

Annual Chapter Report Outline

Please complete your Annual Chapter Report and submit to the National Office by May 15.

Date of report submission: 2018-05-14

Name of School/College: University of Colorado

Chapter Name & region: Alpha Theta, Region VIII

Delegate who attended the Rho Chi Annual Meeting: Briana Williams

Date Delegate's name submitted: 2018-02-28

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New officers and e-mail addresses for next academic year

(If not yet elected, please indicate date of anticipated election and report names within one week of election)

New officers and e-mail addresses

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[chapter-advisors]

Introduction

The Alpha Theta Rho Chi chapter at University of Colorado had a very successful year that was packed full of events where we provided educational, networking, and residency preparation opportunities to our members and student body. Our chapter planned and engaged in more philanthropic events than we had in previous years and improved our fundraising efforts to ensure we met our monetary needs. We were honored to accept the Chapter Achievement Award this year at the national meeting and we will strive to maintain this excellence every year.

Meetings Please provide information on meetings held in the following tabular format

Date	Attendance	Agenda	Action Steps
2017-08-29	6 (Officers, advisor)	Planning semester events including setting dates, and addressing new meeting/activity ideas	Planning events and dividing tasks among officers, reviewing position duties
2017-10-11	20 (1st general meeting, only P3's on campus)	General announcements for the semester including activity dates (tutoring, stress management session, residency info session, mock interviews, rotation binders, project angel heart, etc) Guest speakers on career opportunities in pharmacy academia presented by two of our faculty members: Dr. Jennifer Trujillo and Dr. Joel Marrs.	Approved and carried out as described
2017-11-09	15 (2nd general meeting, only P3's on campus)	General announcements (tutoring, fundraising ideas, rotation binder) APPE match discussion with 2 P4s Rho Chi members to help guide P3s on how to successfully rank APPE rotations	Approved and carried out as described
2018-03-01	40 (3rd general meeting; new P2 members, P3s)	Welcome meeting for new inductees, discussed upcoming events, induction dinner, rotation binder, tutoring. Also held an aIPPE panel with P3 student members to share their recent pharmacy experiences and answer any questions.	Approved and carried out as described

Strategic Planning: What goals were set that relate to the Rho Chi mission?

The overarching goal for our Alpha Theta Rho Chi chapter continues to focus on upholding the Rho Chi mission of encouraging intellectual achievement, stimulating critical inquiry to advance pharmacy, promoting intellectual leaders, and fostering collaboration. We rely on these goals to help guide the events we plan and the opportunities that we provide to our members and student body. This year, we recognized the need to improve our fundraising efforts in order to ensure the organization's ability to plan ongoing, successful events and collaborations. With the exception of the induction dinner and some community service donations, all events planned by the organization are free of charge for students to attend. While many events require only the participation of the guest lecturer or volunteer presenter and are of no cost to the organization, other events require food to be provided which helps to ensure its success. The past few years, our chapter has struggled with deciding how best to fundraise, and this year was no different. However, we were able to raise funds by selling Auntie Anne's pretzels during an all-school Dean's Convocation ceremony which helped us to meet our budget needs. Furthermore, we aimed to improve the interview binder that was started by last year's officers. Our goal was to provide a document to Rho Chi members that detailed common job and residency interview questions and aided in connecting graduates with students as they begin their pharmacy careers. This would also allow the chapter to begin documenting the achievements and successes of our graduating members that we plan to share with all student inductees with the hope of promoting intellectual leaders to advance pharmacy practice. In order to continue to provide the student body with tutoring sessions to encourage their intellectual achievement, we set a goal to improve student attendance by offering less frequent, but more focused study sessions.

Activities

1. Orientation week and succulent plant fundraiser – August (Annual event, unknown how long it has been going on, succulent plant fundraiser was a new initiative)

- Informed incoming students about Rho Chi and how to achieve membership
- Promoted the missions of Rho Chi and encouraged students to perform well academically and to utilize current Rho Chi members as resources
- Advertised Rho Chi tutoring sessions and upcoming success series
- Encouraged students to sign up and receive tutoring session information via email
- Sold succulent plants as a fundraiser

2. Success Series – August and November (2nd year)

- Three-part series in collaboration with PLS
- Tips and Tricks for Success in pharmacy school presented by Rho Chi president – August
 - o Provided study tips and resources for making study guides for new P1 students, encouraged students to utilize Rho Chi tutoring
 - o Presentation was updated from last year where Rho Chi members were surveyed and provided information about successful study methods, tools, and gave examples of study guides
 - o Presentation was given during the first week of the fall semester. There were 30 students in attendance.
- Time Management presented by PLS president – August
 - o Provided time management tools and techniques
 - o Gave examples of scheduling and calendar devices – presented pros and cons to paper versus electronic calendars to aide in managing school, personal, and work schedules effectively
 - o 10 students were in attendance.

