



# College of Pharmacy

p1

# Survival guide

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Dear Future **Pharmacists**,

Welcome to the University of Louisiana Monroe College of Pharmacy! We are so excited to officially call you part of our ULM Pharmily. It has truly been our privilege to serve on the Rx Staff and help create a meaningful and fun Orientation and Bootcamp experience for you.

The next four years will challenge you, inspire you, and shape you into the clinician you're meant to become. There will be moments when the exams pile up, the caffeine runs out, and you question why you chose this path—but trust us, those tough days will pass, and in their place will be the memories you make with the incredible people around you. The study nights, the spontaneous laughter in the lounge, the late-night group chats, the white coat milestones—this journey will be unforgettable.

Remember: pharmacy school isn't just about surviving, it's about growing, leaning on one another, and celebrating the small wins just as much as the big ones. Work hard, but don't forget to laugh even harder. Take time to find your rhythm, build your village, and enjoy the moments along the way.

We're here for you—not just during Bootcamp, but every step of the way. You'll see us in the halls, at events, in class, and cheering you on. Please don't ever hesitate to stop us with a question, ask for advice, or just say hi. We're all in this together.

Study smart. Stay kind. Soak it all in.  
You've got this—and we've got you.

Warmly,  
Callie & Shelby

## **Pledge of Professionalism**

As a student of pharmacy, I believe there is a need to build and reinforce a professional identity founded on integrity, ethical behavior, and honor. This development, a vital process in my education, will help ensure that I am true to the professional relationship I establish between myself and society as I become a member of the pharmacy community. Integrity must be an essential part of my everyday life and I must practice pharmacy with honesty and commitment to service.

To accomplish this goal of professional development, I as a student of pharmacy should:

Develop a sense of loyalty and duty to the profession of pharmacy by being a builder of community, one able and willing to contribute to the well-being of others and one who enthusiastically accepts the responsibility and accountability for membership in the profession.

Foster professional competency through life-long learning. I must strive for high ideals, teamwork, and unity within the profession in order to provide optimal patient care.

Support my colleagues by actively encouraging personal commitment to the Oath of Pharmacy and a Code of Ethics as set fourth by the profession.

Incorporate into my life and practice, dedication to excellence. This will require an ongoing reassessment of personal and professional values.

Maintain the highest ideals and professional attributes to ensure and facilitate the covenantal relationship required of the pharmaceutical care giver.

The profession of pharmacy is one that demands adherence to a set of rigid ethical standards. These high ideals are necessary to ensure the quality of care extended to the patients I serve. As a student of pharmacy, I believe this does not start with graduation; rather, it begins with my membership in the professional college community. Therefore, I must strive to uphold these standards as I advance toward full membership in the profession of pharmacy.

# Who to Call

## **See OSPA Administrative Coordination if...**

- You have any concerns with the building or classroom, ID badges, building access, vending machines, drug testing, vital documents, dress code concerns, etc.

## **Need Technology Help???**

- See Ms. Marcia Wells if you have any concerns with IT help, including:
  - All technology issues, including but not limited to ExamSoft, Zoom, Poll Everywhere, and Email
  - Room reservations
  - Computer lab computers and printers
  - Internet access

## **Interprofessional Education**

- Dr. Ashley Barbo is the Program Director of IPE events throughout the semester. Be sure to contact her as soon as possible if you need assistance during these events.

## **Introductory Pharmacy Practice Experiences**

- IPPE is the rotation period pharmacy students will experience in the summers after their P1 and P2 years. Any questions concerning site set up, preceptor availability, or rotation information should be directed to our IPPE staff listed below:
  - Ms. Karin Ryan - Program Director of Experiential Education
  - Mrs. Kim Vereen - Assistant Program Director of Experiential Education

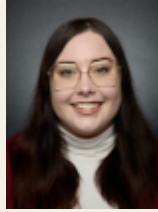
## **Personal Growth and Development**

- During PGD, you will be assigned a professor from the College of Pharmacy along with other pharmacy students to meet.
- Any questions should be directed to
  - Your assigned professor
  - Dr. Laurel Sampognaro - Program Director of Student Success
  - Mrs. Mary Rhea - Assistant Dean for Student Affairs and Development

## **Study Success Skills**

- Mrs. Jessica Griggs provides monthly student success flyers to help students learn efficient ways of studying throughout pharmacy school. Not only do these monthly flyers highlight skills, but also lifestyle changes students can implement to help prevent stress which in turn can make studying more effective.

