September 29, 2020

Dear PharmD Students,

We had a very moving Anti-Racism vigil last Saturday. Thanks to all of you for attending and to Dr. McClinton for hosting. The issue of systematic racism is real in today’s day and age, and if you don’t believe it, see the new deeply disturbing Executive Order on Combatting Race and Sex Stereotyping that the White House issued last week. The order seeks to impose limits on workplace diversity, equity, inclusion, and anti-racism training. In addition, it seeks to limit the use of federal grant funds for discourse around topics the order calls “divisive.” The very nature of the order attempts to undermine diversity, equity and inclusion work, free speech, and most importantly, our efforts to acknowledge and dismantle structures of racism, sexism, and injustice. President Schlissel and Provost Collins have already shared communication challenging the order. The speakers at our vigil reminded all of us that we must fight every day to make the College an inviting and welcoming space for all of our community, regardless of race, identity, gender, socioeconomic status, religion, and background. We are absolutely committed to fighting all aspects of racism and injustice.

PHARMD STUDENT INFORMATION

- **Survey being developed to check on how remote learning is going**

  As we are well into fall semester and are beginning planning for winter term, we want to gather information about how things are going in many different aspects of remote learning. Working in conjunction with academic administration residents, we will develop a survey instrument over the coming weeks. If you have questions you want us to consider including in the survey, please submit them here by October 7th. The survey will be administered to all students in the P1-P3 years.

- **What to do if I have been exposed to, have symptoms of, or test positive for COVID?**
There continues to be changing information for what to do when exposed to COVID or testing positive for COVID. Below is the current approach for what to do in these instances on our campus.

All students have been informed of the new Policy on protecting the health and safety of the College of Pharmacy community relating to COVID-19. Students are expected to follow University protocols for reporting possible exposure to or symptoms of COVID, including self-quarantining while waiting for the results of a COVID test. While under self-quarantine or isolation we will accommodate absence requests.

For a useful visual guide see this scenario flowchart for students living off campus or this scenario flowchart for students living on campus.

- If you learn that you have been exposed to someone that has tested positive for COVID, you must report this to the College via the Absence Request System, and using the ResponsiBLUE app answer the questions and follow the instructions on the app. In some cases you may be asked to contact University Health Service (UHS). You may be instructed to self-quarantine for 14 days from the date of the exposure, while self-monitoring for symptoms of COVID. If you experience no symptoms at the end of the 14 days, you are allowed to return to class. If during this 14 day period you are tested for COVID, and test negative, you must still remain in self-quarantine for a total of 14 days from the date of the exposure and self-monitor for symptoms of COVID during this period. This last part is new; a negative test does not immediately allow a student to return to class.

- If you test positive for COVID, you must report this to the College via the Absence Request System, and notify UHS. You must isolate for 10 days, and are not permitted to return to campus until UHS releases you to do so (simply waiting 10 days is not sufficient for returning to class – you must receive approval from UHS). Students will be asked to confirm their return approval from UHS.

- Students in either scenario will be approved to be absent from campus for any required in-person course, lab, or exam and the Dean’s Office will work with you and the faculty member to accommodate graded work including exams.

**Experiential Rotations**

- If you miss a rotation for any COVID related issue, please submit an Absence Request so that we are aware of your situation.

- For P2s and P3s: You must follow the Campus COVID-19 guidelines.

- For P4s: As previously instructed, as you are not on campus, you must follow the guidelines of your practice site. Guidelines may vary from site to site. If you have questions or concerns about your site’s policies, please contact your preceptor.
- If you are required to quarantine, you are not allowed to participate in on-site or in-person experiential rotation activities.

- If your rotation is being conducted remotely, you may continue with your rotation activities while you quarantine.

- If your rotation requires you to be in person/on-site, notify your preceptor that you must quarantine. Ask whether you may complete required rotation activities remotely while in quarantine so that you may keep up and stay on schedule to complete the rotation on time. If remote work is not possible, you must follow the COP absence policy, as well as the absence notification requirement stated in your course syllabus, and arrange make-up time with your preceptor. The Office of Experiential Education can assist you, if needed, and must be informed of your plans for making up missed time.

**GENERAL INFORMATION (applies to all)**

- **“In the Interim” Program**: This week’s networking event will be with Dr. Timothy Cernak, Assistant Professor of Medicinal Chemistry. We will learn more about Dr. Cernak’s networking tips for a career in industry and what the Cernak lab has been working on to meet the world’s COVID-19 crisis needs, and much more on **Thursday, October 1 from 5:30-6:00PM**. Don’t forget to register!

