



# APhA-ASP Regional Officer Elections

## Candidate for Regional Delegate - Region 5



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## Previous Leadership and Experience

I have been fortunate to hold a variety of leadership roles at local, state, and national levels. At Drake University, I currently serve as the President of APhA Academy of Student Pharmacist, St. Jude Co-Chair for Phi Delta Chi, and Assessment Committee for Drake's College of Pharmacy and Health Sciences. I have also completed all three years of the Adam's Leadership Institute and one year of Student Leadership Development Series, both of which focus on the development of invaluable leadership skills. These roles have given me extensive experience in how to lead with a strategic vision, coordinating teams, managing projects, and communicating effectively with a wide range of stakeholders. They have also sharpened my organizational and public speaking skills, essential for fostering collaboration across chapters and regions.

On the state level, I served as the Student Pharmacist Delegate for Iowa Pharmacy Association (IPA). In this position, I helped coordinate residency research presentations, presented research during their Annual Meeting, and represented students at the House of Delegates. In addition, I've also advocated for House Bill 555 at the Iowa State Capitol. My experiences with IPA taught me how to manage projects and represent the needs of a group, which directly applies to the responsibilities of an APhA Regional Liaison.

Nationally, I serve as the Region B Liaison and as a member of the International Affairs Committee for Phi Lambda Sigma (PLS). My responsibilities include leading monthly meetings, supporting the success and communication of PLS chapters, and helping execute national goals. Leading monthly meetings and ensuring clear communication between chapters has given me insight into how to guide regional leaders effectively.

These roles have fostered my ability to bring people together, lead with purpose, and advocate for the profession.

As APhA Regional Liaison, I would leverage these experiences to support the success of student pharmacists across the region, helping to achieve APhA's mission at both the local and national levels.

My previous leadership roles have provided me with the skills and knowledge necessary to succeed as an APhA-ASP Regional Officer. In particular, my current positions as Drake's APhA President and Region B Liaison for Phi Lambda Sigma (PLS) directly correlate with the responsibilities I would undertake in this role.

As APhA President, I have gained hands-on experience in leading a diverse group of student pharmacists, organizing events, and ensuring that chapter goals align with APhA's mission. This role has strengthened my ability to communicate effectively with members, lead productive meetings, and manage multiple projects. Additionally, it has sharpened my skills in problem-solving and adapting strategies to meet the evolving needs of our chapter. These experiences have prepared me to guide other chapters as a Regional Officer by sharing best practices, supporting chapter leaders, and promoting collaboration across the region.

Serving as Region B Liaison for PLS has further enhance my leadership abilities on a regional scale. I lead monthly meetings with chapter representatives, helping them address challenges, set and achieve goals, and ensure consistent communication between local and national levels. This role has given me the tools to foster relationships across multiple chapters, mediate conflicts, and advocate for the success of each chapter, all of which are directly applicable to the APhA-ASP Regional Officer role. I've learned how to provide mentorship and guidance while empowering others to take ownership of their initiatives.

Through these leadership positions, I have developed strong communication, organizational, and advocacy skills that will allow me to support APhA Academy of Student Pharmacists chapters in our region effectively. I understand the challenges chapters face, and I am prepared to collaborate with them to achieve their goals while promoting APhA's mission on a larger scale.

## Talents and Skills

I have developed a variety of skills and talents that I believe would make me an effective APhA-ASP Regional Officer. My experience in leadership, project management, problem solving, and communication equips me to handle the responsibilities of this position and support the success of chapters across the region.

One of my strongest skills is leadership. Through my role as APhA President at Drake University, I have gained extensive experience in leading meetings, executing events, facilitating collaboration, and fostering a positive organizational culture. My ability to motivate others and create a community has helped me cultivate an engaged and successful chapter. Additionally, as Region B Liaison for Phi Lambda Sigma (PLS), I have honed my leadership skills on a regional level, guiding multiple chapters, providing support, and helping each chapter align its goals with broader organizational objectives.

I am also skilled in project management. I have successfully organized and managed large-scale events, such as the Patient Counseling Competition, Campus Flu Clinics and St. Jude's Main Fundraising Event. Throughout these projects, I've had to balance multiple priorities, organize resources and responsibilities, and ensure that projects are completed on time. These experiences have enhanced my ability to oversee complex tasks, which would be essential in coordinating activities and initiatives across the region as a Regional Officer.

Another key talent is my strength in communication. I have developed the ability to communicate clearly and concisely, both in one-on-one conversations and in large group settings. Whether I am leading discussions, providing guidance to chapter members, or presenting at conferences, I can convey messages in a way that resonates with my audience. My communication skills will allow me to connect with chapters, foster meaningful relationships, relay important information, and ensure goals are achieved.

Lastly, I have developed problem-solving and conflict-resolution skills through my leadership roles. I've gained this skill through various experiences, such as by managing road-bumps during Flu Clinics, navigating difficult conversations with leaders, or finding creative solutions to improve member engagement at for both APhA and PLS. I have learned to remain calm under pressure and approach problems with a compassionate and strategic mindset. These abilities would be critical as a Regional Officer, where I would need to address challenges faced by different chapters and national leadership to help them develop strategies for success.

My strengths in leadership, project management, communication, and problem-solving, along with my dedication to APhA Academy of Student Pharmacists, have prepared me to effectively serve as an APhA-ASP Regional Officer. I am confident that I can continue the growth of our region's chapters, help them achieve their objectives, and contribute to advancing APhA's mission.

## Plans as a Regional Delegate

In this position, my primary goal is to enhance communication and support to APhA Academy of Student Pharmacists Chapter Presidents across the region. I believe that strengthening the connection and providing more consistent, accessible resources between regional officers and chapter leaders is key to ensuring the success of local chapters. I aim to help Chapter Presidents navigate challenges, share best practices, and fully utilize the opportunities APhA offers. To achieve these goals, I will establish regular check-ins with Chapter Presidents, create a resource hub for easy access to essential tools, and foster collaboration among chapters. By building a strong support network, I hope to empower each chapter to thrive.

My philosophy is that the APhA Academy of Student Pharmacists plays a pivotal role in developing future leaders. Through its programs and activities, it inspires student pharmacists to engage in patient care, advocacy, and leadership. The leaders who preceded me have made lasting impacts in their communities, still utilizing the lessons they learned from APhA. I am committed to this philosophy by ensuring that all student pharmacists are supported in achieving their goals.

To extend engagement beyond chapter delegates and policy vice presidents, I will implement strategies to make the policy process more inclusive and accessible to all student pharmacists. This includes hosting regional webinars and online workshops that demystify the policy process and provide hands-on training in advocacy skills. Drawing from my experience advocating at both the Iowa State Capitol and Capitol Hill in Washington, D.C., I will offer practical insights into how students can effectively engage in legislative processes and give methods to practice their new skills. Additionally, I will create resources that detail how every student can participate in advocacy at local, state, and national levels.

I will also work closely with chapters to encourage the formation of policy committees that invite input from all members, not just those in leadership roles, ensuring a broader representation of voices in policy discussions. In addition, the Policy VP will receive monthly updates on pharmacy policies both in their state, region, and nationally. Therefore, they have a more comprehensive understanding of current pharmacy policies.

Furthermore, I will leverage communication platforms to increase awareness of current policy initiatives and upcoming advocacy opportunities. By fostering an open and inclusive environment for dialogue about key issues, I aim to make advocacy a central part of every student's APhA-ASP experience, ensuring that all students, regardless of position, feel empowered to contribute to shaping the future of the pharmacy profession.