# Counseling Services



## **Brooke Mize**

Wellness Counselor

Located in OSPA Office 174-F

(318)342-3020

Brooke Mize serves as the College of Pharmacy's Wellness Counselor. She provides a variety of resources and support services throughout the academic year to promote mental health and well-being. Brooke is known for her warm, approachable nature and is always willing to offer guidance and a helping hand when students need it most.

### **SERVICES OFFERED:**

- **Group Counseling:** Guided sessions with peers facing similar concerns, offering shared experiences, feedback, and support in a safe group setting.
- **Individual Counseling:** 1-on-1 sessions focused on personal goals, challenges, and growth in a confidential, supportive space.
- **Meditation Rooms:** PharmD and PhD students have their own respective rooms if you need a space for yourself. Be mindful if the rooms are already in use.
- **Counselor's Corner:** Students can book time to play board/card games and get to know me in a low-pressure setting—perfect for those hesitant about therapy. Students are more than welcome to bring other students for added comfort.

### **WELLNESS ORGANIZATIONS (if students want to get involved):**

- **CARxE Liaisons:** If you're passionate about mental health, this is the club for you.
  - A student-led mental health organization trained in Mental Health First Aid to provide peer support and respond to crises. Liaisons also assist with wellness events and serve as advocates for mental health, C.O.P counseling services, and overall wellness.
- **BUDDIES:** A mental health mentorship program where you are carefully matched with a 'BUDDY' (a P2 or P3 mentor) to receive support for all things school, work, life, etc.





Pharmacy Council is comprised of all College of Pharmacy student organization Presidents and students class representatives. The Council was established to promote the general welfare and best interest of the college, to coordinate and collaborate between the various interest groups within the college, to provide for the expression of student opinions on all matters of interest to students, and to develop a meaningful exchange of ideas between students, staff, faculty, and administration.

### **Purpose of Pharmacy Council**

1. To promote organizational activities of the College.
2. To provide an official voice through which student opinion may be expressed within the College of Pharmacy
3. To enhance communication and collaboration between professional and social organizations within the College.
4. To serve as a coordinating link between the students, faculty and administration of the School to enhance the quality and scope of education within the College of Pharmacy.
5. To provide for the academic, professional and general welfare of the students within the College.



### **Mission Statement:**

The mission of the APhA Academy of Student Pharmacists is to be the collective voice of student pharmacists, to provide opportunities for professional growth, to improve patient care, and to envision and advance the future of pharmacy.

### **Goals:**

1. Improve and expand Chapter's community service and patient care efforts.
2. Increase and maintain Chapter membership
3. Improve Chapter member/professional development efforts

### **Chapter Objectives**

- Engage in at least three community service events per semester
- Reach 1,000 patients through clinical screening events
- Reach 5,000 patients through educational outreach
- Reach 80,000 patients through advertising, public service announcements, or other public relations activities
- Increase interprofessional collaboration with health science programs
- Maintain our Chapter's Star Rating of 4 stars
- Provide at least two professional developments for members per semester





# CARxE LIAISONS

## Who We Are:

CARxE is a group of compassionate student pharmacists who serve as mental health liaisons for their peers. Recognizing that seeking professional help can sometimes feel intimidating or overwhelming, CARxE officers offer a peer-to-peer support system grounded in empathy, confidentiality, and understanding. We aim to break the stigma surrounding mental health and remind every student that they are not alone.

