Mission: To support pharmacy leadership commitment by recognizing leaders and fostering leadership development

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2011-2012

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For more information on Phi Lambda Sigma and our upcoming events please visit our website
http://www.pharmacy.umaryland.edu/studentorg/pls

January, 2012

“Aif your actions inspire others to dream more, learn more, do more and become more, you are a leader”
— John Quincy Adams

Leader Reader
University of Maryland, School of Pharmacy

A Message from the President by Birdie Nguyen

Dear Phi Lambda Sigma and Friends,

I am excited to welcome in the new year of 2012. Moreover, I am honored to serve as President and pleased to report to you the major events of the past semester. As will be discussed below, we have had a busy, but successful fall term.

The Leadership Series selected twelve new ambitious pharmacy student participants. Through a series of workshops on event planning and public speaking, chapter members have been assisting the incoming students with the planning and execution of pharmacy-related projects. We are excited about the preliminary project proposals, which include brownbag lunch sessions and forums focusing on topics that are educational, informational, and philanthropic. I am proud of those who are serving as mentors for teaching by example, and especially the chairs Hana Kim, Hyun Jung Lee, Michelle Wong, Joel Ozumo, Caorlile Ricca, Xiaoxian Bo, Marybeth Derbyshe, Joanne Hilburn, Shinhy Huang, Katherine Johnson, Anna Kim, Hyun Jung Lee, Michelle Lo, Natalya Maxlow, Taryn Merchant, Eric Oak, Ankur Sarodia, Jeannie Shum, Christie Staso, Fatemeh Tavakkoli, Karen Weigand.

Class of 2013

Lauren Collins, Jason Hodge, Janet Lee, Birdie Nguyen, Aaron Pharm., Dawn Andanar, Jeline Bigcas, Katie Brant, Brittany Good, Shady Grov Liekien, Ibrahim Qazi

Class of 2014:

Cuyroll Choi, Jamie Elener, Anna Hung, Hayley Le, Michael Leung, Neha Patel, Huaisong Wang, Zhongyuan (Evan) Zhao

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Phi Lambda Sigma, Beta Lambda
Chapter Members

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September 29th, 2011

Selfless mentors, eager mentees, great food, an energetic presenter, and great volunteers! All of these things allowed the first event of the PLS Mentorship Program of 2011-2012 to be a great success. On Thursday, September 29, 2011, 15 mentors and 24 mentees attended the PLS Mentorship Initial Meet and Greet at the Atrium in Pharmacy Hall. The event started with a brief introduction about the program by Hayley Le and Anna Hung, the two cochairs of the mentorship program. This was followed by dinner, a brief presentation by Casey Henze from Target, 6 rounds of group speed-dating like sessions, and surveys to finish. Dinner was delicious and included a pumpkin salad, a marinated pork, vegetarian couscous, chicken mashed potatoes, and homemade cookies. The brief presentation Henze gave was very relevant to mentees because it called for mentor self-reflection and focused on what mentees should look for in mentors in order to help themselves grow best. The group speed-dating sessions flew by as mentors and mentees hit it off instantly, discussing various topics from pharmacy experience to hobbies.

At the end of the program, attendees filled out surveys. This was done so that mentors and mentees could be matched in the best way possible, resulting in better outcomes for each program participant. This is a reflection of how the PLS Mentorship Program has changed its focus this year to be on creating events and environments that foster the development of deep, meaningful mentor-mentee relationships.

October Leadership Student of the Month: Jamie Elsner

Congratulations Jamie, on being selected by your peers to be Leader of the Month! Now to hound you with questions.

Q. What motivates you to be so involved? I choose to be involved within the school because I love trying new things and working towards a greater goal. Upon graduation, I will never have the opportunity to be a pharmacy student again; therefore, now is the time to experience any and all aspects of the profession... I know the importance of that and the courage to achieve them.

