



# CAREER NEWSLETTER

## OCTOBER 2023



### CAREER ARTICLES

#### Learn to Love Networking

“I hate networking.” It is a familiar refrain. But in today’s world, networking is a necessity – and fortunately, an aversion to it can be overcome. This [Harvard Business Review article](#) identifies four strategies that can help you become more excited about and effective at building relationships:

1. Focus on learning. Adopt a “promotion mindset” and concentrate on the positives and you are more likely to perceive networking as an opportunity for discovery rather than a chore.
2. Identify common interests. Consider how your goals align with those of people you meet and networking will feel more authentic.
3. Think broadly about what you can give. Remember that you have something valuable to offer, whether it is knowledge, gratitude, or recognition.
4. Find a higher purpose. Frame your networking in terms of a larger goal and the activity will feel more authentic and will lead to connections that bear fruit for everyone.

#### Here’s the Best Way to Answer the Dreaded “Tell Me About Yourself” Question During a Job Interview

Hearing the question “tell me about yourself” is an anticipated, yet intimidating way to start a job interview, but there is a right way to answer the question. [Indeed](#) recommends following one of two formulas when answering this question: *present, past, future* or *past, present, future*. Either way, every part of your response should build up to your professional goals, which should be reflected in the job you are applying for.





## CAREER RESOURCES/TIPS

### Career Days – Thursday, October 19 (Career Development Day) and Friday, October 20 (Career Fair)

To make the most of the upcoming Career Days, be sure to review all materials posted in your Advising Hub Canvas page prior to the event. You should also review the registered organizations in Handshake. Remember that business professional dress is required for both the Career Development Day and Career Fair. Another pro tip? Remember to do these [four things with a new blazer and skirt!](#)

# Business Casual vs. Professional

Have an interview or professional event coming up? Learn how to decode dress code.

**Business Casual (Female):**

- Suit Jacket or Cardigan Can Be Added for a Classy Look
- More Colors & Patterns Acceptable
- Khaki Pants, Nice Trousers, or Fingertip-length Skirt
- Flats or Heels Acceptable
- Keep Colors To: [Color swatches: black, grey, brown, blue]
- Suit Jacket or Business Dress
- Suit Pants or Slacks
- Skirts & Dresses Extend to Knee
- Low-Heels Acceptable

**Professional (Male):**

- Jacket or Vest Can Be Added For Classy Look
- Collared or Polo Shirt
- More Patterns & Colors Accepted
- Tie Optional
- Khaki Pants or Nice Trousers
- Suit or Sports Jacket
- Suit Pants or Nice Trousers
- Dress Shoes
- Keep Colors To: [Color swatches: black, grey, brown, blue]

### Tips for Success in Any Business Situation

- 1 When in doubt, dress conservatively.
- 2 A suit (suit & tie for males) will suffice in most situations
- 3 Make sure your outfit is wrinkle-free.
- 4 Stick with solid colors and tighter-woven fabrics or simple patterns.
- 5 Accessories should be kept simple: basic pumps, modest jewelry, light make-up & light perfume.
- 6 Wear a belt and a watch.
- 7 Be sure your hair is neatly trimmed or groomed. Avoid the "messy" look.
- 8 Shirts with lettering or graphics should not be worn.
- 9 Check your outfit for missing buttons, lint, or a crooked tie.
- 10 A skirt should be no shorter than the tips of your middle fingers (or just above the knee for good measure).

**PURDUE CCO**

## Industry Preparation Track

Are you interested in learning more about preparing for a fellowship or career in the pharmaceutical industry but were not able to attend last month's Industry Preparation Track? You can access the session materials and recordings through this [link to Box](#).

## Thank You Emails

Are you looking for ways to express your gratitude and stand out after a professional interaction? Writing a "thank you" note could do the trick! Here is [The Dream Job System Podcast](#)'s four step process for writing a job-winning thank you note:

1. Focus during the interview so you can personalize your thank you note. Take note of any goals, challenges, and new initiatives mentioned. Listen for any personal connections to your interviewer.
2. Email your thank you note. Studies show employers prefer an email over a handwritten note.
3. Write your thank you note. Your content can be broken into three parts: thank the person for their time, include a specific detail from the conversation, and reiterate your excitement and offer to provide any additional information.
4. Send your thank you note as soon as possible.



30

## UPCOMING EVENTS

### SCCP/Kappa Psi Internship Roundtable Event

Join SCCP and Kappa Psi for a virtual Internship Roundtable event on **Sunday, October 15 from 7:00-8:00pm** (Zoom [link](#) and Zoom passcode = 661879). Whether you are searching for internship opportunities or looking for advice on how to prepare for an upcoming summer internship, this will be a great opportunity for DPH-1 and DPH-2 students to discuss internship experiences with DPH-3 students. Discussion points will include application/interview processes, day-to-day activities, projects, etc. and there will be plenty of time to ask additional questions. This is also a great way to prepare for the upcoming Career Days! Contact [Kali Ramirez](#) or [Lindsey Goebel](#) with any questions.

