisk together the flour, baking powder and salt, then add the yogurt and mix until combined (it will look crumbly).
- 3** Dust a cutting board with flour and empty dough from the bowl; knead the dough a few times until dough is tacky, but not sticky (dust it with flour if it's sticking to your hands).
- 4** Shape into a ball and then cut in half, then cut each piece in half one more time to create four balls; roll each ball into 3/4-inch thick ropes and join the ends to form bagels.
- 5** Top with egg wash and sprinkle with everything seasoning; bake on the top rack of the oven for 25 minutes.
- 6** Let cool for 10 mins before cutting and enjoy with cream cheese and cucumbers!



# Microwave Chicken Enchiladas

RECIPE ADAPTED FROM: [HTTPS://WWW.SIDECHEF.COM/RECIPES/27859/MICROWAVE\\_10\\_MINUTE\\_ENCHILADAS/](https://www.sidechef.com/recipes/27859/microwave_10_minute_enchiladas/)

BY: SARAH SYEDA, 2T7

SERVINGS: 4    COST: \$1.22 PER SERVING    PREPPING TIME: 5 MIN    COOKING TIME: 10 MIN

## Ingredients

12 SMALL CORN TORTILLAS	½ TBSP GROUND CUMIN
2 CUPS COOKED SHREDDED CHICKEN	½ TBSP GARLIC POWDER
1 CUP SHREDDED CHEESE	½ TBSP ONION POWDER
3 TBSP CANOLA OIL	1 TSP DRIED OREGANO
3 TBSP ALL-PURPOSE FLOUR	KOSHER SALT TO TASTE
1 TBSP CHILI POWDER	1 1/2 CUP CHICKEN BROTH
	1 1/2 CUP WATER



## Directions



1. IN A SAUCEPAN MIX CHILI POWDER, GROUND CUMIN, GARLIC POWDER, ONION POWDER, DRIED OREGANO, SALT, ALL PURPOSE FLOUR, AND OIL. HEAT WHILE WHISKING UNTIL FRAGRANT, 3-5 MINUTES.
2. WHILE WHISKING, ADD CHICKEN BROTH AND WATER. WHISK UNTIL SMOOTH. HEAT UNTIL THE SAUCE COMES TO A BOIL, THEN SIMMER FOR 2-3 MINUTES, OR UNTIL THE SAUCE IS THICKENED.
3. IF THE CORN TORTILLAS AREN'T FLEXIBLE, WRAP IN PAPER TOWEL AND HEAT IN THE MICROWAVE FOR 30 SECONDS.
4. SPREAD ½ CUP OF ENCHILADA SAUCE OVER THE BOTTOM OF A 9X13-INCH GLASS MICROWAVE SAFE PAN.
5. MIX CHICKEN AND 1 CUP OF ENCHILADA SAUCE TOGETHER SO THAT THEY ARE EVENLY COMBINED.
6. FILL EACH TORTILLA WITH 3 TBSP OF FILLING AND ROLL. PLACE IN PAN AND REPEAT WITH REMAINING TORTILLAS.
7. SPREAD REMAINING ENCHILADA SAUCE OVER THE TOP OF THE ENCHILADAS. SPRINKLE WITH SHREDDED CHEESE.
8. COOK IN MICROWAVE FOR 5-7 MINUTES, OR UNTIL THE CHEESE IS MELTED, THE SAUCE IS BUBBLY, AND THE ENCHILADAS ARE HEATED THROUGH. COOKING RESULTS MAY VARY DEPENDING ON MICROWAVE OVEN USED.

# AZHAR KITCHEN + BAR

## Review

**Farah Malhotra, 2T8**

If you're in Toronto and looking for a great place to eat, I highly recommend Azhar Kitchen + Bar. The vibe is warm and welcoming, and the service is incredible. I loved the menu, which features delicious Mediterranean and Middle Eastern dishes, like juicy grilled meats and fresh dips—their hummus was to die for! Whether you're celebrating a special occasion or just enjoying a casual dinner with friends, this place is a must-try!



**I Rate :**

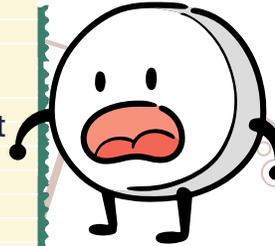


**( 10 / 10 )**

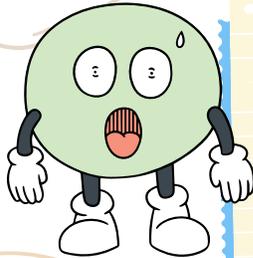
Toronto

# RxFails: Unplugged

A patient came in with a discharge prescription and I gave them a hour wait time when in reality it took 2 hours to complete.



Placing the wrong label on a medication vial.



I couldn't read the doctors handwriting and thought it was Cipro for Ciprofloxacin but instead it was Ciprodex.



Spending 5 minutes looking for a drug in the fridge when it was never refrigerated in the first place.

