



# CAREER NEWSLETTER

## NOVEMBER 2023



### CAREER ARTICLES

#### **How to Not Let Your Job Define You**

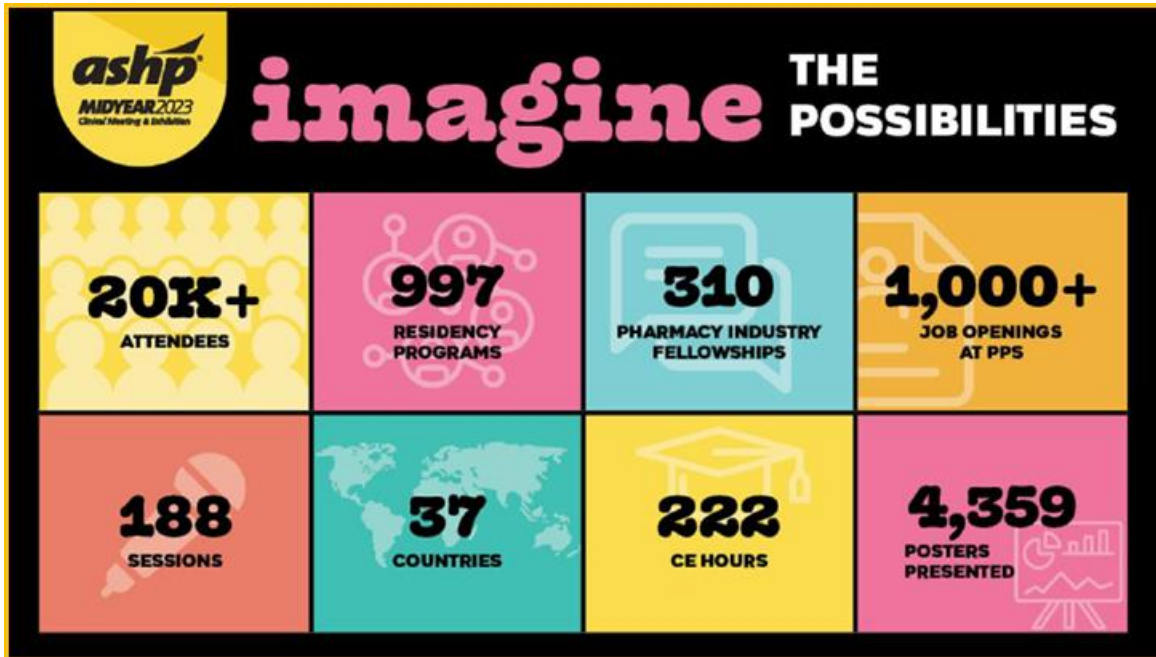
Journalist Simone Stolzoff's [book](#) *The Good Enough Job* helps us envision what a healthier relationship with work would look like. Finding meaning, connection, and identity in our work can be incredibly fulfilling. But somewhere along the way, we have taken this to an extreme. Work has become so all-consuming for many people that we constantly drive ourselves to work harder and longer, feel guilty about not doing enough, and put up with poor working conditions in the name of “passion” or “mission.” And if we happen to lose our jobs (or do poorly on an exam), we can completely lose our sense of worth and purpose. How does this relate to your current full-time job as a PharmD student?

#### **Impostor Syndrome is More Common Than You Think**

Impostor syndrome, feeling as though you are a fraud even though you are capable and qualified, is more common in the workplace and classroom than previously believed. [Research](#) has found that reaching out to family and friends outside the situation can help to reduce feelings of impostorism by helping “students see the big picture and recalibrate their reference groups” and “understand themselves more holistically rather than being so focused on what they felt they lacked in just one area”. As we approach next week’s Thanksgiving recess, take time to recharge with your family and friends.



## CAREER RESOURCES/TIPS



### ASHP Midyear Clinical Meeting

Are you attending this year's ASHP Midyear Clinical Meeting from December 3-7 in Anaheim, CA? If so, be sure to review these resources before you go:

- Read the [Networking 101 resource guide](#) to learn valuable insights and strategies on how to successfully network and build valuable connections while attending the Midyear.
- Listen to the [Tips for Students on How to Maximize Your Midyear Experience podcast](#) to hear two new practitioners share their tips and tricks on how to successfully navigate the Midyear Clinical Meeting and Residency Showcase.

Are you wondering if you should attend a future [ASHP Midyear Clinical Meeting](#)?

