FACULTY SPOTLIGHT

Dr. Margaret Miklich, Clinical Assistant Professor

Teaching has been an interest of mine for as long as I can remember—from wanting to be a ballet teacher, to a high school chemistry teacher, to a pharmacy educator. Pharmacy was a less certain career path for me. I even had a mid-pharmacy-school crisis when I wasn't sure I wanted to be a pharmacist anymore! After that, I was uncertain what area of pharmacy I wanted to go into and whether I would succeed or be happy in my chosen field. So, I want to reassure anyone reading this that if you have moments of doubt about your career choice or yourself, you aren't alone. Ultimately, I've found that nothing is more fulfilling than playing a small role in a learner's professional development and success—and knowing that learners can go on to impact countless others. It's also rewarding to connect meaningfully with students in support of personal wellbeing. No job is perfect—and having that expectation will almost certainly lead to disappointment. For me, pairing teaching with pharmacy hasn't been perfect, but it's led to an overall gratifying career so far. I'm less than ten years into my pharmacy career, so I must remember to take my own advice—your passions, perspectives, and priorities may change, and that's okay. They may differ from those of your peers, and that's okay too. Know that multiple "right" paths exist. In both personal and professional matters, I subscribe to Maya Angelou's view that success is liking yourself, liking what you do, and liking how you do it.

UPCOMING EVENTS

Fall Seminar by Dr. Margaret Miklich
"Introduction to academia as a career"

Wednesday, November 17
Room 230, 12:30 - 1:30 PM

Rho Chi Tutoring for PY1s

Save the dates for Review / Q&A sessions for the upcoming exams led by Rho Chi tutors.

Pharmaceutics I
Monday, November 1, 4-6 PM
Friday November 19, 3-5 PM

Medicinal Chemistry
Friday, November 12, 3-5 PM

Follow us for more updates and reminders

@rhochitemple  @rhochi_temple
STUDENT SPOTLIGHT

Jaicha Valerio, PY3

We all know that pharmacy school is the least bit from easy, so it is important to remember why you are doing this. For me, it’s the motivation to have a successful future while doing something I genuinely enjoy. This success is measured by both happiness and financial freedom. My parents are immigrants and watching them struggle all my life has been tough. My goal is to be able to give them everything they deserve. I am extremely thankful to have their support, along with the rest of my family and friends, through all of this. Since school takes up most of my schedule, I make it a point to take time for myself. I love spending time with family and friends, working out, and just simply relaxing. Regardless of how stressed I am, I make sure to prioritize one of these things daily because to me studying is impossible without self-care. My study mantra is to try to understand the material enough that you can picture using it in practice, rather than just memorizing for an exam, and SLEEP. Regardless of how prepared or unprepared I am, I always make sure to get a full 7-8 hours to be mentally prepared for the next day. I usually have very busy between keeping up with schoolwork, e-board positions, other organizations, and work, but time management and sleep are truly the key. Take a deep breath, plan out your days ahead, get enough sleep and you’re setting yourself up for success. Most importantly, remember to take time for yourself and have fun!

Jessika Patel, PY2

Keeping up with school work, leadership roles, and extracurricular activities is definitely something that was not easy. I wish there was a secret formula we could all follow, but honestly balancing these all varies from person to person and there is no right way. For me, it was a lot of trial and error. I found using weekly planners helpful and trying to take everything one week at a time. On Sundays, I write down what I have coming up for the week including exams and meetings. This helps me manage my time better by mentally and visually preparing. Pharmacy school is certainly stressful and can get overwhelming, but it’s important to remember to take time for yourself! I like to prioritize staying connected with my family and friends, and making sure I get enough sleep and time for myself. Doing this helps me relax and makes me feel less drained. You won’t always feel or do your best, but during these times it’s important to show kindness to yourself. My motivation for school comes from my peers around me as well as my professors. Seeing people succeed around me and sitting in class, to our professors with their ample knowledge always ready to help, makes me excited for the field of pharmacy and what’s to come!

Winners never quit, quitters never win.