Q. What advice do you have for students that want to take on leadership positions, but are holding themselves back because they are scared to begin? My advice to students who are timid about holding leadership positions is to challenge yourself, let go of any self-reservations, and take a chance. You will be amazed with the help of the COFFEE! I highly recommend it!

Q. Many students have recognized your leadership through the positions you currently hold in school, but what did you accomplish last year that you are proud about that students might not know about? I am proud to say that I have completed four half marathons in the past year. I have never found distance running to be easy, so completing the 13.1 miles was a huge personal accomplishment.

Q. You, along with many other students here, aren’t from Maryland. What is one thing in MD that you think everyone should experience before leaving MD? Being from out of state, I have created a very long list of things I hope to do while living here in Maryland. I am slowly checking them off when I am not involved with a reviewer (either faculty, alumni or 4th year student) to get one-on-one feedback regarding their own CV resume. Because this is the first year we’ve organized the workshop in this fashion, as well as due to the anticipation of a high turn out, students who RSVP’d were matched up with a reviewer ahead of time.

We had generous faculty such as Dr. Mona Toussidt and Dr. Jill Morgan at Baltimore as well as Dr. Heather Congdon in Shady Grove who contributed their time towards helping our event. We also had alumni, such as Dr. Allen Tran, share experience on professional setting and excellent 4th year such as ALSN’s past president, Kate Smith and PLS member, Sari Nimmagadda, who took time from their busy rotation schedule to help out. This workshop was conducted just in time for the career fair that following weekend as well as the PLS Internship Fair held a couple weeks later. We received a lot of positive feedback from students who enjoyed gaining the personal feedback on their documents. However, because of the time constraints of the meeting, we only wished we had more time to allow for a greater number of students to meet with a reviewer.

At the end of the workshop, pizza was served in the Pharmacy Hall Gallery, and a few reviewers and students continued to meet and talk about their CV resume while enjoying lunch. We hope to improve our newly reformed workshop next year, and hope that this workshop served as an invaluable opportunity for all students to help them achieve what we all are striving for in our PharmD futures: a career!

November Leadership Student of the Month: Mo Mounce

November 2nd, 2011

The Lambda Sigma (LKS) collaborated with Lambda Sigma Sigma (LSS) to create a venue where students learning about optimizing a document that may help make or perhaps even break their chance at a job or internship: the CV/Resume Workshop. Over 60 students attended, and all were encouraged to bring their CV or resume to the workshop. We were fortunate enough to have Dr. Kelly Smith return this year to present the do’s and don’ts of producing a CV or resume. She provided an example resume to the students as well as many valuable tips to help students refine their CV/resume into an up-to-date self-record that would be ready to ‘new’ future employers. After Dr. Smith’s presentation, a workshop took place where students met with a reviewer (either faculty, alumni or 4th year student) to get one-on-one feedback regarding their own CV resume. Because this is the first year we’ve organized the workshop in this fashion, as well as due to the anticipation of a high turn out, students who RSVP’d were matched up with a reviewer ahead of time.

We had generous faculty such as Dr. Mona Tsoukleris and Dr. Jill Morgan at Baltimore as well as Dr. Heather Luther King

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.” Martin Luther King
September Leadership Student of the Month: Nousheen Nadjimabadi

Q. What motivates you to be involved on campus? The drive to make things better. I believe you can improve on anything that exists, and it’s necessary to evolve with time, and remain relevant. I also enjoy an accomplishment and a job well done.

Q. What are the biggest challenges you have faced on campus? Never hold yourself back from something great, because it may not be there when you are ready.

Q. What advice do you have for students that want to take on leadership positions? Keep an open dialogue with everyone involved in the project. Most importantly is to acknowledge everyone’s hard work. Lastly, the Internship Fair provided the chance for pharmacy students to network and connect with potential employers.

We look forward to next year’s Internship Fair and hope to see an even larger turn out from both the pharmacy companies and the students at the School of Pharmacy.

September Leadership Student of the Month: Nousheen Nadjimabadi

“Never hold yourself back from something great, because it may not be there when you are ready.”