## What We Do:

- Serve as confidential peer listeners for students navigating stress, anxiety, burnout, or personal challenges
- Offer non-judgmental support and help connect students with counseling services or other resources when needed
- Promote mental health awareness throughout the College of Pharmacy
- Encourage a culture of compassion, conversation, and care within our pharmacy community

## Core Values:

Empathy – We meet every student where they are, with kindness and compassion.  
Confidentiality – We respect and protect the privacy of those who confide in us.  
Support – We listen without judgment and offer guidance when asked.  
Advocacy – We stand against stigma and promote open dialogue around mental health.  
Visibility – We wear the green ribbon as a symbol of hope, trust, and peer support.



Christian Pharmacists Fellowship International is a worldwide ministry of individuals working in all areas of pharmaceutical service and practice.

The purpose of CPFI is to motivate and equip pharmacy students to practice faith in Jesus Christ in their personal and professional lives. The purpose is also to encourage and develop active Christian witness and evangelism through prayer, Bible study, outreach, and fellowship.

Our mission is to provide fellowship among like-minded professionals, challenge and promote spiritual growth, encourage the advancement of knowledge and ethics in the practice of pharmacy, encourage evangelism and the integration of faith into practice, and to provide support and opportunity for service in both home and foreign missions.





## **Mission Statement**

The mission of Kappa Epsilon is to empower its members to achieve personal and professional fulfillment by developing their confidence, self-esteem, interpersonal skills, and leadership vision while representing the interests of the membership to healthcare professionals and the community-at-large.

Founded in 1921, Kappa Epsilon has had an important impact on the profession of pharmacy for over 80 years through supporting personal and professional development, providing networking opportunities, promoting pharmacy as a career, and participating in breast and ovarian cancer awareness efforts.

The Alpha Epsilon chapter of Kappa Epsilon is active on campus and the community. We support breast and ovarian cancer awareness, service to the community, and student networking. Kappa Epsilon hosts the College of Pharmacy Family Day, as well as socials throughout the year.

As our national project, we support Breast Cancer Awareness. We lend our support through participating in events such as the Susan G. Komen Race for the Cure and fundraisers throughout the year to support the cause.



## **Mission Statement**

NCPA-LIPA's mission is to encourage, foster and recognize an interest in community pharmacy ownership and entrepreneurship among the future leaders of the profession.

### **The goals of our student chapter are:**

- Develop the framework that will help guide the ULM chapter in the future
- Increase charter membership and participation
- Increase community service activities and also team up with other organizations in service projects
- Provide leadership opportunities
- Educate and provide speakers to educate members on the opportunities in independent pharmacy
- Educate and provide direction on advocating for independent pharmacy

We are a student branch of the National Community Pharmacists Association (NCPA) and the Louisiana Independent Pharmacies Association (LIPA).





### **Mission Statement**

The mission of the ULM Chapter of the Louisiana Society of Health-System Pharmacists is to make students aware of pharmacy practice in health systems; provide information to students about career directions and credentials needed for pharmacy practice in health systems; and encourage membership and participation in the state society and ASHP as a student and upon graduation.

Our chapter is a student affiliate of LSHP, as well as a recognized student society of the American Society of Health-System Pharmacists (ASHP). As members of the ULM Chapter of LSHP, students are also members of the regional organization, the Northeast Louisiana Society of Health-System Pharmacists.

ASHP is a national organization whose mission is to unite hospital, clinical, student, and other health-system pharmacists across the nation. ASHP is also the national accreditation body for pharmacy residency programs and is the home of the Residency Directory. The Student Forum of ASHP serves to integrate students into pharmacy practice, through collaboration and professional development, in preparation for a successful career in hospitals and health systems. LSHP is the state affiliate of ASHP and allows students the invaluable opportunity to network with health system practitioners from all over Louisiana.



# NCODA

## Mission Statement:

The Mission of NCODA is patient centered, collaborative care. They hope to empower the medically-integrated oncology team to deliver positive, patient-centered outcomes by providing leadership, expertise, quality standards and best practices.

## Goals of our student chapter are:

- Improve and expand the student's knowledge of the oncology world early in their academic career.
- Educate and register the community on Be The Match.
- Increase awareness of supportive care needed for oncology patients.

