

THE SCRIPT



SECOND EDITION

PRESENTED BY APSA
CURATED BY FAHD + JAIRAH

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The Auckland Pharmacy Students' Association (APSA) is a non-profit student association that is elected by and run by pharmacy students. We aim to represent the interests of students of University of Auckland not only in the professional and academic stage, but also in smaller community settings.

APSA is committed to providing students with a well-rounded selection of social, sporting, and educational events in the hope of providing a holistic university experience for budding health professionals. Alongside our annual social and sporting events such as APSA Ball, pub-crawls, touch, indoor soccer, and inter-faculty events, we also organise Sponsors nights and educational activities too! We also offer our Editorial 'TheScript', so keep a lookout for them! We greatly emphasise the 'Pharmily' vibe of our small cohort, and encourage and facilitate inter-year-group mentoring and Buddy systems to ensure a strong and cohesive student body. APSA is run by a small committee of students and we liaise with Pharmacy School staff, members of professional committees, such as PSNZ and the Pharmacy Guild, and also our important sponsors.

PIYARA'S MESSAGE

RESIDENT

There are only three weeks left of uni before we head to the beaches for summer, and what a year it has been! This has been the toughest semester yet for all year levels, especially us fourth years who are grinding out our LAST MODULE OF THE BPHARM. I don't know about everyone else, but our last dispensing lab, last med info workshop, and last lecture ever hit me deep in the feels and it's finally sinking in that uni life is coming to an end. Where did the last 4 years go? I feel like it was on 2.00x playback speed on VLC this whole time. At least APSA has had some awesome events that I'm sure we will all remember for years to come.

We started the semester right with APSA's first stein ever, collaborating with the New Zealand Optometry Student Society. Everyone dressed up as their favourite childhood memory and danced all night at 1885 to old school bangers. It was a very successful night, which will hopefully lead to an annual APSA stein tradition.

Our annual Pharmacy ball was also a massive success. The venue was beautiful, the food was exquisite and we had the best MCs we could have asked for! Thank you to our wonderful social reps for planning such a magical evening for the students, staff and sponsors.

I would like to personally thank our sponsors for all their support and contributions throughout the year. Our sponsors are the reason that APSA can provide such high quality events every year and our relationships with them mean so much to us.



With the end of the year looming, it is almost time to pass the baton on to the 2020 APSA Executive Committee. I am happy to be handing over to Sue In Lee and her team in a few weeks and I am confident that they will do an awesome job.

I also want to take this opportunity to thank the 2019 APSA Committee for all the time and hard work you have put into this year. I have thoroughly enjoyed working with every single one of you and I am proud of the well oiled machine we have become. I'm really going to miss our meetings that are always full of laughter and stern shushing. You have all gone above and beyond your roles, which is something for next year's committee to strive for!

This is my last script entry to you all, so thank you for being the best and most supportive people that I have met over the last 4 years, it has been an absolute privilege being your APSA president and friend this year. I wish you all the best for the future, whatever it may hold, and I hope you all have a wonderful summer!

**PEACE OUT,
PIYARA**

VICE PRESIDENT

A R SA'S MESSAGE

In a year where there has been ups and downs, I can gladly say that it has been a very exciting one. Being in the executive team hasn't only allowed me to improve upon myself but it has helped me to connect with a lot of amazing people in pharmacy and also get closer to the cohort of pharmacy. With the 4th years coming to their final battles, it will be very sad not seeing them around Grafton.

Not hearing Jairah's coffee machine from the 1800s and then going up to the library only be terrified with Ricoh's crazy laugh will be missed (I swear I can hear it even when he isn't around). As well as many other 4th years that will also be remembered by me and many others. My role as Vice-president has been very eye opening and challenging. With organizing the leavers hoodies and adding final touches to allow everything to go smoothly at events and meetings such as the ball and 2nd pub crawl etc.

