

Accepted Student Panel

- Meeting starts at 6:10 PM
- Panelists: Jessica, Stephanie, Melissa, James, Rania
- Introductions
 - Rania - 4th yr Pharm Chem major with minor in Education
 - Fun fact: double-jointed, likes playing table tennis
 - Jessica - graduated last quarter as NPB major
 - Fun fact: makes coffee to destress in the morning before starting major
 - James - 4th year Biochem major
 - Fun fact: likes chocolate, but dislikes chocolate-flavored things
 - Melissa - graduated last year as biological sciences and minor in psych
 - Fun fact: on rowing team for all 4 years
 - Stephanie - 4th year pharm chem major and asian american studies minor
 - Fun fact: loves cute things like collecting stickers and animals
- What pharmacy school will you attend and why did you choose it?
 - Rania - UCSF-bound, main reason to choose it: likes being close to home, an hour away from SF; research, industry-oriented in pharmacy so she thinks there are a lot of opportunities to explore that in UCSF bc it's a good school for that
 - Jessica - UOP, UCSF, UCSD - got into all three and chose UCSD, surprising bc UCSF is closer to home, she felt the UCSD interview is where she fit in the most bc of how family-oriented they were, she wanted to become like those ppl rather than the other two schools, it's in San Diego and she wants to try living away from home, fresh start in SoCal
 - Stephanie - applied to UOP and UCSF, got into both - thought they had really good programs and are close to home, family-person and wanted to stay close to family, chose UCSF bc it is cheaper than UOP, have a good staff/faculty/reputation → main reasons
 - James - liked UCSD: ppl were great and environment was great but chose UCSF bc it's close to home, three years, it strives for innovation and being the leader out of all the schools, fixing healthcare problems
 - Melissa - was VP of pre-pharm club last year, is going to UCSF also: chose UCSF bc she is from bay area so is closest school to home, wanted to go to three year program through the application process, going into the workforce a year earlier, saves one year of rent, one year of paying tuition (altho price comes out to be same as other schools); their curriculum is block schedule, learning each body system in each block; emphasized how everything is integrated; how supportive the community is there → really important for her motivation
- Why pharmacy?

- Stephanie - chose pharmacy, thought about it since high school; pre-pharm club made her for sure lock into that career, so many things you can do with diff fields of pharmacy, tried to get more experience in pharmacy bc of club, started volunteering at UCDCMC, got her pharm tech license and started working at CVS, it felt right and fulfilling; she could see herself doing it as a career; that's what you should look for, try to get experience in pharmacy and see if it's what you want → it's ok to have doubts, you don't have to be super in love with it or be really passionate
- Jessica - in the beginning, was drawn towards community aspect that a pharmacist could provide to patients they see regularly, her bro has ADHD and caused her to have early exposure to pharmacists and the impact they have in the community, knew she wanted to go into the med field; when she entered college and joined PPC, she learned there were so many specialties to pharmacy and so much more to do → it's super exciting to her, wants to push away the stigma of a pharmacist only being someone at CVS, wants to show ppl how important pharmacists can be esp in the future, junior specialist in her current lab, going towards more industry-related pharmacy, but she'll keep her options open; loves that pharmacy has so many fields and possibilities while still helping patients
- James - like the patient and non-patient care aspect to it, it's direct/indirect; her can't see himself too closely to patients, doesn't like having physical aspect but likes talking to patients; taking biochem classes and learned about molecules, mechanisms of drugs made him choose to be a drug expert by applying to pharm school this cycle rather than taking a gap year
- Rania - her mom was a pharmacist back in Jordan (and it's diff there), growing up, she liked seeing that her mom knew the answer to health-related issues; joining pre-pharm club really showed her how diverse the field is, she didn't wanna work in retail after going into pharmacy, learning that there's so many diff options in pharmacy is appealing, biochem classes and pharm chem classes → how drugs work on a molecular level is super interesting, give back and be helpful to family, good work/life balance
- Melissa - PPC helped her in choosing pharmacy as a career, she's learned so much about pharmacy and how versatile the field is, how many diff specialties there are → that's what led her to pursue pharmacy, doesn't know what she wants to do specifically in pharmacy, she really enjoyed learning about the human body in her physiology and anatomy classes at davis, pharmacy is treating the whole body, pharmacists have the knowledge to treat illnesses throughout the whole body

