



PHI LAMBDA SIGMA

# THE LAUREL

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Editor: Jordan Covvey

TO FOSTER AND RECOGNIZE LEADERS, AND SUPPORT LEADERSHIP COMMITMENT

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All of the great leaders have had one characteristic in common; it was the willingness to confront unequivocally the major anxiety of their people in their time. This, and not much else, is the essence of leadership."

- John Kenneth Galbraith

## LEADING LITTLES AT LAMBDA: RUTGERS

At Rutgers, Phi Lambda Sigma has played an integral part in the training and guidance of young leaders within the School of Pharmacy. In conjunction with the Pharmacy Governing Council and under the skillful guidance of chapter advisor, Dr. James Alexander, PLS has created a mentoring program called the Big Brother Big Sister Program that serves the entire freshman and transfer student class accepted to the pharmacy program. With roughly 225 freshman and transfer students and a 1:1 mentor (big) to mentee (little) ratio, there are currently 450 students actively involved in the program.

Prior to involvement in the program, mentors must complete training created by PLS and the Pharmacy Governing Council to ensure that students are prepared to lead the next generation of underclassmen at Rutgers. Training involves multiple informational sessions as well as presentations for which the mentors must complete examinations online to test their knowledge. Topics covered in the past have included what academic resources struggling students may access, how to involve oneself in a professional organiza-

tion, and effective networking techniques to obtain a pharmaceutical industry internship. Mentors are also required to participate in at least one professional organization and meet all academic standards set forth by the School of Pharmacy. Lastly, all mentors are required to meet a minimum contact frequency via email or phone with their mentees/littles and must attend events throughout the year to strengthen their mentor-mentee bond.

The program kicks off in front of the pharmacy school in late August with the annual Big Brother Big Sister Picnic, which reached a record attendance this year of over 650 people. In addition to the 450 students involved in the program as a big or little, Phi Lambda Sigma and the Pharmacy Governing Council contacted all of the faculty and administration at the school to provide students with an opportunity to meet their professors early on in their academic career. Additionally, the entire first professional year (P1) class and the roughly 50 students who helped to organize the picnic attended to lend a help-

ing hand. To give the reader an idea of the scale of this picnic, there was enough food for 700 people; carnival attractions including a sign shop, gladiator pit, and dunk tank; and t-shirts designed by a professional designer with PLS input for all 650 attendees.

The Big Brother Big Sister Program is a crowning achievement at the Rutgers University School of Pharmacy and has shaped leaders within every facet of the school. Almost all of the Rutgers PLS members were a mentor for at least one year during their time at Rutgers and every single PLS member will tell you that their mentor contributed to their current role as a student leader in some way. We are proud to shape the next generation of leaders in pharmacy through Phi Lambda Sigma at Rutgers and hope to continue our program for many years to come.

Written by:

**Andrew Zullo**  
Secretary,  
Lambda Chapter  
Rutgers University



## THE END OF AN ERA, START OF ANOTHER

It is truly amazing how quickly life happens. I distinctly remember laughing at myself in my silly purple cap and gown from high school, and now yet another one is hanging in my closet, ready for action. Thankfully it is not purple this time. In the blink of an eye, college, pharmacy school and rotations... done, done and done. Where did the time go?

They say college is the best time of your life, and there is a part of me that agrees, particularly when thinking about the violent shove into the

real world some of us will be getting in a couple weeks. I have a feeling my first day with pharmacist license in hand will be spent avoiding peeing my pants. Figuratively of course.

But a larger part of me knows that the best is yet to start. Four years of pharmacy school has been filled with priceless experiences, endless opportunities, and amazing mentors. The next 40+ years of my career as a pharmacist can only be exponentially better.

In particular, my time this past year with Phi Lambda Sigma has been a wonderful experience. I am proud to call you all my colleagues, and in my heart, know that the future of the profession of pharmacy is in capable and dedicated hands. I wish all of you the best of luck. But I don't think you'll need it.

