

MUPhaS

Monash University Pharmacy Society

UNITED WE
STAND AS
PHARMILY!

"Bridging the gap
and forging
bonds between
pharmacy
students alike"

JUNE 2021 // ISSUE #2

PRESIDENT'S ADDRESS

MUPhaS 2020/21 had been a unique experience compared to the past as we were the first batch of committees that served entirely online. Despite the transition, my team and I were open to changes and adapted quickly. For every event planned, our ultimate goal was to simulate a real-life experience for the students. Of course, there were hiccups and shortcoming from our side during the events, but we always seek feedback from our students so that we can learn and further improve in the future.

To the MUPhaS 2020/21 committees,
It was a pleasure working with every single one of you. You are all fantastic individuals who brought a lot of joy to the team and played your roles well. Certainly, we have been through ups and downs, but we remained strong and got each other's backs. Most importantly, every one of you had made MUPhaS a family. So again, I thank you for all of your commitment, and I genuinely appreciate that.

To pharmacy students,
I hope that MUPhaS 2020/21 has significantly brought all of you together as a Pharmily and prepared you for your future careers via the multiple events organised. Should there be any shortcomings from our side, I would like to apologise on behalf of the team, and we will share your feedback with future committees for these to be improved upon.

To the MUPhaS 2021/22 committees,
I believe that you are all capable of bringing a better service to our pharmacy students. I wish all of you the best and success in your term.

MUPhaS 2020/21 signed off.



MUPhaS 20/21
Sign Off

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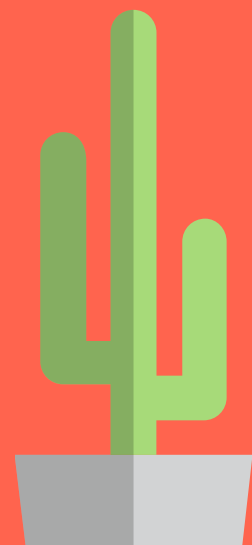
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MENU

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ORIENTATION 2021

Welcome to Monash University School of Pharmacy!



Surviving Pharmacy School

The freshmen guide

SURVIVAL TIPS

During the 'Meet the Seniors' session, Year 1 students who would be getting a taste of what Pharmacy School is like had received tips on surviving the upcoming 4 years. Here's a recap in case you forgot!

No. 1 - Study your discovery. It saves lives.

Most of the examinable content comes from discovery. Also, the fact that studying beforehand prevents the confusion that may ensue otherwise during interactive lectures is a deal-breaker.

No. 2 - Always check your student email inbox.

It is where you will receive any important announcements. We wouldn't want to be out of the loop, especially at an unprecedented time like this when most things are subjected to the mercy of the pandemic.

“

No. 3 - Get to know your unit coordinators and seniors.

Get the appropriate guidance from lecturers before the hectic exam seasons! Some tips from seniors, be it for dealing with exams or for coping with stress, will never hurt as well.

No. 4 - Self-studying = the new norm

The course is structured to encourage active learning, which means that no spoon-feeding will occur throughout your uni days. Manage your time well throughout the entire duration of the semester to prevent last-minute studying.



BEST WISHES!

We wish each and every one of you the best of luck in your journeys ahead!



No. 5 - No past year exam papers, unfortunately.

Cherish the model exam paper that you'll get in Week 12 as that is really the only one you'll ever get for that particular unit. Remember to attend the last lectures as well since this is usually when the answers will be discussed – you can voice your doubts and receive feedback immediately!

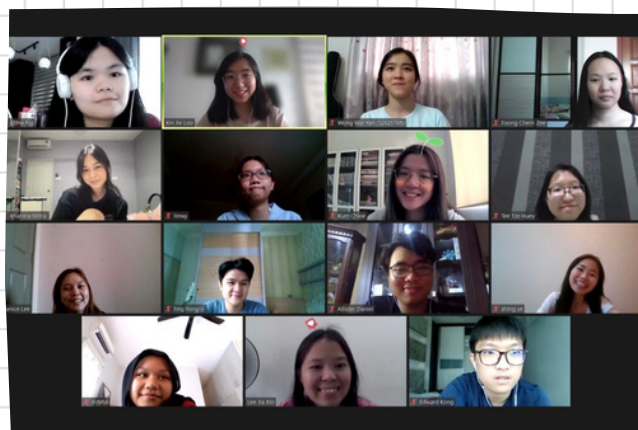
INTERESTED IN JOINING US AS A STUDENT GUIDE?

