

**From:** [Mueller, Bruce](#)  
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[507.handout.pdf](#)

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November 17, 2020

Dear PharmD Students,

Well, the University goal was to get through November 20 with in person teaching and exams and we only missed the date by one week! I absolutely support the administration for calling for all remote teaching this week. The safety of the students, staff and faculty is our highest priority. I especially want to thank those students who were scheduled for an in person exam this week for their flexibility and to our faculty who find themselves rewriting exams at the last minute.

This week's newsletter is longer than usual, but there are some really important jewels in it, so read it to the end!

## GENERAL COLLEGE INFORMATION

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- **Tomorrow (11/18) - Networking with the Deans:** Please join Deans Mueller, Ellingrod, Sweet, Bostwick, Walker and Nelson tomorrow (11/18) at 12:00pm for an informal conversation regarding your experiences, feedback, questions, or comments. Here is the link to join: <https://umich-health.zoom.us/j/91983012722?pwd=MnJPd25RN1h4YkdyNlMwa1FkVkdSdz09>.
- **Tomorrow (11/18) - "In the Interim" Program:** This week's networking event will be with Dr. Rebecca Smith at U-M College of Pharmacy and Clinical Pharmacy Specialist, EGS/Trauma and Neurocritical Care. Join to learn all about Dr. Smith's personal experiences and advocacy work, sexual harassment in the field of pharmacy, examples of what misconduct might look like, and resources at the University of Michigan for those who have experienced harassment. [REGISTER](#)

- **Reminder for Building Hours for Students:** The College of Pharmacy building will remain open to students every day of the week from 6am to 6pm for the duration of the fall term. PharmD students have use of Walgreen's laboratory and other rooms on the 1<sup>st</sup> floor of NUB for studying. PhD students have increased access to the building due to research activities, and a reminder that conference rooms are reserved for PhD student lunchroom use from 11-1pm M-F. All students are reminded to please make sure to use your MCard when entering the building and make use of the [ResponsiBLUE](#) symptom checker tool to answer health screening questions before coming to campus.
- **Student Services Hours:** The Student Affairs Office will no longer be staffed through the remainder of fall term. However, facilities staff are available Monday through Friday from 8am-4pm if you need to pick up or drop off anything. The facilities office is located just outside the main suite in the lobby.
- **Attention All Want-To-Be Speed Readers:** Rackham Student Government is sponsoring a free, virtual speed reading workshop for students Wednesday (11/18) from 6PM - 7PM. See [irisreading.com/umichigan](https://irisreading.com/umichigan) for more details on registration. Participants should find the techniques useful for keeping up with their required daily reading and approaching technical content more effectively (textbooks, case studies, journal articles, abstracts, research, reports, analysis, etc.).

## PHARMD STUDENTS

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- **Revised Grading for PharmD Students for the 2020/21 Academic Year:** Provost Collins sent an announcement to the UM community on November 13th announcing changes to the modified grading for the current academic year. For the undergraduate program, students can opt to change letter grades of A+ to C- to a "pass" (grade masking). Failing grades will be automatically recorded as NRC (no record, COVID), although students can request that NRC be converted to a letter grade. In light of all that is happening this year, and the stresses everyone is facing, we have decided to adopt this same rule for our PharmD program, allowing students to change passing grades to a "pass" on their official UM transcript if they choose. We will continue to use the grade earned in the course to calculate the COP-GPA. It is the COP-GPA that is used to determine progression, class ranking, scholarships, etc. We will follow the rules defined by Provost Collins that are outlined [HERE](#).

