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# PLS News

From the Phi Lambda Sigma Journal Club

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## Welcome to the PLS News!

Phi Lambda Sigma (PLS), also known nationally as the Pharmacy Leadership Society was founded to promote leadership development among pharmacy students. Our Beta Alpha chapter Journal Club is happy to introduce our first edition of the PLS news! Continue reading to learn more about what our chapter has been doing and how leadership is being used in our community.

### CHECK OUT:

- ❖ The SOP Webpage:  
<http://pharmacy.wisc.edu/pls>
- ❖ The National Affiliate Website:  
[www.philambdasigma.org](http://www.philambdasigma.org)
- ❖ "Like" us on Facebook:  
<https://www.facebook.com/PhiL>



## Save the Date!

**Applications Due**  
Fri. January 22<sup>nd</sup>  
@ 12:00pm

**Notification**  
Fri. January 29<sup>th</sup>  
@ 5:00pm

**Induction Ceremony**  
Sun. February 7<sup>th</sup>  
@ 1:00pm

### *Are you interested in becoming a PLS member?*

Follow the link below to learn how to apply:  
<http://pharmacy.wisc.edu/pls/nominations>

# Phi Lambda Sigma Committees

Every PLS member is part of a committee, what has each committee been doing?

## Residency Club

The Residency Club plans and hosts informational sessions, provides resources, and connects students pursuing residencies. Look for announcements regarding spring meetings!

## Social & Induction

The Social & Induction Committee is responsible for organizing and planning social events for current PLS members and inductees, communicating with other pharmacy organizations, and coordinating and executing the Induction Ceremony.

## Nominations

The Nominations Committee this year has primarily been working on restructuring the way the applications and selection of members is conducted within the organization. Our goals focus on developing a process that allows for candidates to truly convey their leadership qualities and accomplishments in the application as well as to streamline the process for the chapter to help ensure that the best leaders are selected for the society. Much of our work has been behind the scenes assessing and tweaking the application. This has been a rewarding project because it has required those involved to reflect heavily on what leadership means and the different forms it can take.

## Mentoring Program

The PLS Mentor Program is a student-to-student mentor program where pre-pharmacy students are paired with a PLS member to discuss items related to getting accepted to pharmacy school, what pharmacy school is like, and student organizations in pharmacy school.

## Professional Affairs

Professional Affairs is the newest Phi Lambda Sigma committee. Formerly known as the Kremer's Lecture Committee, we decided to expand the role of the committee to allow PLS chapter members more autonomy in spearheading their own ideas for professional and leadership development at the School of Pharmacy. We are currently working on a Leadership and Development Track that engages students in events and discussion regarding pharmacy involvement and leadership, in addition to organizing the Kremer's Lecture Luncheon.

**Kremer's Lecture: March 29th at 12 pm  
Luncheon to follow at 1:30 pm**





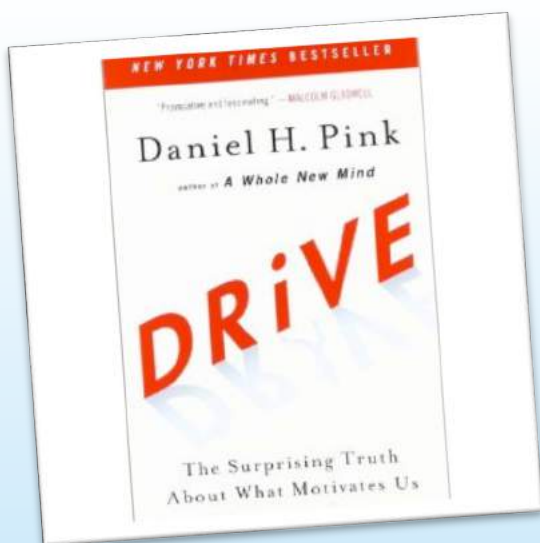
## How to Become a Better Leader



### Journal Club

The purpose of the PLS Journal Club is to have meaningful discussions on literature that focuses on leadership and development as well as the production of biannual newsletters. This semester we read an article about different leadership traits and how each of these traits has their strengths and weaknesses. The discussions surrounding this article lead to a lot of introspective thinking and reflections on some of our own personal leadership styles and how others may perceive them.

Next semester we will hold a discussion on our Winter Read: *Drive* by Daniel H. Pink. Please feel free to join us:



## Read Along With Us!



### **Drive**

By Daniel H. Pink

Most people believe that the best way to motivate is with rewards like money—the carrot-and-stick approach. That's a mistake, says Daniel H. Pink. In this provocative and persuasive new book, he asserts that the secret to high performance and satisfaction-at work, at school, and at home—is the deeply human need to direct our own lives, to learn and create new things, and to do better by ourselves and our world.