Written by:

**Jordan Covvey**  
Past Member-at-Large



Have an interesting project at your school? Would you like to highlight a fellow student or praise a professor? *The Laurel* welcomes submissions from all members!

Contact the National Member-at-Large for more information.



We had a wonderful time seeing everyone at the PLS Annual Meeting. If you have any questions regarding activities, don't hesitate to contact a national officer!



## PROMOTING LEADERSHIP BY HOSTING "HOW TO GIVE A PROFESSIONAL PRESENTATION": MWUCCP

Students frequently worry about how to give an effective presentation. They wish to appear confident and in control when inside, their stomachs are churning. Being placed in the spotlight can make any student nervous, yet, many will find themselves in this situation quite often throughout their careers, during rotations, case presentations, or conferences. Simply stated, good presentation skills are a necessity in today's workplace.

On Friday, February 5th, 2010, the Gamma Epsilon chapter hosted guest lecturer, Dr. Iqbal Atcha, who explained how to sweep an audience off their feet while giving a professional presentation. Dr. Atcha, a pharmacist with an M.B.A. in marketing, currently serves as a Regional Talent Specialist for Wal-Mart. He is also an alumnus of MWUCCP (Midwestern University Chicago College of Pharmacy). Dr. Atcha's rich background includes experience in several different areas of pharmacy and business. He has worked for an independent phar-

macy and both clinical and business consulting firms, is an adjunct assistant professor, and has



Left to Right: Paul Stranges, Treasurer; Jenny Pollard, Vice President; Dr. Iqbal Atcha,

launched a technician training program. He continues to donate his time mentoring future pharmacists and has been an active participant in providing leadership development activities for students. By working in various environments, he has observed a myriad of different presentation styles. For this presentation, he selected

the very best and worst examples he has witnessed and shared his wealth of experience with us. He detailed the various "Do's and Don'ts" of giving a professional presentation, and delivered, as promised, a very useful and entertaining discussion for those in attendance.

The Gamma Epsilon chapter is dedicated to promoting the development of leadership qualities through leadership opportunities especially among pharmacy students. Many of its members cross fraternal and organizational lines and the chapter encourages participation in all pharmacy activities.

Written by:



**Mindy Joseph, Secretary**  
**Tony Mai, President**  
**Gamma Epsilon Chapter**  
**Midwestern University Chicago**  
**College of Pharmacy**

## MY TIME IN THE MARSHALLS SHOE DEPT

For those of you not familiar with the landscape of retail clothing stores, Marshalls is a department store best known for offering designer labels at discount prices their tag line 'Brand Names for Less.' Marshalls was my adolescent home away from home. Shortly after I turned 16 my mother (with some force) sent me off to Marshalls where she insisted I start my part-time working career. I was hired after a brief interview, trained on the inner workings of an NCR brand cash register, and then assigned to the Shoe Department. The micro-world that Marshalls provided was good boot-camp preparation for the 'real-world.' There were schedules, meetings, expectations, supervi-

sors, diverse co-workers, power struggles, errors, break-room disagreements, smokers/non-smokers, shop-lifters, and a cast of regular and irregular customers. What had I (my mother) gotten (me) into?

Despite earning both Bachelor's and Pharm.D. degrees as well as a public health credential and even in light of completing two years of residency training that Shoe Department remains one of the most influential and educational experiences of my life. My mom knew what she was doing. Weeknights and weekends spent at Marshalls unpacking boxes, re-racking shoes, and mopping floors fueled early morning and late evening med

chem and pharmacology study sessions. Rules seemed more real at Marshalls even more so than those I had encountered in catholic school. Maybe these rules were 'more real' because they came with jobs we chose to apply for and keep unlike academic rules that were simply unavoidable. These rules were imposed with little compassion, few exceptions, and without regards to parental interference. In fact, this was the one aspect of adolescent and young adult life where parents were outside the box. No helicopter or snow-plow parents here to remove barriers or swoop in for a rescue mission.

(continued on page 5)



We are seeking candidates for office for the 2010-2011 PLS Regional Liaisons!

