

Phi Lambda Sigma

Residency Club Newsletter

January Issue

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PHI LAMBDA SIGMA
PHARMACY LEADERSHIP SOCIETY

What is the Residency Club?

The Residency Club is a sub-committee of the School of Pharmacy Phi Lambda Sigma student chapter. The mission of the Residency Club is to inform current student pharmacists about post-graduate opportunities. Through monthly meetings and newsletters, we hope to increase awareness about the various residency programs available and to help prepare you to be successful in securing these positions.

Phi Lambda Sigma – Residency Club Committee Members:

Kalynn Rohde – Chair, Brian Buss, Christopher Frye, Karrie Radovich, Mary Roth

Upcoming Meetings and Updates:

January Meeting – Tuesday, January 29th from 7:00-8:00pm
Rennebohm Room 2006

Residency and Match Process Overview

- Speaker: Jessie Sutton PharmD, Current PGY-1 Resident at Meriter Hospital

Key Points for Creating Your CV

- Speakers: PLS Residency Club Committee Members

February Meeting – Wednesday, February 13th from 6:00-7:00pm
Rennebohm Room 2006

American Society of Health-System Pharmacists (ASHP) Midyear Meeting Overview

- Student Perspectives: Panel composed of students who attended ASHP Midyear 2012
- Recruiter Perspectives: Panel composed of current residents who staffed recruitment booths during ASHP Midyear 2012

Interviewing Tips and Techniques

- Ways to make a good impression during residency interviews

March Meeting – Thursday, March 21st from 7:00-8:00pm
Rennebohm Room 2006

Post-graduate Opportunities that Supplement the PharmD degree: MS, MPH, PhD, Fellowship, and Board Certifications

Ways to become a standout candidate through student involvement

April Meeting – Monday, April 15th from 7:00-8:00pm
Room TBD

Residency Roundtables:

- Come speak with current residents specializing in different areas of pharmacy practice
- Finalized list of participants will be posted closer to the meeting date

What is a Pharmacy Residency?

A pharmacy residency is one type of post-graduate training for pharmacists. It allows for recent graduates to strengthen their clinical knowledge under the guidance of experienced practitioners. After completing one year of residency training (PGY-1), there is an option for further specialization through a second year of training (PGY-2). There are many benefits to completing a residency. It allows for graduates to strengthen their clinical skills, network with other practitioners, and become specialized in areas of interest.

Planning for Residency: The Residency Timeline

Written By: Karrie Radovich, DPH 2

DPH 1 Year:

- Focus on your academics and build a strong foundation.
- Explore various student and professional organizations. Run for leadership positions near the end of your DPH1 year.
- Decide if you are interested in research. If you are, find a faculty member who has similar interests and ask to join their research team. Faculty members are also great mentors!
- Start developing your CV! It's difficult to work backwards later as you try to remember all of the various activities you were involved in.
- Start a separate savings account to help with residency and/or other post-graduate education application fees and travel during your DPH 4 year.

DPH 2 Year:

- Continue to focus on academics. Work towards making the honors lists for each semester.
- Join 1-2 student or professional organizations if you have not already done so by DPH 1 year. Run for leadership positions within these organizations.
- Seek research opportunity that center around your clinical and career interests. Look for faculty members who could be potential mentors.
- Continually update your CV.
- Continue to add money to your residency/post-graduate education savings account.
- Start considering your career interests and think about potential APPE rotations you would like to complete during your DPH 4 year. Talk to upperclassmen about their experiences and ask for their recommendations.
- Consider which elective coursework you want to complete during your DPH 3 year. Ask yourself how these courses will supplement your education and improve your understanding of potential career interests.
- Start planning for summer internship opportunities.

Planning for Residency: The Residency Timeline, Continued...

DPH 3 Year:

- Continue to focus on academics. Work towards making the honors lists for each semester.
- Continue to seek research opportunities if not done by DPH 2 year and strengthen bonds with current research mentors.
- Continually update your CV.
- Continue to add money to your residency/post-graduate education savings account.
- You will pick your APPE sites early during your DPH 3 year. Think about what experiences you want to get from your rotations. Pick sites that will be both challenging and provide you with ample learning opportunities.
- Start to think about what qualities you are looking for in a residency program. Consider resident staffing hours, rotations available, opportunities for research and publications, teaching opportunities and student interactions, and vacation time.
- Begin to make a list of residency programs that you would be interested in applying to.