We are a student branch of the National Community Oncology Dispensing Association (NCODA). NCODA is a not-for-profit organization founded to strengthen oncology organizations with medically-integrated services





## **Mission Statement**

The mission of the Pharmacy Alumni Liaisons is to represent the College of Pharmacy in the highest manner possible while bridging the gap between our alumni, our faculty, our students, and our future students.

The Pharmacy Alumni Liaisons (or PALs for short) is a group of students selected to be the representatives of the ULM College of Pharmacy. We are the first face you see and the first smile you get when you come to an event at, or hosted by, the College of Pharmacy. We give tours to prospective students of all ages (high school, undergraduate, transfer, etc.), we host alumni events, and we make sure the community knows that the ULM COP is a great place to be. The PALs are the perfect group to connect the past and the future of our wonderful program.



# PDC

## Mission Statement

Phi Delta Chi Pharmacy Fraternity develops leaders to advance the profession of pharmacy. Phi Delta Chi, a lifelong experience, promotes scholastic, professional and social growth in its brothers. We strive to provide quality services to our patients, thereby advanced public health and strengthening ourselves as health professionals.

## Values-What we stand for

- Purpose-driven leadership
- Brothers For Life
- Selfless Service
- Lifelong Learning

The Beta Beta Chapter of Phi Delta Chi is a professional fraternity. Our focus is mainly in service and brotherhood. Our goals are to promote the profession of pharmacy at ULM and the community through service and leadership projects, enhance alumni relations through improved forms of communication and activities and provide members with opportunities for networking and advancement through leadership positions.





## **Mission Statement**

To support pharmacy leadership commitment by recognizing leaders and fostering leadership development.

We are an honorary leadership organization by invitation only. One is eligible by invitation among members of our organization and faculty or by self-nomination.

## **Leadership Lecture Series**

Each semester Phi Lambda Sigma chooses two faculty members by vote of the other School of Pharmacy organizations. These two faculty members are given the opportunity to give a lecture pertaining to their research and practice settings to School of Pharmacy students



The purpose of PPA-ULM is to provide pediatric pharmacy information and networking opportunities to members, promote the specialty of pediatric pharmacy, promote safe medication use in children, educate the community on safe medication storage, provide health education to children and their families in the community, and serve the children and families of the community.





### **Mission Statement**

The Rho Chi Society encourages and recognizes excellence in intellectual achievement and advocates critical inquiry in all aspects of pharmacy. The Society further encourages high standards of conduct and character and fosters fellowship among its members.

The fundamental objective of this society is the stimulation and recognition of academic excellence. The society has always served as an instrument for the advancement of the profession of pharmacy. Wearers of the Rho Chi key comprise an intellectual force who seek to foster appreciation of the intellect in all its ramifications outside, as well as within pharmacy. The selected individuals who make up the top 20% of each pharmacy class are those who have displayed academic excellence, a capacity for achievement in the science and art of pharmacy and the allied sciences, and strength of character, personality and leadership.

The Society seeks universal recognition of its members as lifelong intellectual leaders in pharmacy, and as a community of scholars, to instill the desire to pursue intellectual excellence and critical inquiry to advance the profession.



### **Mission statement:**

To enable ULM COP students to explore and become acquainted with various pharmacy domains, while educating the public about the roles of pharmacist and the diverse specialties within the field, alongside outreach efforts to underserved community areas.





### Who We Are:

Rx Staff is a dedicated team of pharmacy student leaders selected to support major College of Pharmacy events such as Boot Camp, Orientation, White Coat Ceremony, outreach initiatives, and student success workshops. We serve as ambassadors, mentors, and event facilitators for the next generation of student pharmacists.

### What We Do:

- Provide behind-the-scenes leadership and coordination at key academic and professional events
- Serve as peer mentors and liaisons to first-year students
- Support faculty, administration, and guests by ensuring smooth operations
- Promote professionalism, punctuality, and positivity in all settings
- Represent the College of Pharmacy with pride and excellence

### Core Values:

- Professionalism – We uphold the standards of the profession in all our actions.
- Service – We go above and beyond to support others and lead through action.
- Teamwork – We function as a united front to carry out complex and meaningful events.
- Leadership – We model excellence for our peers and incoming students.
- Inclusion – We create a welcoming and respectful environment for all.



