



Pharmacy Student Forum Executive Committee Message – February 2011

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Member, Pharmacy Student Forum Executive Committee

Dear ASHP Pharmacy Student Forum Members,

It is a busy time of the year as the midway point of the spring semester approaches and the graduating class wraps up with their final interviews for residencies, fellowships, and jobs. As your busy schedule allows, I would like to invite you to join ASHP on [Twitter](#), [Facebook](#) (and [SSHPP](#)), and [LinkedIn](#) for reminders of upcoming events, leadership opportunities, new programs, and deadlines. As chair of the Community and eCommunications advisory group, I am excited to announce the pilot launching of ASHP Connect Private Social Network. We will be testing the site in the upcoming months and it is scheduled to be available to all members in April.

To those graduating this spring, as much as I hate to admit, it is time we start thinking about studying for our licensure exams. ASHP offers PharmPrep, an online case-based NAPLEX® review. I particularly like that it is easy to use and offered online, so I don't have to lug around a book. For more information visit [ASHP.org](#).

During this time last year, as a P3 student, I remember deciding on what types of rotations to choose. Selecting a variety of Advanced Pharmacy Practice Experiences (APPE) allows you to explore your interests to aid in determining the future direction of your professional career. For me, I knew I wanted to do a residency so I tailored my rotations, both required and elective, to have a more clinical focus. By tailoring my rotations, I have been able to explore multiple health-systems and experience different models of clinical practice. For those of you who are unsure of where your interests lie, utilize your rotations to narrow your interests. Please visit [Ashley Overy's blog](#) regarding her experiences as she currently goes through the rotation selection process. Additionally, consider [ASHP's APPE rotation](#) at ASHP's head quarters in Bethesda, MD; it is a great way to learn more about pharmacy organizational leadership.

Tips for selecting rotations:

- **Select rotations that are challenging and educational.** I encourage you to think long-term. What will prepare you best as a pharmacist? I can assure you the rotation for which you leave early and have minimal work will not help you build the knowledge necessary to practice pharmacy and prepare you for licensure exams. Rotations with challenging projects and task are the ones which will stimulate your interests and help you reach your career

goals. Honestly, my favorite and most rewarding rotation was one where I spent the most time at the hospital and brought the most work home.

- **Consider your post-graduation plans.** Whether you are interested in residency training or directly entering the workforce, you should choose rotations that will provide you with experiences to strengthen your knowledge. It can also be a great way to network and/or obtain a job. However, be sure to diversify your rotations since this is one of the only times you will be able to obtain such robust types of experiences.
- **Select rotations that will provide you with a unique experience.** If possible, choose rotations in a different city or state (It is a great excuse to travel!). Some examples include rotations at the American Pharmacists Association (APhA), American Society of Health-System Pharmacists (ASHP), Centers for Disease Control and Prevention (CDC), Centers for Medicare & Medicaid Services, Food and Drug Administration (FDA), Indian Health Services/Public Health Services, and National Community Pharmacists Association (NCPA). It is great to see how pharmacy is practiced in another location.

My final tidbit of advice is to make the most of your rotations. Be assertive in communicating what you would like to achieve from your rotations to your preceptor. It never hurts to ask if you want to experience something. Asking for an opportunity not readily offered demonstrates you are interested and further engages the preceptor in your learning.

Regards,

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