If you have been involved with PLS within your home chapter, why not work with the national office? New ideas and opportunities are continually being pursued by our national office, and we would love you to become a part of leading our organization.

Contact the Executive Director or the current officers for further information.

"The final test of a leader is that he leaves behind him in other men the conviction and the will to carry on. . . . The genius of a good leader is to leave behind him a situation which common sense, without the grace of genius, can deal with successfully."

- Walter Lippmann

## PRESIDENT'S ADDRESS 2010

I am proud of each member – You said Yes – Yes to promoting our profession of pharmacy and Yes to being involved and being a leader. I am honored to be a leader of leadership and help drive the future of pharmacy. As Phi Lambda Sigma President, I plan to aim towards the following goals:

1. I would like to encourage each chapter to ADOPT a Pharmacist leader. Chose a mentor who is local to your chapter and is currently serving a professional pharmacy organization and invite them to your events. Also try to get Local, State and National leaders to mentor individual PLS members to help foster the bridge of student pharmacist leaders to becoming pharmacist leaders. Access your alumni and get them involved in your collegiate PLS chapter and have them talk about what the transition to pharmacist is like.

2. I would like to form a national committee of faculty advisors and student pharmacists as well as the Executive PLS Board to start to

investigate the feasibility of expanding Phi Lambda Sigma internationally. We will need to look at Bylaw changes as well as changes in office staffing, fees and many other facets. If you are interested in assisting please e-mail

3. I would like to encourage chapters to initiate members into PLS younger- preferably in the second year of a given pharmacy program. This will promote leadership as well as provide for legacy programs to be properly passed to the next board for each chapter.

4. I would like to develop the Regional liaison role. I would like this group of leaders to work together to enhance the list of resources on the website to include good leadership presenters, leadership workshops and leadership books.

5. Lastly, I would like PLS to embrace technology. The new website will be released April 15, 2010 and will be more user-friendly. I

would like to consider a bylaws change to add a national student position as Webmaster to have a person to filter information onto the national website. I would like to consider the addition of chatrooms to enhance communication between members and chapters, SYKPE to share live presentations with perhaps a sister chapter across the country, YouTube for leadership workshops and links to individual chapter websites. We are looking at a Marketplace idea for chapters to be open for shopping for unique PLS items that each chapter sell as fundraisers.

I look forward to a great and busy year with the potential for an additional 6 charters and a total of approximately 96 PLS chapters nationwide. I appreciate you for saying YES I can. If you are interested in committees or Regional Liaison please email me or Mary Euler.

Written by:  
**Janice Hoffman**  
President



## REGION 8 REPORT

Greetings from the University of the Pacific in Stockton, California! I had the pleasure of representing Phi Lambda Sigma with National President Dr. Janice Hoffman at the American Pharmacists Association's (APhA) Midyear Regional Meeting (MRM). Dr. Hoffman's charisma attracted many lovely ladies and gallant gentlemen to our exposition booth, where we discussed the fruits of leadership and community service. We were surprised that many students did not know about their own Phi Lambda Sigma chapters, but these bright future leaders were eager to learn about Phi Lambda Sigma's mission.

Even lovelier, Phi Lambda Sigma's newly chartered chapter is the Gamma Nu chapter at Western University located peaceful Pomona, California. Region 8's baby, Gamma Nu, decided to start with a great bang and hosted a first of a kind Southern California

Social. The multifaceted Gamma Nu president, Miss Jamie Ky, contacted Phi Lambda Sigma members at the University of Southern California, Loma Linda University, and the University of the Pacific for a classic sit down and chit chat. Dinner was arranged at an amazing all-you-can-eat Korean barbeque followed by karaoke entertainment. Korean barbeque is unique because each table gets its own grill and each person is his or her own chef. It is a unique place, perfect for exceptional student leaders. Gamma Nu hopes to start a tradition of an annual southern California social.