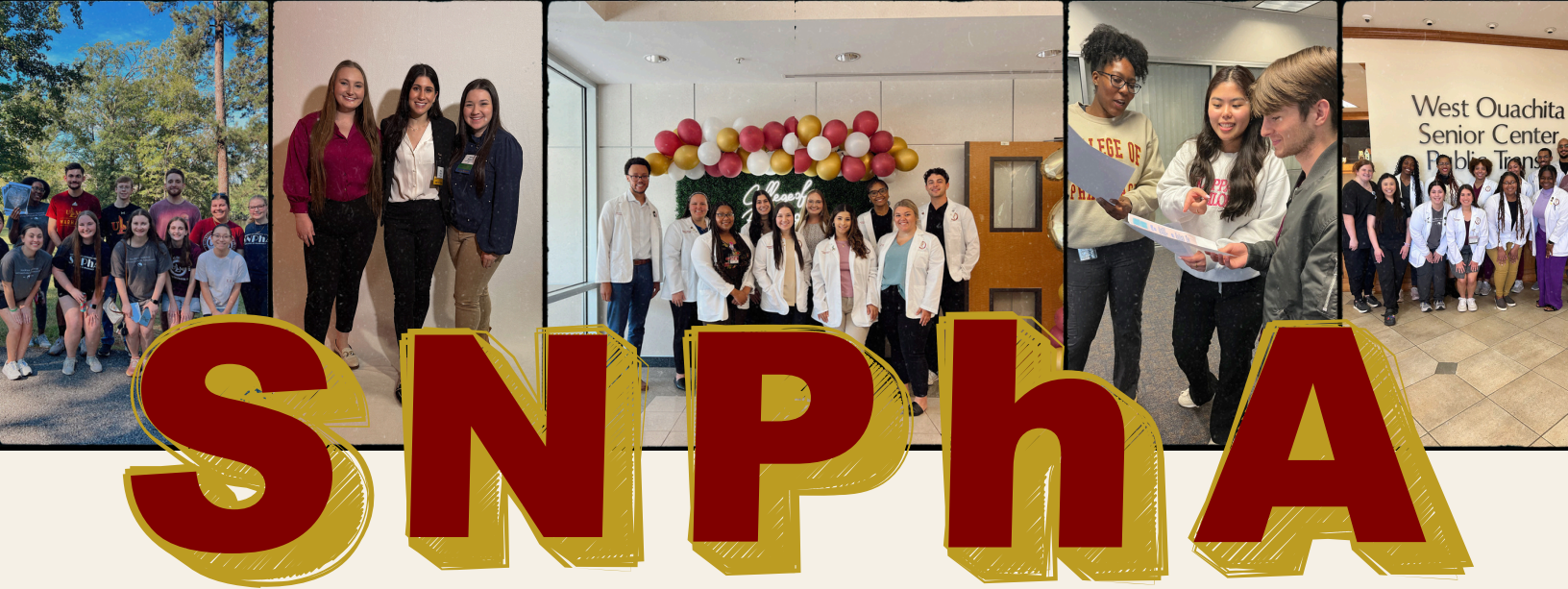
### **Mission Statement:**

Through strategic initiatives, partnerships, collaborations, and alliances, ACCP:

- Provides leadership, professional development, advocacy, and resources that enable clinical pharmacists to achieve excellence in practice, research, and education.
- Advances clinical pharmacy and pharmacotherapy through the support and promotion of research, training, and education.
- Promotes the generation of innovative science, development of successful practice models, and dissemination of new knowledge to advance pharmacotherapy and patient care.

We are a student chapter of the American College of Clinical Pharmacy (ACCP). ACCP strives to improve human health by extending the frontiers of clinical pharmacy.





### **Mission Statement:**

SNPhA is an educational service association of pharmacy students who are concerned about pharmacy and healthcare related issues, and the poor minority representation in pharmacy and other health-related professions.

