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Subject: Update from the COP Dean's Office for PharmD Students
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Attachments: [image006.png](#)
[image008.png](#)
[image011.png](#)
[image016.png](#)
[image003.png](#)



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September 15, 2020

Dear PharmD Students,

It is starting to feel like a real semester. Student organizations have lots of activity going on and we have a flu shot clinic in our building on Saturday. Below I describe a few other new activities designed to get you away from your computer/phone screen (Walk with Us program) and also to get you ready to crush those upcoming job/residency/fellowship interviews (In the Interim on Friday afternoon). Take advantage of these great College of Pharmacy activities!

CLASS-SPECIFIC INFORMATION

P1 STUDENTS

- A P1 class meeting has been scheduled for **Wednesday, September 23 at noon**. This meeting will be an opportunity for us to check-in with you to hear about your experiences thus far. In general, these meetings are intended to share information, discuss challenges you may be experiencing, and address broad concerns shared by your class to see how we can support you. Do you have questions about the co-curriculum? Confusion about requirements? Feeling isolated and want to connect with others? Like our summer town hall, the Deans will be in attendance - we want to know what questions or concerns you have so we can get you answers and offer support. **If you have topics you want to be sure we touch on, please send your idea(s) to faimce@med.umich.edu by Monday, Sept 21 at noon.**

P4 STUDENTS (P1-P3 may be interested too!)

- In the Interim this week will feature guests Drs Kate Starosta and Michael Kraft on how to go through the ASHP and Michigan Medicine residency application process. Friday, September 18 5:30-6PM. If you would like to join the meeting, please use the register link below.

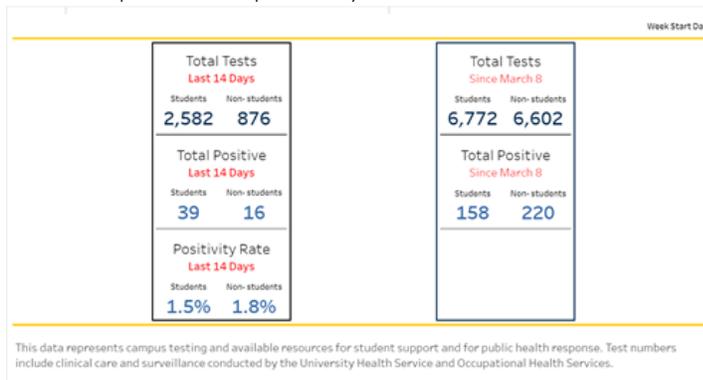
COLLEGE INFORMATION

- **NEW Networking Program ("Zoom-free"):** Come "Walk with Us!" COP faculty and staff invite you to take a short 15-20 minute walk on campus so we can get to know you better, build our COP Community and promote wellness. Students who are interested can self-schedule on this [Google Sheet](#). Just select the tab of a faculty or staff member available and add your name and email address to a day and time that works best for you. You can find some bios for faculty and staff in our College of Pharmacy directory [HERE](#). In order to maintain safe social distancing practices, walks are limited to no more than 2 students per

faculty/staff member. Don't forget your mask! This is a great way to meet new faculty, staff, and students and practice your networking skills! Come join us! If you have other Zoom-free activity ideas, please share!

- **On Campus Study Spaces:** Some students have asked about finding a space on campus to study or attend classes remotely. Check out: <https://studyspaces.umich.edu/>
- **Imposter Syndrome Mini-Lecture and Panel Discussion:** Join us on Wednesday, October 7 at 12:00 p.m. for a brief student-led mini-lecture and small panel discussion on Imposter Syndrome. This event is part of our #WellnessWednesdays and #COPCares and is available for Professional and Career Development LLL credit. The event will take place via Zoom and can be accessed [HERE](#).
- **"In the Interim" Program:** We had ~50 people in the audience for the very first "In the Interim" networking program last week! I was really happy with how the program went and that we were able to address the questions with our guest, Lydia Benitez. Friday's program should be of great interest to everyone considering their post-graduate plan. [How will interviewing for a position in 2021 differ from every previous job interview and how can you be ready?](#) I will be posting questions about this topic to those who recruit residents and pharmacists at Michigan Medicine. Drs Kate Starosta and Michael Kraft will describe Michigan Medicine's new recruiting process for residencies. We will cover tips on how to get that dream position in the COVID era. Don't miss this important program! Friday, September 18 5:30-6PM. Information on how to join the meeting has been sent to your email and is available by clicking the graphic here in this email.
- **Commendations:** Do you know any faculty, staff, or students who have gone above and beyond lately? If so consider submitting a commendation note to let them know they are appreciated. You can use this link https://apps.phar.umich.edu/prof_comm/index to submit your commendation.
- **Questions Asked by Students:**
 - ***Are undergraduate student cases on the rise? NO***

The [U-M COVID-19 Data Dashboard](#) is the go-to resource for tracking current and recent cases on campus. As of today at 8:45am there have been 39 UM students that have tested positive in the past 14 days.



