FACULTY SPOTLIGHT

Dr. Daniel Canney, Rho Chi Co-advisor

Hello and Welcome to the Rho Chi Newsletter.

Members of the Rho Chi Honor Society are excited to announce their new newsletter as a way of keeping TUSP students, faculty and staff up-to-date on the latest activities of its members. Rho Chi is the honor society in pharmacy with a mission of encouraging and recognizing excellence in intellectual achievement; however, its members are also actively engaged in many aspects of student life at TUSP. The Newsletter will share information with all members of the Temple community to improve awareness of the chapter's activities and to increase the visibility of the organization. One piece of news to look forward to each year is the annual induction of new members to the society. Please join us this spring, to celebrate the induction of our newest members from the Class of 2024. Thank you for your interest in our honor society and we look forward to sharing the many activities of our members with this new, regularly published newsletter.

UPCOMING EVENTS / SESSIONS

**RX Crewneck sweatshirt fundraiser**
October 4 - 8, TUSP Main Lobby - Be on the lookout for posters for how to sign up!

**Rho Chi Tutoring for PY1**
Students who signed up for for Rho Chi tutoring regularly meet one-on-one with their Rho Chi tutors. In addition, group review sessions / Q&A before upcoming exams are being offered to all students as follows.

Med Chem exam 2: Thursday, October 14, 5-6 PM
Infectious Diseases exam 2: Friday, October 22, 3-4 PM
STUDENT SPOTLIGHT

Stanley Tang, PY3

What motivates you?
I’m motivated by my desire to be financially independent. I also want a career that is fulfilling and meaningful.

How do you keep up with school work, leadership roles and extracurricular activities?
Keeping up with all my obligations is a process that needs to be maintained. Some weeks I do better than others. Ultimately, I recognize that I’m not superhuman and that I should be kinder to myself during the busy weeks.

What is your definition of success?
Success is to be secure in me and to be able to provide for others. I equate success as a sense of abundance and self-worth over any individual milestone.

What are some activities you find peace in? How would you prioritize them?
I find peace by being alone. I very much value my personal time. Prioritizing has been especially hard since everything is back in person, but I generally act on how I feel and won’t force myself to be social when I do not want to be. This is a balancing act however since I’ve vowed to myself I would do things that take me out of my comfort zone.

What is your study Mantra?
Make the material interesting! It’s infinitely easier getting concepts to stick when you find them interesting. I do this mainly by relating it to past subjects we’ve learned. Sometimes I’ll also google some random questions that come up when I look at the material and this also helps it stick.

Sharmaine Cubelo, PY2

Tell us something about yourself by answering some of the above mentioned questions?
My name is Sharmaine Cubelo. Success to me is defined by your determination, resilience, and courage to become the best you can be. This mindset motivates me to push myself every day. There are days it is hard to juggle schoolwork, extracurricular activities, and leadership roles during pharmacy school, but I do so by reaching out for help from my classmates and teachers when school gets stressful. I enjoy the organizations I am a part of and remind myself that these roles are teaching me skills and lessons that I will carry on in my pharmacy career. Above all, mental health is so important to me and for all pharmacy students. I find importance in spending time with my family and friends amidst all the studying we do. We can’t take care of others if we can’t take care of ourselves, so take breaks when you’re feeling burnt out. I am thankful for this opportunity, and I encourage everyone to enjoy every moment of your pharmacy journey!

October sure is a busy month, but let’s take it one day at a time.