When people ask me "Parsa you are so amazing, but can you describe 5 words to describe yourself." I say it's very tricky, but I have created a crossword for you guys to find the 5 words.

My final message is to thank you guys for being yourselves. It has been a tough 2nd semester and I'm sure everyone will push until the very end and get the results they want. Thank you for supporting me as Vice President and I hope you still talk to me when I'm not in executive team next year. Make sure you always keep going no matter what and always keep pushing to get the outcome or dream or goal you want.

Thank you and Kind regards,
Parsa Hadiyounzadeh

“People always tell you, 'Be humble. Be humble.' When was the last time someone told you to be amazing? Be great! Be great! Be awesome! Be awesome! – Kanye West

SECOND YEARS



Welcome back second years!! We hope everyone enjoyed their mid sem break and is ready for round two. Ball was the biggest event this year and I hope everyone who came enjoyed and hopefully got LIT cause we know we did, even if it meant not being able to walk in a straight line by the end of the night. For everyone who didn't come please come next year! It's something you don't want to miss.

Other events this sem which have been highlights were the first-ever pharmacy x Optom stein, pub crawl round 2, and the grassroots stein (yeehaw). Now onto the academic stuff... We started this semester learning Dermatology which was enjoyable for most and I know a few people started to upgrade their skincare routine. Infectious diseases was the second module and was content-heavy especially with all those mechanisms of action (pls never again).

Our last module Gastro has been interesting so far - safe to say we all reached a new level of friendship after the urinary glucose lab haha



We have also started our very first placements which have been an interesting glimpse into our potential future careers (plus it's always good having a day off uni!!) It's crazy to think that the year is nearing an end & our OSCE is creeping up on us because freshers honestly feels like yesterday! And lastly, gotta be a bit cheesy and say how proud we are of how far you have all come and it's honestly been a blast getting to know you all this past year.

All the best for the last few assessments, hang in there & we will see you all (hopefully!) for class dinner at the end of the sem :))







THIRD YEARS



Third year.... what a nightMARE.... we're gonna need a lot of BEEER after this grinding atmosPHERE

Safe to say that these past 2 semesters have been the biggest grind most of us have been through thus far in our short lives. With summer right around the corner, we can't wait to sleep all day every day and get ready for next year eeeeeekkkk! But before this, let's recap the semester we've all been through:

We started the semester with endocrine thinking we'd be fine but it was a re-hash of resp :(and we ended up needing care plans for ourselves (clinical problem: our sanity?) for the care plan we had to do for the first time. We were told about the spiral curriculum but we never thought our GPA would be spiralling downwards! We knew that the grind would continue from last sem and we needed to hold onto each other once again to soldier through!

Everyone had different experiences for placement but overall it was a great time! There were so many different opportunities and we certainly have learnt a lot. Though some were more keen beans than others, especially for those who had friends visiting them while on placement and booked out a hotel to chill for the weekend, but instead pulled out their laptop and started doing ePortfolio! (You know who you are!)

We then had W&M's Health which was a roller coaster, especially with the number of lectures we didn't have (#bamboozled - we've provided the full list for reference below). BIG MOOD when Carl 'ranted' during the exit test because PCOS didn't show up (but dabbing after seeing the SAQs). Thankfully, it was made shorter and simpler this year!

RxFactor was a great night showcasing the wonderful talent here in our pharmacy! Carl's group "The ABGs" (it's not what you think, it's actually... The Awesome Band at Grafton!!!) showed us just who the top instrument performers are in Pharmacy! And to end the night the goodie bags did not disappoint! Let us just say, the sponsors did not hold back this year!!

The pharm-optom stein was a night to be had! It was such a great time away from the constant studying: we were drinking and dancing the night away with our fellow optomies! You gotta make sure that you visit the harbour afterwards though to end the night right ;)

Although numbers were low for the second pubcrawl of the year, it meant more pizza and drinks for those who were there! We enjoyed our mariachi band-sized group and the night was filled with amazing colourful outfits and some real third year DMCs.