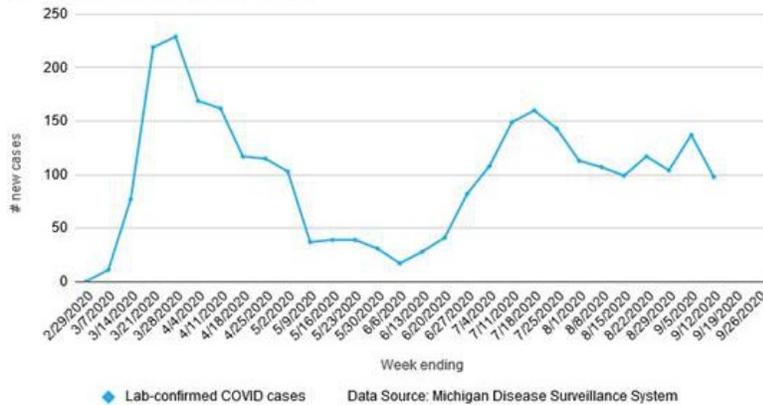
Also, check out the new [Public Health Community Notices](#) Link on the Dashboard where the University is sharing the communications that go out to affected students when a case is identified.

- ***Are COVID cases in Ann Arbor skyrocketing? NO***

Washtenaw County provides a [Confirmed COVID-19 Cases website](#) that is updated weekly on Thursdays (it was updated daily until this week). The number of new reported cases appears to be holding fairly steady since August 1, with a small spike at the beginning of September.

New Confirmed COVID-19 Cases in Washtenaw County Residents (by Symptom Onset Week)* (as of 9/14)

Washtenaw County 2020 (total N = 2853)



- **Is the course workload more than previous years? NO**

As we all work in our remote settings, it can feel like we do nothing but work. A recent review of the PharmD P2 courses found that the workload this year is very much the same as it was last year. That doesn't mean that things don't feel different, though, because all work – prework and in-class sessions – is now happening in the same space, your remote work environment. The structure provided by physically being in class created a natural separation of prework and classwork. When all the work is done at home, that structure is much harder to maintain and it can start to feel like it all runs together.

As you continue to progress through the semester, plan your days so you have some structure. While the physical movement to/from class is not present right now, try to organize your time as if that structure still existed. You would have allowed yourself time to travel into the COP. Use that time instead to walk around the block, perhaps with a friend. Stay on track by completing prework the day before class so it doesn't feel like you are doing the same subject for hours on end. Partner up with a buddy to help create structure and reduce some of the isolation we all feel by working at home. We all know these are strange times. Hang in there and reach out to your circle of support. That includes your faculty and the administrative team at the COP. All of us, yes, all of us, need support at times. Recognizing that is an important life skill, as is reaching out when you need a little support.

- **Are in-person classes being canceled due to GSI strike? NO**

The big news on campus is that the graduate students are on strike. Some of you have wondered what that means to you. All College of Pharmacy classes and exams continue to go on as scheduled unless you hear otherwise from Dean Mueller. If you feel compelled to show some sign of support with the grad students, you may participate in whatever activities you like. If you will miss class for these activities, please complete an absence request form. These absences will be treated like any other personal day absence.

- **Is food and drink allowed in the building? YES**

Food and drink are not prohibited in the College of Pharmacy buildings.

- **Is it true that we can't bring water with us to an exam because we can't take off our**

***masks?* NO**

You must wear a mask at all times when on campus. You can, however, lift up your mask in order to take a drink of water and then immediately reposition your mask back over your mouth. It is important that you stay hydrated, especially when taking an exam. There is no rule or policy that suggests that water is not allowed during an exam because you must wear a mask.

YOUR WELL-BEING

You're off to the races this semester! This is a reminder that your well-being should be a priority every day! Make some time each day for activities that can help to enhance your mental and physical wellbeing. [HERE](#) are some ideas for safe outdoor activities and [HERE](#) are other ideas for planning something enjoyable! Challenge: Email or text a friend or someone you would like to get to know better to explore a new interest or hobby. Be well!

Sincerely,
Bruce A. Mueller
Interim Dean and Professor of Clinical Pharmacy