DPH 4 Year:

- Work hard during your APPEs! Build relationships with your preceptor so they can become strong writers for letters of recommendation.
- June:
 - Start writing your personal statement
- August - September:
 - Update/finalize your CV. Ask a mentor or faculty member to read it over.
- September – October:
 - Ask for letters of recommendation from preceptors, employers, mentors, etc.
- September - October:
 - Apply to the ASHP Residency Matching Program (if applicable for your programs of interest)
 - Begin to build a database that includes all of the programs you are interested in. Include pros and cons of each program and questions that you have for the recruiters from each program.
- December:
 - Attend ASHP Midyear Clinical Meeting. Have your residency database ready so you have speaking points with the recruiters during the Residency Showcase.
 - Finalize the list of programs you will be applying to and submit application materials to each program.
- January:
 - Secure interviews
- February:
 - Interview
- March:
 - List your sites for the Match; Match Day; Scramble

Q&A With a Current Resident:

Interview By: Christopher Frye, DPH 2

Perspective From:

Jason Bergsbaken, PharmD
PGY-1 Pharmacy Residency
University of Wisconsin Hospital and Clinics

What is resident life like?

Busy. At UWHC, residents are involved in many different activities including clinical rotations, clinical staffing, project work, teaching, and professional meetings and organizations. It is very important to manage all of these activities concurrently. The variety of opportunities and responsibilities that residents are presented with are very beneficial for improving clinical knowledge and time management skills. Most of my time outside of residency is spent with family, friends, and participating in other hobbies.

What made you choose to do a residency?

I believe there are a number of reasons to do a residency. First, a residency provides great experience in providing patient care. I do not believe that a many new practitioners fresh out of pharmacy school have the necessary tools and experiences to provide exceptional patient care. Second, a residency provides exposure in a number of different areas in which pharmacists can practice. Third, the pharmacist job

market is increasingly demanding and the essential clinical skills and project experience involved with residency training is preferred to obtain a clinical position.

How did you figure out what area to specialize in?

Completing a residency has allowed me to become exposed to a number of specialty areas in pharmacy. I had an interest in hematology/oncology and was able to complete the inpatient adult hematology rotation early in my PGY1 residency year. My interest in this field was confirmed and I am eager to complete a PGY2 specialty residency in hematology/oncology at UWHC next year. This will give me exposure to a number of inpatient oncology services at UWHC and the outpatient clinics, with the ultimate goal of becoming a pharmacy oncology coordinator and oncology residency director.

Do you get a stipend during residency?

Yes, all residencies offer a stipend. Most programs offer approximately one-third to one-

half of what would be considered a typical pharmacist salary. Health care benefits are included with most programs, but gym membership and other benefits can vary. Many programs have a Human Resources member meet with candidates during the interview process to explain available options. If not, it would be prudent to clarify some of these details during the application/interview process. Most residents will not weigh the stipend heavily in the ranking process as one could argue the residency program quality outweighs a few extra dollars in the grand scheme of one's pharmacy career.

What is the most rewarding part about being a resident?

I find a number of things rewarding about residency life. First, I enjoy working with the patients. At UWHC we are involved with admission histories, discharge counseling and patient monitoring. It is rewarding to be able to use clinical skills learned in pharmacy school to help patients reach their goals.

Q&A With a Current Resident, Continued...

Second, I enjoy the great project opportunities within the residency structure. It is rewarding to see how change can be achieved through hard work. Lastly, I enjoy the relationships with my co-residents, preceptors, and managers. The ability to get together and enjoy each other's company outside of the workplace is an entertaining and rewarding experience.

What is the most frustrating part about being a resident?

Some of the best things about a residency can also be the most frustrating. At times, the number of responsibilities can feel somewhat overwhelming. It is important to always keep a work-life balance to avoid burnout. In addition, it can be frustrating to need preceptor approval and oversight with some patient care responsibilities. I think this can be avoided through a positive attitude and the ability to show clinical improvement to facilitate more independent opportunities.

CV vs. Resume, Who Should Use Which?

