



CAREER NEWSLETTER

DECEMBER 2022

The Career Newsletter will be on hiatus until fall 2023.



CAREER ARTICLES AND PODCASTS

When GPA No Longer Matters

This Forbes [article](#) speculates about why employers are no longer relying heavily on GPA to evaluate talent and future success. Instead of GPA, employers are relying on skills-based hiring and previous work or internship experience. What does this mean for you? According to the article: “A simple takeaway for students is that work experiences and skills matter a great deal; focusing on GPA alone will be a disadvantage in the job market.”

Enhance Your Self-Awareness

A key step in building emotional intelligence is enhancing your self-awareness. This Coaching for Leaders [podcast](#) with Daniel Goldman discusses some of the tactics to do just this. Key points:

- Emotional Intelligence has given us permission to talk about emotion in the workplace.
- Emotional Intelligence is about how well you can manage yourself.
- Self-awareness is fundamental.
- If you have a sense of your true strengths and weaknesses, you can have self-confidence that is based on reality.
- If you feel your emotions flaring up, pause and name what’s going on. That’ll allow the executive part of your brain to take back charge.
- Notice what your triggers are and intentionally avoid them.
- Self-awareness can give you insights into bad habits you might have as a leader.

Career-Related Podcasts

- [16 Best Career-Boosting Podcasts to Listen to in 2022](#) from The Muse
- [Top 8 Podcasts for Pharmacy Students](#) by Emily Graber



CAREER RESOURCES

Career-Related Tasks for Winter Break

With the much-needed winter break approaching, the WSPS Professionalism Committee and PLS Professional Affairs Committee have compiled a few career-related tasks to work on during your downtime over winter break.

7 Things to Promote Professional Development:

1. Update your LinkedIn profile
2. Update your CV
3. Reflect on the previous semester – *See below for advice about making/updating your career journal or portfolio.*
4. Complete online certifications (i.e., Excel classes on LinkedIn Learning)
5. Read a book or listen to a podcast to promote professional growth (i.e., The 7 Habits of Highly Effective People, Dare to Lead) – *See the podcasts listed above for ideas.*
6. Work as a pharmacy technician/intern
7. Look for pharmacy technician/internship opportunities

How to Make a Career Journal:

See this indeed.com [article](#) for more details and examples.