- Stress Management presented by licensed clinical social workers from the campus Wellness Center – November

- o Provided techniques and resources to handle stress and anxiety
- o Shared methods with each other and learned how to accept life inadequacies
- o Learned benefits of laughter yoga and how it can be used to focus the mind
- o We moved this event to later in the year to help mitigate stress surrounding final exams (previously was in September) which drastically improved student attendance
- o 15 students in attendance.

3. Immunization refresher course – September (new initiative)

- Collaborated with the APhA Immunization chair
- Community pharmacy residents were invited to present on immunization techniques, schedules, and types of influenza vaccines
- APhA provided immunization practice materials including needles/syringes, sponges, saline vials, and sharps containers to allow students to practice their immunization skills
- This event had been done a few years ago, but was re-vamped and brought back due to a curriculum change that required P2 and P3 students to participate in health drives and immunization clinics
- 51 students in attendance

4. Nuclear pharmacy tour – October (5th year)

- Students were led on a tour of a nuclear pharmacy at Cardinal Health which provided insight into this specialized area of pharmacy as nuclear pharmacy is not covered in our curriculum
- Specific highlights included PET isotope manufacturing and the alpha pharmacy. Colorado has a unique facility, and this is a great opportunity to highlight alternative pharmacy career options
- Total of 12 students attended the tour

5. Pharmaceutical Industry Panel – October (9th year)

- Collaborated with IPHO
- Representatives from Allergan and Genentech were present
- This was an informational session intended to provide an overview of careers in industry, as our current curriculum does not emphasize this career path. The panel was held the night before our annual career fair to encourage students to network and explore different career opportunities.
- Each panel member gave a brief presentation about his or her particular company and positions and opportunities available. Time was allotted at the end for questions.
- There were 31 students in attendance

6. Research information session – October (4th year)

- Collaboration with ACCP
- Informational session about student research opportunities and honors program presented by our honors program faculty chair
- Encouraged students to pursue research while in pharmacy school to help prepare for residency or to help better understand primary literature
- 16 students in attendance

7. Guest Speakers 1st general meeting – October (ongoing general meeting – 2nd year with guest speakers and topic)

- Drs. Joel Marrs and Jennifer Trujillo spoke at our general meeting about pharmacy academia as a career path in pharmacy – how to pursue this path, the benefits of this career, the challenges of working in academia

- 20 students in attendance, about 70% of P3 student members, no P4s present due to rotations
8. Residency Information/Preparation Series- October/November (4th year)
- Collaboration with school chapters of ACCP, ASHP, and PLS. This was a 3-part series that offered a wealth of information to students about the residency process. 2 parts of the series were in the fall semester and the 3rd part was in the spring
 - P3/P4 Residency Information and Interview tips session – October
 - o Presented by faculty guest speakers
 - o Obtained student questions via a survey to gauge interest on topics relating to residency, the application process, and interviews
 - o Faculty guest speakers answered questions and provided an overview of how to research different residency programs and what aspects to consider. Also provided information about Midyear, PhorCAS, and how to approach residency directors.
 - o Provided an overview of interview etiquette, common interview questions, and how to best prepare for a successful interview.
 - o 61 students in attendance
 - P4 Mock Interviews
 - o Local residency directors and current PGY1 and PGY2 residents and fellows were invited to assist in conducting mock interviews for P4 students. Interviews were scheduled for 50 minutes in order to provide sufficient time for the interview and feedback from the residents and program directors.
 - o This allowed P4 students to practice their interview skills prior to residency interviews and gain valuable information about what they needed to improve upon to have a successful interview.
 - o 18 students participated in the interviews
 - o 11 PGY1 residents, 9 PGY2 residents, 3 fellows, 5 residency program directors, and a representative from career services participated in interviewing students.
9. Guest Speakers 2nd general Meeting – November (ongoing general meeting, 1st year with speakers and topic)
- Two P4 Rho Chi students spoke about their experiences with ranking their APPE match lists and things they took into consideration when deciding which rotations to select
 - Students were able to gain a better understanding of things they should think about when deciding which clinical rotations would be best to help each student meet their goals
 - 15 members in attendance
10. Project Angel Heart – December (new initiative)
- Students signed up to decorate paper bags that were donated to Project Angel Heart. The organization uses the bags to fill them with home cooked meals and delivers them to patients that are currently too ill to cook nutritious meals for themselves.
 - 4 students signed up to decorate a total of 20 bags
11. P1/P2 residency information session (3rd part of the residency series) – February (4th year)
- Collaborated with school chapters of ACCP, ASHP, and PLS
 - “How to make yourself a standout resident candidate” – presented by multiple faculty members
 - Obtained P1 and P2 student questions about what they can do to improve their chances of matching to a pharmacy residency
 - 55 students in attendance
12. P3 aIPPE Rotation Panel, 3rd general meeting – March (ongoing general meeting, 3rd year with speakers and topic)