Written by: Brian Buss, DPH 2

Hold on, what's the difference between the two? A resume is a more succinct snapshot of a person's academic and professional experience, whereas a curriculum vitae allows for a more comprehensive analysis of not only what a person has accomplished with their time, but also how these accomplishments match with one's own professional interests. There's room to craft a representation of your professional direction and past so that the reader can get a handle on your motivations and hopefully project into the future as if you'd be a good fit with that organization. With such a useful way to present your professional past, why would one even consider writing a resume? Well, just because you may think your professional history is

ambitious and important doesn't mean a recruiter will or even has the time to read it. A resume can be very valuable to carry with you when meeting employers or recruiters so that they have an accessible summary of who you are. It's kind of like having the ability to dominate the first fifteen seconds of a conversation by highlighting what you've done with your pharmacy career. Hopefully this elicits an interest and opens a conversational to discuss more details about your professional ambitions and potential employment.

It's probably been surmised by now, but a CV is a much more formal document to be used by students or other professionals with an interest in academia or residency opportunities. With these types of career pursuits,

the criteria for acceptance is quite varied and different professional experiences, interests and leadership opportunities may all be considered on par with work experience – especially for students vying for a position without experience as a practicing pharmacist.

From my limited experience, it seems like a CV is never a bad choice, however, there are situations in which a resume may be more useful in comparison. Regardless, these are both documents that a pharmacy student would be well advised to create to not only document what direction your professional life is heading, but also to start planning where you'd like to go in the future.

Key Topics and Headlines to Include in a CV:

Written By: Mary Roth, DPH 3

Contact information

Name

- Use full name, not nicknames (Jennifer, not Jen)

Address

Email

- Make sure to use an email address with a professional name
 - Don't use cutiepieMR@yahoo.com
 - Can use maryroth@yahoo.com

Phone number

- Before putting your phone number on a CV, make sure you have voicemail set up
- Make sure mailbox isn't full
- Make a professional sounding message
- Do NOT use the automated message that reads off your phone number or just states your name
 - Many employers won't leave a voicemail if you just have an automated message

Contact Information Changing?

- If your current contact information will only be accurate temporarily, you should include permanent information as well to assure that you can be reached in the future
 - For the current information, you can include how long that information will be effective, if known
 - Ex. If my lease ends this August, I could include "(effective through August 2013)" with my temporary contact information

Education

- Include Pharmacy School and college where pre-pharm coursework was completed

Work Experience

- Include the names of your supervisors

Clinical Clerkship Experience

- This is less important when you're applying for internships or jobs during pharmacy school
- You DO want to include descriptions of your 4th year rotations
 - Include your preceptors' names

Research Experience

- Can include even if not directly pharmacy-related

Publications and Presentations

- Include the title, who the audience was, and where the presentation took place (ex. Presented to the pharmacy staff at a hospital where you interned)

Leadership Experience

- This is very important! At the APhA-ASP Midyear Regional Meeting this fall, one of the speakers told us that the biggest factor that differed between applicants who were chosen for a residency and not chosen was the number of leadership roles/experiences they had

Key Topics and Headlines to Include in a CV, Continued...

Service Experience

- Include any volunteer activities you have participated in throughout pharmacy school
- Avoid including activities done for COPs hours

Teaching Experience

- Did you take the teaching elective or serve as a TA for a course?

Certifications

- Ex. CPR and immunization certifications

Professional Membership

- WSPS, APhA, ASHP, ACCP, NCPA, etc.

Awards and Honors

- Scholarships, Honor Roll, etc.

Headers and Footers

- Date updated
 - This can be included in the footer of the last page
- Page number
- Name
 - You can include your last name followed by the page number in the footer
 - Ex. "Roth 1" would go on the bottom of the first page

Additional Tips:

- Proofread your CV multiple times, and have at least two other people review it too!
- Typos will give the impression that you're lazy or don't pay attention to details
- When listing experiences, use reverse-chronological order
 - Start with the most recent, and go backwards
- Use standard, easy-to-read fonts
 - Be consistent in your font choice (don't switch around for different sections) and use size 10-14
- Keep at least 1-inch margins
- Use past tense
- Avoid abbreviations

Thank you for reading! See you
January 29th!