ANG BEI YI (YEAR 3):

Every one of us had been through the time when we felt lost during the first year of university. So as a senior, I was more than happy to lead the new students when they are at a loss. This year was my second year being a student guide during orientation. Even though the pandemic has caused us to stay apart from one another, I felt that there was no boundary between us as long as I treat the new students as friends rather than just providing information and guidance to them. So, I am here to encourage the upcoming seniors to participate in the orientation program in the future to guide and welcome new students as we are one big pharmily.



Group 1 (top) and Group 3 (bottom) Orientation 2021



BRIAN LIEW YUNG HAW (YEAR 2):

The reason I applied to be a student guide was that I wish to meet our junior and possibly make friends during the event. I am glad to see everyone actively engaged and bonded with one another in the orientation event, "Meeting the Senior Students" even when it was held online. The happiness was indescribable when I saw the smile of satisfaction on their faces. Will I still apply to be a student guide next year? My answer is definitely a big "YES"!

LOO XIN JIE (YEAR 2):

I was interested in becoming a student guide since my seniors guided me through my Year 1. I felt really grateful for my seniors and I am always passionate about becoming a leader in a group to help those in need. I seized this opportunity to improve my communication skills and my ability to work in a team as well. I was lucky to get an active mentee as sometimes, I will feel awkward talking to strangers. This was an opportunity to build friendships with total strangers as well! From being a mentor, the benefits that I gained were knowing more people from the pharmacy course (including my partner in Group 3 and the Year 1 students), improving my oral communication skill, and lastly, reinforcing my memory on some year 1 syllabus.

EMILY CHIN JIA XUAN (YEAR 3):

Going into my 3rd year in School of Pharmacy, I was given the opportunity of being a student guide for School of Pharmacy's 2021 orientation. Being selected to be an orientation leader was one of the most memorable experiences for me and I would not trade the experience for anything.

My favourite part of the orientation was when the juniors enjoyed themselves playing ice-breaking games with us. Although being arranged in a Zoom breakout room with strangers made me feel intimidated at first, I learned that by being brave to take the first step, we could eventually get the conversation going. It was the moment when everyone in the room started to open themselves up and shared their stories and interests that warmed my heart.

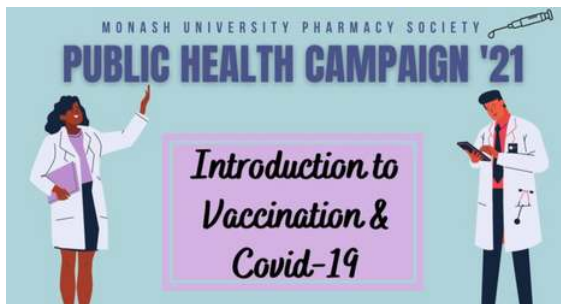
I am very grateful to be part of the orientation and I cherish the experience as a student leader. If anyone asks me whether they should sign up to be a student guide, my answer will definitely be yes.

Vaccination: Take Your Shot, Don't Fall Short

MUPhaS' Public Health Campaign 2021 "Vaccination: Take Your Shot, Don't Fall Short" was held from 22nd March to 4th April 2021 entirely online. Many interesting events were conducted to raise public awareness regarding vaccines and vaccination.

1 Poster & Video Presentation

- Educated public on different diseases that can be prevented by vaccination through posters and videos. The topics included COVID-19, influenza, polio, DTP, MMR, Hepatitis A & B, BCG, HPV and herpes zoster.



Educational video



Quiz challenge poster

2 Quiz Challenges & Giveaways

- Encouraged engagement with the audience
- Tested participants' knowledge regarding the content shared while providing them with the opportunity to win vouchers

3 Pre-recorded Interview Videos

a. "Vaccination for targeted population: what you need to know?"

