

STUDENT SPOTLIGHTS



UCSF School of Pharmacy

ASSP | WINTER 2019



A NOTE FROM THE EDITOR:



I, the *Therapeutic Window* editor, am happy to present to you the 7th 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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—STEPHANIE SON

P1 STUDENT SPOTLIGHT: Kimberly Rosario



Obligatory White Coat Pic

ABOUT KIM

Q: Where did you grow up?

A: I was born in the Philippines and came to California when I was 4 years old. I grew up in a small town in Castroville, CA (near Monterey) and my family is now currently living in Salinas, CA. Growing up here made me appreciate agriculture, cultural diversity, and education. My parents always reminded me how important it was to get an education because it was something they didn't have. They

wanted me to experience venturing out of a small town and taking charge of my own future without limitations.

Q: Where did you complete your undergraduate degree?

A: I first went to Monterey Peninsula College and then transferred to UC Davis majoring in Pharmaceutical Chemistry. I was also part of the Postbacc program here at UCSF before pharmacy school.

WHY PHARMACY?

Q: Why did you choose pharmacy?

A: I was one of the weird kids that liked to read medication labels growing up. I was fascinated by how medications worked. I always imagined a pill was something like the Magic School Bus that got to the where it needed to go and helped us feel better. As I got older, I saw how my grandmother struggled to find the correct medications for my cousins and me at the pharmacy. It was during my internship at Davis, that I found out, community pharmacists are able to recommend medications to patients that ask about them. There was the misconception growing up that you were only able to ask a pharmacist questions about medications if you were picking up prescription medications not over the counter medications. This is why I always encourage my family and friends to talk to their pharmacists and ask for recommendations for a medications or if they have any general questions about different medications. Pharmacists are an important resource in the community setting. They are the last health care provider you interact with before taking medications. While, community pharmacy sparked my interest in pharmacy initially, I want to provide this communication and education at a deeper level with my patients. This is why I have set my sights on inpatient pharmacy, particularly in pediatrics.

Q: What brought you to UCSF?

A: I have long admired the advances UCSF has made in patient care as well as its outreach to its immediate community. The value UCSF has placed on diversity ensures that care is delivered to its patients effectively and compassionately. I wanted to be part of this.



Pumpkin Carving with UCSF pharmacy, dental, and medicine friends

REFLECTIONS

Q: Is pharmacy school like what you imagined?

A: Yes and No. I imagined pharmacy school was going to be challenging and a lot of work, but it is manageable with appropriate preparation and time management. I am always a mess before exams, but I find a way to pull it together and really make an effort to ensure self care (taking time to explore this amazing city in my free time really helps!).

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

A: Initially, I found it challenging to sit in class from 8am to 5pm during the first block of pharmacy school. However, I got the hang of having back to back classes. I love the content that we are learning because learning about medications is fascinating, but sometimes I wonder how am I going to retain all of this information.

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

A: My son inspires to be the best version of me when everything gets tough. Secondary to him, I hate the feeling of being helpless and just being a bystander. I want to be an active member of the healthcare team. I want to take care of patients from the beginning of their journey to discharge, and in transitions of care.

IF NOT PHARMACY...

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

A: I've always wanted to be in the medical field, but if I wasn't going to be a pharmacist I think I would be doing something in floral arrangement or working my way to owning a cupcake shop.

HOBBIES/ INTERESTS

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

A: I love to binge watch shows and movies haha. I love The Good Doctor, The Resident, This is Us, and Suits.

Q: What do you like most about living in San Francisco?

A: I love looking at the expansive views of the tall buildings and the infrastructure seeing everything just flow throughout the city. I never get tired of looking at it all. It reminds me how far I've come. I'm a small girl from a small town who dreamed big. Now I am here, exactly where I had always dreamed to be.

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

A: Aladdin is always going to be my favorite movie and as of now the show The Good Doctor is my go to.

Q: Favorite spot(s) to study?

A: 2nd floor of the library, S rooms, coffee shops (Home Café, Peet's, Starbucks)

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

A: Garden Creamery! It has the best Asian flavors for ice creams, I'm a regular there.

Q: Interesting fact about yourself?

A: I love the smell of play-doh. I also adore assorted flowers and I dislike roses. Every time I go to Costco or Safeway, it takes a lot of self control not to buy some. Lastly, cupcakes are everything because they are magical muffins.

P2 STUDENT SPOTLIGHT:

Jessica Sodhi



SPC Jaskiranjeet Sodhi; United States Army

ABOUT JESSICA

Q: Where did you grow up?

A: California! I was born and raised in the Bay Area.

Q: What is something your classmates/peers would not expect about you?

A: Many are surprised to learn that I am a soldier in the United States Army, and even more surprised to learn that I serve in a combat role. Combat roles in the Army have only recently opened up to females, so I'm proud to be a part of it.

Q: Where did you complete your graduate degree?

A: I received my MS in Biomedical Engineering from Brown University!

WHY PHARMACY?

Q: Why did you choose pharmacy?

A: Pharmacy was such a great way for me to combine my interests in research and patient care. What I enjoy most is learning about the design and rationale behind therapies and then being able to utilize that knowledge in a way that can provide the best clinical outcomes for patients.

Q: What brought you to UCSF?

A: I really like how UCSF is so patient focused as well as research driven. As someone who is interested in clinical pharmacy as well as research, UCSF bridges my interests in patient care and science extremely well.

REFLECTIONS

Q: Is pharmacy school like what you imagined?