- P3 students are required to complete a 6-week rotation between the fall and spring semester called advanced IPPE (aIPPE)

- We had the 5 P3 Rho Chi members share experiences about their rotations and provide pros and cons for their particular site and preceptor.

- This provided P2 members with more information about the available opportunities and allowed them to ask questions about the rotation process and the various sites.

- 37 students in attendance

13. Project Angel Heart – March (new initiative)

- Planned the same philanthropy event in the Spring semester that was done in the Fall, but included PLS as a collaborating organization

- 11 students signed up to decorate a total of 55 bags

14. Navigating Conferences – March (2nd year)

- Collaborated with PLS, ACCP, ASHP, PediatRx, and Student Council

- P3 and P4 students discussed the benefits of attending conferences, packing professionally, preparing for missed coursework, presenting posters, networking, safety tips, saving money, and reimbursement.

- Invited students that had participated in various competitions to discuss their experiences and provide tips for success during the competition. Also invited a faculty member that helps to judge the local clinical skills competition to share their perspective.

- This was a unique opportunity for students to learn more about conferences to ensure they are prepared when it comes time to attending conferences.

- 10 students in attendance

15. Resident Meet and Greet – March (3rd year)

- Collaborated with the Rho Chi chapter from Regis University to encourage networking with Rho Chi members in other chapters.

- Invited PGY1 and PGY2 pharmacy residents and fellows to meet Rho Chi members and answer questions about the process of applying to residency or fellowship, types of residencies available, and experiences as a pharmacy resident

- A total of 18 residents/fellows and 13 students were in attendance.

16. Auntie Anne's pretzel fundraiser – April (new initiative)

- Sold individual cups of different flavored pretzels and dipping sauces to pharmacy students as they were exiting the auditorium following the Dean's convocation event which is required attendance for all P1, P2, and P3 students

- Was a very successful fundraiser and we sold almost all of the pretzels that we originally purchased and raised about \$85

17. Zumba Dance philanthropy event – April (new initiative)

- Recruited a Zumba dance instructor that donated their time to give 3-30 minute dance classes to students

- Students were required to pay for each class attended and the funds were donated to Project Angel Heart

- 3 students participated

18. Initiation Dinner – April (annual event)

- See section "Initiation Function"

19. Rho Chi Tutoring Program – on-going (3rd year)

- Tutoring services were offered about 6 times a semester for 1 hour by Rho Chi members

- Sessions were advertised to all pharmacy students via email and social media. Our office of

student services also referred students to the sessions.

- This year, we decided to cut back on the number of tutoring sessions offered and make each session more specific and tailored to a large exam or difficult quiz that was coming up. This helped to increase attendance and provide a more focused and beneficial educational experience for students.

- 12 students attended tutoring sessions each semester

20. Rotation Binder – on-going (5th year)

- P4s/P3s submitted information about their APPEs/aIPPEs to inform future Rho Chi members about rotation sites, typical duties, and pros/cons of the rotation.

- At the end of each rotation, a feedback form is sent to P4s/P3s to gain more information on their rotation. The secretary takes each form and adds it to the binder which is then sent out to P2 and P3 student members.

- This information is useful for the P2 and P3 members to use when ranking their preferences for rotation sites. Often the descriptions provided by the school are vague and this allows students to make more informed decisions when ranking sites to optimize their learning experiences while on rotation.

21. Residency Interview Prep Binder – April (2nd year)

- P4 Rho Chi members are surveyed after residency interviews to gather general and unique questions they experienced along with advice they have for future Rho Chi students attending residency interviews

- Responses were compiled anonymously into a binder, which Rho Chi students can use to help prepare for interviews.

22. Post-graduation Survey – April (new initiative)

- P4 Rho Chi members were surveyed after the 2nd residency match (and just right before the induction dinner) to obtain information related to post-graduation endeavors

- Survey questions asked about whether students were working, doing a residency, or had other plans after graduation.

- This information was compiled and added as a new section to the interview prep binder that is sent out to Rho Chi members.