- Learn more about the meeting and benefits of attending in this [Why ASHP Midyear](#) handout.
  - Be sure to plan ahead for the [registration fee](#) and travel costs. The School of Pharmacy offers a \$400 travel grant to 10 students to attend the meeting. Applications open in mid-September and 10 applicants are randomly selected.
- If you are not planning to or not able to attend an ASHP Midyear Clinical Meeting, there are plenty of other non-Midyear networking options (links to 2023 information for your reference):
  - [PSW Annual Meeting](#) – late August
  - [MSHP Midyear Clinical Meeting](#) – mid-September
  - [ICHP Annual Meeting](#) – early October
  - [SMSHP Residency Showcase](#) – mid-October
  - [UW-Madison School of Pharmacy Career Fair](#) – mid- to late-October
  - [ACCP Annual Meeting](#) – late October (The School of Pharmacy also offers travel grants for this meeting.)

### Leveraging LinkedIn and Networking

IPhO has shared the following information about leveraging LinkedIn and networking. LinkedIn is a social media platform that has many functionalities, particularly in professional development and networking. Recruiters often use LinkedIn to preview and identify an individual's fit for a position. LinkedIn is used heavily by industry

pharmacists in particular! Watch this [YouTube video](#) to get some ideas on how to tailor your LinkedIn to an industry audience! General LinkedIn profile tips include:

- Write a strong and engaging headline that captures your skills, expertise, and career aspirations.
- Write a compelling summary that showcases your value proposition to potential employers.
- Remain consistent between your CV and LinkedIn profile.
- Ask individuals to endorse your skills.
- Consistently engage with posts, industry insights, and your connections.
- Use a high-quality, professional headshot for your profile picture.
- Request recommendations from previous coworkers, supervisors, or clients to build credibility.

Once you make an initial connection, whether that be in-person or virtual, you need to consider how to network and jumpstart this connection. The FORM (**F**amily **O**ccupation **R**ecreation **M**otivation) technique is an effective networking strategy to start small talk and build personal connections. Read this [LinkedIn article](#) to understand how to implement this technique. For examples of how to network, listen to these podcast episodes from [21st Century PharmD](#) and [Healthcare and Higher](#).

Are you ready to learn even more? Be sure to attend the AMCP x IPhO LinkedIn and Networking Workshop – see details below.

# STAR Methods in Job Interviews

## Situation

Begin by setting the stage. Describe the context and background of a specific situation you faced. Make it clear and concise, providing enough information for the interviewer to understand the scenario.



## Task

Outline the task or challenge you were confronted with in that situation. What were you trying to achieve or solve?  
This helps to frame the context and your role in the given scenario.



## Action

Detail the specific actions you took to address the situation and accomplish the task. Focus on your individual contributions and the steps you personally took. Be explicit about your thought process and decision-making.



## Result

Conclude by describing the outcomes or results of your actions. What happened as a result of your efforts?  
Emphasize any achievements, improvements, or lessons learned. Quantify the impact if possible, using metrics or percentages.



@reallygreatsite

## STAR Method for Interviews

The PLS Professional Affairs committee has shared this graphic about the STAR Method to help you prepare for your next interview. The STAR method stands for **Situation, Task, Action, and Result** and is meant to help you structure your answer to behavioral interview questions (or any question where you need to tell a story). Using the STAR method helps you provide clear and concise answers.

### **Career Development Day Recordings**

If you would like to review information presented during your cohort's Career Development Day on October 19, recordings are posted in your Advising Hub Canvas page. You can also watch sessions and review materials from the Industry Preparation Track event on September 18-19 using this [link to Box](#). Contact [Chelsea Wimmer](#) with questions.



## **UPCOMING EVENTS**

### **SCCP Microbe Morning**

SCCP/AMS is hosting their first Microbe Morning of the semester on **Tuesday, November 21 from 7:30-8:30am** in room 1105. Dr. Shivani Patel and Dr. Jake Yandre, both PGY-2 infectious disease residents at UW Health, will be sharing their career paths and the importance of AMS within the inpatient setting. *Bagels and coffee* will be provided! Contact [Jessa Mielke](#) with questions.

## AMCP x IPHO LinkedIn and Networking Workshop

Are you interested in learning more about managed care or industry roles? If so, register [here](#) by November 22 to join AMCP and IPHO on Monday, November 27 from 6:00-7:30pm in room 2002 (or virtually for APPE students). Snacks will be provided! Dr. Veeral Vyas will present on: his career path, how to use LinkedIn to find managed care and industry opportunities, and how to network with the FORM method. Prior to the event, students should watch this [YouTube video](#) about tips to make your LinkedIn profile stand out. Contact [Steven Do](#) with questions.

# AMCP X IPHO LINKEDIN AND NETWORKING WORKSHOP FEATURING DR. VEERAL VYAS

**WHEN: Monday, November 27  
6:00 PM - 7:30 PM CST**

**LOCATION: 2002 (with virtual option for APPE students)**

## SPEAKER DETAILS

Dr. Veeral Vyas is a pharmacist, with experiences in management, as a clinical pharmacist at a PBM, a Population Health Account Management MSL (Medical Science Liaison) and a Value Evidence Lead (VEL). He is currently the Senior Associate Director Field HEOR reporting into Market Access/ Value and Access.