A: For most part it has been. I definitely imagined it being a lot of work, and it has really lived up to that expectation! What has surprised me the most has been the great sense of community that the school of pharmacy has; it's really quite wonderful.

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

A: I think the biggest challenge is just learning all of the material! That being said, the faculty are so kind and helpful, which makes everything seem much less daunting.

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

A: I like to remind myself of my goals and the bigger picture. This helps me stay grounded in what I do and keeps me very motivated. I also don't like the idea of quitting – I may try and not succeed, but I will never quit!

IF NOT PHARMACY...

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

A: That's an interesting question. I think I probably would have stayed in research and pursued a PhD in Biomedical Engineering.

HOBBIES/ INTERESTS

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

A: Weightlifting and MMA help me destress a lot. I find that they both are great ways for me to get a mental break from studying, plus I get the benefits of exercise!

Q: What do you like most about living in San Francisco?

A: Everything! San Francisco is a wonderful melting pot and I really enjoy being able to go to school and live in the city. There are so many great food and coffee places in San Francisco that there is always a new place to explore!

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

A: In regard to movies, I am eagerly awaiting the release of Bond 25! I don't watch too many television shows, but I have been a huge fan of Breaking Bad, Prison Break, and Narcos.

Q: Favorite spot(s) to study? Favorite spot on campus?

A: That would definitely be the fourth or fifth floor of the Parnassus library!

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

A: I don't think you can ever go wrong with a good cup of coffee and there are so many great places in San Francisco. One of my favorite cafés has to be Sight Glass - they roast their coffee beans in house, and you can watch the process inside of the café! Tartine is also one of my favorite bakeries, the pastries are definitely worth the wait!



The life of an EMT - ready to head home after an overnight shift!

P3 STUDENT SPOTLIGHT:

Kathy Le



In my freshly minted white coat

ABOUT KATHY

Q: Where did you grow up?

A: I grew up in East San Jose and have been around the Bay Area my whole life. Coming from a socioeconomically disadvantaged background, I've seen how factors beyond patients' control affect their health. This helped me see the importance of the social determinants of health, which led me to pursue a B.A. in public health. Being able to study health from a community level made me cognizant of the health systems at play and how that directly affects patient care. Giving back to my community is really important to

me and it is my goal to return as a healthcare provider to the same community clinics that served as safety nets for my friends and family.

Q: Where did you complete your undergraduate degree?

A: UC Berkeley—go bears!

WHY PHARMACY?

Q: Why did you choose pharmacy?

A: I knew I wanted to go into healthcare, but I wasn't sure in what field. I was initially interested

in optometry and worked at an optometry research center for a few years. I realized it wasn't the right field for me, but my manager there suggested I look into pharmacy because of how diverse the field was. I started learning more, going to conferences, volunteered in a pharmacy and knew that this was a career I would find very fulfilling.

Q: What brought you to UCSF?

I've always been inspired by UCSF's level of innovation and leadership in the healthcare field. Though the prestige was one aspect, the more important factor that led me to UCSF was its faculty and students. Every interaction I've had here throughout my journey has always been so positive and supportive. During the application process, I was really impressed by how much space I had to truly paint a picture of who I was. I think UCSF puts their best efforts to really see their students holistically, and I knew I wanted to be at a school that truly cared for its students like UCSF.

REFLECTIONS

Q: Is pharmacy school like what you imagined?

A: I think pharmacy school was way better than I imagined! I had a really challenging time in undergrad, and I didn't know what to expect coming here. However, my classmates and faculty here have made this journey so positive and rewarding. People always say it goes back fast, but I never expected the years to come and go truly as quickly as they did.

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

A: Like every other student, I struggled balancing everything that was happening all at once. From school to work to extracurricular activities to personal struggles, it was difficult to find time for myself. I found myself falling into the trap of feeling like I'm not doing enough or I'm not giving enough attention to everything I'm involved in, and I hated feeling like I couldn't give 100% in everything I did.

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

A: I like to remind myself that the life I dreamed about just a few years ago is the life I get to live now and that always brings me a lot of gratitude. I try to reflect on what I've already managed to achieve and what goals I still want to achieve and use this to push me through the trying times.

IF NOT PHARMACY...

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

A: If I wasn't doing pharmacy, I'd probably be doing something related to community health development and education. Growing up, I always wanted to be a teacher.



Doing touristy things with my best friends before we separate for rotations

HOBBIES/ INTERESTS

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

A: I like to get away from SF whenever I'm feeling too stressed in order to find time to recuperate by spending time with my friends and family. I enjoy hiking and being in nature because it helps calm me down and reminds me that my stressors/problems are very minor in the grand scheme of things. I also started doing Bodypump classes in pharmacy school and recruited other classmates to join so this has been a really fun past time for me.

Q: What do you like most about living in San Francisco?

A: I love how much you can experience in SF! The community here is very diverse, which has allowed me to connect and develop relationships with people of all

kinds of personalities. In addition to the diverse culture, I love how that there's so much to do (both indoors and outdoors) whether you want to do something touristy or not.

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

A: I just got into Killing Eve over winter break! As for guilty pleasures, I like to keep up with celebrity gossip and read E news every night before I sleep

Q: Favorite spot(s) to study? Favorite spot on campus?

A: Home café or 5th floor East Asian Library

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

A: Shabu club!!

Q: Interesting fact about yourself?

A: I tore my ligament on my right wrist and the surgery to fix it left two small scars that people tend to think were dermal piercings.