

From: [Mueller, Bruce](#)
Subject: Weekly Update from the COP Dean's Office for PharmD Students
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Attachments: [image005.png](#)



Office of the Dean

428 Church Street, Ann Arbor, MI 48109-1065

Bruce A. Mueller, PharmD, FCCP FASN, FNKF

Interim Dean and Professor of Clinical Pharmacy

734-764-7144 • Fax: 734-763-2022

Email: muellerb@med.umich.edu

November 10, 2020

Dear PharmD Students,

You may have seen in the Record today that central UM is planning a large anti-racism faculty hiring initiative. I have been participating in this early planning and have signaled that the College of Pharmacy wishes to participate in this program. Healthcare disparities and an equal access to pharmaceuticals based on race is research that is right in our wheelhouse. Our College should play a vital role in this space. More details as I get them, but if you would like to learn more, see this link: <https://record.umich.edu/articles/anti-racism-faculty-hiring-initiative-moves-forward-at-u-m/>

- **Election-related events and resources** continue to be available at: <https://speakactvote.umich.edu/>.
- **COVID Update:** With COVID cases on the rise across the country, we want to assure you that our system for ensuring the safety of all is working exactly as expected this entire semester. Persons exposed to someone with COVID have reported it and we have worked with individual students and UHS to make sure everyone is protected according to evidence-based practices. Any student who comes forward that is waiting for a final approach from UHS staff or a test has been told to self-quarantine until they receive a definitive response from UHS. Our student services team is monitoring the situation closely and we are tracking these exposures by date, as we have done all semester.

We are also hearing concerns among your fellow students about your choices and activities during the upcoming Thanksgiving break. While not everyone is traveling or seeing family and friends during this time, let us all be sure to practice safety protocols to keep ourselves and our community safe.

- **Attention International Students:** You may be interested to attend a session via live web dialogue with recent grad(s) who successfully navigated the residency application and job search process. Our guest(s) will share lessons learned throughout the application, interview process, and provide valuable insight to current international students who are interested in residency after graduation.

Navigating Residency Applications for International Students

When: 11/19/20 12-12:50pm

Where: Cisco WebEx: <https://meetingsamer39.webex.com/meet/pr1263770927>

Please note you may have to download free software, so please check this in advance of the session so we can be sure to start on time

YOUR WELL-BEING

- **TAKE A BREAK!!** Building in small breaks at regular intervals will improve your productivity and your mental health. See [these tips](#) from Michigan Medicine.
- **Wellness Ideas Inspired by our P1 Class:** We will begin to highlight some wellness tips that our P1 class has been practicing throughout the semester. This week, we want to thank **Nhi TranHuynh and Ashley Henderson** for their education on how photography can support wellness. Whether you have an “ultra-fancy” camera or use your smartphone to take pictures, photography can be an engaging way to promote wellness through awareness, self-care, and reflection. Below are just a few of the amazing pictures they shared with their well-being course peers while practicing this new technique to optimize wellness.



Here is some information they shared with us about the benefits of photography:

- Evidence shows that mindfulness photography has potential to help those suffering from anxiety and depression. Data show participants often express that they become consciously aware of the moments that made them happy.

- Using photography for everyday well-being can be helpful for:
 - o Self-care: Find renewal and energy by doing something creative or different, embrace the opportunity to take photographs outside and reap the added benefit of spending time in nature, feel a sense of purpose and achievement

 - o Community Building: When shared with friends/family, this practice can enhance your sense of community and support, use this as an opportunity to reminisce and reflect, refer to these good memories, and/or overcoming challenging times.

 - o Reminiscence and Reflection: Having stored photos allows you to look back and reflect on positive moments in your life.

- **Challenge:** Try taking a photo-a-day of either yourself, something that makes you happy, or something that would make others happy and share with your friends

and family or keep for yourself to reminisce in the future and see how it impacts your overall wellness.

Sincerely,
Bruce Mueller
Interim Dean and Professor of Clinical Pharmacy

