

One of the field's aims consists of the systematic attention to what people (essentially or characteristically) have in mind about the topic of life's meaning. For many, the field's importance and "significance" are synonymous with its insufficiency revealing, but there are those who find its meaningfulness and significance.

145-50, 186). There is also a sense in which life relates to the idea of a "meaningful life" (Landman, 1998).

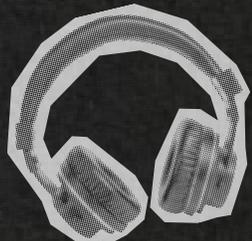
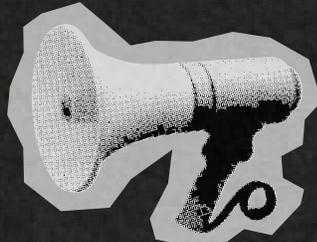
meanings in mind where life means more than what most people think of as a life.

monograph

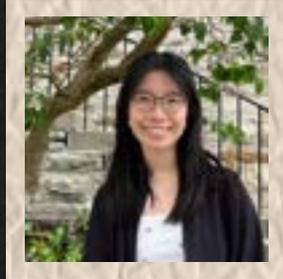
pre

issue

Volume 27



The Monograph Team

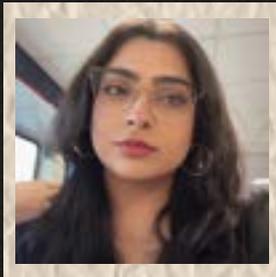


Editors In-Chief

Marina Azzawi & Phoebe Yin



2T6 Rep
Elin Foulds



2T7 Rep
Ayesha Ahmad



2T8 Rep
Eric Tran



2T8-3Y
TBD

Editor's Address

With summer wrapping up, we're excited to kick off the 2025/26 academic year with you all! To our incoming 2T8-3Ys, we'd like to welcome you to the faculty - we hope you have an excellent start to your pharmacy career! To the 2T7s and 2T8s, welcome back to a new year filled with opportunities and growth! And to 2T6s, we wish you all the best with your APPE rotations and look forward to celebrating your graduation!

We are Phoebe Yin (2T7) and Marina Azzawi (2T7), and we are very excited to be your Monograph Co-Editors! We hope to create a platform for each and every one of you to showcase your interests both inside and outside of pharmacy. We would love for this year's Monograph to capture the essence of who we are as a faculty and student community... and we need you to make this possible! Whether it's through sharing recipes, writing movie reviews, or being part of the layout team, all your contributions are what make the Monograph possible.

This pre-issue is designed to introduce you to your UPS council, clubs, and the Monograph team. We even have messages for you from your UPS President, Miral Bunha, and Vice President, Unnati Shah, and a greeting from incoming first-year Denis Huseljic (2T8-3Y). On the last pages, you can find the Anti-Calendars to provide you with all you need to know about your courses. We hope you find it helpful!

Sincerely,

Phoebe Yin & Marina Azzawi
Monograph Co-Editors 2025/26
monograph@uoftpharmacy.com



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OF

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UPS ADDRESSES

Hey Pharmily,

Welcome back to another exciting year at Leslie Dan!

First, we want to give a huge shoutout to Sonny and Abdus (2T8-4Y President/Vice President) for all the time and effort they poured into planning Phrosh. With the help of the Phrosh Planning Committee and Phrosh Leaders, they put on such a memorable week, and the feedback we've heard has been nothing but positive. Congrats to everyone who made it happen! To our 2T8-3Ys, we hope your first month in the program has been everything you were looking forward to. Our Clubs Fair is always a great way to figure out what you're passionate about and to meet new people. That kind of energy and initiative really speaks to how passionate our students are about shaping this community. There are so many ways to get involved, and we can't wait to see what each of you do this year.

We've already had some great events like the UPS Boat Cruise, Welcome Back BBQ, and Pharmakon's Who's Who. Thank you for the amazing turn out at these, and we can't wait to see you at what we have planned for the rest of the year, like the Orientation Banquet (Oct 3rd), Halloween Week, more Lunch & Learns, Phollies, Charity Week, and plenty more. Now, a little message to each of our cohorts:

- 2T6s - We hope your APPE rotations are going well and that you're learning a ton from your experiences. We miss seeing you around the building, but we can't wait to hear all about the stories, skills, and memories you're making on rotation.
- 2T7s - This is your last year in the classroom! Make the most of it, soak up every moment, and create memories you'll carry with you long after grad. You've come so far—enjoy this chapter.
- 2T8-4Ys - Second year can feel intense, but you've got the resilience and skills to take it on. Remember, you're not alone—lean on your classmates and don't forget to celebrate the small wins along the way. You've got this.
- 2T8-3Ys - Welcome again to the PharmD program! It's just the beginning of your journey, and we're so excited to see you grow, explore opportunities, and find your own path here.

As your UPS President and Vice President, we're here for you. If you ever have questions, ideas, or just want to chat, you can reach us on Instagram (@uoftpharmacysociety), Facebook (@UPSatUofT), our website (uoft.pharmacy.com), or even just come say hi in person—we love connecting with you. Thank you for trusting us with these roles; we'll keep working hard to support you and make this year a great one.

Here's to an amazing year ahead!

Warmly,

Miral Bunha and Unnati Shah
 2025-2026 President and Vice President
 Undergraduate Pharmacy Society (UPS)
 Leslie Dan Faculty of Pharmacy
 University of Toronto





Letter to Monograph

Dear class of 2T8-3Y,

We made it! Reaching this milestone was no small feat, nor linear. With a class of over 250 students, we arrive at this new chapter with diverse journeys, backgrounds, and varying sequences of successes & setbacks. From late-night study sessions to early morning lectures to long labs and preparing for interviews, we have all faced our unique challenges. Yet, what unites us all is our resiliency, perseverance, leadership, and most importantly, our collective passion for the profession of pharmacy.

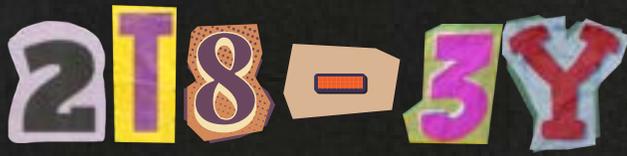
It is an honour to be joining my fellow 2T8-3Y classmates as the inaugural class of the 3-Year Doctor of Pharmacy program at the Leslie Dan Faculty of Pharmacy, University of Toronto! Congratulations, our journey is just getting started.

Having completed my undergraduate degree at the University of Waterloo in Biomedical Sciences, you could say that science has always been in my DNA (no pun intended). It was a matter of decoding how to utilize my education to create a lasting impact on community health and well-being, while also advancing scientific inquiry and its application in the real world. In class, I teemed with excitement as we briefly explored pharmacotherapy options, uncovered complex and fascinating mechanisms of action, and the necessity for driving pharmacological innovation

to broaden treatment and discover new drugs capable of reversing conditions once deemed irreversible. These initial classroom experiences sparked this curiosity. From this moment, I was determined to gain insight into the profession of pharmacy.

I had the privilege of completing my undergraduate honours thesis at the University of Waterloo, School of Pharmacy, in the Joseph Lab. I investigated the roles of Prolyl-4-Hydroxylases (PHDs) as key players in apoptotic and proliferative signalling pathways. In mouse pancreatic β -islets using immunohistochemistry. This research laid the foundation for our long-term goal of discovering novel drug targets to enhance islet function in type 2 diabetes and developing a renewable source of β -cells for both type 1 and type 2 diabetic patients.

One of the most eye-opening milestones was my role as a Pharmacy Assistant working in a local community pharmacy. Through the fast-paced, dynamic, collaborative, and professional environment, I witnessed firsthand how pharmacists play an integral role in prescription management, patient consultations, medication safety, and their advocacy for community health. Coupled with my academic



Letter to Monograph

journey, I was inspired and quickly solidified my dream of becoming a pharmacist. One who leaves a long-lasting and meaningful impact by providing an accessible, equitable, and patient-centred approach to healthcare.

Perhaps surprisingly, I did not apply to pharmacy while in undergrad or even when I first graduated back in 2023. For the last two years, I have been working full-time as an Undergraduate Recruitment Specialist for Waterloo. Having the privilege of travelling across Ontario, British Columbia, and Alberta as a representative for the institution, delivering hundreds of keynote presentations, attending nation-wide conferences, and building relationships with students, educators, and communities. During this time, I also founded the Hello Warrior Podcast, a platform aimed at bridging information gaps for students applying to post-secondary. Since then, we have generated over 15K views and a partnership with Rogers TV. I share this story because, as future pharmacists, we must adopt a forward-thinking mindset, knock down barriers to accessible care, take on new adventures, and communicate effectively to empower patients and support their autonomy.

