



SUPERVALU Pharmacies Intern Express

April 20, 2010

COMPANY NEWS

FINALS

It is fast approaching that time of the year that pharmacy students everywhere probably dread: finals week. For five straight days, students are faced with back-to-back exams for every course they are taking and are expected to cram in all the information they can in order to prepare. Sweatpants, messy hair, and coffee cups are abundant during this period. But while no one will argue that this can be one of the most stressful times during the semester, the level of stress which we experience is certainly something students have some control over. With preparation and effective use of our time, we should be able to be successful in our final exams and hopefully move on to enjoy our breaks that are soon to follow. Good luck!

Final Exam Study Tips:

Start studying early. Final exam schedules are usually posted in advance; do not wait to begin preparing for finals until the week before or the week of.

Prioritize topics you know will be stressed on the exam. Do not try to memorize everything that was taught in the course.

Make a schedule. Plan out how much time you need to spend for each class or topic and follow the schedule. Try to free your schedule of other responsibilities so you can focus on studying.

Get organized. Organize your notes and all the information you need. Know when and where each exam is scheduled.

Take study breaks. Studying for hours straight can be tiring and result in a loss of concentration. Study breaks will help break the monotony and recharge you so you can study more effectively.

Maintain healthy eating habits: tempted to eat junk food and go on caffeine binges, but you can back-fire. Need good fuel to study with.

Get plenty of sleep. You need at least 4 hours of sleep to function properly. Do not try to pull all-nighters.

Do activities to relieve stress. This can include exercise, taking a walk, or talking to a friend.

Choose study groups and areas wisely. Study groups can be beneficial because you can share information, quiz and motivate each other. However, if you feel that a particular environment may be more of a distraction, pick another place to study.

On the day of the exam:

Get an adequate amount of sleep the night before.

Eat breakfast. Do not take an exam on an empty stomach.

Read all the directions to your exam carefully.

Stay calm. If you do not know an answer, skip to the next question, and go back later.

When the exam is over, move on. Start studying for the next exam and do not get preoccupied with an exam you have already taken. If you have concerns, make an appointment to talk to your professor at a later time.

ANNOUNCEMENTS

Recap on APhA2010



The APhA2010 meeting brought together pharmacists, students, leaders and mentors from every pharmacy practice setting including chain, independent, hospital, federal, long-term care, nuclear, and more, to present over eighty core programs over a period of three days. Individuals were able to network with more than 7,000 pharmacy professionals and colleagues. Students, and pharmacists alike, gained knowledge and insight that will continue even long after APhA2010 comes to an end and will continue to inspire, engage, and influence medication use and patient care within the pharmacy practice setting all over the country.

Friday, March 12th, was designated as a review session for Capitol Hill Day. This program was designed for student pharmacists who had appointments to speak with their legislators in Washington, DC, about current issues facing the profession. Also on Friday was the beginning of a two-day NAPLEX review course for fourth-year pharmacy students. Also, the APhA2010 Welcoming Social provided entertainment, dancing and cocktails in the Grand Ballroom later that evening.

On Saturday, March 13th, the infamous Mark Walberg served as a moderator for APhA's General Sessions while topics were discussed. In particular, the kick-off session featured practitioners, scientists, and students to focus on pharmacy's inspirational leaders. This session highlighted significant APhA accomplishments during the past year and honored the individuals who demonstrated extraordinary leadership and practice excellence. Another guest speaker included Kathleen Sebelius, Secretary of Health and Human Services. She updated us on the efforts currently underway to deliver a reformed health care system to America and the impact that pharmacists can have. Also, Chuck Jackson, Ed.D. will speak and teach student pharmacists the keys to developing their personal, positive power through

maintaining physical and mental wellness.

Sunday, March 14th, guest speaker Alan E. Guttmacher, MD, Acting Director of the National Institute of Child Health and Human Development and Former Acting Director of the National Human Genome Research Institute, hosted a discussion on the new frontier of genomics and personalized patient medicine and the important role that pharmacists will play with these new medications.

Monday, March 15th brought APhA to a close with many topics of interest. The APhA Political Leadership Breakfast allowed individuals to have a political insight and discussion on current events taking place in Washington, DC. The APhA-ASP House of Delegates Final Session involved the APhA-ASP House of Delegates discussing the 2010 resolutions that were adopted as well as new business items. Also on the days schedule of events included the Student Leadership Development Workshop, the APhA Awards Ceremony followed by the Closing Reception.



Photo: Pharmacy recruiting team and "Uncle Sam" at the SUPERVALU APhA2010 booth.

EVENTS

Pharmacy Campus Events

SUPERVALU is dedicated to supporting the Colleges of Pharmacy and our Interns, please visit with us during these summer recruitment events.



Patients

Opportunity

Passion