- **Register to vote**: October 19th is the last day to register to vote in Michigan by mail or online. Don’t miss out! Visit the [https://govote.umich.edu](https://govote.umich.edu) to get registered and help UMich win the Big Ten Voting Challenge. [https://bit.ly/VoterPSA1](https://bit.ly/VoterPSA1) #GoBlueGoVote, #B1GVotes #VictorsVote. Find your personal situation below and follow the directions that apply to you:

  1) **IF YOU ARE A REGISTERED VOTER IN MICHIGAN**, check at [https://ballotpower.org](https://ballotpower.org) under Ballot Tracking to find out if you are signed up to receive a November absentee ballot. If not, to get a November absentee ballot click on Absent Ballot, and then click on Apply Online.

  2) **IF YOU ARE A VOTER REGISTERED OUTSIDE MICHIGAN**, you have the option of registering to vote here or staying with your previous registration. If you want to register here, you can do so online at: [https://mvic.sos.state.mi.us/RegisterVoter](https://mvic.sos.state.mi.us/RegisterVoter) (requires a valid Michigan driver’s license or state ID AND knowledge of your Social Security Number)

  3) **IF YOU ARE NOT REGISTERED TO VOTE**, you can do so online at: [https://mvic.sos.state.mi.us/RegisterVoter](https://mvic.sos.state.mi.us/RegisterVoter) (requires a valid Michigan driver’s license or state ID AND knowledge of your Social Security Number)

  4) **IF YOU DO NOT HAVE A MICHIGAN DRIVER’S LICENSE, BUT WANT TO REGISTER HERE** use Turbovote: [https://umich.turbovote.org/](https://umich.turbovote.org/) or download a National Voter Registration Form: [https://www.eac.gov/sites/default/files/eac_assets/1/6/Federal_Voter_Registration_ENG.pdf](https://www.eac.gov/sites/default/files/eac_assets/1/6/Federal_Voter_Registration_ENG.pdf)

  5) **IF YOU DO NOT KNOW WHETHER YOU ARE REGISTERED TO VOTE**, you can check online at: [https://www.nass.org/can-i-vote/voter-registration-status](https://www.nass.org/can-i-vote/voter-registration-status)
Absentee Voting Tips:

1) In light of reported slowing of U.S. Post Office mail handling, early action is vital!

2) Follow the instructions on the ballot and on the return envelope.

3) Don’t forget to sign your ballot AND the indicated place on the return envelope.

4) VOTE EARLY, AND RETURN YOUR BALLOT IN PERSON OR BY MAIL EARLY (with 1 or possibly 2 stamps)

5) If you haven’t mailed your absentee ballot by October 10th, return it in person to your city or township clerk to avoid potential delays (ballots received after 8 p.m. on election day will not be counted)

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.

Wolverine Access has transitioned to a new look, which is designed to give users a personalized experience that offers extensive benefits including:

- One-click access to the U-M tools and resources that they use the most
- Robust search capabilities within the U-M digital universe
- A customizable individual experience, behind a secure login
- A mobile-friendly, responsive design that is easy to use on all devices

The previous version of Wolverine access will be available for a limited time by using the header at the top of the new Wolverine Access gateway. Information about the new version is at: Introduction to Wolverine Access video and Wolverine Access documentation.

YOUR WELL-BEING

AMAZING TRAINING OPPORTUNITY!

The Mindfulness Center at Brown University -- the new "home" for Mindfulness-Based Stress Reduction (MBSR) training is conducting a research study for a called "Mindfulness-Based College for Young Adults." The Center is recruiting qualified young adults (18-29 y/o) who reside in the United
States to participate in the 9-week online program. The program includes teaching mindfulness meditation and mindful movement as well as directing mindfulness-based skills towards enhancing diet, physical activity, sleep, stress recovery, cognitive performance, and social relationships. MBSR is considered the gold standard for this type of training and is evidence-based.

Much more information -- including a link to a screening form -- can be found at

Mindfulness-Based College for Young Adults. Trust me, if I was in this age range, I would sign up in a heartbeat!

❖ “GO BLUE! A NEW STUDENT’S GUIDE TO SURVIVING AND THRIVING AT U-M: MENTAL HEALTH TIPS.”

While somewhat focused on first year students, the above toolkit has content applicable for us all. Remember that CAPS is open, working with hundreds of students each week. Some “quick links below”:

- CAPS Website, especially MiTalk (self-help suite on the CAPS website)
- CAPS Stressbusters App
- SilverCloud (self-guided modules)
- CAPS After Hours
- How to Make An Appointment
- COVID Support Hub

Sincerely,
Bruce A. Mueller
Interim Dean and Professor of Clinical Pharmacy
Electronic Mail is not secure, may not be read every day, and should not be used for urgent or sensitive issues.