The Phi Lambda Sigma chapter at the University of the Pacific also had a first ever fundraiser. Spearheaded by local Rho chapter president Pamela Tien, members sold timeless Tarascon Pharmacopoeia handbooks to clerkship students and professors. These handbooks came as the deluxe edition that fit

in a standard issue lab coat. To increase sales, they even announced a raffle where the winner had the honor of having lunch with chapter advisor, Dr. Rajul Patel. The lunch even included a complimentary copy of Tarascon. Being true to their philanthropic roots, the profits made from the sales will help subsidize initiation costs for new member initiation costs at Rho chapter.

Our goal for this next upcoming year is to establish a new chapter at California Northstate College of Pharmacy located in California's capitol, Sacramento. A professional fraternity has already been established at this brand new school, paving the way for more professional leadership societies such as our beloved Phi Lambda Sigma.

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**PLS National Office**

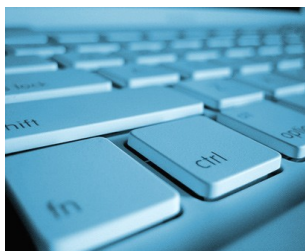
Kathlene Hawkins, Admin. Asst.  
816.235.5730 (phone)  
816.235.5190 (fax)

Dr. Mary Euler, Exec. Director  
304.357.4860 (phone)

Visit our website:  
[www.philambdasigma.org](http://www.philambdasigma.org)

We are currently in the process of updating our website.

Check back periodically to see the newly improved and user-friendly website for Phi Lambda Sigma!

**PLS EXECUTIVE COMMITTEE 2010-2011**

Mary Euler, Executive Director ([maryeuler@ucwv.edu](mailto:maryeuler@ucwv.edu))  
May Woo, Immediate Past President ([MJWoo1@gmail.com](mailto:MJWoo1@gmail.com))  
Janice Hoffman, President ([jhoffman@westernu.edu](mailto:jhoffman@westernu.edu))  
Joe Bonnarens, President-Elect ([jbonnarens@pacificu.edu](mailto:jbonnarens@pacificu.edu))  
Alan Spies, Treasurer ([alan-spies@ouhsc.edu](mailto:alan-spies@ouhsc.edu))  
Jillian Foster, Parliamentarian ([jillij2002@yahoo.com](mailto:jillij2002@yahoo.com))  
Lauren Willis, Speaker of the House ([laurenwillis@uky.edu](mailto:laurenwillis@uky.edu))  
Kevin Curler, Member-at-Large ([curler@musc.edu](mailto:curler@musc.edu))

**From left to right:**

Lauren Willis, Alan Spies, Janice Hoffman, Kevin Curler, Jillian Foster, Joe Bonnarens, May Woo and Mary Euler

**REFLECTIONS OF A 4TH YEAR STUDENT**

I am a soon-to-be graduate of the Class of 2010. I recently finished my last rotation and am enjoying a mini-vacation before graduation. During this welcomed and appreciated break, I have been thinking about the last four years of hard work mixed with dedication and spiced with a side of fun. I would like to pass along a few "pharmacy pearls" that I picked up along the way that will hopefully benefit you as you continue in your pharmacy career.

A mentor is key to your career happiness and success, both as a student and after graduation. I am so grateful for the mentorship I received during my pharmacy studies. I have only truly begun to realize the full impact of this mentorship during my fourth year. Mentors serve as a home base to keep you centered and focused providing guidance and vital experience. Seek out someone that you can relate to and have honest, open conversations. Mentorship can take many forms – from emailing to reuniting at pharmacy meetings to meetings in a professor's office.

Always keep an open mind. Like many fellow PLS members, I tend

to be detail-oriented and love to always have a plan. A year ago, I would have sworn to anyone that asked that nutrition support pharmacy was my passion and that I would most definitely be pursuing a PGY-1 residency at an adult institution followed by a PGY-2 in nutrition support. And then rotations came. I had the amazing opportunity to complete a rotation in pediatric emergency medicine that completely changed my career focus. As a result, I am fortunate to say that I will begin a PGY-1 residency at a pediatric hospital in June and hope to complete a PGY-2 residency in emergency medicine. Keeping an open mind allowed me to really discover my pharmacy passion. Although it was unexpected, it was definitely an opportunity.

