



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

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## GOAL STATEMENT

As an APhA Member-at-Large, I hope to fulfill the goals of continuing to advocate for my fellow student pharmacists, further develop my communication skills, and live out the APhA National President's mission. Having joined as a second year pre-pharmacy student, I feel indebted to the organization through the mentorships with past presidents and feel inspired by their model leadership. If elected, I will serve as a resource for questions or concerns, by being easily accessible via email or a phone call, and by being friendly and motivated to represent them. I will work on my professional skills by taking opportunities like this and establishing connections with other mentors and professionals in the committee I will serve on. By living out the National President's goal, I hope to demonstrate solidarity and makes the leadership board more cohesive and supported.

APhA-ASP offers student pharmacists an abundance of opportunities for networking, personal and professional development. Pharmacy school is intimidating and this organization works to make experiences more accessible. If given this opportunity, I would take the care and attention the position requires, and continue the legacy of those who have held the position before me.

## LEADERSHIP EXPERIENCE

APhA-ASP Leadership Experience:

- Chapter President 2021-2022
- Chapter President-Elect 2020-2021
- Chapter Generation RX Committee Chair 2019-2020

Local Leadership Experience:

- Co-Curricular Task Force Student Member 2021-2022
- Lambda Kappa Sigma Scholarship Chair 2020-2021
- Lambda Kappa Sigma Lamb Chair/Social Chair 2019-2020
- SGA Class Representative 2018-2022

## PHILOSOPHIES ABOUT APhA

APhA and APhA-ASP continue to be a resource for student pharmacists and pharmacists alike. They have influence that goes beyond educating and leadership for its members, and a national influence that provides change to practice and promotes bettering the profession of pharmacy. Many student pharmacists do not realize the impact APhA has on policies that affect them and their future profession. Through the work of committees, national goal setting, and network of resources and professionals, APhA continues to be the leading pharmacy organization.

Over the last 100 years, the pharmacy profession has gone from an apprenticeship, purely medicinal, role to a doctoral program complete with interprofessional and personal skills including counseling techniques, didactic learning, and experiential education opportunities. With this change, comes specialization, and APhA offers a wide range of committees that serve multiple functions to help educate and promote change. By providing support in different areas, such as policy and new business items for pharmacists, and member engagement and patient care projects for student pharmacists, the right resources and help is an email away. These committees are able to delegate work and provide leadership opportunities for student pharmacists and pharmacists alike.

As a goal-oriented person, I appreciate the National President of APhA-ASP to have a presidential theme, as it adds depth to their role and provides structure on how I can support them and motivate students within my own chapter. This past year's theme Unity in Diversity emphasizes difference, but also shows we can have solidarity in our goals and actions. It speaks to the overall mission of APhA - to "inspire, innovate, and create opportunities...for all". Having this common, known goal, can help direct activities and events so they align with the overarching theme. It also provides something for members to speak on and provoke individual growth and learning.

A final benefit of APhA I personally have taken advantage of, is the resources and connections being a member gets you. As a second year pharmacy student, I looked up to the APhA chapter president and formed a personal and professional relationship with her. She has helped me navigate through pharmacy school and inspired me to pursue APhA leadership roles. I also have met multiple past presidents who also serve as role models. Outside my own chapter, I have connected with other leaders on LinkedIn and Instagram. Because events the past (almost) two years have been virtual, I have been able to connect with people from all over the country, something that I feel would have been more difficult had we been in person. The simplest thing like a like on LinkedIn could afford me an experience not otherwise known to me.

Overall, I am grateful for the experiences I have had through the APhA organization including being awarded a scholarship through the APhA Foundation. I am hopeful for the opportunity to serve on a national level and continue my personal mission to advocate for my peers.

## SPECIALIZED SKILLS & TALENTS

I tend to be described as go-getter, extroverted, and busy by friends and family. I have always had a preference to stay busy and scheduled as it helps keep me focused. Throughout high school and college, I have learned how to time manage by juggling a job, classes, extracurriculars, and social outings. Although I stay busy, I am also able to conceptualize my schedule and factor in travel, extra time in case things run later than expected, and anticipate changes. Through time management I have also learned how to delegate responsibilities through my support system. Another skill I have developed is empathy, and understanding that things don't always go as planned. Through my leadership experiences in college I have learned how to time manage and how to be more flexible and understanding, which will help fulfill my duties as a National-Member-at-large with APhA-ASP .

Time management is something I have learned through being involved, having good mentors, and a wonderful support system. Throughout high school, I was involved with sports, had a job, and did other community service projects that helped shape my abilities. In college, I have learned how to keep an electronic calendar and paper planner that stores events and to-do lists. As I have become more familiar with campus and the Boston area, I am better able to account for travel and transportation time. In conjunction with time management, I have also learned how to trust my support system and people I am working with in order to better delegate tasks so I do not feel overwhelmed. I am somewhat of a perfectionist, and in the past, I have had difficulties handing responsibilities off to other people because I feel bad and would rather just do it myself. As I developed relationships with others, I have realized the importance of trust and have been able to hand tasks off to them and feel more comfortable asking for help.

Another skill I have learned with my leadership experiences is being adaptable and understanding plans can change and cause setbacks. Throughout my time in college, I have learned that small changes are not the end of the world. Before I would become upset that plans didn't work out, but now I am able to better accept constructive criticism, look at what happened and think of preventative measures so as to not let the same thing happen again. This is why I rely on the relationships I have built with others - their opinions can help shape how I handle setbacks because they offer a new perspective on the problem and may offer different, better solutions. Through my extracurriculars I have challenged myself to be a better student pharmacist and leader and I am incredibly grateful for the opportunities I have experienced during my time in college. I am certain that I will continue to learn and shape my leadership abilities if granted the ability to serve on the National Executive Board.