The need is clear. With the ever-expanding scope of practice, pharmacists remain a critical link in

our healthcare system. The ability to prescribe for minor ailments, manage drug interactions, and engage in interprofessional collaboration with other prescribers has never been more vital.

The University of Toronto is a hallmark of innovation and research. During our time here, I encourage you all to utilize the resources at this world-leading pharmacy institution. Network with students and faculty, remaining curious, and embracing uncertainty. I am personally looking forward to meeting you all soon, building lifelong memories, and helping each other unlock our fullest potential to be the best pharmacists our patients and industry deserve.



Denis Huseljic

2T8 Letter to Monograph

BY ERIC TRAN

Starting your first year at the Leslie Dan Faculty of Pharmacy at the University of Toronto is an exciting milestone—but it can also feel overwhelming. Between adjusting to the rigorous academic workload and navigating the fast-paced environment, it's easy to feel like you're constantly playing catch-up! Here are some practical tips from my lessons learned to help you succeed and stay grounded in your first year:

1 MASTER TIME MANAGEMENT EARLY

Pharmacy school is fast paced. You'll be juggling lectures, labs, workshops, group projects, co-curricular activities—plus exams that come up fast. Get yourself ahead of the game; use a digital planner or a calendar app to block off time for studying, assignments, and self-care. Treat it like a 9-to-5 (because it kinda is, just with more acronyms).

3 LEVERAGE FACULTY AND ACADEMIC RESOURCES

Our faculty and U of T offers resources like academic advisors, the PharmaSEE Mentorship Program, and the Big Sib/Little Sib program. Don't wait until you're drowning—reach out early. The professors and TAs are very approachable and want you to succeed, so go to office hours and ask your questions!



2 PRIORITIZE UNDERSTANDING OVER MEMORIZATION

Yeah, there's a TON to memorize (drug names, mechanisms, etc.). But if you just try to brute-force facts into your brain, you'll forget them faster than you can say "acetaminophen." Try to actually get why things work the way they do and build that strong foundation in subjects like pharmacokinetics, PCT, and MTM.





2T8 Letter to Monograph

4 FORM STUDY GROUPS WISELY

Some study groups are a lifesaver. Others? Total waste of time. Find people who are serious but not soul-crushingly intense, and who don't just want to gossip or doomscroll TikTok while "studying." A good group keeps you on track and makes all the confusing stuff way less painful.

5 DEVELOP A HEALTHY SCHOOL-LIFE BALANCE

Look, burnout is real. If you don't sleep, don't eat, and don't touch grass for a month, your brain will revolt. Take breaks. Move your body. Join a school club, go to the gym, do whatever recharges you. U of T has wellness stuff—use it. It's like what they say, "you cannot pour from an empty cup."

6 START THINKING LIKE A CLINICIAN

From Day 1, you'll be encouraged to develop clinical reasoning skills. Engage with cases actively, participate in labs, and start thinking about how classroom knowledge connects to patient care. It's not just about passing exams—it's about not freezing up during your rotations (like your EPE-1) later.

7 NETWORK WITH UPPER YEARS AND ALUMNI

Seriously, talk to people who've been through it already. UPS events, professional orgs, random chats in the hallway—upper years have the inside scoop on your professors, placements, and how to survive midterms without melting down. Build your network early!



Letter to Monograph



WAIT, WHAT'S THIS ABOUT EPE-1 ROTATIONS?

So, I heard that your cohort will be doing your EPE-1 rotations during the semester. Here's a Bonus Tip:

You're not expected to have all the answers yet when you start—but this is your chance to understand how pharmacy practice looks in the real world. Watch how your preceptor interacts with patients, manage workflows, solve problems, and make clinical decisions.

Do yourself a favor – keep a small notebook and jot down anything that confuses you. Then, research them later or ask your preceptor when they've got a minute. It shows that you're actually interested and helps you apply your fundamentals to actual practice!



FINAL THOUGHTS

Your first year will challenge you for sure—but these experiences will also shape you into the healthcare professional that you always aspired to be. Be organized, stay curious, ask for help, and don't forget to enjoy the journey. You've got this 2T8-3Y!

UPPS

Who's Who



MONA MOLLAEIZADEH
PAST PRESIDENT

Our past president takes on an advisory role to support the council when needed!



Miral Bunha
President

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Some of my favourite memories are attending various conferences with my friends.

ADVICE FOR MY FIRST-YEAR SELF:

I would tell her to relax and enjoy the time more instead of just stressing about school or class all the time. There's so many fun opportunities between the clubs, the conferences, and just being around my friends.

MY COMFORT SHOW TO BINGE

Parks and Rec!



Unnati Shah
Vice President

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Catching people snoozing in lectures

ADVICE FOR MY FIRST-YEAR SELF:

Try new things, get out of your comfort zone!

MY COMFORT SHOW TO BINGE

Two Broke Girls

UPS

Who's Who



Zenab Ali
Executive Secretary

I'm in charge of inputting UPS points, working with the president and vice-president to organize meetings, and communicating with clubs.

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

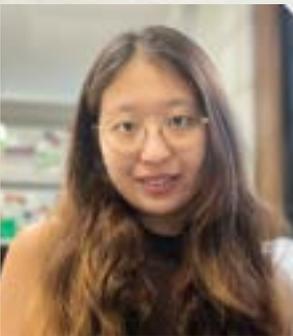
falling asleep in the middle of an exam (and waking up in time to finish it)

ADVICE FOR MY FIRST-YEAR SELF:

Come to campus!! it's a great way to stay on top of classes, attend fun events, and make friends!

MY COMFORT SHOW TO BINGE

Avatar: The Last Airbender



Maggie Zhang
Sr. Finance Director

We are responsible for maintaining all the budgets to make sure that the events throughout the year are well funded.

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

OP SIS 2025

ADVICE FOR MY FIRST-YEAR SELF:

MTM is actually fun

MY COMFORT SHOW TO BINGE

Criminal minds



Alia Devasahayam
Jr. Finance Director

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Basking in the sun at the quad post exam!

ADVICE FOR MY FIRST-YEAR SELF:

Sleep is so important! Plan ahead so you can get those Zzzs

MY COMFORT SHOW TO BINGE

Modern Family XD

UP'S

Who's Who



Freddie Yuan
Sr. External Affairs Director

I help out with the lunch and learns and liaise with external companies interested in interacting with the students at LDFP!

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Getting my white coat!

ADVICE FOR MY FIRST-YEAR SELF:

Study more :(

MY COMFORT SHOW TO BINGE

JJK



Megan Obermayer
Jr. External Affairs Director

I organize semesterly blood drives, assist with weekly Lunch and Learn activities, and support the Senior External Affairs Director with student engagement initiatives.

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Going out for dinners with friends at the end of each semester!

ADVICE FOR MY FIRST-YEAR SELF:

Start PCT work-up and care plans early; they take longer than you think!

MY COMFORT SHOW TO BINGE

I'm more of a movies kind of gal



Nancy Awadallah
Events Co-Director

We're the people behind making sure our calendar is packed with unforgettable nights, from the Boat Cruise to the Orientation Banquet and Phollies! If there's food, music, and way too much dancing, we probably had a hand in it!

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Way too many to list here, but the Boat Cruises, White Coat Ceremony, study dates with phriends, and post-exam sweet treats!

ADVICE FOR MY FIRST-YEAR SELF:

Don't stress about having everything figured out! Pharmacy school is a marathon, not a sprint. Say yes to new opportunities and make time to enjoy the little moments with your phriends :)

MY COMFORT SHOW TO BINGE

Brooklyn Nine-Nine (RIP Captain Holt </3)

UPS

Who's Who



Jessie Yu
Events Co-Director

As your Events Co-Directors, Nancy and I are here to make your school year unforgettable! We plan all the can't miss events, like the Boat Cruise and Orientation banquet, giving you guys opportunities to create amazing memories and bringing the UofT Pharmacy community together!

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Doing the splits in the middle of the dance circle on the Boat Cruise!

ADVICE FOR MY FIRST-YEAR SELF:

Everything is going to be ok!

MY COMFORT SHOW TO BINGE

Rick and Morty



Samman Ali
Sr. Athletics Director

My role in UPS is to help facilitate athletic activities within our faculty to encourage time apart from studying

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Passing

ADVICE FOR MY FIRST-YEAR SELF:

Lock in less.

MY COMFORT SHOW TO BINGE

Brooklyn 99



Mackayla Dabit
Jr. Athletics Director

I plan fun events and coordinate intramurals for the faculty.

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

The 2025 boat cruise this year!