Special mention to the amazing addition of the Wellness Walks with Trudi <3 it was an great opportunity to see our pharmacy mum again!



Finally, here are some other noteworthy happs this semester:

- Sending snaps in the toilet while drunk and only knowing about it the next day at dispensing.
- Losing your phone on the bus.
- Lying about family living in xxxxxxxxx for placement then realising you don't get the stipend.
- Going into the wrong toilet at Maccas after stein.
- People getting moved to different streams for being "disruptive".

And that concludes our final magazine article for the year! Thanks for having us as your class reps and for all the support and encouragement over the past year. Despite how much of a grind it has been, we all have each other to lean on at the end of the day and we'll continue to fight the good fight together. We can't wait to see everyone at Class Dinner!

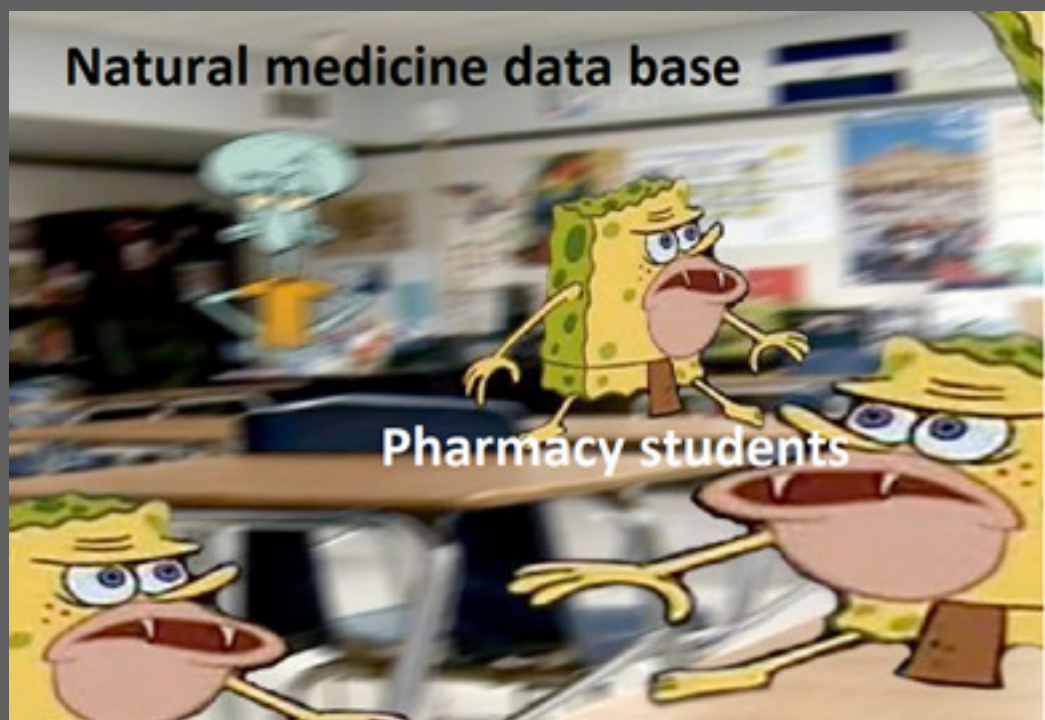
Kevin and Priya





Bamboozle list:

23/9/19 - "quick reminder" that BPH lecture isn't happening :) but will still be tested
 25/9/19 - Patient considerations lecturer didn't show up :)
 04/10/19 - no PCOS at all except one MCQ
 07/10/19 - Eye, ENT, dent, Haem AND PAIN
 09/10/19 - Timetable changed: Final OSCE now at the start of the week. Friday before is the absolute monster of a combined exit test.
 11/10/19 - When the natural meds database can't be accessed the 3 days before our natural health products assignment is due
 15/10/19 - Due date of integrated assignment Part 1 extended to the 18/10/19 two days after everyone submitted the assignment





YOUR FACE WHEN YOU COME
INTO UNI FOR ONE LECTURE
BUT IT GETS CANCELLED

FOURTH YEARS

Dark. Cold. Misty.
The forest is so dense and overgrown even light concedes to the branches as it attempts to penetrate through the canopy. Legends had told you of this forest — the forest of “Curri”.

