

March 10, 2023

APSA Winter 2023 Semesterly Report

January 2023

APSA Lounge, PBL rooms, MSB Washrooms

- Removed holiday decorations from the PBL rooms and the Christmas tree from the APSA lounge.
- Placed menstrual products in the women's, gender neutral, and men's washrooms on the main floor of MSB.

Popcorn Day

- This event was organized by Space and Wellness Committee members Alyssa C. and Cassandra.
- We started the semester off with our first food event, Popcorn Day. We distributed popcorn during the lunch break with different flavoured shakers.
- This event was sponsored by Zach Prusko, Graduate Planning. He talked to students about funding, scholarships, bursaries, etc. He gave out 200 bubble teas to everyone who signed up with him.

Social Media Wellness Challenge

- This event was organized and run by Space and Wellness Committee member Alyssa H.
- The Social Media Wellness Challenge ran for the entire month of January. Students were invited to make posts on Instagram or on a Google form showing what they did for wellness.
- Everyone who participated had their name entered into a draw for a chance to win different prizes. Names were drawn at the end of each week and winners were given prizes.

February 2023

Spicy Ramen Challenge

- The Spicy Ramen Challenge was run by Space and Wellness Committee member Andrea.
- We had 9 individuals participate in the challenge to see who could reach the end. 7/9 participants made it to the final level of spiciness and were awarded with a \$50 gift card of their choice.

Get to Know Your APSA Team

- Prepared a slide for the Get to Know Your APSA Team event. Presented to students that were interested in my role as VP Student Services and what it entails.

APSA Lounge, PBL rooms

- Decorated the APSA Lounge and PBL rooms with decorations for Valentine's Day. Kept these up for the month of February.

Valentine's Day Event

- This event was run for Valentine's Day by Space and Wellness Committee member Cassandra.
- We gave out Valentine's chocolate and paper flowers to all students during lunch break.
- This event was sponsored by Zach Prusko, Graduate Planning. He talked to students about funding, scholarships, bursaries, etc. He gave out 200 bubble teas to everyone who signed up with him.

Puppy Therapy

- This event was led by the Space and Wellness Committee chair Mankirat.
- For this event, we invited 2 dogs from the Chimo Animal Assisted Wellness and Learning Society (CAAWLS). Only 1 dog was able to stay for the entire event.
- Students were able to come and play with the two dogs before going home for reading week.

RxA Social Media Initiative

- For this initiative, I made information slides on Alberta Pharmacists' Association (RxA) and what they do for pharmacists and pharmacy students in Alberta.
- These slides were posted on APSA's Instagram page over 3 days (Feb 26 – Feb 28) to highlight contributions made by RxA.

PAM Booklet 2023 Wellness Tips

- Researched and developed wellness tips to include in the PAM Booklet for 2023.

March 2023

APSA Lounge, PBL rooms

- Removed the Valentine's Day decorations from the APSA Lounge and PBL rooms.

Josai International University (JIU) Visit

- Assisted Dr. Terri Schindel and Teri Charrois in running the visit for pharmacy students visiting from JIU.
- Volunteered to run one station in the lab designed to showcase Canadian pharmacy practice to the JIU students.
- Represented the student body and APSA when giving a presentation to the JIU students on the last day of their visit.

Pie Day Event*

- This event will be organized and run by Space and Wellness Committee members Kinza and Hafza.
- For this event, we will distribute different flavours of pies to students during the lunch break.

- This event will be sponsored by Zach Prusko, Graduate Planning. He will talk to students about funding, scholarships, bursaries, etc.

Career Series: Current Pharmacy Job Market and PEBCs 101*

- I am collaborating with VP Academic, Tamara Gligoric, to bring guest speaker Jagmanpreet Dang (Class of 2022).
- This event is tailored to third and fourth year students. Jagmanpreet will talk about the current pharmacy job market, PEBCs, CEs, APA, and what to expect once we graduate.

Transition Document*

- I am developing a transition document for the future VP Student Services with information on everything that I have done during my term.

April 2023

Ice Cream Event*

- This event will be led by Space and Wellness Committee member Hadeel.
- For this event we will distribute ice cream to all students during the lunch break.
- This will be the last event the Space and Wellness Committee will run for the year before students start writing finals.
- This event will be sponsored by Zach Prusko, Graduate Planning. He will talk to students about funding, scholarships, bursaries, etc.

ECHA Study Session*

- This study session is organized to give students a space where they can go to study for finals. A room will be booked, and food will be provided to everyone who attends.

Ongoing (May – Present)

- Attending bi-weekly meetings with APSA Executive Council
- Attending bi-weekly meetings with APSA General Council
- Attending bi-weekly meetings with FoPPS Student Services (Anjela and Trent Nabe)
- Answering emails and questions regarding lockers, the Mentorship Program, wellness events, etc.
- Keeping track of menstrual products in MSB washrooms.

Sincerely,

Mankirat Sarai

Mankirat Sarai, Vice President Student Services
Alberta Pharmacy Students' Association
msarai@ualberta.ca

*events that occurred after the transition document was submitted