## Advice From 4<sup>th</sup> Year PLS Members

### Take Initiative

During my rotation in Australia, I find that a lot of the work is self-driven. Although I am working by myself or with a partner most of the time, you can demonstrate leadership skills by reaching out to others for advice or asking if you can lend a hand or learn about what projects they are working on! I have been able to demonstrate my leadership skills at my previous rotations at the VA by being a responsible and prepared pharmacy representative on the medical team and by making sure I am a good patient advocate.

- Quinn Wonders



### Never Quit Shadowing

I think that I would have benefited from more shadowing experiences during my pharmacy schooling. We have required IPPEs but it is important to reach out to other settings of pharmacy practice to start to narrow down where you see yourself heading after graduation. APPEs have allowed me practical learning experiences that have been far more retainable than passive didactic learning. Shadowing can provide similar experiences while still in school and help you learn the in-class material that much easier when you have a patient story to connect it too.

- Torie Grover

### Positive Attitude and Willingness to Learn

You might be worried that you aren't fully prepared to jump into 4th year rotations. You didn't study enough, didn't retain enough, etc. You're in luck - a positive attitude and willingness to learn are more useful than your baseline clinical knowledge. Even if you don't know the answers, you can earn respect by being ready to engage and ask questions.

Stepping into a new clinical environment is stressful and it is easy to slip into a pattern of focusing on the things that have gone/could go wrong. Keep in mind that as students, we are not expected to be perfect or to have all (or even a quarter of) the answers. Now is the prime time to make mistakes and learn from them. Work hard but be kind to yourself and stay focused on all the potential you have for helping patients, and your rotations will be a success!

- Heather Hresko

## Making Mistakes as a Leader



“As student leaders, we can all think of some of the more common leadership qualities. I think one quality I truly admire is leader that displays true **humility** and **courage** in front of their followers or peers.

In a community pharmacy I used to work at, the senior technician was someone that was very knowledgeable, respected, and had other leadership qualities like speaking up when needed and being an advocate for effective change. He had a confidence in his work that I envied.

Nevertheless, there were time when he would make a mistake. There was one time when he used up all the ingredients for a compound then realized he had miscalculated the dosing. Instead of making excuses or beating around the bush about the issue, he communicated his mistake to the pharmacy staff in a way that was humble and apologetic yet still maintained his composure through the process. He was also very proactive in making sure to correct and improve himself that inspired technicians around him rather than making us lose faith in his abilities when he did mess up.

I'm not sure how I would emulate his leadership style as humility, courage, and composure take time to cultivate, but one area I can control now is that attitude of being confident in my abilities, knowing I can make mistakes, and being proactive in my responses to my mistakes.”

- Jean Doh

*“...one quality I truly admire is leader that displays true **humility** and **courage** in front of their followers or peers.”*



# Leader Shout-Outs!

Our UW-Madison School of Pharmacy is filled with leaders making positive differences within our school and our community.

## Thank you to our leaders!



### PLS Members

Ryan Anderson	Kendra Kobs	Jodie Ritchie
Daniel Bruckbauer	Mandy Kvam	Teresa Romano
Rebecca Burnett	Katie Kuecker	Magdalena Siodlak
Andy Cannon	AJ Kwak	Casey Spitzer
Eric Chimielewski	Jennifer Liao	Kristin Stawicki
Mack Daeda	Danielle McKimmy	Joyce Wang
Jean Doh	Michael Nagy	Kristin Widmer
Stephanie Dougherty	Kristin O'Reilly	Quinn Wonders
Jeff Engle	Scott Pearson	Jing Wu
Torie Grover	Tyler Prickette	Lindsay Zeihen
Heather Hresko	Shelby Tjugum	Stacy Zwiefelhofer

### Ali Ritscher

Ali Ritscher (DPH2), an Operation Immunization co-chair who has been helping to organize the first annual influenza clinics for St. Vincent de Paul Madison during the 2015-2016 flu season. There was an incident where there was a last second emergency before a clinic where the attending pharmacist was not able to make it. The attending pharmacist found a substitute for the clinic, but when Ali and several volunteer students arrived, the pharmacist had not arrived yet. A line of people had already lined up in anticipation of the vaccinations, but without a volunteer pharmacist, the students could not proceed with administering vaccines. Ali was not phased by this setback, and instead used this time to mobilize the student volunteers to gather information from interested clients to expedite the process for getting vaccinations for when the pharmacist did arrive. This is an excellent demonstration of leadership - things will never go 100% as planned, and as a leader, you have to be willing to face issues as they arise head on.

### Stephanie Thau

Stephanie Thau, DPH-2, has shown great leadership by creating charity opportunities for causes she believes in such as Relay for Life and NEDA. Her strength and passion inspires me to do more than what is simply required of me when it comes to outreach projects