Don't be mistaken, this isn't your typical Friday wellness walk through the beautifully serene domain any more. The hugely overgrown geese were the least of your problems. No, this is the wilderness — a place so daunting that even the glance of it makes you quiver in your boots like an undermedicated patient with Parkinson's — but you knew that already.

How long has it been, days? No, months? You don't remember, time had become the Aunty that you really only talk to once a year. You drag your feet through the layered floor of the forest, the sound of leaves crunching under your feet. Crunching? Right, as she would every semester, Maureen has reminded you it indeed is crunch time.

Wait. All of this seems so familiar — you think to yourself. Have I been here before? Am I walking in circles?! You pick up the pace, your sympathetic nervous system activates. Branches brush past you grazing your legs, inflicting minor cuts that probably should be tended to with some trustworthy Smith & Nephew bandaging.

In the distance, you see a sign. Wait have I made it to the end? The air began to thin. No, I'm not circling, this must be a spiral!! I'm heading upwards. You reach the sign, you notice it was broken in half. “The forest of Curri-”. Wait... is that piece of wood the other half of the sign? You pick it up and brush the dirt off. “Culum”.

Ah yes. You've done it. You've finished the spiral curriculum. Ok, that's enough, onto the rest of the script — what a roller coaster it's been since the last script!

It's no denying, this has been our most challenging semester yet.

(the best cohort in the history of pharmacy)



Going from thousand-word assignments to 10 thousand word group reports. Single case exit tests to double comorbid patients. The daunting integrated therapeutics module (queue boss music) puts all our anxieties from past exit tests to shame. Placements were nice tho.

Everything has been so busy and it hasn't hit many of us that this is it, this is our last module. That last lecture really didn't feel like the last. That last written exit test didn't feel like the last (felt like I was gonna come last tho). Just a few more weeks and we're done! Such mixed emotions!



The past three years have been some of the most valuable days of our lives. We've gained so much knowledge, communication skills, friendship and resilience. We've lost so much time, sweat, electrolytes and tears. In the future, we may look back and be fond of this time of our lives, and feel glad that this all happened, every question that we couldn't answer, every second of struggle, every stressful moment. They all combine to form our memorable and brilliant university experience.

Just like having older people's health right after paediatrics, before we know it, we will be old (hahahahaha). This is the time of our lives. No matter where we go in the future, the bonds we formed in this building are everlasting. We will miss messing around in case workshops, getting roasted in dispensing, making a fool of ourselves in PHC, having a nap in med info.

We will miss spending hours at the couches procrastinating, talking, living life. The time of having friends at a fingertip's reach is passing so rapidly.





Now just a final note. We all have a bright future in front of us. We are at the forefront of a professional evolution. The pharmacy landscape is shifting and never has there been a more exciting time. Regardless of our strengths or weaknesses, each and every single one of you is capable and will become extraordinary professionals.