ADVICE FOR MY FIRST-YEAR SELF:

Take things day by day, spend time understanding the topics and not just memorizing. Quality > quantity

MY COMFORT SHOW TO BINGE

The Rookie

UP'S

Who's Who



Marina Azzawi
Monograph Co-Editor

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

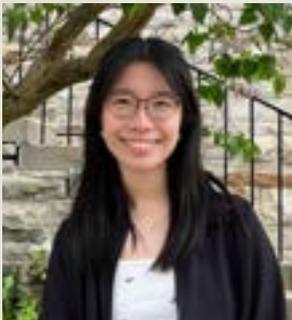
All the memories I've made with my friends:)

ADVICE FOR MY FIRST-YEAR SELF:

Relax.

MY COMFORT SHOW TO BINGE

Girls



Phoebe Yin
Monograph Co-Editor

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Convincing myself I deserve a snack as a reward every 5 minutes while studying

ADVICE FOR MY FIRST-YEAR SELF:

Time will fly by, so cherish every moment instead of being so caught up in grades!

MY COMFORT SHOW TO BINGE

Brooklyn Nine-Nine



Victoria Jamieson
Pharmakon Co-Editor

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Meeting all you amazing people!!

ADVICE FOR MY FIRST-YEAR SELF:

Enjoy the process. You're there to learn, grow & build your community! Don't stress too much about the small stuff <3

MY COMFORT SHOW TO BINGE

New Girl

UPS

Who's Who



Esha Prasad
Pharmakon Co-Editor

As Co-Editor with Vic, we along with our team of photographers and editors work together to capture and preserve everyone's memories together for the yearbook. We look forward to seeing everyone at various events throughout the year!

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Going to PDW in first year and interacting with people I hadn't really prior to that :) Made some new friends and great memories!!

ADVICE FOR MY FIRST-YEAR SELF:

Try new things! Try different things! It can be very intimidating especially adjusting with classes but the time will fly by!

MY COMFORT SHOW TO BINGE

Schitt's Creek



Vivian Hang
Marketing Co-Director

As co-director of marketing, we are responsible for creating marketing content to promote fun and amazing UPS events and initiatives!

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Attending phrosh week and getting to know everyone

ADVICE FOR MY FIRST-YEAR SELF:

Time will fly by so make the most of every moment! It may feel hard at times, but you are more capable than you think :)

MY COMFORT SHOW TO BINGE

Reply 1988



Christine Nguyen
Marketing Co-Director

I work with Vivian to create engaging promotional graphics for UPS' events and beyond!

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Attending the UPS Boat Cruise

ADVICE FOR MY FIRST-YEAR SELF:

Don't stress out too much over MTM-1!

MY COMFORT SHOW TO BINGE

Forensic Files



Emily Wang
Webmaster

My role is mostly behind the scenes - managing the UPS website, Listserv, emails, and other web-related tasks

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Going to OPSIS with friends was such a blast!

ADVICE FOR MY FIRST-YEAR SELF:

Try to get involved as much as you can! It's an amazing way to meet new people and become more well-rounded

MY COMFORT SHOW TO BINGE

Brooklyn 99, Gilmore Girls, Modern Family



Nidhi Andrews
Speaker

I am the speaker and help facilitate Council meetings so that they are conducted in a smooth and timely manner. I also chair the Constitution Review Committee and help make any changes and edits to ensure relevancy.

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

When I met some of my closest friends today during Phrosh.

ADVICE FOR MY FIRST-YEAR SELF:

I would tell her to enjoy every moment as it goes by very fast!

MY COMFORT SHOW TO BINGE

Gilmore Girls



Anica Shafiq
Sr. CAPSI Representative

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Going to grab lunch/dinner after a hard exam.

ADVICE FOR MY FIRST-YEAR SELF:

Learn out of curiosity, not because of force. You'll enjoy the process more and remember it forever.

MY COMFORT SHOW TO BINGE

How to get away with murder

UP'S

Who's Who



Nifloufer Sydea
Jr. CAPSI Representative

I collaborate with Anica to organize student events and competitions at UoFT. In this role, I also represent our school at the CAPSI National Council. Together, we coordinate local initiatives, and at the national level, we contribute through committees that focus on wellness and professional growth for pharmacy students.

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

My first EPE-1 placement. It was so nice to finally apply what I learned in first year in a real community pharmacy and work alongside the staff. I also got to interact with patients during counseling and even conduct a MedsCheck, which was such a rewarding experience.

ADVICE FOR MY FIRST-YEAR SELF:

Remember to slow down and enjoy the process, you are learning more than you realize.

MY COMFORT SHOW TO BINGE

Anne with an E



Jacqueline Cheung
IPSF Sr. Representative

I'm the IPSF Senior Representative which means I share international opportunities for student exchange, conferences, and host events throughout the year to raise awareness for a health campaign (this year is HIV&AIDS) alongside my Junior, Cynthia!

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Checking out new food/drink spots with friends after school!

ADVICE FOR MY FIRST-YEAR SELF:

Academics are important but so are the things that fuel you!

MY COMFORT SHOW TO BINGE

Startup



Cynthia Sun
IPSF Jr. Representative

I serve as the university representative to the International Pharmaceutical Student's Federation & to advocate and bring awareness to a variety of topics surrounding healthcare through various events throughout the year.

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Seeing everyone celebrating with their friends and families after white coat ceremony.

ADVICE FOR MY FIRST-YEAR SELF:

Schoolwork can be overwhelming but to always remember to set time aside for hobbies and things that you are passionate about.

MY COMFORT SHOW TO BINGE

Criminal Minds

UP'S

Who's Who



Julia Ioannou
2T6 President

I serve as the President of the 2T6 cohort. I represent the voices of my peers to the rest of council and help organize events such as the Summer Merch Sale and class socials.

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Playing intramurals and the OPA Soccer Cup

ADVICE FOR MY FIRST-YEAR SELF:

Don't be so stressed, it's all going to work out :)

MY COMFORT SHOW TO BINGE

The Simpsons



Sheena Ye
2T6 Vice President

I work alongside the class president to help fundraise and plan for our graduating class's final celebration!

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

When my cat had diarrhea during an off campus pharmacy social and it cleared out the apartment in 0.5 seconds :(

ADVICE FOR MY FIRST-YEAR SELF:

Don't be afraid to host events for your class and plan socials! Its a great way to meet new friends and groups :)

MY COMFORT SHOW TO BINGE

House MD



Celina Cui
2T7 President

I work with Elijah to organize sales, lead our class council in coordinating events, and liase with faculty to represent our cohort.

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Attending PDW 2025 in Halifax :)

ADVICE FOR MY FIRST-YEAR SELF:

Don't be scared to ask for help when you need it, it's okay if you have no idea what you want to do yet- you'll figure it out with others by your side <3

MY COMFORT SHOW TO BINGE

Scissor Seven >:)

UPPS

Who's Who



Sonny Kim
2T8 President



Abdus-Samad Mohamed
2T8 Vice President

ELIJAH ESTAFANOUS 2T7 VICE PRESIDENT

The 2T7 Vice President works alongside the class president to support the class council in their various events and initiatives, including organizing CPR recertification!

I am the Class Council President of the 2T8 cohort! My primary role is to advocate for the 2T8 students and ensure that we have a great student experience!

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Winning Toronto's Next Top Pharmacist!

ADVICE FOR MY FIRST-YEAR SELF:

Please sleep girl like omg

MY COMFORT SHOW TO BINGE

Modern Family

MY FAVOURITE MEMORY IN PHARMACY SCHOOL:

Pushing through the trauma by studying in groups and making lifelong friends in the process!

ADVICE FOR MY FIRST-YEAR SELF:

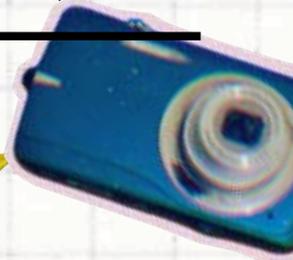
Get to know your profs on a personal basis! A great way to do this is asking questions after lecture. You also hopefully won't go home confused

MY COMFORT SHOW TO BINGE

One Piece and Jojo's Bizarre Adventure



@CLUBS



Black Pharmacy Students' Association (BPSA)
uoft.bpsa@gmail.com



Initiative for Mental Health Awareness in Pharmacy (IMHAP)
imhapuoft@gmail.com



Canadian Association of Pharmacy Students & Interns (CAPSI)
torontosr@capsi.ca



International Pharmaceutical Students' Federation (IPSF)
ipsf@uoftpharmacy.com



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Medical Affairs Professional Society (MAPS)
maps.uoft@gmail.com



Canadian Society of Hospital Pharmacists (CSHP)
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Monograph
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Diabetes Awareness & Education Initiative (DAEI)
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Radiopharm Society
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Embracing Ventures & Orienting Leaders to Value Expanded Scope (EVOLVE)
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Opioid Awareness & Advocacy in Pharmacy (OAAP)
oap.uoft@gmail.com



