



RHO CHI NEWSLETTER

TEMPLE UNIVERSITY

FACULTY SPOTLIGHT

Haley Ashby, Student Services Manager

First of all, to our students I hope you know I love each one of you dearly. I'm so proud and purposeful every day to work for this school. In addition to serving you at the School of Pharmacy, I am an undergraduate student in the College of Education. My pride comes, at least in part, due to being the first in my family to be pursuing a college degree. Like many of you, my parents and other family members struggled financially and lacked the means and/or wherewithal to find their way to a professional career.

My purpose comes from feeling like I can make a difference here, in this very special 121-year-old institution of pharmacy education, for you students. I'm convinced there is some type of magic in the way that we draw amazing humans as students each year! I'm impressed not only by your strengths academically, but also by the way you commit, care, and power through your daily lives as students.

When I'm not here waiting for your faces to show up at my door, I'm with my son Jaeden, who is my love and greatest joy. You can also catch me trying to find the best coffee shops, lifting weights at the gym, in class or doing homework, and if all of that is done you can find me watching crime shows on Netflix.

I look forward to continue having a front seat watching you all navigate this adventure as future pharmacists. Please know that I will forever be your advocate long after you graduate.



Haley Ashby
Student Services Manager

A little progress each day adds up to big results

UPCOMING EVENTS

RHO CHI TUTORING (ZOOM)

Stay tuned for updates on Review/Q&A sessions for the upcoming exams led by Rho Chi tutors

Fall Seminar by Dr. Margaret Miklich "Introduction to a Career in Academia"

Monday, November 7
Zoom at 5:30pm



Follow us for more updates and reminders
 @rhochitemple  @rhochi_temple



STUDENT SPOTLIGHT

Francesca Graziano, PY3

When I started pharmacy school online in the Fall of 2020, I was shy, introverted, and overwhelmed with the academic workload and the many organizations/leadership opportunities. I would have never guessed that I'd be as involved as I am now and would be inducted into Rho Chi and PLS. Time management is a skill that no one ever perfects. While I am still trying to improve my time-management skills, my skills have improved over my pharmacy school career more than I was even anticipating. This is solely due to my involvement in leadership positions. I've realized that being busy with organization responsibilities helps me to be more productive in other areas in my life. I also live by to-do lists. They help me organize my thoughts and requirements by organization, class, and personal life.

My advice for other pharmacy students would be to not hold yourself back during these four years. I don't know about you, but I feel like these years are flying by. Make the most of your time here, whatever that means to you- say hi to someone new, make a connection with a professor, do research, join an org. We're lucky to learn in such a great institution that provides us amazing opportunities and supports us in making new ones for others. When you walk across that stage and are named a Doctor of Pharmacy, be proud of all of your accomplishments and all of the work and sacrifices you've made throughout these four quick years. Know that you have a community of people behind you to motivate and support you. You've got this!

Sarah Uddin, PY2

For undergrad, I majored in Neuroscience with a minor in Healthcare Management at Temple University for undergrad. I am currently an intern at Einstein Medical Center Inpatient, and I also work as a bartender and server Pub Webb and Liberty Point. Aside from pharmacy and science in general, one of the biggest passions I have in life is fitness. One of the most pivotal moments in my life is starting my own female fitness organization by the name of CHAARG. As a freshman at Temple University, I found CHAARG, which stands for Changing Health Attitudes and Actions to Recreate Girls. This was an organization aimed to help women at TU find their fit through introducing them to different outlets of fitness outside of the normal gym. It aimed for women to find a community where they felt comfortable embracing their passion for fitness. Finding this organization not only taught me so many skills within the realm of leadership and organization but it also taught me the beauty of being a mentor to someone. Being somebody that someone looks up to. It is a huge responsibility but with it comes so much reward. Now being in pharmacy school, I find myself using a lot of the skills I used in CHAARG in my day-to-day life as a student and as a leader.

The biggest advice I can give to someone in their journey in pharmacy school is: Enjoy. Every. Second. Embrace the setbacks. Embraces the times where you feel like you are at rock bottom. Because those are the moments where you will grow and become the best student/future-pharmacist/human being that you will ever be. Be proud of moments where you feel like you are falling apart because who are 10 years from now are defined by how you dealt with your hardships now. But also don't forget to reward yourself for your accomplishments and be grateful for those around you that built you up. Because they are what should motivate you. Being in pharmacy school, I have met the most AMAZING, LOVING, CARING people that have not only taught me lessons I never knew I needed, but they make me the best version of myself. They are what keep me motivated. And I will forever be grateful for them. I cannot emphasize this enough: surround yourself with people that build you up. Because those are the people that are going to keep you going.



Francesca Graziano

Lambda Kappa Sigma(LKS), Alpha Alpha
Chapter President
Phi Lambda Sigma (PLS), Beta Mu
Chapter Treasurer
Institute for Healthcare Improvement (IHI)
Vice-President
Student College of Clinical Pharmacy
(SCCP) Critical Care Chair



Sarah Uddin

President-elect of IPHO
Vice President of ISPOR
Co-Head of Recruitment PDC
Fundraising Head APhA
Social Media Chair for SNPhA and IHI