- This will enable current students to easily obtain contact information for Rho Chi alumni for those interested in a similar career path as our graduates.

- 15 P4 members participated in the survey

Financial Budgeting

The Rho Chi Alpha Theta Chapter started the year with \$1,920.11 in total funds. It was determined that the chapter needed to fundraise in order to offer food at general meetings in the future. There were 4 total fundraising attempts. We attempted to do a customized water bottle fundraiser as well as a T-shirt fundraiser. However, these ideas did not generate enough member interest, and were therefore dropped. We successfully implemented a succulent plant fundraiser during Welcome Week, and generated \$22.00 We also had an Auntie Anne's Pretzels Convocation fundraiser. The start-up cost for this was \$40.52, and it generated a net profit of \$74.48. Other than fundraising, student dues were approved for \$90.00 for a lifetime membership to pay for national dues, purchase graduation cords and pins, and to offset other costs. Food was only provided at events that were in collaboration with other organizations such as the Industry Panel, Residency Information Session, and Mock Interview Session. Each event

cost Rho Chi less than \$100. Reimbursement from our University through our Dean's Fund (which was \$1600 this year) allowed for our chapter to have a successful induction ceremony. The cost of the initiation function was also subsidized by charging guests \$45.00, faculty \$50.00 and previously inducted members \$15.00. Our total combined spending not including national dues/cords was \$3,548.77. The final balance that will be forwarded for the 2018-2019 academic year will be \$2,045.01.

ITEM	Amount Debited (\$\$ spent)	Amount Credited (\$\$ raised)	Balance	Comments
Balance forward		\$1,920.11	\$1,920.11	Balance from last year
Payment for graduation cords	\$375.00		\$1,545.11	N/A
New member dues deposit		\$2,610.00	\$4,155.11	New member dues
Payment for new members	\$1950.00		\$2,205.11	Payment to national members
Venmo deposit into account		\$920	\$3,125.11	Money from returning members and induction dinner guests
Venmo deposit into account		\$318.50	\$3,443.61	More induction dinner guests, Auntie Anne fundraiser, and Z...
Dean's Fund		\$1,600.00	\$5,043.61	Annual gift from Dean
More induction dinner payments		\$505.00	\$5,548.61	Faculty and guest...
Auntie Anne's Fundraiser		\$54.00	\$5,602.61	Cash & Checks on...
Succulent Plant Fundraiser		\$22.00	\$5,624.61	Cash
Late payment from student		\$12.50	\$5,637.11	For graduation co...
Double Tree Induction Dinner	\$3,351.45		\$2,285.66	Induction Dinner/...
Project Angel Heart	\$25.00		\$2,260.66	Philanthropy Proj...
Industry Panel Food	\$88.78		\$2,171.88	Shared cost-IPhO
Auntie Anne's Fundraiser cost	\$40.52		\$2,131.36	Investment cost
Outstanding payment for P3/P4 Residency Info session & P4 Mock Interview session	\$108.54		\$2,022.82	Collaboration with PLS, ACCP, Rho
Student Council reimbursement for Industry Panel		\$22.19	\$2,045.01	Shared cost-IPhO Total reimbursement
Final Balance forwarded to 2018-2019 academic year after ending payments will be: \$2,045.01				

Installation Function

The Rho Chi initiation banquet took place on April 20th, 2018 at the DoubleTree by Hilton Hotel in Denver, CO. There was a total of 71 guests in attendance including 28 student initiates, 1 faculty initiate, 7 current student members, 5 faculty, 30 family/friends, and our guest speaker.

The guest speaker was Dr. Laura Borgelt, PharmD, FCCP, BCPS. Currently she works as the associate dean of administration and operations at the University of Colorado Skaggs School of Pharmacy and is a Professor in the departments of Clinical Pharmacy and Family Medicine. Her teaching, practice, and research for the past 20 years has focused on patient safety and Women's Health. She has published numerous peer-reviewed articles, book chapters, and was an editor of the textbook entitled "Women's Health Across the Lifespan: A Pharmacotherapeutic Approach". In addition to her work through the school of pharmacy, she is highly active in numerous pharmacy organizations where she advocates for the advancement of pharmacy practice. She had a role in the development of Colorado's new oral contraceptive protocol that allows pharmacists to prescribe certain forms of birth control to patients.

The evening began with a cocktail reception at 6pm followed by a Mexicana buffet dinner at 6:30 and our guest speaker at 7:15. The event concluded with the initiation of new members, installment of the new officers, and pictures.