Global Medicine Initiative (GMI)
globalmedicine.uoft@uoftpharmacy.com



Pharmaceutical Industry Primer & Education (PIPE)
pipeuoft@gmail.com



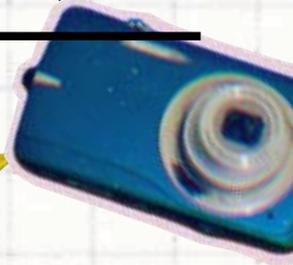
Infectious Disease Education & Sexual Health Awareness in Pharmacy (IDSHIP)
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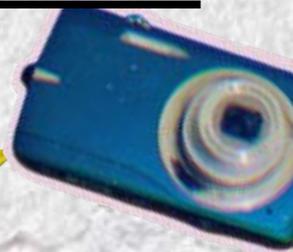
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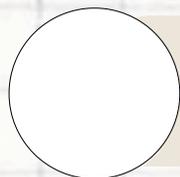
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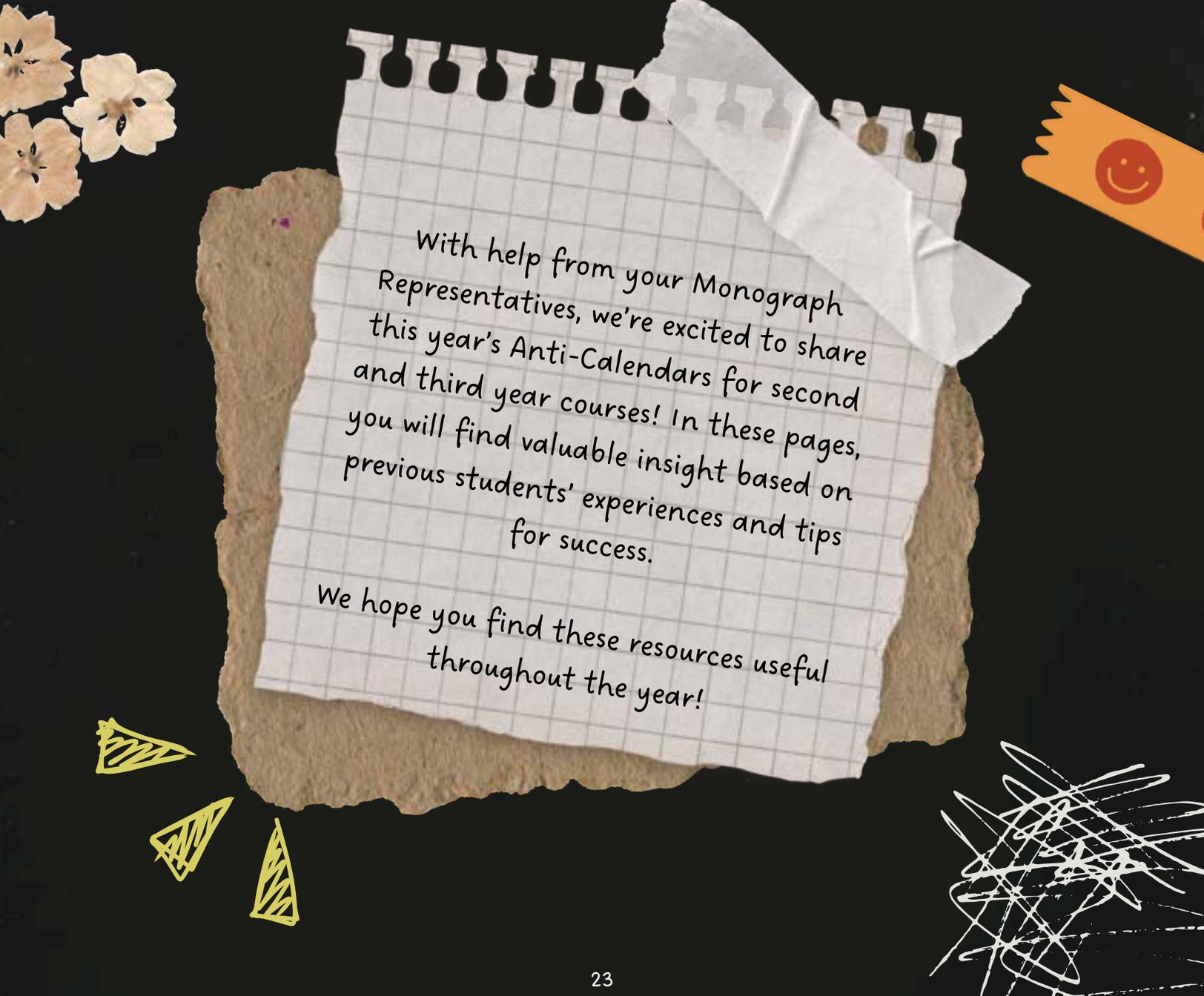
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anti CALENDARS



With help from your Monograph Representatives, we're excited to share this year's Anti-Calendars for second and third year courses! In these pages, you will find valuable insight based on previous students' experiences and tips for success.

We hope you find these resources useful throughout the year!



2

2nd Year Anti - Calendar

BY: AYESHA AHMAD, 2T7

FALL TERM

PHM201H1 – Pharmacotherapy 2: Self Care & Minor Ailments

(Course Average: B+)

This course covers dermatology and common minor ailments, with both pharmacological and non-pharmacological management. It includes lectures and interactive skills labs. Attendance is mandatory for surprise in-class online quizzes (for marks or participation) and because you won't know if you're assigned to a lab group until class. Everyone must complete two skills labs, submit notes for each topic, and participate in Pepper posts. There is also a mandatory "Secret Shopper" assignment, where you role-play a patient for a minor ailment and submit a reflection. The midterm and final are multiple choice and based on lectures, professor resources, and CPS. Staying consistent with lecture review and notes makes the course manageable.



PHM202H1 – Pharmacotherapy 3: Endocrinology, Nephrology, and Urology

(Course Average: B+)

This course focuses on pathophysiology and pharmacotherapy for diabetes, thyroid disease, kidney injury, BPH, menopause, and contraception, with an emphasis on creating patient-specific care plans. Weekly case-based workshops are mandatory, with quizzes before (for participation only) and after (graded) each session. Three written care plan assignments are also required. The midterm and final include MCQs plus short and long answer questions. Diabetes and nephrology are heavily emphasized, so keep summary sheets for each condition (diagnosis, first-line therapies, monitoring). Guidelines are more reliable than CPS or Di Piro for exams. Since content overlaps with MTM, staying on top of both courses helps reinforce key concepts.



PHM205H1 – Medication Therapy Management 2

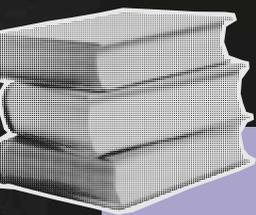
(Pass/Fail)

MTM2 builds on MTM1 through Patient Care Skills (PCS) and Clinical Care Skills (CCS). PCS involves 10-minute counselling sessions, often with a drug-therapy problem, while CCS includes prescription entry in Kroll, a timed prescription-checking quiz, and a case-based care plan. To pass, you must succeed in 3 of 4 components per lab and 5 of 8 labs overall. Preparation and punctuality are crucial, as missing key points or being late can cost marks. For PCS, drug tables and a counselling template help. For CCS, time management is key during the 75 minutes. If you fail a lab, follow up with the professor, showing initiative and improvement often goes a long way.



2nd Year Anti - Calendar

BY: AYESHA AHMAD, 2T7



PHM212H1 – Research Methods for Pharmacy

(Course Average: B+)

This course introduces research design and critical appraisal, covering trial anatomy (PICO), biases, and applying evidence to pharmacy practice. Activities include online practice quizzes, one marked in-class quiz, and two quizzes based on article appraisals (done first individually, then as a group). The major assignment is a group presentation critically appraising an article, with a slideshow, plus a small peer evaluation and self-reflection component. The midterm and final are both MCQ, with the final being cumulative. Keeping good notes on trial design and biases helps with both appraisals and exams.

PHM241H1 – Topics in Pharmaceutical Quality & Clinical Laboratory Medicine

(Course Average: A-)

This course provides a foundation in product quality, manufacturing, and laboratory medicine, with hands-on compounding labs where students make solutions, creams, capsules, suppositories, and tablets. To enter the lab, you need your T-card, goggles, and a lab coat. Lectures are dense, so keeping up weekly helps a lot for exams. There are two term tests and a final exam (all MCQs, not cumulative). For labs, reading the manual and attending tutorials beforehand makes the experience smoother. Out of four compounding labs, the best three marks count. A little preparation goes a long way, and the labs are generally fun and engaging.

PHM242H1 – Microbiology of Infectious Diseases

(Course Average: B)

This course focuses on bacterial, viral, and fungal pathogens and resistance mechanisms, serving as a foundation for winter infectious diseases pharmacotherapy. For our year, many lectures were delivered by guest lecturers, and some were uploaded late, making it harder to follow. The course is content heavy and mostly online, emphasizing pathogen characteristics rather than treatment. There are online quizzes every two weeks, plus a midterm and final with MCQs and short-answer questions. The final is not cumulative, and practice questions are provided. Consistent review is essential, since cramming is difficult with the sheer volume of content.