- By Dr Suhazeli Abdullah (Family Medicine Specialist)
- Mainly explained about the benefits of vaccination in the populations of babies, adolescents, adults and elderly

b. "Vaccine: A safe choice"

- By Mr Sean Liew (alumnus of the School of Pharmacy)
- Shared about some general knowledge and importance of vaccination

c. Covid-19 survivor interview

d. Public interview on vaccination

Vaccination for Target Population

What Need to Know

DR SUHAZELI ABDULLAH
Family Medicine Specialist
Tengkawang Health Clinic
Terengganu

Pre-recorded interview by Dr Suhazeli

MUPhaS Public Health Campaign 2021

We were also fortunate enough to have several companies' sponsorships in terms of attractive vouchers and merchandises that spiced up the event.

myBurgerLab

Salad Atelier

Alive Pharmacy

GoodMorning Global

Sebamed

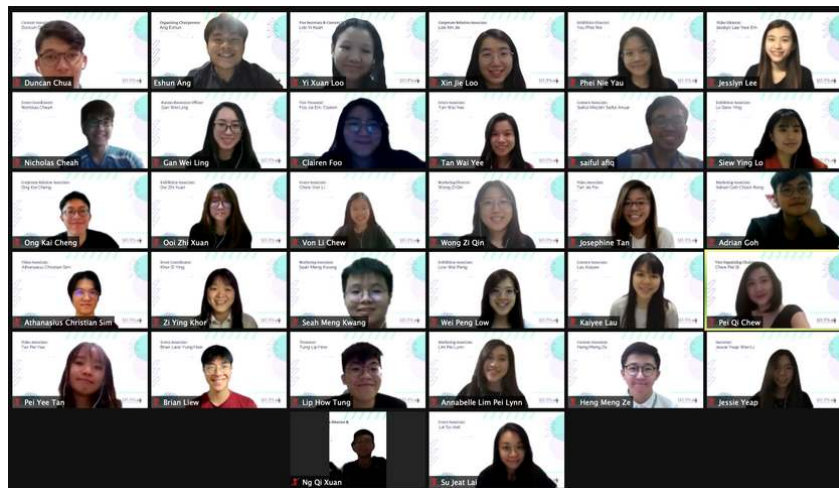


myBurgerlab giveaway poster



Salad Atelier giveaway poster

All in all, this event has been a huge success thanks to all the committee members who have worked very hard. We are proud to say that throughout this public health campaign, we had successfully reached 12,000 audiences and gained 420 new followers on the event's Facebook page. All the videos and posters related to this event are accessible through our Facebook page @MUPhaS Public Health Campaign 2021. Check them out and see you in the next Public Health Campaign!



PHC 2021 committee members

Written by Jessie Yeap

RESUME WORKSHOP

YOU'RE HIRED!

We had the honour of inviting Miss Vivian Adelene Adram, a highly experienced speaker in advertising and marketing. She was eager to share her knowledge on resume-building.

Here are some of the essential components when you create a resume that may land you in your dream job:

1. Personal statement - a professional profile, it explains why you are perfect for the role.

2. Personal details - as the name implies, this is where you provide your name, address, contact number, email address, and your LinkedIn profile. Attach your photo for easier identification.



Miss Vivian
Adelene Adram

3. Educational qualification - this is where your educational qualification is listed concisely. This part can be highlighted for those of us with limited work experience!

4. Work history - unfortunately, this may be less applicable for those of us who are fresh graduates. If you do have work experience, great! This is where you share what positions you have worked as or what companies you have worked for.

5. Technical qualifications - this may be more applicable to those who are in other industries, such as accountancy and engineering.

6. Core competencies - valuable personal skills such as leadership, oral or written communication.

7. Achievements - where you record accomplishments that are measurable and unique to a job seeker's experience.

8. References - where previous employers can vouch for your qualification.

9. Additional closing - this is optional to make your resume stand out. For example, provide a video resume.

WE SINCERELY HOPE THE EVENT HAD BEEN A FRUITFUL ONE AND THE PARTICIPANTS HAD GAINED GREATER INSIGHTS ON THE KNOW-HOW OF WRITING A RESUME!