### PLS LDT Breakout Session #2

Everyone is welcome to join Phi Lambda Sigma (PLS) and the Leadership and Development Track (LDT) on **Monday, October 16 from 5:30-6:30pm in room 1105**. Grace Nixon and Ben Enriquez, both PGY-1 Ambulatory Care Residents at the Madison VA, will discuss networking tips and advice on how to stand out to potential employers. This breakout session is a great opportunity to prepare for the Career Days and to connect with

current residents and recent graduates to hear their perspective about how the Career Fair helps to prepare you for your professional and personal development! Contact [Hannah Schuh](#) or [Jenny Velikodanov](#) with any questions.

### **ShaRx Tank**

Do you have an idea or would you like to support other students developing their ideas into a product or service? Now is your opportunity to learn how to flesh out and pitch business ideas to improve pharmacy practice!

Join the first ShaRx Tank meeting on **Tuesday, October 17 from 12:00-1:00pm in room 1105** to learn about the competition. Additional meetings will be held during the Community Hour on October 24, November 14, and December 5 but it is okay if you cannot attend all the meetings. Professor Martin, George Zorich (Founder and CEO at ZEDpharma, Inc.) and Aimee Arnoldussen (Innovation and Commercialization Specialist at Discovery to Product) will be in attendance at these meetings.

Read about past ShaRx Tank competitions [here](#) and [here](#) and complete [this survey](#) if you are interested!



### **SASP Residency Panel**


Join the UW-Madison chapter of the Student Association of Specialty Pharmacy (SASP) for their second meeting of the year on **Tuesday, October 24 from 7:00-8:00pm** over Zoom (Zoom [link](#)). Residents from Vanderbilt University Medical Center and Lumicera Specialty Pharmacy will be sharing their residency experiences. If you are considering pursuing a residency after graduation, this is a meeting you will not want to miss! Contact [Jalissa Weier](#) with any questions.

### **ACCP x SNPhA Residency and Fellowship Showcase**

The Student National Pharmaceutical Association (SNPhA) and American College of Clinical Pharmacy (ACCP) are collaborating to offer a streamlined, flexible approach to residency and fellowship recruitment. Take advantage of this completely free, virtual residency and fellowship showcase on **October 24 and 26 from 5:00-8:00pm** to make meaningful connections with a diverse group of highly qualified clinical pharmacy candidates. Designed to ensure increased access to clinical pharmacy career paths – regardless of financial means or ability to travel - the event is open to ALL. Pharmacy recruiters and candidates are encouraged to participate in this free event irrespective of SNPhA or ACCP membership status. The event will emphasize first year programs (PGY1 and Fellowship). Candidates will select favorites from program listings and sign up to attend 15-minute Showcase timeslots. You can meet with up to 24 programs over the two-day event. Learn more and complete the free registration [here](#).



**ACCP x SNPhA Residency and Fellowship Showcase**

**accp**  | **October 24 and 26**  
**5-8 p.m. CDT**

**WISCONSIN RESIDENCY OPEN HOUSE EVENT**

A single night event bringing together residency programs across Wisconsin

**NOVEMBER 2ND, 2023**  
**5:30 PM TO 7 PM CST**

Please follow the QR code to find the participating programs and how to connect with them.  
Sponsored by: Pharmacy Society of Wisconsin  
Aurora Health Care-Now part of Advocate Health  
Froedtert and the Medical College of Wisconsin



**Wisconsin Pharmacy Residency Open House Event**

A one-night Virtual Residency Showcase event will be held on **Thursday, November 2 from 5:30-7:00pm**. The “drop-in” open house aims to be an additional opportunity for residency-bound prospective pharmacy students to interact with several programs in one evening.

Interested students are encouraged to scan the QR code on the flyer or click [here](#) to find the participating programs and how to connect with them.

This event is sponsored by the Pharmacy Society of Wisconsin and Aurora Health Care.

**Fall Interview Day**

If you are interested in applying for a technician, internship, or pharmacist position, reference the emails from Lindsey Weigel about available interviews on **Friday, November 3**. The deadline to apply for interviews is **Wednesday, November 1 at 5:00pm**. Contact [Lindsey](#) with questions.

Have an idea for the next Career Newsletter?  
Contact Chelsea Wimmer: [chelsea.wimmer@wisc.edu](mailto:chelsea.wimmer@wisc.edu)



**School of Pharmacy**  
UNIVERSITY OF WISCONSIN-MADISON