2nd Year Anti - Calendar

BY: **AYESHA AHMAD, 2T7**



WINTER TERM

PHM203H1 - Pharmacotherapy 4: Infectious Diseases

(Course Average: B-)

This course builds on microbiology and focuses on antimicrobial use, stewardship, and treatment of infections (respiratory, GI, GU, hospital-acquired, STIs, HIV, skin, bone/joint, and travel medicine). Content is heavy, especially the fundamentals section, which is cumulative on exams. The format alternates between lectures and workshops with quizzes. For the 1st workshop, the quiz was at the end of the session, focusing on antibiotic spectrum, while all other quizzes were online and opened the day before the workshop. Four care plans must be completed, with two randomly graded, so it's safest to prepare all thoroughly. Assessments include two term tests and a final, with MCQs and short answers. Use multiple references (guidelines, CPS, Lexi, Di Piro) when choosing antibiotics. Staying on top of material and practicing case-based thinking is essential.

PHM204H1 - Pharmacotherapy 5: Cardiovascular Diseases

(Course Average: B+)

This course covers hypertension, heart failure, arrhythmias, and ischemic heart disease, with a strong focus on evidence-based, guideline-directed therapy. The format is similar to PHM203, alternating lectures and workshops with quizzes at the start (individual + group). Unlike the fall semester, these quizzes are graded, so arrive on time. There is one assignment (done in pairs) and five care plans, two of which are graded at random. The midterm and final include MCQs and short answers, with the final not cumulative. To succeed, focus on guidelines rather than CPS or Di Piro alone, and keep up with lectures. Since the content ties closely to MTM, mastering cardiovascular pharmacotherapy is especially important.

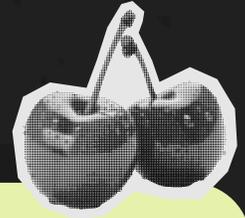
PHM206H1 - Medication Therapy Management 3

(Pass/Fail)

MTM3 emphasizes advanced care planning, communication, and clinical judgment, with a focus on cardiology. Each session includes a 10-minute counselling scenario followed by a DAP note. A drug-therapy problem may or may not be present, so you need to assess carefully. The course also includes "Pain Week," with interprofessional sessions that form part of the milestone assessment. Treat every scenario as a real patient interaction, since facilitators give feedback but professors assign grades. You're allowed one double-sided cheat sheet for counselling, so keep it concise. Engaging with feedback, participating in discussions, and preparing notes thoroughly will help you succeed.

2nd Year Anti - Calendar

BY: **AYESHA AHMAD, 2T1**



PHM213H1 - Health Economics & Pharmacoeconomics

(Course Average: B+)

This course introduces cost-effectiveness analysis, health technology assessment, and economic evaluation. It may seem overwhelming at first because of the number of slides, but many are examples, and not all need to be memorized. Focus on understanding concepts rather than formulas. There is one individual problem set early on and a group assignment near the end (no group size limit). Assessments include a midterm and a final, both with MCQs and long answers. Graph drawing is commonly tested. Past exams are extremely helpful, and some questions repeat. Don't leave this course to the last minute, steady understanding pays off.

PHM215H1 - Management: Skills, Communication & Collaboration

(Course Average: A-)

This course focuses on leadership, teamwork, conflict resolution, and communication. The first half covers the business plan project, which is the major assignment. Groups of up to four develop a business plan in four parts. Choosing a topic early is important, as is regular check-in with TAs. The initial presentation is submitted as a voice-over, with the top 12 groups presenting in class and the top 6 advancing to finals judged by a panel with prize money. This project is worth a large portion of the grade. The second half of the course covers management skills and ends with an exam including MCQs, short answers, and fill-in-the-blank questions. The course is interactive & enjoyable, especially if you stay engaged.

PHM230H1 - Physical Assessment & Injection Techniques

(Course Average: B+)

This course covers physical assessment skills (vitals, cardiac, and respiratory exams) and injection techniques. Lecture slides are posted after class to encourage focus. Labs and workshops are engaging and give students practice to build confidence. You also learn injection technique and must successfully demonstrate an intramuscular injection (with saline) to earn certification. Labs are marked only for participation but are followed by timed online quizzes that do count. The course also includes a midterm and a cumulative final, both multiple choice. Consistent hands-on practice is key to success.

PHM240H1 - The Science of Pharmacotherapy

(Course Average: B+)

This course explores PK, PD, and drug metabolism. It is fully online, delivered through 50 modules with ungraded quizzes, submitting answers unlocks the professor's answer key, which forms the study material. The professor also runs exam prep tutorials highlighting high-yield topics. There are two term tests and a final exam, all short-answer and concept-based, and none are cumulative. Past exams are very useful since some questions repeat. The workload is moderate, and some content overlaps with PCT courses. While cramming is possible, pacing is better for long-term retention.

3rd Year Anti - Calendar

BY: ELIN FOULDS, 2T6

Contributors: Lara Ali, Heather Amann, Laura Brady, Isha Brown, Salma El Jaouhari, Yvonne Ho, Cloé Lafleur, Mathew Lewis, Sara Rough, Michelle Tran, and Sheena Ye

FALL TERM REQUIRED COURSES

PHM301H1: Pharmacotherapy 6 - Oncology, Hematology, & Immunology Pharmacotherapy

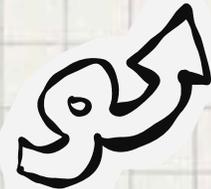
Course average: B+

This course focuses on a broad overview of various oncology topics, including breast cancer, cancer pain management, lung cancer, prostate cancer, hematological malignancies, and pediatric oncology. Like most previous PCT courses, it is structured as didactic lectures coupled with workshops every other week. In workshop, students are divided into groups to answer questions relating to the patient case. Following each workshop, students complete an open book quiz and submit an assignment. The course coordinators provide learning objective (LO) documents that cover the workshop's topic in-depth and are a great resource to use for all assessments in the course. My biggest tip would be to write up the assignment ahead of the workshop, so that following the workshop, you only need to tweak it a bit before submitting. Both the midterm and final are 3-hour open book MCQ exams; however, studying is still important (especially using the LO documents!) since it's easy to run out of time during the exam.

PHM302H1: Pharmacotherapy 7 - Neuropsychiatry

Course Average: B

This course covers topics including depression, schizophrenia, bipolar disorder, migraine, epilepsy, and various substance use disorders. It is structured like most PCT courses with didactic lectures and workshops; however, the workshops focus on bigger group discussion of learning objectives instead of a specific patient case. It is important to read the required readings prior to workshop and make notes for each of the learning objectives, to prepare for the workshop quizzes. Students are assigned to complete 2 care plans throughout the term - 1 formative and 1 summative. There is also an AI assignment focused on critically assessing how well AI provides counselling advice for a mental health medication. This was one of the harder marked assignments of the fall term - my advice would be to read the rubric carefully and pick a simpler case scenario that you feel comfortable providing detailed counselling advice for. The midterm and final were challenging; however, attending class and workshops was helpful for success, as the course coordinators would highlight specific questions that would show up on exams.



3rd Year Anti-Calendar

BY: ELIN FOULDS, 2T6



PHM305H1: Medication Therapy Management (MTM) 4

Honours/Pass/Fail

You've made it to your last MTM! MTM4 is structured similar to MTM3, with standardized patients, communication-based labs, and DAP note documentation. What's interesting about MTM4 is that more of the focus is on different activities within a pharmacist's scope, including adapting and renewing prescriptions, health promotion, minor ailments, medication reconciliation on discharge from hospital, and shared decision making. This means that therapeutics won't always be at the forefront, which is a nice change from previous MTMs.

My tips for success: attend lectures to understand common mistakes from previous years' labs, read the discussion board, try to incorporate comments from previous DAP notes into future ones, and use this MTM as a learning opportunity to broaden your understanding of your scope of practice - everything I learned in MTM4 has already helped me with my APPEs :)

PHM310H1: Pharmacy in the Modern Healthcare System

Course Average: B



This course is the second health systems course of the PharmD curriculum and focuses on identifying problems with the current healthcare system and potential ways to solve them. The assignments focus on a problem selected by your group in week 1, and the solution(s) you come up with, over the course of the semester. Participation marks are also given, based on completion of in-class assignments or podcast reflections. Topics include policy in research, pharmacy and public health, Canada's opioid crisis, drug shortages, primary care access, and many more!