Written by Joanne Loo Yi Xuan

MY STORY WEBINAR SERIES

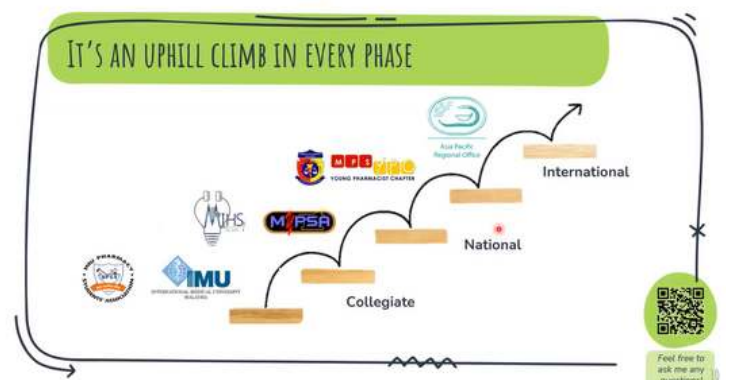
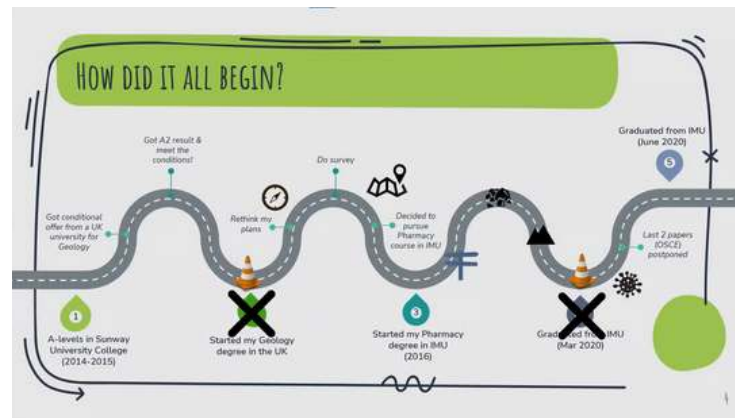
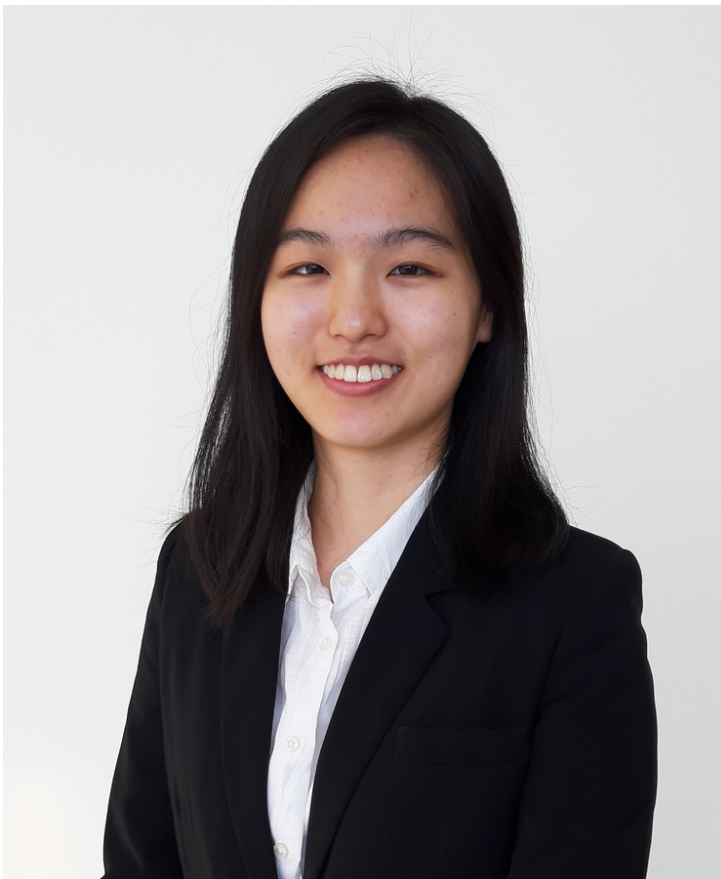
MISS JANE LEE JIA JING

This is the first in a series of events where speakers will be invited to share their experiences. Hopefully, the participants can gain insights of the pharmacy career via the stories of outstanding fresh graduates in the field.

