



APhA-ASP Regional Officer Elections

Candidate for Regional Delegate - Region 2



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Previous Leadership and Experience

I am involved as a member of Lambda Kappa Sigma (LKS) at Wilkes University in the Alpha Phi chapter. In LKS, I was the historian during the past year which involved designing and completing our showcase in our school of pharmacy, which had not been updated since 2019. Our showcase is a way for our club to broadcast our events, community service initiatives, and awards to the school of pharmacy. I also included completing our website, which had not been designed past the default settings. This year, the historian, social media, and secretary positions were merged so I am also responsible for the social media and secretary duties. In this newly merged position, I still resume my historian duties, as well as handle all club communications, such as emails and social media posts. In the past, our social media pages have won awards nationally, so this was a huge undertaking for me but I have found that I enjoy the communications aspect. I am also involved with LKS on the national level. I am involved on the communications committee responsible for the national social media, newsletter, and blog.

During my first four years of school, I wrote for the Wilkes University newspaper, the Beacon. As a member of The Beacon, I was a staff writer as well as the social media manager that was responsible for communications via social media as well as designing our website, which had also only been created but never designed.

Another involvement of mine was WEBS (We're Empowered by Science), a club that works with the community to involve children in and introduce them to STEM fields. I was the secretary of the club for 2 years as well as a group leader for the summer camp for 4 years.

Finally, I was involved in the Honors Program during my first 4 years of school. I was a peer mentor for 3 years.

For APhA-ASP, I am the policy vice president and our chapter's delegate at MRM (Midyear Regional Meeting). As policy VP, I developed our policy proposal for MRM and attended the following discussion. I also plan events to involve our club members in pharmacy related policy. Last year, I was the policy VP elect and I was able to shadow our previous VP and help him develop our policy for that year.

My policy VP experience has prepared me to be a regional delegate because I understand the policy process and I know what resources students may need to assist them in the process. As policy VP, I had to restart the process from the ground up. My predecessors did not leave clear instructions as to how the process worked. Prior to COVID, our chapter was involved in policy and often hosted events to spread awareness to the chapter. Due to the pandemic, most of these events were not allowed to be held so they eventually stopped happening. Unfortunately, they never started back up again. It has been my goal in this position to prevent this from happening again, especially to the current policy VP elect. I have had to restart offering these events to our club and involving the other members. I also had to navigate the policy process on my own which was challenging but allowed me to have an in depth knowledge of it.

Additionally, I had to do a similar thing for LKS last year. The historian position was dissolved before the pandemic and was never brought back. Because of this, records were lost and there was no upkeep with our showcase on campus or our website. I had to restart this position and maintain these things. That has involved me contacting former members for their resources, pictures, scrapbooks, and other things. I became interested in restarting the position after my experience at the national LKS convention. I spoke to other historians from collegiate chapters across the country to get their ideas and inputs. The collaboration was beneficial to me because I learned some of the best practices for how to operate in this role. I think that this collaboration is also beneficial when it comes to the regional delegate role because I will be able to contact not only the school in my region, but other regional officers as well, to determine their best practices and ways we can improve the policy process.

Talents and Skills

One specialized skill I have is my social media and communication experience. Through my multiple social media and communications related positions, I have gained a knowledge of many aspects, such as how to use Canva and make marketable social media posts, how to caption social media posts in a concise but explanatory manner, how to send formal emails, meeting deadlines, and how to design a website or social media page. I have also done social media for both pharmacy and non-pharmacy related clubs so I have a wide variety of experience and different populations to cater to.

In addition to social media, another skill I have is research experience. While in pharmacy school, I completed a dual degree in history. My experience as a humanities/ social studies major greatly enhanced my education. I learned valuable skills in the areas of writing and research, which have helped me specifically in my policy role. Research is an important aspect of policy development and, unfortunately, non-scientific research is not well taught in liberal arts education outside of the general education English requirement. Since I completed my history degree, I have spent many hours researching and writing non-scientific material and subjects, which helps in the policy arena. Most recently, I presented research at a local Women and Gender Studies Conference. This research was part of a larger project which consisted of a presentations and paper for my capstone. I expanded on the research for this conference and developed another presentation. This not only involved research and writing experience, but also presentation skills, including public speaking, slide deck creation, and catering to my audience. The original research was completed with a focus on history but I had to cater it to a general population for the conference.

Finally, I am very interested in pharmacy policy. Since I started pharmacy school, I have taken a strong interest in policies that affect patients and small pharmacy owners, such as PBM reform, the Affordable Care Act, and the Inflation Reduction Act. One of the events I am spearheading is a policy discussion for the upcoming presidential election. I am developing a presentation for our chapter of APhA to discuss the major policies affecting pharmacy and the stances of the candidates on these policies and policies in the future. I also attended the Pennsylvania Pharmacist Association Legislative Day where we went to the Pennsylvania state capitol and lobbied for PBM reform, which is a topic I am very passionate about. Due to our lobbying, the bill passed in the House and Senate. I was excited to see that the research I did on PBMs and the following discussions I had with legislators resulted in a change that I will hopefully see impact the profession of pharmacy, and I would like to be involved in this with APhA on a national level as well.

Plans as a Regional Delegate

My main goal for this position is to have open communication with my region before policy proposals are due so they have a resource to go to if they need any assistance. I know for my own personal policy process, I did not know who my region delegate was until days before the policy was due. He was very helpful when I reached out but I wish I had known sooner that he could be a resource. I would like to be able to intervene early with my region just in case anyone else runs into the same issues I did. I would reach out as early as possible and explain an overview of the policy process as well as which ways I can be of assistance. I will also use GroupMe as a primary mode of communication as I have found that very helpful for myself. I believe that APhA-ASP can have a large impact on the profession of pharmacy. Even though we are just students, we can have an impact at the national level, and I would like to empower people to believe this and put forth effort to make an impact.

As a regional delegate, I will extend the involvement of students outside of policy VPs and chapter delegates by encouraging policy VPs to set up events in their chapter to promote policy. As a policy VP on campus, events like "pizza and policy," "piñatas and policy," or policy discussions can be an easy way to involve the chapter on campus. These events encourage policy discussion amongst people who may not necessarily be interested in it. Students can become involved by learning about these policies and will go into the workforce after graduation with more knowledge than they would have had otherwise. As I mentioned previously, I am setting up a policy event with my chapter on campus to involve them on presidential pharmacy and healthcare policy. I would be able to provide resources to make setting up these events easier for people. Additionally, I will encourage students to set up MRM on campus. It is convenient for people to not have to travel for MRM but still be able to experience the policy and discussion. Setting up MRM on campus can be a hard task so I would help facilitate this for people. That way, people can be involved in the policy discussion with lowered costs and not having to drive. I believe that setting up events can be a challenge because students are so busy with coursework, working, extracurriculars, and club activities. Taking on additional work, such as setting up MRM on campus, can therefore seem like an impossible task. I will be there for people as a resource to ease setting up these events.