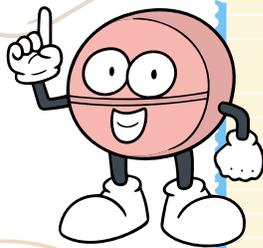


# RxFails: Unplugged

When I hit bone during a vaccine injection.



Telling a patient to “Have a nice day” after they just told you about their horrible rash, flu, and cat dying.



Leaving the phone on hold... and forgetting for so long they call back angry.



Getting lotion all over your gloves and trying to open anything afterward.



# THE MONOGRAPH

— A Voice for Pharmacy Students



The Monograph is the official student publication of the Leslie Dan Faculty of Pharmacy, offering a platform for students to express their perspectives on pharmacy-related topics, share insights, and showcase their creative talents through recipes, artwork, photography, and more. We publish five issues a year, featuring student submissions along with regular updates from CAPSI, the Clubs, and the UPS PVP. It is more than just a publication—it is a reflection of our student body, fostering discussion, engagement, and community within our faculty.

## What are Our Roles as Co-editors?

As Co-Editors of The Monograph, we strive to keep the publication engaging, meaningful, and true to the voices of our contributors. As editors, we collaborate with multiple teams to design, edit, and compile student submissions into a cohesive and engaging issue. Our responsibilities include reviewing and editing submissions, encouraging student contributions, and working with Monograph Representatives to gather content from each class. We also manage the publication's design and layouts, bringing creativity with each issue. Additionally, we coordinate with UPS and faculty to keep the publication relevant and valuable to students. Through these efforts, we strive to create an inclusive and high-quality publication that showcases the diverse voices of our faculty.

## Our vision for Monograph

Our vision as Co-Editors is to make The Monograph a dynamic and engaging platform that represents the student body. Monograph provides students with a platform to showcase their creativity, whether through sharing experiences in pharmacy, highlighting their involvement in clubs, or writing about topics they're passionate about. It's a fantastic way to connect with peers, foster community, and celebrate the diverse voices within our faculty. By embracing creativity, and adapting to new formats, we hope to produce a publication that students not only enjoy reading but are also proud to contribute to. Ultimately, The Monograph should serve as both an outlet for student expression and a unifying force within our pharmacy community.

The Monograph is more than just a collection of articles—it is a testament to the passion, creativity, and intellectual curiosity of our pharmacy students. We invite all students to contribute and help shape a publication that truly represents our faculty.

### **Our Experience as Co-editors**

Being Co-Editors of The Monograph has been an immensely fulfilling and gratifying experience. Collaborating closely with the talented Monograph Representatives from each class and our dedicated layout team to bring each issue to fruition has been a true highlight. Representing student voices has been truly rewarding. Not only was it amazing to read every submission and see every design made, but holding the physical copies in our hands and sharing them with everyone was an incredibly fulfilling moment. Serving as Co-Editors has been a joyful labor of love that has enriched us personally and professionally in countless ways.

### **Thank you Message**

A huge thank you to our incredible monograph reps for helping us grow engagement and gather submissions, and to our amazing layout team for consistently creating such beautiful designs. We are also deeply grateful to everyone who contributed throughout the year and to those who love reading Monograph. None of this would be possible without your support, and we truly appreciate it. We hope you enjoyed reading each issue as much as we loved creating it. We can't wait to see what next year's Monograph has in store!



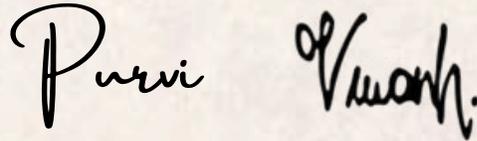
**Finally...**

As the pharmacy school year comes an end, we want to recognize the hard work and achievements of all our students. To the first years, you've successfully completed your foundational year in the program, building a solid base of pharmaceutical knowledge and skills that will serve you well in the years ahead. And to the second years, you've powered through the most challenging year of the curriculum, mastering complex topics and demonstrating resilience and dedication. You should all feel immensely proud of what you've accomplished so far. As you embark on your upcoming experiential placements this summer, know that you are well-prepared to apply your learnings in real-world settings.

To the third year students about to embark on your APPE rotations, this marks an exciting milestone as you spend a full year gaining in-depth, hands-on experience across various pharmacy settings. Embrace this opportunity to learn, grow, and make a positive impact on patients' lives under the guidance of seasoned preceptors. Your dedication and passion for pharmacy will shine through. And to the fourth year students who have completed your rotations, a heartfelt congratulations on your graduation! You should be immensely proud of the challenges you've overcome and the strong foundation of pharmaceutical expertise you've built. As you now focus on preparing for the PEBC licensing exam, know that your education has equipped you well. Never stop believing in yourselves.

To all our pharmacy students, we wish you the very best in your upcoming endeavors and look forward to seeing you thrive in your pharmacy careers.