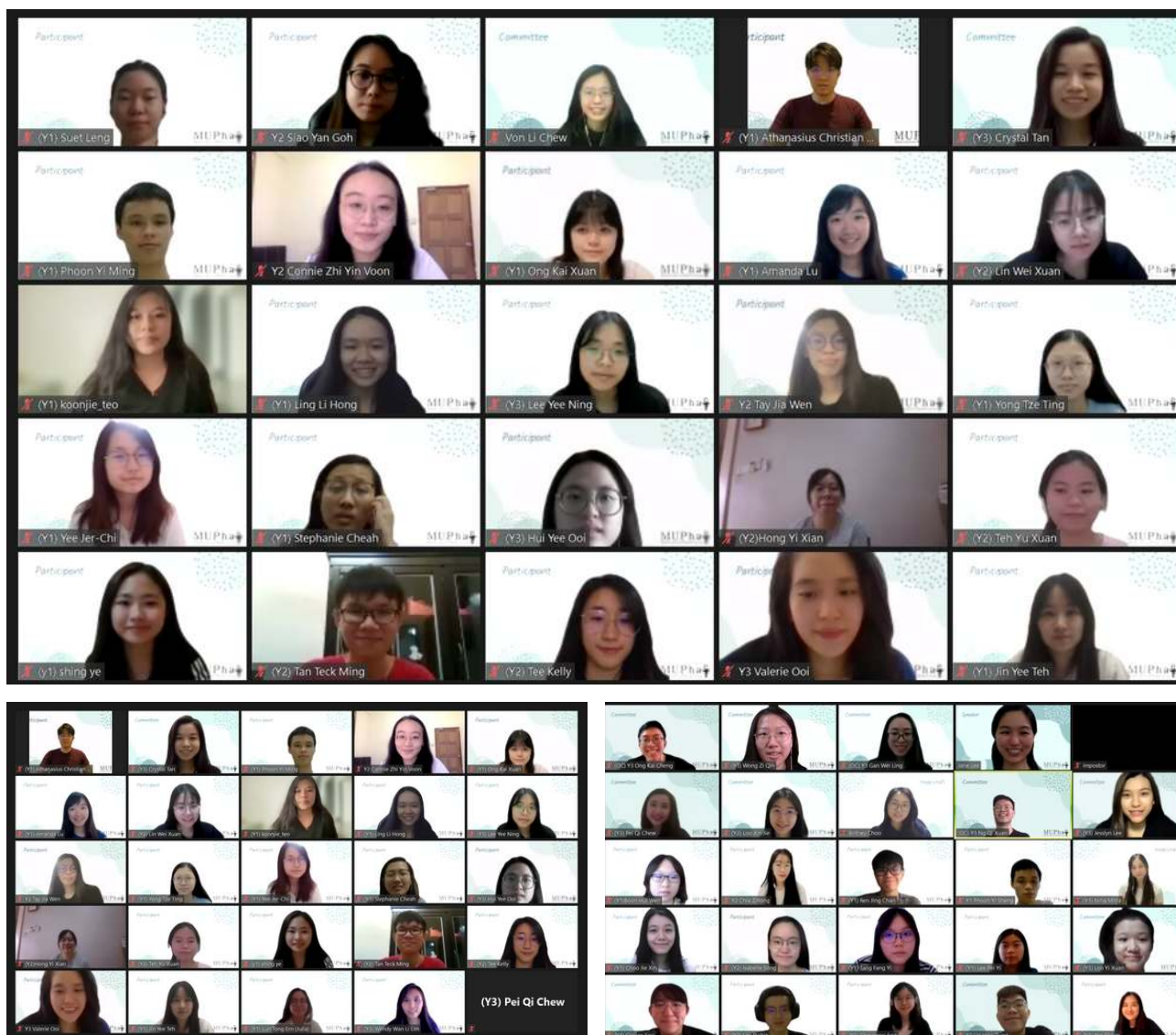
During the first event, we were able to get a glimpse of how a first-class pharmacy graduate from International Medical University (IMU) was able to remain engaged with various pharmacy-related organisations and projects at both local and international levels.

