

December 18, 2023

## **APSA Fall 2023 Semester Report**

### **May - July 2023**

- APSA Membership Cards
  - Contacted business and organizations to get discounts for pharmacy students
  - Managed to get about 18 companies to receive a discount
- Meetings
  - Attended meetings with the Executive Council to discuss expectations and the budget for the school year.
  - Attended APSA Summer Retreat to discuss APSA
  - Attended CoFA Meetings
- APSA Mentorship Program
  - Gathered feedback from mentors and mentees about the mentorship program

### **August 2023**

- Lockers
  - Cleaned out the lockers and changed the locks to get them ready for the Locker Sale.
  - Prepared a spreadsheet with locker numbers and combinations in advance.
- APSA Lounge/PBL rooms
  - Cleaned and organized the APSA Lounge and PBL rooms to prepare them for students' return.
- Class of 2026 Orientation
  - Attended the APSA orientation for first year students and delivered a presentation on my role as VP Student Services and what perks and benefits students will have access to as APSA members.
- APSA Mentorship Program
  - Organized the APSA Mentorship Program where all first-year students were placed into groups with their mentors (second, third, and fourth-year students).
  - Groups were made random to increase the number of interaction amongst the different years
  - Revamped the APSA Mentorship Program: created an APSA Mentor's Corner, wrote Mentor's Roles & Responsibilities, created an opt-out program, planned to have 1-2 events per semester
- Space and Wellness Committee

Cassandra Luong, VP Student Services

- Created the Space and Wellness Committee with members from the Class of 2025
- Started planning for events for the year while discussing the budget.
- APSA Membership Cards
  - Printed out hardcopy of membership cards

### **September 2023**

- Space and Wellness Committee
  - Added 8 more members from the Class of 2025, 2026, and 2027
  - Held a meeting to come together as a group to finalize all events for the year and determine who the leads will be for the events.
  - Members of the Space and Wellness Committee: Kinza Khan (2025), Naomi Lee (2025), Maddie Tole (2025), Morgan Bodnar (2025), Selina He (2026), Avery Quema (2026), MJ Kang (2026), Nathaniel Ferneti (2027)
- The Random Acts of Kindness Initiative
  - Space and Wellness Committee member Kinza started the semester with the Random Acts of Kindness Initiative which ran for a week.
  - 5 Tim Hortons' gift cards, and 3 Starbucks gift cards were distributed to 8 students whose names were drawn during the prize draw.
- Locker Sales
  - Organized and managed the locker sales for the entire month of September.
  - Individually emailed students their locker numbers and combinations.
- Menstrual Products in MSB Washrooms
  - Placed menstrual products in the MSB washrooms outside the APSA Lounge and washrooms further down the hallway
- APSA Membership Cards
  - Distributed membership cards
  - Secured discounts can be found here: [☰ 2023-2024 APSA Discounts](#)
- Mentorship Meet & Greet
  - Had a meet & greet for mentors and mentees to meet up to play board games and an informative jeopardy game. Games and snacks were provided.
- Multi-Faith Prayer Room
  - Sent out sign up form to access the Multi-Faith Prayer Room
  - Send emails out people who sign up with information about the room and how to access it

- Organized Edmonton Elks Game Fundraiser
  - Sold tickets to the Edmonton Elks and a portion of the ticket sales came back to APSA

### **October 2023**

- Garneau Chiropractic Lunch and Learn
  - Had a lunch and learn where a representative from Garneau Chiropractic discussed the benefits of chiro and common body problems for students and pharmacists
  - They bought pizza
- Revamped the APSA Lounge
  - Did a deep clean and declutter of the APSA Lounge and rearranged furniture to make better use of the space.
  - Added a microwave and removed the broken one. Cleaned the microwaves
  - Members who helped: Kinza, MJ, Naomi, Avery, Selina, Youssef Elezzabi, Sarah Ho
- Pumpkin Pie Day
  - Planned the Pumpkin Pie Day event with Space and Wellness Committee members Maddie Tole and Morgan Bodnar.
  - Distributed pumpkin pie to students during lunch break.
- Annual Pumpkin Carving Contest
  - Planned, organized, and ran the Annual Pumpkin Carving Contest with Andrea (FoPPS).
- Halloween Candy Event
  - Distributed Halloween candy to students during lunch break with the Space and Wellness Committee
- Space and Wellness Committee
  - Added Danielle Ilar to the committee
- Lost and Found
  - Created a Lost & Found bin in the APSA Lounge and posted it on the Facebook page
- Mentorship Program
  - Created the Mentorship Award: Mentees will have the opportunity to nominate their mentor. Each nominee will receive a certificate and will get placed in a draw to win a \$30 gift card

### **November 2023**

- Build Your Own Wellness Kit Event
  - Planned the Build Your Own Wellness Kit Event with Space and Wellness Committee members
  - Naomi, Nathaniel, and Kinza who contacted sponsors for donations.
  - Received donations from: [Wellness Kit Nov 27, 2023 Sponsors](#)
  - Distributed donations to students after class
- Wellness Paint Night
  - Planned and organized the Wellness Paint Night with Space and Wellness Committee members: Naomi and Kinza
  - Painting supplies (paint, canvases, paint brushes) and snacks were provided.
- The Great APSA Cook Off
  - The Great APSA Cook Off was a virtual event planned and run by Space and Wellness Committee members Selina, MJ Kang, and Danielle
  - Prizes were distributed to five students who won the prize draw. Prizes included: mason jar measuring set, coffee maker, bento lunch boxes, and kitchen utensil set
- Mentorship Photo Scavenger Hunt
  - Was given an informative list of items for mentorship groups to find and mentorship group submits these to a Google form
  - Prizes were 3 \$20 gift cards given to participants through a random draw
- Cleaned out APSA Storage Room
  - Helped Sarah Ho and Purna Sharma clean out and declutter the APSA office and storage room

### **December 2023**

- Annual Gingerbread House Contest
  - Planned, organized, and ran the Annual Gingerbread House Contest with Andrea (FoPPS)
- Hot Chocolate + Cookies + Candy Canes Event
  - Planned and ran the last event for the semester with Space and Wellness Committee members Maddie Tole and Morgan Bodnar
  - Invited Ali Damani and Megan from the Alberta Pharmacists' Association (RxA) to help distribute snacks and speak to students.

### **Ongoing (May – Present)**

- Attending bi-weekly meetings with APSA Executive Council

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- Attending bi-weekly meetings with APSA General Council
- Attending bi-weekly meetings with FoPPS Student Services (Trent Nabe)
- Attending monthly CoFA Meetings
- Answering emails and questions regarding lockers, the Mentorship Program, wellness events, etc.
- Keeping track of menstrual products in MSB washrooms
- Holding external meetings to discuss funding with interested groups and individuals like RxA

If you have any questions or concerns, please let me know at [cluong3@ualberta.ca](mailto:cluong3@ualberta.ca).

Sincerely,

Cassandra

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