"Be uncomfortable." This was some of the greatest advice I received from a mentor this year. Challenge yourself with new experiences and venture outside of your comfort zone. This can be scary or less than pleasant at first, but it is these opportunities that often provide the greatest chances to grow. It can be easy to focus on your rotations and the job or residency search; when an unfamiliar

situation presents itself, say yes.

Enjoy the highs but appreciate the lows. There will be times of great achievement and relief; however, there will be moments of sheer nerves and possible failure. It is the low moments that can serve as the greatest platform for growth while the high moments can provide motivation to keep going. We all make mistakes; it is how you effectively handle the recovery that makes a difference. You will get tired and you will at some point face significant challenges. Hang in there, reach out to your mentor and friends, and remember that the stressful period is just temporary.

As student leaders, it is our responsibility to leave our organizations and our profession better than when we first found it. Phi Lambda Sigma is growing and becoming stronger each and every day. It is up to us to maintain this momentum and carry PLS forward.

**Written by:**  
**Stephanie Weightman**  
Region 7 Liaison





## MARSHALLS SHOE DEPT, CONT.

*(continued from page 2)*

"It is better to lead from behind and to put others in front, especially when you celebrate victory when nice things occur. You take the front line when there is danger. Then people will appreciate your leadership."

*- Nelson Mandela*



Marshalls forced you to navigate interpersonal relationships and bolstered 'street smarts.' The small break room was frequently the setting of intense debates regarding management styles, work ethics, other peoples hourly pay, and in general the 'right' ways things ought to be done. Maneuvering through the Marshalls maze required adapting to regulations (that you were seldom consulted on), conforming to frequent changes in managers and associated management styles, and engaging in power battles to man the service desk or at least the lay-away counter. These day-to-day interactions and what at the time seemed like do-or-die dramatic scenarios taught very, very small lessons that often later in life trumped 'book smarts.'

Marshalls taught you an awful lot about people whether they be your fellow employees or customers. Many workers were career

Marshalls employees some by choice and others by fate. While others a combination of the two. This was an important lesson in what you can and cannot control and the responsibility of not squandering opportunity. Perhaps the best teachers were the customers themselves. There were good customers and bad customers. Good customers were polite and respectful (they re-racked their own shoes) while bad customers were indifferent, dismissive, and seldom polite (they never re-racked their own shoes leaving them to be picked up by someone else). Bad customers were self-centric and too busy for 'please' or 'thank you.' I often wondered why bad customers were 'bad' especially since many of them appeared well-educated. Sometimes it seemed like a sense of entitlement guided their actions other times it seemed as though they were plagued by a complete lack of self-awareness. Regardless, the bad customer gave you something to think about while you un-

packed or re-racked shoes. That is, am I going to be like this someday or how do I keep from being like this someday?

As learners and leaders we are all shaped by our collective experiences. Despite years of formal education and training I remain indebted to my Marshalls experience for teaching me some of my most important life lessons. Marshalls was a place that put life into practice maybe like APPEs put pharmacy into practice. Leaders must engage in experiences that help them understand where they come from and more importantly the people around them. My part time dabble into the world of shoes fit that role nicely.

**Written by:**

**Frank Romanelli,**  
Pharm.D., MPH, BCPS  
Advisor, Chi Chapter  
University of Kentucky



## REGION 8 REPORT, CONT.

*(continued from page 3)*

"Leadership is much more an art, a belief, a condition of the heart, than a set of things to do. The visible signs of artful leadership are expressed, ultimately, in its practice."

*- Max DePree*

On a personal note, having attended 18 conferences in the three years of pharmacy school, I must say the Phi Lambda Sigma reception at the APhA Annual has the best food and refreshments. The reception is always done with class, creating the ideal environment for members and alumni to meet and greet. With all sincerity, I encourage each member to attend APhA Annual and definitely the Phi Lambda Sigma reception. Seattle 2011 is where there magic will happen. Until then, good luck with your studies and travels.