She held multiple secretarial positions:

- Secretary of IMU Pharmacy Students' Association 2018
 - Secretary General of Malaysian Pharmacy Students Association (MyPSA) 2018
 - Secretary Subcommittee of International Pharmaceutical Students' Federation Asia Pacific Regional Office (IPSF-APRO) 2019
- and was also actively involved with the Malaysian Innovative Healthcare Symposium (MIHS) as the:
- Organising committee (2018, 2019)
 - Chairperson (2020).



Ms Jane Lee Jia Jing and selected slides from her presentation during the sharing session.



Group photo of the event's participants with the organising committee and the speaker.

As a student, Jane had quickly realised where her interests lie during her second year. As a result, she took up internship opportunities to better equip herself for a future in the pharmaceutical industry. She worked for pharmaceutical companies, including:

- Pharmaniaga LifeScience Sdn. Bhd.
- Pfizer
- GSK.

With a keen interest in research and drug development, she managed to publish 2 papers:

- "3D printing for oral drug delivery: a new tool to customize drug delivery" in Springer
- "Hand Sanitizers: A Review on Formulation Aspects, Adverse Effects, and Regulation" in MDPI.

It was truly an honour for us to get to know her journey. Hopefully, the sharing session had been able to provide participants with inspiration on ways we can explore career opportunities as pharmacy students.

ALUMNI SPOTLIGHT

2019 GRADUATE: MILTON LEONG HON KIN INTERVIEW BY IVAN NG QI XUAN

What/who inspired you to participate in the competition?

My entire team of juniors inspired me to participate in the competition, in particular my track and field teammates Raymond, Jordan, Ivan and Wayne were there to push me on the track and make sure I was able to keep up with them. I'm a total novice when it comes to anything related to track, so it was really helpful to have teammates who are much better than me to teach me. I was just beyond touched that they were willing to let an old man like me tag along in their team.

What was the preparation process like leading up to your respective competitions?

The preparation process was made fun by having my friends around. It would not have been nearly as enjoyable without them. It was stressful at times as

we were worried we weren't training enough or putting enough hours into it, especially when it came to the 4x100m relay, whether we perfected the baton passing or not. But my friends were always there to keep me grounded.

What sacrifices did you make to attend/prepare for your competition?

I wouldn't say getting up early in the morning or staying till the sun set to train was much of a sacrifice, because I actually looked forward to them since I got to do it with my friends. Having them around automatically made it enjoyable instead of being any kind of sacrifice. Getting the chance to exercise and push my physical limits, feeling like my lungs were on fire and like my heart was beating so hard and fast as it could beat itself out of my throat and through my mouth was fun in itself.



Representatives of Monash University School of Pharmacy at MyPSA National Pharmacy Sports Carnival 2020 with Dr Thor. From left to right: Milton Leong Hon Kin, Jocelyn Teoh Xin Thung, Duncan Chua Yuen Juinn, Jordan Lee Xia Hau, Ivan Ng Qi Xuan, Dr Thor Teong Gee, Tung Lip How, Wayne Poon Weng Hung, Crystal Tan Wai Yee, Celine Ng Jing Xi, Tiffany Ng Jing Yuan.

What are some of the breakthroughs that you've experienced whilst preparing for your event?

It wasn't so much of a breakthrough, more like a very slow and steady improvement leading up to the competition. My friends and I put in our hours into training pretty consistently and at a very constant pace, so there wasn't really any point in time where we experienced rapid breakthroughs in improvement, but rather a slow and steady progress. If I had to pick any breakthroughs specifically, it would have been when we made a perfect baton pass preparing for the 4x100m for the very first time, but after that we still had to repeat it dozens more times to get it right. The real breakthrough would have been comparing who we were before and after months of training together to see how far we've progressed.

How was your experience in participating in MyPSA events?

My experience in participating in MyPSA events are fond memories to look back on because they involve being able to spend time with my close friends and meeting pharmacy students from different universities.

What was your most memorable MyPSA achievement and why?

My most memorable MyPSA achievement was being able to hear my juniors say they were really proud of me at the end of NPSC 2020 (National Pharmacy Sports Carnival).

How will your experience in MyPSA events impact your future career?