PHM340H1: Introductory Toxicology

Course Average: B

This course covers the basic principles of toxicology, as well as various drug-induced diseases (e.g., hepatic toxicology, chemical teratogenesis, neurodegeneration, immunological toxicity, chemical carcinogenesis, and renal toxicology). The toughest part about this class is that assessment is based on essay-format exams, with only 1 or 2 questions. This means it's important to study all the content when preparing for exams, because you never know which topic they'll choose to ask. It's also important to give in-depth responses to the questions, rather than a one-liner, as there will be a specific rubric of things you need to mention to get full marks.



3rd Year Anti-Calendar

BY: ELIN FOULDS, 2T6



FALL TERM ELECTIVE COURSES

PHM383H1: Antimicrobial Stewardship

Course Average: A-

This course is great for anyone who is interested in hospital pharmacy and/or enjoyed PCT ID last year and wants to learn more about antimicrobial stewardship (AMS) practices. Unlike the Infectious Diseases PCT, this course is not focused on therapeutics. Instead, lectures cover different AMS interventions, what behaviour change means, and how different healthcare settings are incorporating AMS into their practice. A highlight of this elective is the Dragon's Den style group presentation you complete, focused on recommending new AMS interventions to a fictional hospital. This past year we got to present our ideas to an actual hospital in need of a new AMS program, which was pretty cool!

PHM320H1: Global Pharmaceutical Policy

Course Average: A-

This course is designed for students who can engage in critical analysis and are curious about global health issues and global pharmaceutical policy issues. There are no prerequisites required but attendance and participation are required. The course will touch upon issues such as equity, innovation, research and development of new drug therapies, de-colonizing evidence-based medicines, and the risk of corruption within the health and pharmaceutical sectors. Professor Kohler brings in guest speakers throughout the course and participation marks are awarded based on in-class discussions.

This course has a 35% midterm exam and a 35% final research presentation. 10% x 3 is allotted to participation, a research proposal, and a case study presentation. If you are interested in learning about the impact policy has on access to medications on a global scale, this course is very interesting and thought-provoking. General tips for success include asking discussion questions in class and not being afraid to share your opinions on the topics presented in class.



3rd Year Anti-Calendar

BY: ELIN FOULDS, 2T6



PHM321H1: Selected Topics in the Pharmaceutical Industry

Course Average: A-

This course provides valuable insight on different roles in the pharmaceutical industry such as Medical Affairs, Medical Information, Market Access, Regulatory Affairs, Global Affairs, Marketing, and Pharmacovigilance. While Professor Gautam teaches some classes, she also brings in a lot of guest speakers that are currently working in the pharmaceutical field. Unlike other courses, this class does not have a midterm. Instead, 60% of your grade is project-based (divided into 4 assignments) where you are given a new medication that is being developed, and you will create power point slides discussing different aspects of its development, such as clinical trials, SWOT analysis, and regulatory approval. This project gives you an accurate representation of projects completed in the real world. Overall, if you are passionate to learn more about the industry, you will find this class interesting and will be given a lot of opportunities to network. My general tips for this class: do not be afraid to ask questions when guest speakers come to present and go to the classes in-person as the class notes will be necessary for some questions on the final.

PHM323H1: Molecular Mechanisms of Drug Action

Course Average: N/A



This course is a continuation of Molecular Pharmacology that takes a deeper dive into drug receptor interactions, quantitative models, and the molecular basis of drug action. The first part of the course, taught by Dr. Redka, focuses on receptor theory covering affinity, efficacy, allosteric modulation, inverse agonism, and kinetic models. This section includes mathematical derivations and quantitative pharmacology concepts, which can feel abstract at times but provide a solid foundation. The second part, taught by Dr. Erclik and Dr. Tameshwar Ganesh, begins with a review of various drug classes previously covered in microbiology and infectious disease, then moves into emerging cancer therapeutics. This includes tyrosine kinase inhibitors, monoclonal antibodies, immune checkpoint inhibitors, hormone therapies, gene therapy, and other targeted agents. The focus is on linking molecular mechanisms to real world oncology and modern precision medicine. The midterm and final exam are noncumulative, with a mix of multiple choice, short answer, and fill in the blank questions.

The course is demanding but valuable, especially for students interested in oncology, translational pharmacology, or drug development. The cancer therapeutics portion is a clear highlight, while the quantitative section can be challenging without a solid understanding of receptor theory.

3rd Year Anti-Calendar

BY: ELIN FOULDS, 2T6



PHM325H1: Indigenous Issues in Health and Healing

Course Average: A-

This is a unique and immersive course that offers students the opportunity to learn from a wide range of guest lecturers with Indigenous ancestry. Rather than relying on traditional didactic teaching, the course is grounded in storytelling as a way of sharing knowledge, allowing students to experience a more culturally rooted and relational model of learning. This approach encourages deep reflection and personal growth as students explore Indigenous worldviews and teachings. At the heart of the course is a self-directed learning journey where each group of students select a specific domain of decolonization that resonates with them at the start of the term. Some options include land, language, health systems, or another area, and this theme becomes the guiding thread for all assignments and reflections throughout the course. This structure fosters a personal and evolving relationship with the material, encouraging students to engage with the content in a way that is both meaningful and transformative. The course is writing-heavy, with a strong emphasis on reflection and participation. This course is ideal for students who value deep, reflective learning and are interested in exploring Indigenous perspectives in health and healing through a decolonial lens.

PHM327H1: Pharmacy Management, Leadership, and Entrepreneurship Summer Intensive Elective

Honours/Pass/Fail

This 5-day summer intensive is a hands-on, engaging course focused on key topics in management, leadership, and entrepreneurship. It's designed to give you a real-world feel for the kind of training offered in hospitals, companies, and non-profit organizations. Each day kicks off at 9:30 a.m., breaks for lunch, and picks back up at 1:00 p.m. Since each day builds on the last, attending all five days is mandatory. You'll be working closely with your peers in group activities and discussions, so active participation is expected. Throughout the week, you'll also hear from a great lineup of guest speakers including hospital executives, CEOs, former politicians, and leaders from across the Ontario and Canadian health care systems. It's a great chance to learn, connect, and network. Evaluation breakdown: There will be an in-class graded writing assignment given at the end of each day. Each assignment will be worth 15% of your overall course grade and must be submitted by 4:30pm. 10% of your course grade will be allocated to in-class contributions and participations. The final assignment will require you to identify and write a case-study of a management, leadership, or entrepreneurship situation or problem you personally have encountered in pharmacy.

3rd Year Anti-Calendar

BY: ELIN FOULDS, 2T6

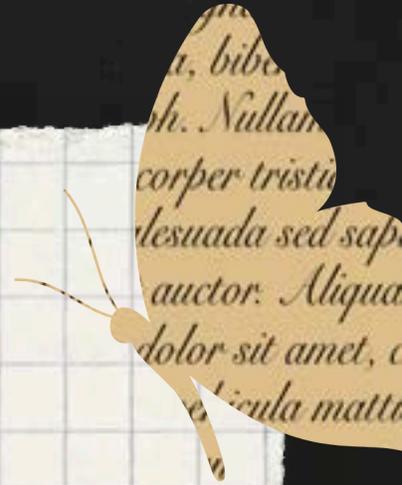
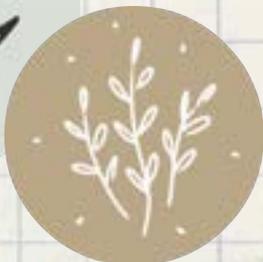
FALL OR WINTER TERM ELECTIVE COURSE

PHM389H1: Research Project

Course Average: N/A

If you are interested in doing some research during your PharmD degree, this course might interest you. It will give you the opportunity to learn more about a professor's field of research, and work on a project in their lab where you get to use your qualitative or quantitative research skills. For this course, it is your own responsibility to find a professor that can take you as their research student for a semester. This course is offered in the Fall or Winter, and it is suggested to contact your professor of interest the semester before.

Depending on your research team, you may be able to do independent work or work with the lab team. Overall, this research project is considered a heavy load, however it depends strongly on your project and supervisor. Which is why my biggest tip for this course is to choose a topic that you enjoy, and to discuss with the supervisor ahead of time to determine their expectations. While the class average for this course was not made public, many students passed with good grades due to the presentation and research paper, but found the grading for the proposal as harsh.



3rd Year Anti-Calendar

BY: ELIN FOULDS, 2T6



WINTER TERM REQUIRED COURSE

PHM330H1: Preparation for Advanced Pharmacy Practice Experience (APPE)

Honours/Pass/Fail

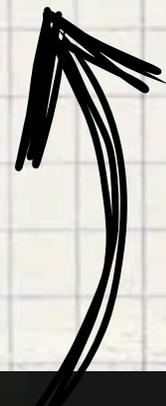


This course teaches concepts that will come up during your APPE rotations, including how to create learning objectives, how to complete a case presentation, finding evidence-based medicine and completing critical appraisals, how to create presentations, and much more.