- What career paths did you consider other than pharmacy?
 - Jessica - nursing, being filipino means that wasn't an option for her cuz she wanted to break the stigma; was considering PA but didn't wanna start her life-income at 33
 - Rania - clinical research scientist in high school, but then she didn't know what they do/what it was, back of her mind was to do a master's and then go into research, but then started seriously considering pharmacy in college bc it has a lot to offer (suit her well and it's the only real career she's considered)
 - James - clinical laboratory scientist, he had experience with it in high school and decided not bc working 8 hours in lab was not his ideal, considered business, law, etc after thinking about pharmacy for so many years, thought that ppl should still be open
 - Melissa - knew she wanted to go into healthcare field but didn't know which path she wanted to go, eliminated med school, MCAT seemed daunting and 10 yrs of school wasn't something she wanted to do, eliminated vet bc she didn't grow up with pets, didn't want to look at teeth all day so no to dentistry, came to pharmacy, PA, clinician, etc → ultimately decided on pharmacy bc of why pharmacy answer and she felt like it was the field she could fit in the most, considered pediatrics as well, but realized she could do pediatric pharmacy instead of as a pediatrician
 - Stephanie - career crisis: her backup was education if she didn't get into pharm school, she has fun teaching and she's tutored a few times, is passionate about community, can still pursue education after finishing PharmD
- What do you consider most important in standing out as an applicant?
 - James - personal statement, bc everyone else can have the same experiences as you but not everyone has a diff personal statement
 - Jessica - personal statement, statistics → you're competing against 500 ppl, once you get an interview your chances of getting in go much higher; your values should really align with the school you want to go to, show leadership, evolution, initiative, communication, empathy → good qualities that should align with mission statements, work as hard as you can on personal statement, can do well in interview, be unique and answer with cool head
 - Melissa - having strong essays for your application can make you stand out the most, you show yourself and your personality there; everyone will have LORs and experiences, you can write your story in the essays to tell the schools about you and why they should consider you for their school, have a strong, genuine, authentic essay → will have a good chance at landing the interview and getting into the school

- Rania - personal statement is important: show your personality and passion for pharmacy, key feature: apply to any program and getting an interview, show your passion about being involved in something you are committed to, you have a drive, highlighting something you are passionate about and running with it
- Stephanie - personal statement: chance to explain why you did the things you did, it takes a lot of reflection and find the common thread that links your experiences together, don't be boring, be creative and talk about your life story in a way that grabs their interest
- How did you get a strong letter of recommendation? Who did you ask and why? How did you approach them?
 - Melissa - asked 2 pharmacists and 1 science prof, worked at CVS pharmacy so asked them, asked UCDMC pharmacist for second letter of rec → worked there for about a year so felt confident enough to ask them for one, hard for her get close to science profs at Davis but ended up asking Dr Crowder (BIS 101 profs) - can remember your name in a giant classroom, took a second class with her in senior year (History of Cancer MCB123) - more intimate setting and had more one-on-one conversation with her, felt confident asking her, bc of covid, she couldn't ask her letter writers in person to write one for her, had to email her pharmacists and Dr Crowder to write one for her, gave them the deadline (month before she wanted to submit the app)
 - Rania - 1 LOR from her pharm manager at CVS, 1 LOR from her PI, 1 LOR from her UWP104F prof Stark; asked her manager in person and was confident in her writing about her being a team player, etc; had to ask her in person and keep checking in with her; PI saw her critical thinking side so she thought that would be a good option too; prof stark - was gonna ask one of her biochem profs, but she took her class last spring and she felt like prof stark knew her more bc of her personal statement → she's an eng prof and it worked out, asked her over email; important to stay in touch after you ask them to write a letter, keep them updated
 - Jessica - max of 4 letters: one has to be from a prof you took a class with, she asked Joanne Snapp bc she volunteered with her for two years at PHC and took how to be a competitive applicant with, asked her supervisor from her lab (went into her lab in freshman year and she's still working there now), asked her PI as well even though she didn't meet him much, but she took his NPB class, also asked Hilt → BIS 105, not very good with technology, he kind of ghosted her once corona hit, keep in contact and make sure you have a spare letter writer, submitted her app around October, gave her letter writers time, make connections with ppl now and checking that they are on board with vouching for you

- What was your interview process like and how did you prepare?
 - James - recorded himself to prepare so he wasn't camera-shy
 - Stephanie - typed out responses to questions she thought they would ask, she procrastinated preparing → thought that this was her and she wasn't gonna change herself to answer questions, projected confidence, hardest questions were situational ones
 - Melissa - had a document of potential questions she thought the school would ask her, wrote bullet points, why pharmacy, why our school, tell me about yourself, what are your strengths and weaknesses, tell me about your leadership experiences, interviewed for 5 schools, still got questioned about something that stumped her, just take a moment to formulate a response, interviews were the most fun part of the process even tho she didn't think she was the best interviewers, interviews felt like a conversation rather than someone being stiff, practiced interviewing to someone who was a current pharmacy student and gave her feedback about her answers
- What did you do during your gap year?
 - Melissa - she worked at CVS pharmacy while she was in Davis, she still works for CVS; after graduating, she continued working as a pharm tech, she was just applying and working during her gap year, if covid didn't happen, she would've continued volunteering in general bc she's passionate about community service, thought about applying to pharm school right after her third year, but the summer after her third year, she thought she wasn't 100% ready to apply that time, she was burnt out after undergrad so it was a good idea for her to take a break, use gap year to do anything you want, she also wanted to travel but covid also limited traveling, she will try traveling before school starts
- Situational question
 - Stephanie - Talk about a time you disagreed with a supervisor, coworker - talk about what you would have done if it never happened to you
- Meeting ends at 7:12 PM