

STUDENT SPOTLIGHTS



UCSF School of Pharmacy

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A Note From the Editor:



I, the *Therapeutic Window* editor, am happy to present to you the 8th issue of the ASSP feature, *Student Spotlights*. With over 400 students in the School of Pharmacy, it can be difficult to get to know all of our amazing peers. I hope that this quarterly feature will serve as a way for you to get to know your fellow School of Pharmacy classmates. Where are they from? What are their hobbies and interests? Why did they choose pharmacy? What are their interests outside of pharmacy school? Read on to find out!

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—Roy Weng



P1 Student Spotlight: Doug Woods



Obligatory White Coat Pic

ABOUT Doug

Q: Where did you grow up?

A: I grew up in a small town named Bartlett which is just north of Memphis, Tennessee. Growing up in Tennessee is what really shaped my personality and interests. In Tennessee there were wide open spaces and all I wanted to do was play outside. I got involved in many sports including baseball, basketball, and track. Being involved in such a range of sports was something I would find out later to be a true asset. The

experiences I gained as well as the variety of different people from all backgrounds of life I met really help to shape my interests, passions, and personality.

Q: What is an interesting fact about you?

A: I went to two programs at the Huntsville International Space Station which were Space Camp and Aviation Challenge. These programs were designed to teach children about space travel and aviation. Aviation Challenge was a fighter pilot simulator camp where we had semi-real cockpits

to climb into, wingmen/women, and flight simulators in which we had dog fights and learned aerial maneuvers. They taught us about flight mechanics as well as skills such as escape and evasion and wilderness survival. I went to these programs over the course of a few summers. They truly solidified my love for science and gave me so many great experiences. One especially fond memory was when I went during international week which allowed me to get to know people from all around the world.

Q: Where did you complete your undergraduate education?

I did my undergraduate at UC Berkeley. I studied Molecular and Cell Biology.

Why PHARMACY?

Q: Why did you choose pharmacy?

A: I chose pharmacy due to my interest in truly understanding how the medications I was prescribing to my Marines were working and why they were working for different indications.

Q: What brought you to UCSF?

A: Honestly because it's the best. I knew that if I got the opportunity to come here I would be driven to be the best clinician I can be. UCSF's focus on patient care, diversity, and student well-being is unparalleled in my opinion.

REFLECTIONS

Q: Is pharmacy school like what you imagined?

A: Actually, pharmacy school isn't like what I imaged. I feel like the new curriculum is more patient centered which is something I really appreciate. Learning through patient cases and hands on approaches is the best way I have found to learn medicine.

Q: What challenges have you faced throughout pharmacy school so far?

A: I have faced many challenges during my first year in pharmacy school ranging from fighting with the VA for appointments to losing a close friend of mine in the Navy. The common denominator through all those difficult experiences is the UCSF School of Pharmacy's faculty which gave me unparalleled help and support during those difficult times.

Q: What inspires you to move forward/persevere when the going gets tough?

A: When the going gets tough I actually draw upon my previous military experiences. I draw upon the mental toughness I learned in those stressful situations and think if I can get through that I can get through anything. Another key inspiration I draw from is I am truly inspired by the patients. Their strength through some of the most difficult adversities inspires me to be the best medical professional I can be for them.

IF NOT PHARMACY...

Q: If you were not pursuing pharmacy, what would you be doing?

A: I like to think that if for some reason I was not pursuing pharmacy that I would be a fighter pilot.

HOBBIES/ INTERESTS

Q: What do you like to do during the school year to decompress or destress?

A: I typically use sports and outdoor activities to decompress. My go to on a daily basis is running, working out, or playing basketball. But when we finish a summative or there is a "less" full weekend I take advantage to squeeze in a day trip to Lake Tahoe to go snowboarding or if there is no snow, I head to Pacifica to catch some waves.

Q: What is your favorite book/movie/TV show of the moment?

A: My favorite book is Gates of Fire by Steven Pressfield. My favorite movie at the moment has to be Avengers Endgame. My guilty pleasure is anything with cheese.

Q: Favorite spot(s) to study?

A: My favorite spot to study on campus are the rooms on the second floor of the library. They are quiet and at night no one bothers you. My favorite spot on campus is the place at the top of the stairs next to the library overlooking the city.

Q: Favorite food or drink spot in SF that you'd like to share for classmates to check out?

A: Volcano Curry



Snowboarding on fresh powder after a Summative

P2 Student Spotlight:

Clarice Resso



Future Pharmacist in training!

ABOUT Clarice

Q: Where did you grow up?

A: I grew up in the Central Valley of California in Modesto. Locals refer to Modesto as the place 2 hours away from anywhere. So I grew up taking day trips to go hiking or skiing in the Sierras, going to Santa Cruz to boogie board in ice cold water, or visiting San Francisco and being mesmerized by city life. Now as an adult I still love to explore new places and things.

Q: What is something your classmates/peers would not

expect about you?

A: Let me preface this by again mentioning I grew up in the Central Valley. Lots of farming. I wanted to be vet for the longest time. Anyway, I raised a pig and rabbit for fair in high school (my school had a barn btw).

Q: Where did you complete your graduate degree?

A: I went to UC San Diego for my undergraduate degree.

Why PHARMACY?

Q: Why did you choose pharmacy?

A: During college I loved

biochemistry and understanding how different environments or drugs affect individual cells but also knew it was important to me to stay connected to my community. My roommate's father happened to be speaking at a pharmacy conference hosted by UCSF and she begged me to go with her to keep her company. She fell asleep during it but turns out it UCSF Pharmacy was the perfect fit for me.

Q: What brought you to UCSF?

A: I loved the innovative and clinical based atmosphere at UCSF and had always grown up dreaming of living the city life. I also knew I wanted to have some sort of research experience in my pharmacy school experience and, well, UCSF research cannot be beat.

REFLECTIONS

Q: What challenges have you faced throughout pharmacy school so far?

A: As with any big move, and especially if you're as Type A as I am, it's hard adjusting to change. Luckily, my classmates are amazing and I have found such a good support group here at UCSF.

Q: What inspires you to move forward/persevere when the going gets tough?

A: When things are tough in school, I ground myself by reminding myself that while school is temporary, I will be using this knowledge to help people for

my entire career. I try my best to fully learn the material rather than just focusing on a grade.

IF NOT PHARMACY...

Q: If you were not pursuing pharmacy, what would you be doing?

A: My dream job was to be something similar to Steve Irwin (The Crocodile Hunter)- exploring new places and petting all the cute animals (I'd skip on the snakes and spiders obviously).



Vacation: Montserrat, Spain

HOBBIES/ INTERESTS

Q: What do you like to do during the school year to decompress or destress?

A: I live at the Mission Bay campus and have found it hard to make excuses to not go to the amazing 4-floor gym that is across from my apartment. So I like to go to the gym to decompress after class. On weekends I love to go hiking or just grab food with friends.

Q: What is your favorite book/ movie/TV show of the moment? Any guilty pleasures?

A: Currently experiencing GoT withdrawals. Before you cancel your HBO subscription, watch Chernobyl! It was so interesting!



Clarice (left) as Tinkerbell and twin sister, Katherine (right), as Peter Pan