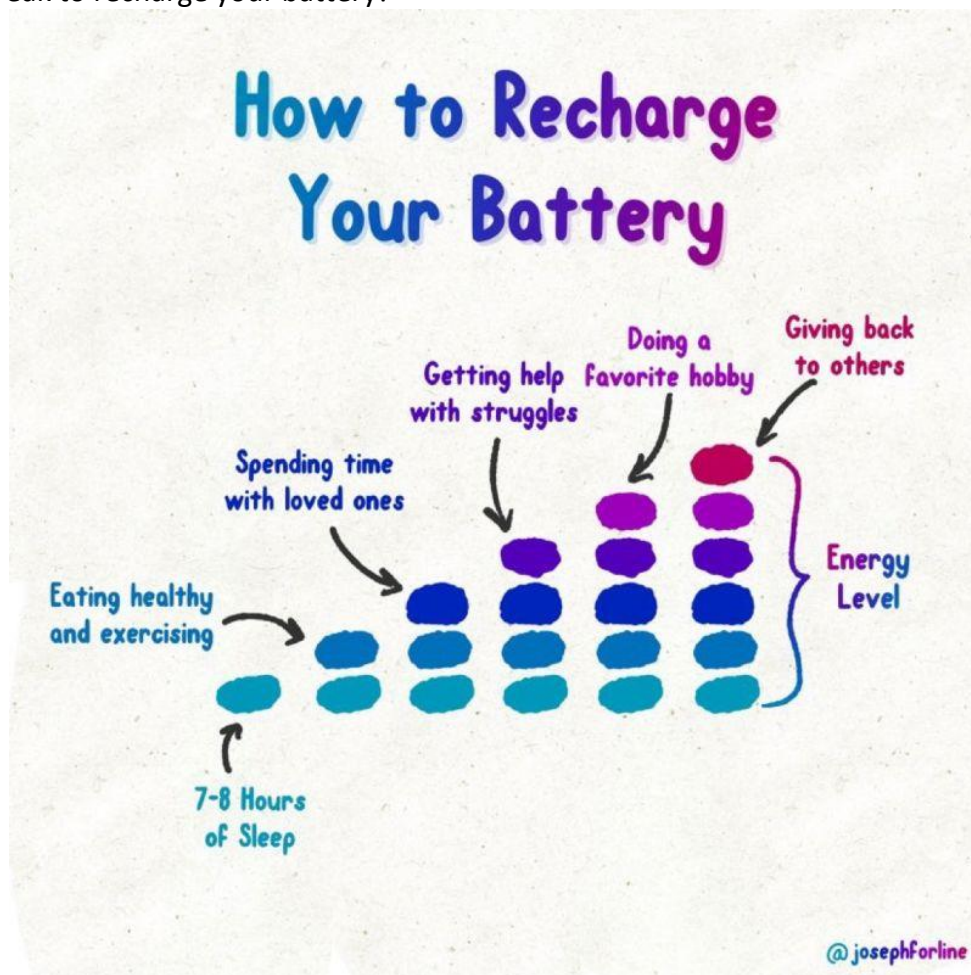
- *Why should you make a career journal?* Collecting experiences in a career journal can help you process career-related events and document your professional development.
- *What's included in a career journal?* Include: previous work/clinical/leadership experiences, challenges you have overcome, difficult or meaningful patient interactions, future personal and professional goals, career accomplishments, responses to future interview questions, and anything else you think might be helpful to document.
- *When should I make a career journal?* Any time and at any level in your career! The earlier the better.
- *Do I actually have to put pen to paper?* Nope! Career journals can take on many formats including electronic portfolios, a note on your phone, or a written notebook.
- *How often should I add to my career journal?* Write down important experiences as soon as you can to remember key details. Set regular reminders in your phone or in your calendar (i.e., the end of each semester).
- Take time to **review** past entries and **reflect** on how far you have come, where you are now, and where you would like to go next.

Importance of Self-Care

As a professional student in a rigorous program, it is important to take small steps to recharge when you are feeling drained. Start to practice these four, simple “[microsteps](#)” over winter break to carry forward to the spring semester:

1. Switch up your environment
2. Set a stretching reminder
3. Share a laugh with your team
4. Take a moment to thank others

As a leader, you must make sure as you continually empower others, you are also taking time to refill your own battery. Ignoring this habit will lead to leadership burnout. Take time over winter break to recharge your battery!



UPCOMING EVENTS

ASHP Residency Preparation Roundtable Series

[Register](#) here for the following ASHP virtual roundtable topics:

- **Tuesday, December 13 at 6:00pm** – PhORCAS Application & Interview Preparation

- **Tuesday, February 7 at 6:00pm** – Residency Interview Follow-Up & Program Ranking
- **Thursday, March 16 at 6:00pm** – Phase II Match Preparation
- **Tuesday, May 16 at 6:00pm** – APPE Rotations & Residency Preparation (*targeted towards DPH-1, DPH-2, and DPH-3 students*)

Mock Residency Interviews

The WSPS Professionalism team is offering Mock Residency Interviews to DPH-4 students help prepare for residency interviews. All interviews will be virtual via Zoom. They will be 30 minutes in length: 20 minutes for the interview and 10 minutes for feedback provided by current PGY-1 and PGY-2 residents. Time slots are *limited*. Please sign up for one spot only. Sign-ups will close 12/19. Use this [link](#) to sign up for a mock interview!

Spring Interview Day

The School of Pharmacy will host a Spring Interview Day for PharmD students in mid-Spring 2023. Virtual and/or in-person interviews will be offered for pharmacy intern, pharmacy technician, and pharmacist positions. Keep an eye out for emails from Lindsey Weigel with more details, including participating employers, available positions, and to sign up to interview.

Thank you to the WSPS Professionalism Committee and the PLS Professional Affairs Committee for their contributions to this newsletter!

Have an idea for the next Career Newsletter?
Contact Chelsea Wimmer: chelsea.wimmer@wisc.edu



School of Pharmacy
UNIVERSITY OF WISCONSIN-MADISON