The greatest impact comes from all of the role models I've met by joining MyPSA events. My experiences have taught me to keep an open mind and be able to see other's perspectives. Also the hard skills I've picked up like public speaking, designing, event publicity, team management, etc.

What are some of the camaraderies that you've made both inside and outside of Monash? How have those friendships edified you?

Oh that would be too many to keep track of. From childhood, to highschool, to being in my university's student council, track and field, Muay Thai and swimming clubs, being in various event committees, working part-time, freelancing, traveling abroad, etc. till now in my PRP training, I feel like no matter where I go, I end up making really good friends from all walks of life. "The greatest illusion of this world is the illusion of separation. Things you think are separate and different are actually one and the same. We are all one people, but we live as if divided." - Guru Pathik, Avatar the Last Airbender

"The greatest illusion of this world is the illusion of separation. Things you think are separate and different are actually one and the same. We are all one people, but we live as if divided."

How has being active in extracurricular pursuits impacted your university life?

In my opinion, whether or not I joined that many extracurricular activities, my grades would've been the same either way. As a matter of fact, I think they actually helped my grades, by giving me a sense of purpose and self-worth, also keeping me from having the time to question my degree choice too often. My family is not academically oriented at all, we seem to gravitate more towards learning and gaining experiences from putting ourselves out there in the working world, getting hands-on, doing different kinds of jobs to pick up practical skills. So in this lifetime, the hours I've spent studying late into the next morning on a regular basis got me the best grades I could've ever gotten, in whichever parallel universe. I could rewind time and redo my university years as many times as I'd like, but my grades wouldn't get any better than what I've got now.

- **Valuable experiences:** Getting to know the people I've met throughout my pursuits have been the greatest experience. Everyone, no matter older or younger than me, has something to teach me. I've been really privileged to meet so many diverse role models who've taught me countless lessons in all sorts of areas in life. From coworkers to teammates, bosses, subordinates, etc. each individual is unique and has something different to show me.
- **Lessons learned:** My pursuits have taught me management skills, design skills, skills I've picked up from doing particular jobs, the importance of being able to trust your teammates, to always realise that I will always have something to learn, how to ask for help when I need it, and most importantly to maintain my own individuality and stay true to my own morals and principles.
- **Challenges in time management?** I've honestly never really had much trouble in terms of time management for as long as I can remember. I just make sure to plan ahead as far as I can, write everything down, keep a schedule, keep a checklist, never promise to attend anything unless I'm 100% certain I can make it, and never set deadlines that I know I can't meet.

What sets you apart from other contestants?

What sets me apart from other participants is that unlike everyone else, I am completely ordinary. There is nothing about me in particular that stands out, I have no outstanding talent in anything other than my (very) superior sense of humour. Everyone else is naturally smarter, faster, stronger, taller, and bigger than me, but I've always at least tried to make up for it by putting in more hours of training and studying. I know everyone says quality is better than quantity, but sometimes when I don't have the quality to offer, I just go all-in on the quantity, i.e. first to arrive and last to leave, doing one extra set, going one extra mile, etc.

What would you like to say to juniors who might be reluctant to be more involved in MyPSA events?

I personally feel like it's okay for my juniors to want to go on other adventures during their university life, nobody can force them to do something they're not interested in doing. But only if that's what they want. If they feel like deep down they'd really like to join an extracurricular activity but they're reluctant because their friends won't go with them, or they're afraid of the commitment, then I'd tell them to just go for it or regret it forever. "What if?" will always be one of the worst questions you could ask yourself in the future.

NPSC 2020

GOLD x 3

Swimming Men's Freestyle 50m
Swimming Men's Breaststroke 50m
Swimming Men's Backstroke 50m

BRONZE x 1

Track & Fields Men's 4x100m

DEAR READER,

THANK YOU

for joining us on another issue of MUPhaS' newsletter!

**FOR GENERAL ENQUIRIES
& FEEDBACK:**



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**LET'S
CONNECT:**



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Stay tuned and look forward to
what's in store next from

MUPhaS Committee of 2021/22

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Vice President: Gan Wei Ling

Secretary: Tan Jie Fei

Vice Secretary: Loo Xin Jie

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Vice Treasurer: Chia Zi Rong

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Year 2 Representative: Jong Yii Jia

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