Signing off,

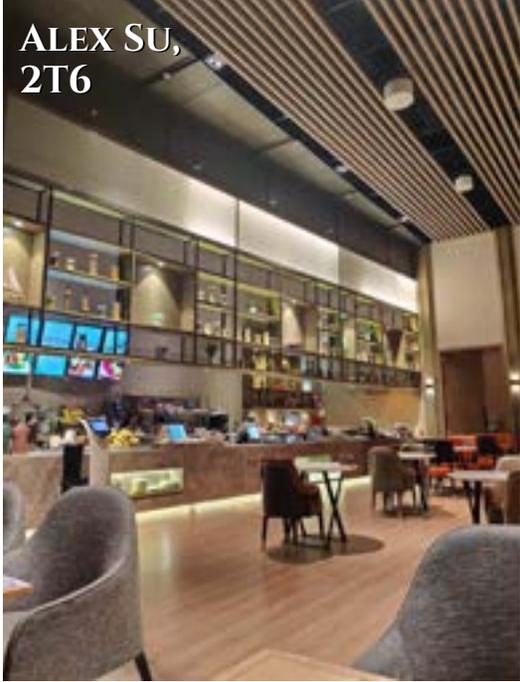


**Purvi Mahida and Vivian Hang**  
Monograph Co-Editors, 2024/25  
[monograph@uoftpharmacy.com](mailto:monograph@uoftpharmacy.com)

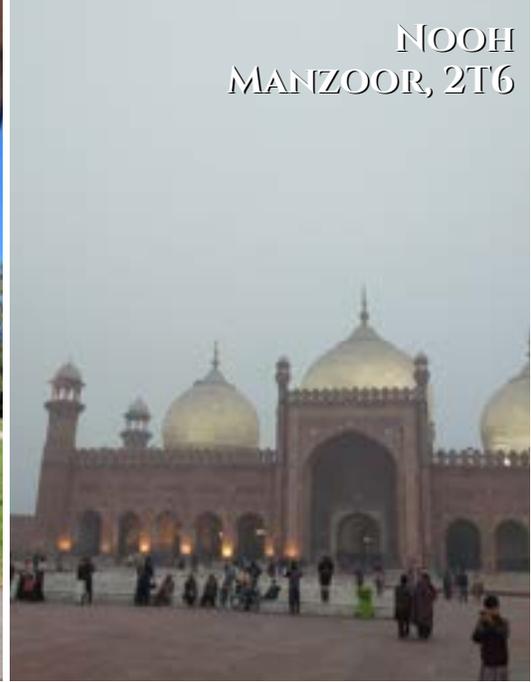


*thankyou*

ALEX SU,  
2T6



NOOH  
MANZOOR, 2T6



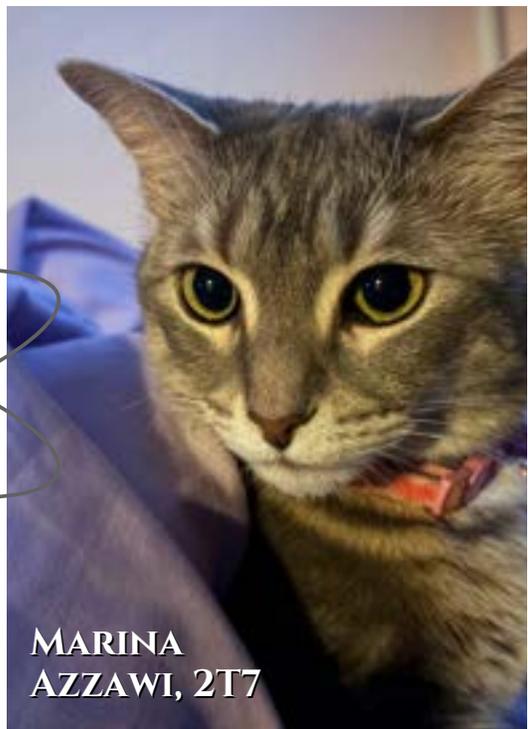
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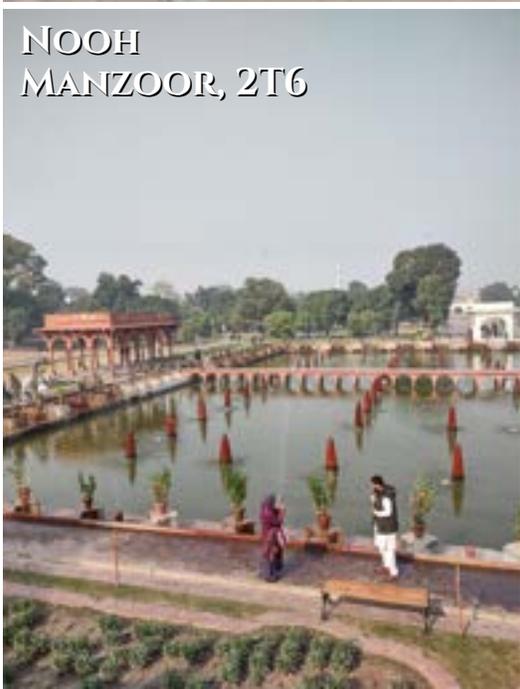


CAPTURED  
MOMENTS



MARINA  
AZZAWI, 2T7

NOOH  
MANZOOR, 2T6



VIVIAN  
HANG, 2T7



CHRISTINE  
NGUYEN, 2T7