**Written by:**

**Henry Chang**  
Region 8 Liaison



TO FOSTER AND RECOGNIZE LEADERS AND SUPPORT LEADERSHIP COMMITMENT

*Gamma Nu Presents...*

**Phi Lambda Sigma**  
**Southern California Social**

Date: November 13th  
Time: 7 PM  
(please show up by 6:30 PM if possible)

Join us for All-you-can-eat Korean BBQ and Karaoke!

**ΦΛΣ**

Location: Sam Han Korean Bbq  
1725 Nogales St Ste 102  
Rowland Heights, CA 91748  
(626) 964-3389

Contact:  
Jamie Ky  
(661) 714-3429  
jamie.ky@gmail.com

Approximately \$20 per person for all-you-can-eat korean bbq and karaoke!!

"The servant-leader is servant first... It begins with the natural feeling that one wants to serve, to serve first. Then conscious choice brings one to aspire to lead. That person is sharply different from one who is leader first, perhaps because of the need to assuage an unusual power drive or to acquire material possessions...The leader-first and the servant-first are two extreme types. Between them there are shadings and blends that are part of the infinite variety of human nature."

- Robert K. Greenleaf,  
*The Servant as Leader*



P.J. Pitts is a pharmacist from Oregon. She works as a compounding pharmacist at Broadway Apothecary, and works part-time in the community for Fred Meyer. She can be reached by email at [pjpitts@pacificu.edu](mailto:pjpitts@pacificu.edu).

## A DAY IN THE LIFE

"Why do you want to go to pharmacy school?" We were all asked this question, and most of us answered something like "to help people". Little did I know, a few short years ago, that I wanted to go to pharmacy school so I could practice MacGyver medicine in a tent in Haiti. I kind of wish I would have known, it would have made for a much more entertaining interview...

The following is an excerpt from the email-journal I kept while volunteering at the Project Medishare tent hospital in Port-au-Prince, Haiti.

March 2<sup>nd</sup>, 2010

*It's hot, I can't sleep. You'd think it wouldn't be an issue – I worked until almost 4 a.m., but my mind is racing a mile a minute.*



*We landed in Port-au-Prince (PAP) yesterday, way ahead of schedule. There were no working runway lights at the PAP airport, so instead of arriving at midnight, we got in at about 3 pm. Nia (one of the nurses) had joked about doing some sight-seeing with our free afternoon... I had to giggle about that when I realized she and I were both still working at three this morning.*

*Getting from the airport to the Project Medishare and UM Global Institute Hospital "MASH" unit was an ordeal of its own – even though we're on the airport grounds, we had to leave the airport to get to the cars to take us to the complex. They took us in small groups, with security, to the vehicles to go to the complex. We waded through the crowd of locals, all begging, many with amputations and stories that brought us to tears.*

*Before we even got to the orientation, someone found me. The phar-*

*macist who had been here left on a flight at noon, leaving one (amazingly talented) technician to run the pharmacy AND peds satellite.*

*I should preface this by saying things are different here – in the states, we double and triple count a narcotic prescription, here I leave the bottle of Percocet on the table for nurses to grab when I'm scavenging through the supply tent. I have to trust that my aseptic technique is good, because "sterile-ish" here is, well, "ish" is the key part of the phrase.*

*Needless to say, my first day was a good introduction to the chaos...*

*I have so much to share, but every time I sit down to type, well, there just isn't time. The joys and sorrows are like being on a roller coaster. Imagine scrambling through random*

*piles in a supply tent – much like looking for a needle in a haystack – at 3 a.m., trying desperately to find the calcium gluconate for the OR. You know why they need it, and lives literally depend on you finding it in time. Tears came to my eyes when we found the vitamin K, and again, when the doc came to me asking what to substitute for*