Evaluation/Reflection

Our chapter continues to find success in many of our ongoing and annual events that we host and collaborate on each year. This year we were able to introduce 6 new events to our students and successfully continue around 16 other events throughout the year. Students look forward to many of the events we plan and rely on them as a way to obtain valuable information and experiences relating to residency, research, and alternative pharmacy career paths. We were able to achieve our goals of improving fundraising efforts, enhance networking opportunities with students and alumni to promote intellectual leaders, and provide more focused tutoring sessions to encourage intellectual achievement.

After discussions with the officers from last year, it was determined that the greatest areas for improvement stemmed from our need to raise funds and our desire to increase our presence in the community. We had a total of 3 events dedicated to raising money and providing support for a local organization called Project Angel Heart. This organization is a valuable resource to our community and aids in providing nutritious, homemade meals to patients that are not well enough to make themselves food. Many times, these patients are very ill, immunocompromised, and unable to leave their homes. We donated 75 decorated paper bags to the organization that then filled them with food and delivered them to patients where we hope that our drawings and pictures brought some joy to their lives. This was also the first year we organized a Zumba dance fundraising event that encouraged students to get up, exercise, and donate funds to Project Angel Heart. While the attendance to this event was minimal, there is immense room for improvement, and with increased advertising efforts, this event has the potential to be really successful.

Fundraising efforts this year were improved from last year and we were able to raise a total of around \$100 between two fundraisers to help meet the budget needs. Our more successful fundraiser was selling Auntie Anne's pretzels, which should be continued next year and expanded to have the event during both the fall and spring semesters. Additionally, it may be

even more successful if the event is held prior to the convocation ceremony instead of after as it is during the student's lunch hour and they may be more willing to purchase food prior to the event than afterward. The other fundraiser planned this past year was selling succulent plants during the P1's orientation week. While we did end up selling all of the plants, it wasn't very profitable, and it was a hard sell. In the future this fundraiser would be more successful if it were to be held during a time when other organizations were not also trying to sell their merchandise. Overall, the past year was immensely successful for our chapter. One of our most consistently successful events is our residency series that utilizes the collaboration efforts of PLS, ASHP, and ACCP. This series encompasses three events – P1/P2 info session, P3/P4 info session, and P4 mock interviews. Between all three events, 134 students attended, 10 faculty presented, and a total of 29 residents and program directors conducted mock interviews for 18 students. These events help to support the full Rho Chi mission and vision by encouraging intellectual achievement, advancing pharmacy practice, fostering collaboration with other organizations, and developing intellectual leaders by preparing the next generation of pharmacists. While this year was successful, there is always room for improvement. Continued efforts to increase profits from fundraisers will be essential to maintain the budget and continue to provide exceptional experiences and opportunities to students. A strategy to help improve fundraising is to set a fundraising goal amount at the beginning of the year and having a fundraising event during each semester to reach that goal. The Zumba dance event has the most room for improvement and this can be easily accomplished by extending advertising to other schools on campus and finalizing the details of the events earlier to increase advertising time.

Other Information

A few years ago, the chapter set up its own closed Facebook group that includes past and current Rho Chi members. Each year, the new initiates are invited to join the page where flyers, advertisements, surveys, and reminders are posted to encourage student participation and engagement in organization events. This has been widely successful, and, in the future, it can be utilized as a way for students to network with graduating members. Since this was the first year that we sent out the post-graduation survey, I anticipate that networking opportunities amongst students and alumni will increase over time as the survey results become more robust.

Also new this year, the treasurer was tasked with setting up an online Venmo account for the chapter. Venmo is an online service that allows anybody to sign up and create an account free of charge that allows easy, safe, and efficient money transfers between bank accounts. Prior to utilizing Venmo, our chapter was only able to accept cash and check payments from students when it came time to pay chapter dues or induction dinner fees. This was time consuming for officers as we were required to sit in the café on campus over our lunch hour to collect member payments. Venmo was set up prior to the induction dinner and was utilized by over 90% of members as their method of payment for their guest's dinner fees. This service requires little maintenance and can be more burdensome for the treasurer as it requires them to account for another form of payment, but I anticipate in the future, that it will be the primary form of payment for the majority of members.

Our chapter was fortunate enough to be the recipient of the Chapter Achievement Award which brings with it the responsibility of serving a year on the executive council. I hope to utilize this opportunity to start a webinar that will include presidents from chapters in each region to

enhance communication between chapters. Through discussions with other presidents at the national meeting, I learned that each chapter has their own idea of how to run their meetings and organize their induction ceremonies. I think it would be beneficial to get the conversation started between chapters to allow the exchange of these ideas amongst chapter presidents.