Dr. Vyas has worked for some major companies such as Target, CVS Health, OptumRx, Novartis and Boehringer-Ingelheim.

Early on in his career Dr. Vyas learned the importance and value of mentorship. Dr. Vyas is passionate about helping pay it forward to the next generation of leaders and enjoys working with student pharmacists through his local colleges of pharmacy.

**RSVP Required by  
11/22 @ 11:59 PM!**



**Scan QR code  
above or RSVP  
below**

- [https://urwmadi-son.co1.qualtrics.com/jfe/form/SV\\_2axMTd3HzTg8mZE](https://urwmadi-son.co1.qualtrics.com/jfe/form/SV_2axMTd3HzTg8mZE)

## Agenda

- Dr. Vyas's Career path
- How to use LinkedIn and networking
- How to use the FORM method for networking
- Practice networking with residents!
  - (In person only)
- Debrief and Q&A

## Check out Dr. Vyas's LinkedIn

- <https://www.linkedin.com/in/veeralvyas/>

**Snacks will be Provided!**

## HSPAL Pathway Information Session

Join WSPS on **Monday, November 27 at 6:00pm** on [Zoom](#) to learn more about the pathways available in Health System Pharmacy Administration and Leadership. Dr. Anna Denny and Dr. Blake Hicks, both administrative residents at UW Health, will be joining the session. Reach out to [Abby Opsal](#) with questions.

## ASHP Demystifying Health-System Specialty Pharmacy: Opportunities for Students and New Practitioners

Learn more and register [here](#) for a free (ASHP membership not required!) webinar about residencies and careers in specialty pharmacy on **Wednesday, November 29 at 1:00pm**. Health-system specialty pharmacy is an exciting and growing sector of pharmacy practice, with many unique career opportunities. This virtual discussion will

feature an overview of health system specialty pharmacy practice, a Q&A session with current residents in specialty pharmacy-focused residency programs, and virtual breakout rooms with the opportunity to network directly with experienced specialty pharmacy leaders and current specialty pharmacy residents.

If you are interested in learning more about available ASHP specialty pharmacy residency programs, check out this [link](#) shared by SASP.

## NCPA Community Residency Night

Register [here](#) for NCPA's community residency night on **Wednesday, November 29 from 5:30-6:30pm** in room 1105 or virtually on Zoom. You will hear from community pharmacists about innovative patient care services offered at each of their sites, [learn about NCPA](#) and why you should join, and receive information on the [community residency program](#) at the UW-Madison School of Pharmacy – there will also be *free pizza!* Contact [Ava Komprood](#) with questions.

Are you wondering why you should do a community pharmacy residency? Check out this [link](#) shared by NCPA.

Hosted by PLS, PRIDE, and SNPhA Friday, December 1 from 4:30-7:00 pm

# DiveRxSity Dialogues:

## Leading the Conversation on Inclusion

Join us for an evening at the School of Pharmacy bringing local leaders together to facilitate ongoing conversations about the value of diversity and respect for others in cultivating inclusive communities



**Keynote Speaker:**  
Sally A. Arif, PharmD, BCPS, BCCP (she/her)

*Cultivating Belonging in Pharmacy: Navigating the "I"s of Identity, Implicit Bias and Inclusion*

Dr. Sally Arif is a Tenured Professor of Pharmacy Practice at Midwestern University and Cardiology Clinical Pharmacist and Health Equity Advocate at Rush University Medical Center in Chicago, IL.

**Break-out Sessions Topics and Speakers:**

- Structural Racism in Healthcare:**  
Jonas Lee, MD (he/him)
- Gender-Affirming Care:**  
Annie Bruns, MSW, APSW (she/they) and Erika Enk, RN, MSN, MPH (they/them)
- Caring for People with Disabilities:**  
McBurney Disability Resource Center
- Caring for People Experiencing Housing Instability:**  
Amy Parins, DMSc, PA-C (she/her)

**Register Here:**



## DiveRxSity Dialogues: Leading the Conversation on Inclusion

Join PLS, SNPhA, and PRIDE on **Friday, December 1 from 4:30-7:00pm** for an evening at the School of Pharmacy bringing local leaders together to facilitate ongoing conversations about the value of diversity and respect for others in cultivating inclusive communities. Contact [Mara Gosch](#) with questions.

**Thank you** to IPhO, NCPA, the PLS Professional Affairs Committee, SASP, and the WSPS Professionalism Committee for their contributions to this newsletter!

Have an idea for the next Career Newsletter? Contact [Chelsea Wimmer](#).



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