- **Move to Remote Exams for PharmD Courses:** As was announced Sunday night, 11/15, we have moved all remaining exams for fall semester PharmD courses to be remote rather than in person. Exam details for each course will be provided by the course faculty. An important reminder, though, based on lessons students learned from winter term: for open-book exams you should study as if you were taking a closed-book, in-person exam. Many students reported running out of time during winter exams because they relied too heavily on being able to look up information. It is expected that you will have studied enough to answer the majority of the questions without looking up information.
- **Fall 2020: Perceptions from P1-P3 Students:** In mid-October, all P1-P3 students were sent a survey asking for their input on how the fall semester was going. The survey covered four domains: the remote learning experience, perceptions of in-person requirements, non-didactic experiences, and impact on physical health/wellbeing. The overall response rate was good at 65%, with similar response rates across each of the three cohorts. The handout and a recording of the findings can be found [HERE](#).
- **Research Forum 2021 Update:** One of the highlights of our year has been our annual research forum poster sessions, however, COVID has put a bit of a wrinkle in our plans for 2021. While we are still finalizing plans, I wanted to let you know that the research forum will not be mandatory for our BSPS, PhD, or PharmD students, with the exception of BSPS honors students, PharmD students nominated for the McGlone Research Award, and those wanting to present their posters. The event will be virtual, and we are currently working to identify the date, but we do know this poster session will take place in the evening for about 1.5 hours. We are also working in providing some lifelong learning opportunities for PharmD students who do choose to participate, and so look for an announcement in the future that will include more details.
- **International Student Panel** on Navigating Residency/Job Applications is scheduled for Thursday, 11/19/20 at noon. Join us for a live web dialogue with Yiwei Yin, PharmD and (recently added) Kevin Ng, PharmD, who both successfully navigated the residency application process. These alum of our program will share what they learned throughout their application and interview process and provide valuable insights to current international students. Join here: Cisco WebEx: <https://meetingsamer39.webex.com/meet/pr1263770927>

## **CLASS SPECIFIC INFORMATION**

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## **P4 Students**

- **Presenting a poster at ASHP Midyear?** Please complete [this spreadsheet](#) noting your poster presentation title, date, and time so we can share with our alumni for networking opportunities by Friday, 11/20. If you have requested funding, there is no need to complete this step since we already have this information. Thank you!
- **In case you missed it:** If your ASHP Poster for Midyear was accepted and you are seeking reimbursement for your student membership fee of \$54 (if NOT already an ASHP member), you must upload the email from ASHP with your poster acceptance letter as a part of your reimbursement/travel funding request [HERE](#). Please contact Dean Bostwick with any questions at [jkingsbu@med.umich.edu](mailto:jkingsbu@med.umich.edu).

## **YOUR WELL-BEING**

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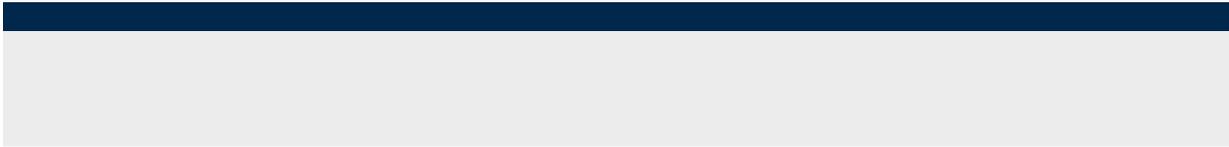
- **Dr. Jamie Yang:** Is virtual learning stressing you out? Are you feeling isolated? Is it hard to not be able to see the end of all these? Please remember to reach out for help, and utilize CAPS services when needed. My email: [juemeiya@umich.edu](mailto:juemeiya@umich.edu); CAPS general phone number: 734-764-8312.
- **Wellness Ideas Inspired by our P1 Class:** We are highlighting more wellness tips from our P1 class! This week, we want to thank **Sarah Schang and Brandon Paulson** for their education on mindfulness. Mindfulness is maintaining a *moment-by-moment awareness* of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. Benefits of mindfulness include, but are not limited to, stress reduction, resistance to burnout, promotion of relaxation, and identification of negative thoughts.

Refer to the attached handout (*see 507 handout.pdf*) for additional information including tips and resources to make mindfulness a part of your routine! *Challenge:* Try practicing mindfulness when you feel you need it and do not give up if it is difficult at first. If it becomes an obligation, you will struggle to experience the benefits of it. Use some of the resources provided if you need help getting started. When practicing mindfulness, try to continue to focus on your breathing and how your body feels.

**As a reminder, if you are interested in more resources and upcoming events to promote wellness,** check out the wellness homepage [HERE](#) as well as the wellness highlight on the [College's Instagram page](#) with more stories to come.



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



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