

# December 2017

## Residency Newsletter



Authors: Brittany Mullens MU, Kaylee Poole SIUE, Rachael Terry USF and Sara Ward UKY

### Welcome!

The ASHP Leadership Development Advisory Group (LDAG) would like to help you stand out from the crowd, whether you wish to land the pharmacy residency of your dreams or you are not sure if a pharmacy residency is for you. The LDAG's residency work group will be creating a monthly newsletter to help student pharmacists learn how to make themselves stand out as a desirable candidate for a pharmacy residency. The LDAG serves to advise ASHP student members regarding the growth and development of future health-system pharmacy leaders to cultivate a culture based on the philosophy that leadership is a professional obligation. Pharmacists never stop learning and developing leadership skills, which is why it is important to start early on. No matter what career stage a pharmacist is at, lifelong learning and leadership development contribute to ongoing professional and personal growth. Thanks for reading and stay tuned for helpful insights into the pharmacy residency application process!

### Important Upcoming Dates

**December 2<sup>nd</sup>:** ASHP Clinical Skills Competition<sup>SM</sup> Semi-Final Round

**March 6<sup>th</sup>:** Residency rank list due

**December 3<sup>rd</sup> – 7<sup>th</sup>:** Midyear Clinical Meeting in Orlando, FL → student member price \$325.00 ([link](#))

**March 20<sup>th</sup>:** Phase I match results

**December 31<sup>st</sup>:** Recommended due date to register for ASHP Residency Match

**April 5<sup>th</sup>:** Phase II ranking deadline

**February 12<sup>th</sup>:** Residency ranking opens

**April 20<sup>th</sup>:** Phase II match results

### Midyear Tips and Tricks

The ASHP Midyear Clinical Meeting can be both exciting and overwhelming for students to think about. Here are some tips and tricks to get you through. Download the ASHP LIVE! app on your phone and familiarize yourself with it beforehand.

- Bring a charging cable and/or an external battery device if you plan to use the ASHP LIVE! app.
- Plan your showcase route ahead of time ([link to floor plan below](#)) in order to maximize your time.
- Determine which sessions you will be attending in advance.
- Find a "P4 buddy" and go with them to a first few booths to get the hang of things.
- Don't forget to take care of yourself! Bring a reusable water bottle and a couple snacks that you can eat on the go, such as a banana or granola bar.

## Planning Your Schedule—ASHP LIVE!

Planning for and navigating through Midyear can be stressful, but the ASHP LIVE! App is the key to success! The app is free and includes the following features:

- Schedule of events which can be saved to organize your own itinerary
- Poster times and locations
- Residency showcase booths and times
- Presentations and notes
- QR codes and social media links to interact with other attendees
- Shuttle schedules
- Floor plans

To download, search ashp live! in the App Store. Once downloaded, update your personal information, choose *2017 Midyear Clinical Meeting & Exhibition*, and plan your idyear experience!



## PY2-PY3 Getting the Most out of Midyear

As PY2's and PY3's Midyear is a great way to familiarize yourself prior to your fourth year. It is also a great time to have fun! The student programming is always jam-packed with excellent speakers who discuss a wide variety of topics; from the mysteries of the match to interviewing prep and financials. So be sure to check out the [schedule-at-a-glance](#) for the complete list. As students, the pharmacy expo is a blast! They have tons, and I mean TONS of freebies, pens, notepads, treats you name it! It is also a great way to see the new advances in pharmacy and healthcare-related technology. The residency showcase is also an activity you may want to attend, however, please note the residency programs are focused on speaking with fourth-year students, so if you wish to visit the showcase be respectful and allow the fourth-year students priority. Do not forget about the social activities that will take place on Tuesday and Wednesday evenings.

## The Do's and Don'ts of Midyear

**Don't:** Offer your CV, unless someone asks for it.

**Do:** Bring business cards. Most programs will ask for your business card to keep track on who all attended their booth during the residency showcase.

**Don't:** Ask questions where you can easily find the answer on the residency program's website.

**Do:** Ask questions regarding residency experience or questions on topics that you want more clarification. Do your research beforehand.

**Don't:** Spend all your time with your friends and current classmates, especially in the showcase.

**Do:** Meet new people! ASHP's Midyear Clinical Meeting is the largest gathering of pharmacy professionals in the world! This is your opportunity to network and expand your professional circle.

**Don't:** Let your attire define how you are remembered! NO flip flops, jeans, crop tops, etc.

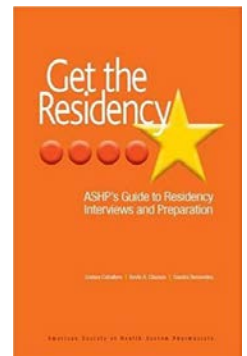
**Do:** Dress for success! Most students wear business professional attire (i.e. suits) to the Residency Showcase.

**Don't:** Be nervous! The residents and program directors that you will be talking to are just like you. Do not feel intimidated in your interactions.

**Do:** Be yourself, be warm, inviting and friendly!

## Fourth Year--The Home Stretch

Congratulations fourth years, Midyear is around the corner! It is now time to start planning for the showcase and making the most out of your Midyear experience. There are a few considerations when going into the showcase. One is to plan out the most straightforward path around the showcase each session ([link](#) and [floorplan](#)). Hearing feedback from current residents and new practitioners, many of them suggest printing out the floor plan, highlighting the desired programs and choosing the path of least resistance. Remember the showcase will be very crowded, having a plan will ease stress and keep you focused. If you have a long list of potential programs here are some considerations that may help you chisel down your list. What are the institution's characteristics? Will you have to relocate? What are the staffing requirements? How many positions do they have for PGY1s? What rotations do you offer? Some of these questions may come from the residency website, so be sure to do your research prior to avoid asking obvious questions. As a courtesy try not to overstay your welcome at each booth and be respectful of the other students. The showcase is a place for you to get to know potential programs. Once you know which programs you would like to see, come up with a few concise, yet informative questions to help you decide if this is the right program for you. While



speaking with the current residents take note of their nonverbal body language; Do the residents appear happy or stressed and tired? For more suggestions on narrowing down your programs see the ASHP Get the Residency book.

## Fourth Year Residency Application Timeline

To stay on track for applications...

### November

- Review programs and information about The Match
- Register for PhorCAS and the Match
- Finalize letters of intent and CV
- Request that transcripts are sent to PhorCAS
- Ask for letters of recommendation

### December:

- Ask for letters of recommendation
- Attend ASHP Midyear
- Check residency deadlines and schedule time to complete
- Submit all applications Via PhORCAS

### January:

- Submit remaining applications (if needed)
- Prepare for interviews

## Coming Up Next Time... All About Interviewing

Have suggestions for other newsletter topics? Email us at [rachaelterry@health.usf.edu](mailto:rachaelterry@health.usf.edu) or [sara.ward@uky.edu](mailto:sara.ward@uky.edu)

Missed our last issue? [Click here](#) for the direct link.