Dear Graduate 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

- **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=MnJPd25RN1h4YkdyNIMwa1FkVkdSdz09](https://umich-health.zoom.us/j/91983012722?pwd=MnJPd25RN1h4YkdyNIMwa1FkVkdSdz09).

- **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 1st 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 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.).

**GRADUATE STUDENTS**

- **Pharmacy 727: Career and Professional Development**

  I wanted to let you know that this year, Dean Ellingrod will be coordinating a graduate student and postdoctoral fellow section of P727. As part of this class, student and post docs can learn about a variety of topics, including:

  - Unique employment and career opportunities in industry, government, academia
  - The pros and cons of post-graduate training (i.e. fellowships)
• how to get the “perfect job” including job interview techniques, creating a polished CV and Letter of intent, negotiating for your new position, things to think about once you have your position

• Balancing both professional and personal demands.

We would like our graduate students to register for this course, but if this is problematic, please let Dean Ellingrod know (vellingr@med.umich.edu). The course will meet on Fridays from 2-4pm Winter Semester 2021.

YOUR WELL-BEING

• 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; 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 Mueller
Interim Dean and Professor of Clinical Pharmacy