The purpose of SNPhA is to plan, organize, coordinate and execute programs geared toward the improvement for the health, educational, and social environment of the community.

### **Objectives:**

1. To offer student members the opportunity to develop leadership and professional skills.
2. To educate students about and promote active participation in national health care issues.
3. To develop the role of the minority health professional as a vital member of the health care team.
4. To develop within communities a positive image of minority health professionals.
5. To educate communities on better health practices and to increase their awareness and understanding of diseases.



# SRC

## Mission:

The purpose of the Student Research Club (SRC) is to provide pathways for student awareness of and involvement in various research opportunities, professional programs, and graduate programs offered in the University of Louisiana at Monroe (ULM) College of Pharmacy.

## Goals

1. Engage both PharmD and PhD students in collaborative research activities.
2. Share ideas for current and future research projects.
3. Provide an outlet for students to get constructive criticism on their research projects and presentation skills.
4. Bridge the gap between the relationships among PharmD and PhD students to enhance the education among all students.
5. Advertise all research that is occurring within the ULM College of Pharmacy.
6. Become a resource for students regarding their research and how to become involved in research.



# FALL EVENTS



Rx Rally/ Back to School Bash



Homecoming Tailgate



Boo N' Bop



Pharmtober Fest



# SPRING EVENTS



Poor Man's Run



Crawfish Boil



Pharmal

# Things to do Around Monroe

Pharmacy school can be intense, but it's important to remember to relax and have fun along the way. Taking breaks to laugh with friends, enjoy hobbies, or just unwind can boost your mental health and prevent burnout. Balance is key—making time for joy helps you stay motivated and energized. You're not just building your future career, you're also living your life right now. Don't forget to make memories while chasing your goals! Here are some places around Monroe that some of our students like to go relax and have fun!

## **Monroe, LA:**

Kayaking at the Wesley (ULM campus)

Savage Axe

Painting with a Twist

Biedenharn Museum & Gardens

Louisiana Purchase Gardens & Zoo,

Southern Escape Room

Bayou Bowl

Skatetown

Altitude Trampoline Park

Enoch's Irish Pub (some good karaoke on Wednesday's!)

Tilt Studio (arcade)/Pecanland Mall in general!

## **West Monroe, LA:**

Kiroli Park

Tinseltown Movie Theater

Surge Entertainment Center

Landry Vineyards (closer to Calhoun, has live music)

Restoration Park

Thirsty Farmer Winery & Vineyard.



# Gyms Around Monroe

While studying is essential in pharmacy school, making time for exercise can significantly enhance your academic success and overall well-being. Regular physical activity improves memory, focus, and mental clarity by increasing blood flow to the brain. It also helps manage stress, boosts energy, and improves sleep—factors that are crucial during high-pressure exam seasons. Plus, staying active supports long-term health and sets a strong example for the patients you'll one day counsel. Balancing both studying and movement can help you thrive, not just survive, in pharmacy school. Here are some local fitness gyms that some of our students love to go!

## **Crossfit 318**

- (318) 801-7012
- 709 N 30<sup>th</sup> St. Monroe, LA. 71201

## **Monroe Athletic Club**

- (318) 387-2352
- 3801 Chauvin Ln. Monroe, LA. 71201

## **Moore Health and Fitness**

- (318) 324-9095
- 3250,2299 Louisville Ave. Monroe, LA. 71201

## **INFIT Gym**

- (318) 381-8287
- 1401 N 18<sup>th</sup> St. STE D Monroe, LA. 71201

## **Anytime Fitness**

- (318) 998-3583
- 7930 Desiard St. Monroe, LA. 71201

## **Planet Fitness**

- (318) 398-8488
- 1205 Lamy Ln. Monroe, LA. 71201

## **Regymen Fitness Monroe**

- (318) 516-2188
- 1840 Forsythe Ave. Monroe, LA. 71201

## **Hotworx**

- (318) 737-7051
- 1306 N 18<sup>th</sup> St. Monroe, LA. 71201

## **Bright & Salted Yoga LLC**

- 8711 US-165 Monroe, LA. 71203