*the dopamine - which we were running out of.*

*Almost everything for the kids has to be compounded – thank God I've been "playing at the apothecary" – and today we started switching all our amputees from Neurontin to hypericum (a homeopathic medicine). Not that the homeopathic is better – we ran out of Neurontin, and it will be days before we have anymore.*

*Once again, I have so much to share, but I'm finishing this email at 4 a.m. and am hoping to catch a few zzz's now that my pharmacy is no longer the middle of the ER (when the ER closes for the night, triage comes here to the adult med/surg ward...).*

Since I've been back, I've spoken to many practitioners who volunteer with groups like "Doctors without Borders". All of them have said how valuable it is to have a phar-



macist on board when they go on medical missions, or how they didn't realize how important it was to have a pharmacist as part of the team until they were in a third world country and in need of one. If you ever get the opportunity to volunteer for something like this, I strongly recommend it. It will forever change your life – reminding you of why you went to pharmacy school, and leave you feeling touched, moved, and inspired by the difference you can make in the world. I know it did for me.

In Haiti, I practiced medicine in ways that I may never see in the United States. I was part of a team of healthcare volunteers from all over the country - an experience that has forever changed my life.



It was, in fact, so life changing for me that I am writing this article as I prepare for my second "deployment" to Port au Prince.

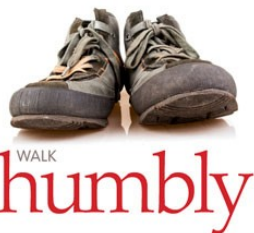
Written by:  
P.J. Pitts  
Broadway Apothecary



## SCENES FROM PLS ANNUAL MEETING 2010

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

- John Quincy Adams



"Our lives are a mixture of different roles. Most of us are doing the best we can to find whatever the right balance is... For me, that balance is family, work, and service."

- Hillary Rodham Clinton



Outgoing 2009-2010 PLS Executive Committee



Charlie Thomas, Stephanie Weightman and May Woo



President Woo and UH

*Thanks to everyone who attended.  
We can't wait to see you next year!*

## FINDING THE BALANCE

On the second Saturday in May, I will turn a page in my life. After spending a fifth of my life in a building on the corner of the campus of my state university, it is time to move on. While I am nervous, nostalgic, and a more than a little sad that I will not be seeing the great friends that helped me through the trials and tribulations that are professional school as much anymore, I am ready. As I approach graduation and the chapter of my life that is pharmacy school closes, I find myself reflecting back more than normal. As my time in student organizations was some of the best I spent in my many years in school, much of my reverie has focused here.

Over the years, I have grown into and adapted many of the roles I hold in life. My role as a leader was not exempt from this evolution. As I moved through the program, meeting fellow leaders, attending workshops, and experiencing many trial-by-fire moments,

my leadership style developed and I began to learn my own strengths and weaknesses. Mainly, I learned that I am a firm believer in service leadership and, too often, I am incapable of saying "No." I believe the two go hand-in-hand for me, but there have certainly been times where that two letter word would have helped me.

There are many things I have been guilty of as a leader; times where I have seen I was not capable of doing my best. Sending an email late, not delegating a task or six, working beyond my personal capacity, and, as much as I hate to admit it, apathy toward the occasional project are just a few examples. In hindsight, there was one common theme underlying all the times I felt I was not accomplishing my tasks, fulfilling every minute detail. I had taken on a little too much—that one extra project, those extra meetings, the one last person I agreed to contact, had pushed me over the edge.

There are times in life when it is more helpful to say "No," and do the best with what you already have. When your plate is full, one more helping may send it crashing to the floor. Don't be tempted to pile on more—trust in others. No one can do his or her best when overwhelmed, stressed, and spread too thin. The times when I feel I wasn't doing the best I could are few. I feel content when I look back and see what was accomplished by those groups with which I spent so much time. I learned a great deal while completing my pharmacy degree, both in the classroom and out. I am ready to step out into the world, to develop new roles and grow as a professional. And I am armed with a new word—No.

Written by:  
Stevi Buck Crolla  
Region 5 Liaison

