Dear PharmD Students,

Happy Pharmacists Week!

❖ There are all kinds of lessons being learned within this pandemic, but one of them is the value of pharmacists! We were on the front line when the public first learned of the problem. We are educating and treating patients in the community and hospital settings. Pharmacists will be an essential part of the vaccination process that will end this pandemic. It is a difficult time to be a pharmacy student or a pharmacist, but it is also a time to feel proud to be an essential part of the solution!

The candy bars that P2s and P3s received prior to your exam were from the College in honor of Pharmacy Week! P1s, you are getting yours tomorrow! I am hoping the glucose infusion was/will be responsible for at least 1-2 more correct answers. Many thanks to our staff for putting them together. They have way more willpower than I do. If I was doing it, nobody would have gotten any Milky Ways!

❖ Study Group Resources NOW AVAILABLE to EVERYONE: In an effort to increase equity and support for all of our students, we have made study group resource materials available to everyone, even if you are not signed up for a study group. We recognize that not all students are able to participate but nonetheless may find these resources useful. The link can be found under the "Academic Support and Services" section of the PharmD Program on MyCOP. The resources have been created by PharmD students who have served as study group leaders. These resources have not been reviewed by the corresponding faculty for accuracy or completeness and thus should be utilized in addition to lecture/lab material.
Career Gateway will be held virtually on November 4 from 5:30pm – 7:30pm. P1 students are required to participate from 5:30--6:30pm and P1-P4 students will join the networking rooms from 6:30-7:30pm. More information will follow from Dean Bostwick.

The Wall Street Journal: Tk Nguyen, our Central Student Government representative shared that central student government has partnered with the Wall Street Journal to provide students, faculty, and staff at the University of Michigan with free access to the WSJ's full site. I was unaware of this, but thought I would share this information with faculty, staff, and other students who may not be aware of this but would like to take advantage of it. Thanks for sharing TK! https://www.csg.umich.edu/wsj?fbclid=IwAR3-b20gzLxexTp39YLL4x0H8u1oH7c4DFvWzvz8ZJaucgv1qfYRurHpbuc

Election Resources and Information

Election 2020 - A Non-partisan Primer: Whether you’re a seasoned voter, preparing to vote in your first election, or an international student or scholar at UM, you can play an important role in the 2020 elections coming up on November 3. The series of short slide presentations at the link in the header of this paragraph provides an overview of key election-related concepts and issues, what to expect on and after election day, and how you can participate.

U-M Student Orgs Vote! Sign up your student org. for Student Orgs Vote, part of the Big Ten Voting Challenge. By signing up, you’ll get help sending “nudges” to your members to help them form their voting plan as the election draws near, as well as to help you spread the word to your wider networks on social media and publicize your student org’s involvement in this friendly competition for democracy.

Understanding the U.S. Elections As an International Student: While international students, like other non-US citizens, cannot vote in US elections, you can participate in other ways. The U-M International Center and English Language Institute have a few ideas for ways that international students can get engaged in this electoral season.

Other election events and engagement opportunities are available at: https://speakactvote.umich.edu/.

CLASS-SPECIFIC INFORMATION
**P3 Students**

- **ACTION REQUIRED:** P3 & Alumni Flash Networking Event will take place **virtually on October 27 from 6:00pm – 8:00pm.** As a friendly reminder this event is **required** and qualified for lifelong learning credit. Per Ms. Ferguson’s email on 10/16/20, please complete this [Google Form](#) by **Tuesday, October 20 at 11:59pm.** You will receive your matches via email by 5pm on Wednesday, October 21.

**YOUR WELL-BEING**

- **hEARt Listens** is one of the many support networks and programs offered at the University of Michigan for students. Unlike other programs, hEARt Listens is a completely anonymous, one-on-one texting service in which students can connect with a trained peer supporter. (see the attached flyer)

  If you or your friends ever feel stressed, overwhelmed, or like you need to talk to someone, **text the hEARt Line at 734-292-8006** and you will be connected with a peer supporter within 24 hours.

  **Want to learn more? Check out hEARt Listens online:**

  *Informational video: [https://www.youtube.com/watch?v=Ll_btk2QAfE](https://www.youtube.com/watch?v=Ll_btk2QAfE)*

  *Website: [https://www.heartlistens.com/heart-umich](https://www.heartlistens.com/heart-umich)*

  *Facebook: [https://www.facebook.com/heartlistens.umich/](https://www.facebook.com/heartlistens.umich/)*

  *Instagram: [@umich_heartlistens](https://www.instagram.com/heartlistens.umich/)*

  *Twitter: [@Heart_UMich](https://twitter.com/Heart_UMich)*

- **Free Meditation Resource:** Staying inside isn’t always easy. That’s why Headspace has teamed up with Governor Whitmer to offer a special collection of meditation, sleep, and movement exercises at the link below. To access this offering, please simply visit [http://headspace.com/mi](http://headspace.com/mi) from any desktop or mobile browser. Learn more [HERE](#).

- **Managing Election-related Stress:** While this season can present unique stressors, it is also an opportunity to practice important life skills including how to deal with difficult emotions and circumstances. Counseling and Psychological Services (CAPS) encourages students (and all community members) to regularly check-in with what you are experiencing and develop a self-care plan that works for you. [Information for](#)
managing election-related stress is available HERE.

- **The Wolverine Support Network (WSN)** is a student-led peer support program developed by Central Student Government leaders in collaboration with Counseling and Psychological Services (CAPS). It is designed to empower students to create a safe community in support of mental well-being and identity development. The peer-facilitated groups meet weekly and provide a place to discuss day-to-day stressors, build trust, and connect with students from across campus. Join HERE.

- **Wellness Coaching Group Taking Care of Ourselves and Others: Well-being and Civic Engagement for graduate and undergraduate students** is focused on well-being and civic engagement during the 2020 election season. This group is designed to provide a virtual space to dialogue about the stressors of the university and political climate, as well as to develop self-care skills and coping mechanisms in order to remain mindfully involved in civic engagement while attending to the other dimensions of our lives. The group meets every Monday, 4-5pm, through November 9. Sign up here: https://uhs.umich.edu/wellness-coaching.

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

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Electronic Mail is not secure, may not be read every day, and should not be used for urgent or sensitive issues