To pass this course, you must pass all assessments and the final exam. If you do not pass the assessment on the first try, you will get a second attempt (and same with the final exam!). There are also 4 DTP vignette assignments that you must get 100% on to pass the course; however, you get unlimited attempts to get 100% within the timeframe the vignettes are assigned.

The nice thing about this course is that most deadlines are not hard - this means that if your workload gets heavier with other courses throughout the term, you can push most assignments in this class to the end of term.

Overall, this course is straightforward, and you will do well if you attend class, complete the assignments, and focus on key concepts and how they relate to each other when preparing for the final exam.



3rd Year Anti-Calendar

BY: ELIN FOULDS, 2T6



WINTER TERM SELECTIVE COURSES

PHM350H1: Pharmacotherapy in Ambulatory Care

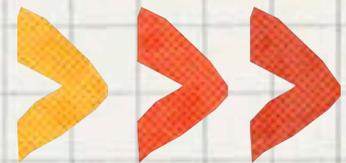
Course Average: A-

This class is meant to cover topics that a pharmacist in an outpatient setting would encounter. Many of the topics were covered in other courses but the course is meant to be a refresher to the topic and update our knowledge with the newest evidence. Topics included: diabetes, hypertension, asthma, COPD, pain, stable angina, HFpEF, anticoagulation, drug interactions and adverse drug reactions. There are cases given every week for each topic, which the professor will review with you as he (or a guest lecturer) teaches you. There is a documentation assignment associated with each one that is due one week from the lecture. There were 9 in total this year and he takes the best 5 of them towards your final grade. You are not required to hand in all of them as well which allowed for flexibility if certain weeks were packed with other assessments.

There was also a midterm and a final where both were short answer format. Overall, this course was helpful as a refresher for PEBCs and for APPEs which take place in outpatient settings (clinics, community pharmacies, outpatient hospital pharmacies, etc...)

PHM351H1: Pharmacotherapy in Institutional Care

Course Average: B+

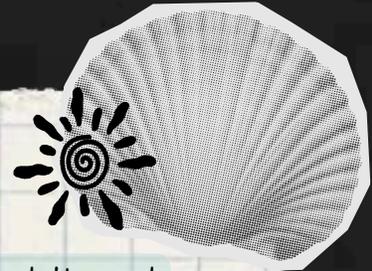


This course is great for anyone interested in hospital pharmacy, as it covers some niche topics not covered in previous PCTs, including IV access, perioperative pharmacotherapy, clinical toxicology, and emergency pharmacotherapy - all of which you will encounter in the hospital setting. This course is structured as weekly lectures, with pre-lecture mcq quizzes focused on the required readings for that week. The quizzes are a good way to stay on top of the material, as the course load can get quite heavy. There are also 2 workshops over the course of the semester, where you work in a small group to analyze a patient case and write up and submit a chart note. There are also 2 individual chart note assignments, similar to care plans in previous PCTs, except that you write up your recommendations in a DAP note format. These assignments are great practice for the chart notes you may be asked to write during your hospital APPE rotations. The midterm and final exams for this course are mcq and short answer and can be difficult due to the volume of material you need to know; however, my main tips would be to focus on the learning objectives for each lecture and attend the midterm/final review sessions to learn what to spend the most time studying.



3rd Year Anti - Calendar

BY: ELIN FOULDS, 2T6



PHM352H1: Pharmacotherapy in Older Adults

Course Average: A-

This course covers various medical conditions commonly experienced by older adults, and current pharmacotherapy recommendations to manage these conditions. Topics include frailty, ageism, polypharmacy, palliative care, Parkinson's disease, delirium, neurocognitive disorder, and many more conditions previously covered in other PCTs! This course is helpful for anyone interested in a pharmacy role with direct patient care, as our population continues to age. The course provides a great overview of how pharmacotherapy changes as patients age.

One of the nice things about this elective is it does not have a midterm. Instead, there are two assignments completed over the course of the term. The first assignment requires you to critically analyze AI's ability to answer a geriatric pharmacotherapy question, and the other focuses on an aspect of the comprehensive geriatric assessment (which you'll learn about in lecture). There are also reflections completed after each lecture that go towards a participation grade. The final was mcq and focused on the learning objectives for each lecture.

PHM354H1: Pharmacotherapy in Pediatrics

Course Average: A-

PHM354 is all about learning how to care for kids from babies to teens when it comes to their meds! It covers a wide range of topics like growth and development, dosing, pediatric pharmacokinetics, vaccines, cystic fibrosis, kidney issues, mental health, and more. One of the best parts of the course is the amount of guest lecturers; almost every week you'll hear from amazing pediatric pharmacists and clinicians who are super knowledgeable and love answering questions. Definitely try to go to class and ask questions when you can! The course coordinators, Sabrina and Alicia, are both really responsive to emails and open to any feedback or concerns you have. The workload starts off pretty manageable but definitely picks up in the second half of the semester with more complex topics. To do well, stay on top of lectures, don't be afraid to reach out for help, and give yourself enough time to prep for the second half of the course. It gets more intense but super interesting!



3rd Year Anti-Calendar

BY: ELIN FOULDS, 2T6



PHM355H1: Pharmacotherapy in Women's Health

Course Average: A-

This course is very unique as it is taught with no slides and follows a discussion teaching style. Professor Brown is very passionate about the topics and is really focused on the group's understanding of the material.

The course format included lectures as well as workshops where you can work on exam style questions with a group and discuss later with the whole class. There is a lot of information that is not discussed in other courses such as the endocrinology course on second year. The course load starts off moderate and then gets heavier in the later stages of the course with more complex topics. However, Professor Brown ensures that you are able to always connect the topics.

The exams were mostly short answer, with just a few multiple-choice questions on the final. To succeed in this course, it really helps to attend classes and take thorough notes. The tests were fair and manageable for students who kept up with the material, and there was always a welcoming environment to ask questions and get clarification.

PHM360H1: Personalized Medicine

Course Average: A

This course centres around "personalized medicine" for patients, which is tailoring medications to the patient beyond their condition. Some topics covered this past year were: targeted therapies, pharmacogenetics, AI in drug discovery, the microbiome and mRNA technology in vaccines. Throughout the course, there are three case studies based on selected topics that require a 400-word response. These cases are testable, but TAs go over them in detail the class following the due date. There are also participation quizzes given periodically which helped to boost marks overall. Both the midterm and final exams were short answer format. Overall, it was an interesting course, and these topics are not taught anywhere else in the program!



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PHM361H1: Latest Developments in Drugs and Biologics

Course Average: A

This course introduces students to the drug discovery process for small molecule drugs, biologics, and cell therapeutics, and then dives into the drug discovery process for specific drugs approved by Health Canada and/or the FDA in the previous year.

The first half of the course consists of lectures given by Dr. Kotra focused on the general drug discovery process for drugs and biologics, and the second half consists of student-led presentations on specific drugs. These presentations are completed in small groups, and the content of them is testable material on the final exam. The midterm and final exams consisted of 5-8 short-answer questions focused on general concepts discussed in class. This past year, the final exam was open book, which helped make studying during exam season easier. This course has a lighter course load, and students generally do well. My tips for success would be to attend class, study the general concepts that Dr. Kotra focuses his lectures on, and don't be afraid to ask questions to clarify your focus for the presentation - Dr. Kotra and the TA provide detailed responses to help guide you in the right direction for success!

PHM370H1 Community Pharmacy Management

Course Average: B+

This course is good for anyone interested in ownership and community pharmacy. It covers topics such as pharmacy operations, purchasing and inventory management, pharmacy financials, human resources, and select pharmacy niches. The course assignments focus on aspects of a business plan for a new community pharmacy you are planning to open. The first assignment requires you to decide on your niche, vision and mission statements, and perform market research (i.e., location analysis, SWOT analysis). The second assignment focuses on your projected financial plan for the first year your pharmacy is open, and includes a sales forecast, profit and loss projections, cash flow, and start-up expenses. The assignments were marked quite fairly by the TA, so long as you stayed within the formatting guidelines. There were many required readings each week that could be testable for the exams and become overwhelming when studying; however, many students found success in studying AI summaries of the readings. The final exam was quite difficult; however, it wasn't worth much, and students still did well in the other aspects of the course.



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PHM371H1 Institutional Pharmacy Practice Management

Course Average: B

This course is a very challenging, yet rewarding course for those interested in pursuing any sort of hospital position. Students will learn the various aspects of hospital pharmacy management. Some of these topics include formulary management, drug shortages, change management, medication safety and hospital management systems. Students will partake in weekly didactic lectures as well as three workshop sessions which act as tutorials for the three main assignments.

