



## Candidate for the Office of APhA-ASP National Member-at-large

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### GOAL STATEMENT

APhA-ASP's strength comes from the unparalleled dedication and selfless service of its members. This strength is fueled by the individuality and creativity of student pharmacists that are changing the world. In turn, the Academy is committed to developed these student pharmacists into confident, lifelong leaders.

As your National Member-at-large, my goal is to engage every member of the Academy to voice their opinions and ideas, both inspiring and unorthodox, to create new and impactful events to help their patients. By listening to and sharing your stories, I hope to elicit increased communication and collaboration between chapters. My vision is to create a sense of camaraderie, thereby allowing the success of a chapter or individual locally to positively influence another nationally.

I've grown into the leader I am today because I was encouraged to show up as a first-year student pharmacist. The Academy has since given me a purpose and a place in pharmacy and it's my time to give what I've received back to you. By being the mentor and encouraging voice I had early on for those around me, I will believe in, support and guide every member of APhA-ASP towards their home in pharmacy.

### BACKGROUND & EXPERIENCE

#### APhA-ASP Leadership Experience

- APhA-ASP Region 3 Member-at-large (October 2016 – October 2017)
- Chair of the APhA-ASP Reference Committee at the 2017 APhA Annual Meeting & Exposition (March 2017)
- Summer Leadership Institute Attendee (2016, 2017)
- APhA-ASP Chapter President (January 2017 – Present)
- APhA-ASP Chapter President-Elect (January 2016 – January 2017)
- APhA-ASP Midyear Regional Meeting Committee (January 2016 – October 2016)

#### State Level Experience

- Florida Pharmacy Association Professional Affairs Council (August 2017- Present)
- Florida Society of Health-System Pharmacists Legal and Regulatory Affairs Council (August 2017 – Present)
- Florida Pharmacy Association Student Affairs Council (August 2016 – July 2017)
- Florida Pharmacy Association Annual Meeting Adopted Student (July 2016)

#### Local Level Experience

- International Health Outreach Trip Project Yucatan trip leader (August 2017 – Present)
- Phi Lambda Sigma Iota Chapter Member (January 2017 – Present)
- University of Florida College Ambassador (May 2016 – Present)
- University of Florida Class of 2019 Representative (August 2015 – November 2016)

### PHILSOPHIES ON APhA & APhA-ASP

I entered pharmacy school without a set path for how I would stand out as a student pharmacist. For most of my life, I sat in the background, always letting others take charge because I had not yet found what I was passionate about or what I loved to do. This changed when I found APhA-ASP.

I first became involved through Operation Diabetes. I felt a personal connection to the project because my dad has Type 2 Diabetes. I felt as though I could make a difference through the operation and gradually realized that the more I became involved, the more I wanted to stay involved. Not only did I participate in Operation Diabetes events, I began participating in health fairs, policy-related events and ultimately, my first Midyear Regional Meeting in Nashville, TN. It was at the 2015 MRM where I found my home in pharmacy. I fell in love with the feeling of family that engulfed me as I walked into the ballroom on Friday night, instantly connecting with strangers who became friends. I fell in love with the way in which student pharmacists were given a voice to form the future of our profession. It was during that weekend that I discovered my passion in pharmacy and was inspired to run for a chapter leadership position. I knew that if I stayed involved in APhA-ASP, I would truly be doing what I loved.

But my story is not just mine. All over the country, student pharmacists have found their home in APhA-ASP. Whether it's policy, graphic design, writing, patient care, financial management or more, there are endless opportunities for student pharmacists to become actively involved in the Academy. It doesn't matter where our skills or passions lie because if we are willing to show up, work hard, and lead with our hearts, APhA-ASP is the ideal place for students to contribute to the profession that we love.

APhA-ASP's programs and activities offer student pharmacists an avenue to connect with the profession outside of the classroom by directly impacting patient care and the lives of those in our communities. From making Tasty-inspired videos educating diabetic patients on healthy eating in Alabama, to tackling a mumps outbreak in Washington, student pharmacists from all over the country are making a tremendous impact with the support of the Academy. These student pharmacists are what makes APhA-ASP and the pharmacy profession so great.

Being involved in the Academy empowers students from all over the country to take charge of their lives by living each day with a purpose. We know that our voices matter because we are supported by an organization that values our progressive, creative and passionate ideas. Not only is APhA-ASP our home in pharmacy school, but APhA is our home in pharmacy for the rest of our lives. It is an organization that will grow with us and support us no matter what we end up doing in the profession.

### SPECIALIZED TALENTS & SKILLS

Before beginning pharmacy school, I took the StrengthsFinders 2.0 Assessment. This assessment indicated that my top 5 strengths were learner, input, context, arranger and developer. This means that I am someone who is a catalyst for change, learns from the past, is able to place people where they will succeed, and is passionate about developing those around them.

During my time in APhA-ASP, I have been able to develop both close friends and acquaintances on the chapter, regional and national level. I enjoy uncovering others' potential and enthusiastically through their successes and failures. Last year, I encouraged two students at my chapter to run for conference coordinator positions. Even though they weren't chosen, I encouraged them to apply for the same positions the next year because I saw their dedication. They were each elected the second time and have since grown into incredible leaders. As National Member-at-large, I'll continue to develop those around me by being the nation's cheerleader, inspiring each student pharmacist to embrace their unique strengths to follow their passions and pursue their dream goals. This quality will undoubtedly make me an asset to the Academy because I will be empowering what makes APhA-ASP great: its members.

As a catalyst for change, I typically go beyond what is expected of me by never letting a position title limit my contributions. As Regional Member-at-large (RMAL), I noticed that most chapters stopped posting on their FB pages during breaks. Because of this observation, I came up with the idea of making a list of items/topics that chapters could post about during breaks. I worked together with the other RMALs to develop a social media how-to guide that is now available on pharmacist.com. I plan to continue to observe and listen to chapters in order to provide them with the resources they need to grow and become successful.

As someone with both learner and input as strengths, I am constantly observing situations, collecting information, and making connections. As RMAL, I was able to connect struggling chapters with those that excelled in that area so that I could best help my region. As National Member-at-large, I will continue to do this across the nation.

Due to my arranger strength, I excel at effective flexibility. I pride myself on having the excitement to commit to opportunities, especially when it comes to serving those around me. As RMAL, I jumped at the chance to speak on the Communications VP webinar with less than a week's notice in order to help CVPs all over the country. As Chapter President, I learned to keep calm under pressure and to always keep a smile on my face no matter how stressful situations were in order to be a positive role model for those around me. As National Member-at-large, I'll continue to be that positive, smiling, flexible force that believes in, supports and connects us so that together we can grow stronger as an Academy.