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Subject: 3/23/2020 PharmD Student Update
Date: Monday, March 23, 2020 4:46:01 PM

Hi PharmD students,

It is only Monday, but lots has happened since I last sent an email, so lets get to it.

1. Some of you have been using various COP rooms to study or take exams. As of today's Governor's executive order, students should no longer use rooms at the College of Pharmacy for anything. Sorry about that. Please see Governor Whitmer Executive Order <https://www.michigan.gov/coronavirus/0,9753,7-406-98163-522625--,00.html>

2. More clarity has come out about the University's grading policy. We can discuss at Class meetings, but **COP will abide by the new University Grading Policy for this semester for BPS and PharmD**. A good FAQ on the University policy can be found here: <https://ro.umich.edu/records-registration/covid-19-winter-2020-grading>. Take a look at the Q&A before the class meeting so we don't take the whole class meeting to discuss questions that are already answered at the website.

3. CLASS MEETING VIA BLUEJEANS:

P1 Class Meeting on March 24 at 11:30AM (eastern) - *Submit Questions [HERE](#) or add to the [P1 Class FAQ Response Page](#)*

P3 Class Meeting on March 24 at 1:00PM (eastern) - *Submit Questions [HERE](#) or add to the [P3 Class FAQ Response Page](#)*

P4 Class Meeting on March 25 at 12:00PM (eastern) - *Submit Questions [HERE](#) or add to the [P4 Class FAQ Response Page](#)*

P2 Class Meeting on March 27 at 10:00AM (eastern) - *Submit Questions [HERE](#) or add to the [P2 Class FAQ Response Page](#)*

4. Your faculty have been busy on the local, state, and national levels. Here is our very own Jason Pogue on NPR: <https://www.michiganradio.org/post/more-testing-needed-some-potential-coronavirus-treatments-are-use>

5. **P4s** - If you are in the group that is on an Am Care, HSH, or Community APPE this week, keep going to the APPE. You should know that community pharmacies are considered essential, and you going to community APPE to help is essential work. Even with the Governor's order, **you should go to community APPE unless you have a personal medical rationale** to not attend. We believe that you are considered essential in this context. Some of you have asked, and yes, failure to complete rotation 9 community (or HSH or Am Care) APPE will have consequences on graduation date. Honestly, failure to complete the new APPE will have similar consequences on graduation date. Only the "Group 3" P4s are off the hook for rotation 9. And speaking of the new APPE:

6. **P4s** -The new APPE is shaping up nicely. We will have many details for you at the class meeting. **The new APPE will be conducted remotely, therefore you do not need to stay in Ann Arbor** to complete it. If you leave town, be advised that all live programming will be based on Ann Arbor time zone, even if you are located in a different time zone.

7. How are you doing physically and spiritually? Even in the cruddy weather, I am walking a few miles everyday, just to keep my spirit alive! Today I learned that I have a pair of Cooper's hawks hanging out in my backyard! (I had to look up online what they heck they were!). I also learned that I would live my whole life wearing sweatshirts and sweat pants if I could. A few other random thoughts come to mind:

a. It might be a good time to revisit those New Year's resolutions on exercise that we made. Cannot exercise in a gym, but sit ups and push ups can be done at home, and walks can be taken every day. Invite a classmate and walk together (6 feet apart!).

b. I found this resource that would be worth checking out: <https://hr.umich.edu/benefits-wellness/health-well-being/well-being-u-m/guide-well-being-during-covid19-pandemic>

c. My life is turning into a real-life episode of Chopped. <https://www.foodnetwork.com/shows/chopped> Tonight = wilting lettuce, old bread and an ugly tomato = BLTs for dinner! Would love to hear your best (worst) recipe so far.

d. My own children figured out a way to play <https://jackbox.tv/> on our laptops at the same time when we shared the code. Was very fun, and was a great way to have a social life and talk to people while on quarantine.

Looking forward to talking with you at the class meetings. I promise to wear real pants and not sweat pants!

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