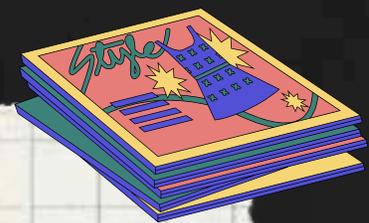
The three assignments can be tricky but are useful for applying the knowledge gained in lectures. The three assignments are: 1. Writing a drug formulary submission, 2. A patient and medication safety assignment which focuses on the 5 whys and a root cause analysis and 3. A drug shortage and change management assignment which takes place during the final exam period. This course is unique in that it doesn't have a final exam, but is more assignment focused.

Tips for success: Start assignments early. This cannot be stressed enough. The assignments are thorough and can be lengthy. It is important to plan early and follow the templates provided. Also make sure to attend the workshops as they'll help guide and give info on what is expected of the assignments.



3rd Year Anti-Calendar

BY: ELIN FOULDS, 2T6



WINTER TERM ELECTIVE COURSES

PHM322H1 Patient/Medication Safety

Course Average: A-

This course will examine patient safety, the potential for medication incidents, and also cover ways to prevent medication incidents from a systems and individualistic approach. The elective consists of weekly 2-3-hour classes, short readings (which are tested on exams but the relevant material will be explicitly highlighted), and mandatory workshops led by previous students and individuals from the Institute for Safe Medication Practices Canada (ISMP Canada), where participation is required. Additionally, each completed workshop will result in an ISMP Canada certificate presented to the student. There will be one final summative assignment - consisting of a group presentation and an individual report, which will allow students to apply medication safety strategies onto a case-based scenario. Exams (including a midterm and a final) will be a blend of MCQ and short answers. Overall, this course was straightforward, simple, and highlights the various ways medication safety is promoted in community and hospital practice. Information is readily available through high quality recordings, and the workshops are a great addition to apply course material to case studies.

The course coordinator, Certina Ho, is a wonderful instructor who cares deeply for all of her students. She is extremely understanding and will always ensure that her course deadlines, marking scheme/rubrics, and test questions are reasonable for her students to do well on.

PHM381H1: Medical Imaging for Pharmacists

Course Average: B+

This course is a very unique course in that it isn't really like many other previous pharmacy courses taken before. Students will learn through didactic lectures for the first 8 lectures going through various modalities of medical imaging. The early lectures focus on the principles of medical imaging techniques such as X-ray, ultrasound, MRI and nuclear imaging. After the foundational principles, students then apply that knowledge to different body systems and disease states such as breast cancer, cardiac imaging, lung imaging, renal imaging and hepatobiliary imaging. What makes this course even more unique is that only the first 16 lectures of the course is testable material! After the last didactic lecture around early march, various specialists in radiology will come in and do presentations and case studies on different body systems. This is a great learning opportunity to apply the knowledge gained to try to solve cases. These are called "Read with the expert" sessions. These won't be tested but they do help reinforce the content learned.



3rd Year Anti-Calendar

BY: ELIN FOULDS, 2T6

PHM384H1: Teaching and Learning

Course Average: A-

This course is unique in the sense that students have the opportunity to learn about the different philosophies and skills needed for effective teaching. Attendance and participation are required. Students will gain insight on the logistics behind organizing MTM simulations and will be able to participate in assessing and providing feedback to students. This course does not have a midterm! There are assignments and 1 MTM lab session throughout the term. However, there is a 45% final short and long answer exam.

PHM385H1: Diabetes Care

Course Average: B+

This course is fantastic for anyone passionate about diabetes and/or interested in getting their CDE (Certified Diabetes Educator) designation. The course is structured to cover all topics that are on the CDE exam, including insulin regimens, nutritional management, management of acute complications of diabetes, foot care, pregnancy, travel, complex patient scenarios, and many more!

While PCT 3 provides a brief introduction to diabetes care, this course gives a thorough overview. Professor Halapy divides the content into 3 assessments - a term test, midterm, and final exam. All three assessments are mcq and short answer; however, the final exam has more of a focus on short answer questions.

This course covers a lot of material, which can make studying for assessments tough, so it's important to try and stay on top of the material on a weekly basis, so that you don't get overwhelmed. Professor Halapy is always happy to answer questions, and provides exam review sessions, so don't be afraid to ask questions/attend exam reviews to improve your understanding for the next assessment. While this course was tough, knowing so much more about diabetes care has been super rewarding when helping patients on my APPEs and I'd recommend it to everyone :)

3rd Year Anti-Calendar

BY: ELIN FOULDS, 2T6



PHM386H1: Mental Health and Addictions

Course Average: A-

This course covers many mental health topics not discussed in PCT 7 Neuropsychiatry, including stigma, trans and gender diverse care, harm reduction, drug policy, vaping, OCD, eating disorders, ADHD, ASD, psychotropic medication use in pregnancy and lactation, pharmacy suicide risk assessment, and many others. While some lectures discussed pharmacotherapy options for various mental health conditions, this was not the focus of the course. Lectures were often structured with time for discussion, and key points from in-class discussions were asked on the midterm and final exams. The main assignment throughout the course was a "Mental Health and the Media" discussion board assignment. Students would be assigned on a weekly basis to post a thread regarding the portrayal of mental health in some form of media and other students would be required to engage in this discussion thread. While only one post was required for the assignment, I would recommend staying active in various weeks' discussions to improve your overall grade. Additionally, it is helpful to start thinking about this assignment early on, even if you are not assigned to post in one of the first few weeks, because as your semester gets heavier with other courses, you may have less time to devote to this assignment. The midterm and final exams were fair and focused on the learning objectives and key discussions in class.

PHM387H1: Global Health

Course Average: A-



Unlike most pharmacy courses, this elective has no exams - evaluation is based entirely on assignments. Attendance isn't mandatory, but active participation is highly encouraged. Throughout the course, you'll explore global healthcare models, pharmacy practice in low- or middle-income countries (LMICs), and systemic challenges. These assignments and discussions provide a broader perspective on equity, access, and the value of the Canadian healthcare system. A highlight of the course is the team-based care plan presentations. In groups of four, students analyze a clinical scenario set in a LMIC and present their findings to the class. Each case study is created by a guest clinician and is based on a real situation they've experienced. Students get to connect with the guest to help with the case analysis, and the guest clinician will usually attend the presentation and answer questions from the class. This assignment challenges you to think critically about healthcare delivery in resource-limited settings, including infrastructure, policy, and regulatory barriers. It also forces you to explore situations when the first-line, second-line, third-line and even fourth-line treatments aren't available. Tips for Success: Attend class, stay engaged, and participate in discussions. Put effort into your assignments and be open to learning from different healthcare contexts and perspectives. Also, try and start brainstorming your final assignment topic early when the term isn't overwhelmingly busy.



3rd Year Anti - Calendar

BY: ELIN FOULDS, 2T6



PHM388H1 Self Care and Minor Ailment Prescribing - Advanced Topics

Course Average: A-

This course covers additional minor ailments and OTC topics that were not previously taught in PHM201. This includes colic, dehydration, pinworms, infectious diarrhea, hemorrhoids, motion sickness, headache, emergency contraception, dysmenorrhea, PMS, oral thrush, cold sores, canker sores, and musculoskeletal injuries. Despite the variety of topics covered and the course breakdown seen down below, this course has a relatively light workload, as Debra makes a point in not wanting to overwhelm students.

This course is great for students who want to learn about minor ailment subjects in a relaxed manner with plenty of opportunity to ask questions before encountering them in their future practice. This course consists of weekly skills labs covering 2 minor ailment topics and an in-class discussion on scenarios that you could encounter in your pharmacy practice.

Tips for Success: Pay attention to the skills labs as details covered in them will be seen in the midterms and finals. Reading the specific CPS chapters of each minor ailment topic and reviewing MapFlow would help you do well, but not mandatory. Debra also gives opportunities to do short assignments that will count as bonus marks, so make sure to do them.



3rd Year Anti-Calendar

BY: ELIN FOULDS, 2T6

COURSES NOT ALWAYS OFFERED

PHM353H: Pharmacotherapy in Critical Care

This course was not offered in 2024-2025 due to lack of enrollment. This course covers clinical topics seen in the intensive care unit (ICU), including shock, sepsis, renal failure, and traumatic brain injury. In previous years, assessments have included open book seminars, open book quizzes, a critical appraisal paper, and a midterm and final exam.

PHM362H1: Assessing the Bioavailability and Bioequivalence of Medicinal Drug Products

This course was not offered in 2024-2025. The course average in 2023-2024 was an A-. This course introduces various regulatory, clinical, statistical, and logistical factors that are considered when assessing the bioavailabilities of various formulations.

A component of the course focuses on mathematical modeling and basic programming in R-project. In previous years, assessment methods have included problem sets, a midterm, and a final exam.



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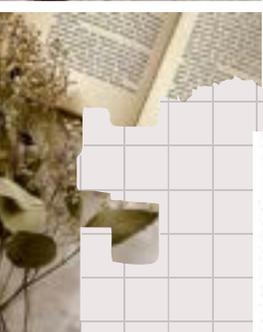


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