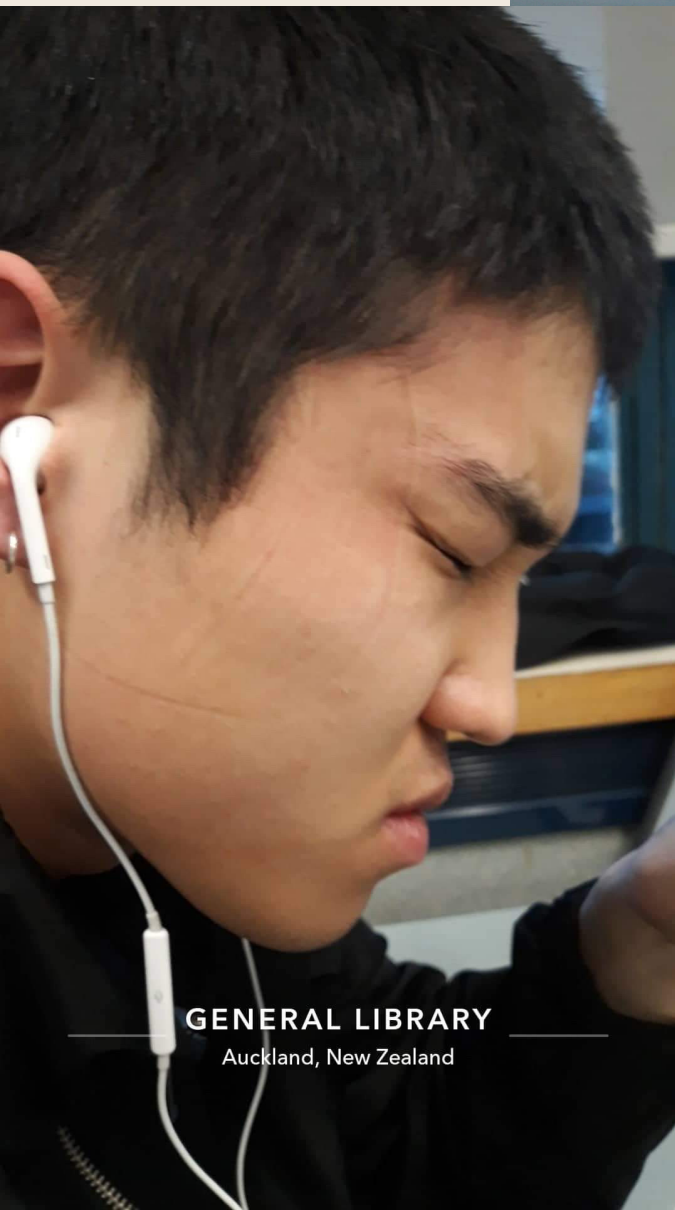
It really has been an honour and privilege to be your class reps this year. Thank you all for all your support. It has been amazing to see our growth throughout the year, and we look forward to seeing where each of you continue onto into the future. Whether it be internship, further study, research, or anything, we know you will all be great and achieve success.

Thanks for an amazing year, Love
Tina and Junting



“Be the change you wish to see in the world.” — Mohatma Gandhi





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SPORTS REPRESENTATIVES

The night of APSA futsal was one to remember. In the history of APSA, we were thrilled to present to you Bpharm students vs staff vs sponsors. The event consisted of three student teams (one from each year), staff team including many ADHB pharmacists and Propharma. To top it all off, it was the birthday of our lovely president Piyara and Professor Janie Sheridan! What a memorable night to see the interactions between the students and the staff outside of lecture theatres and case workshops.

Following the futsal round-off, the final standings were: 2nd years - 2 pts

3rd years - 4 pts

4th years - 5 pts

Don't forget to participate in the wellness walks with the staff to get active and socialise with the Pharmacy team around you!

We would like to thank you all for your participation and support during our sports events and we wish Daniel and Lynette all the best as your 2020 sports reps!



SOCIAL REPRESENTATIVES

As this year ends, we look back at the many fond, blurry memories that we all may or may not have about the lovely events we've had the pleasure of organising for the pharmily. From the pub crawls to the pharmacy optom Stein, we want to thank everyone that has supported us throughout this whole year, whether you came to one event or was a season ticket holder.

But how could we not talk about the most prestigious pharmacy event of the year, the ball. What a great event organised by great people, attended by slightly above average people, y'all looked good but not as good as us thanks. Cheers for being absolute darls and not causing drama xx

Despite not many new close relationships forming throughout this year, we have a few couples that we think are EXTRA cute ;)

- Hamza and every girl he talks to
- Diviyan and the DOOF
- White girls and other white girls
- Dhriti and young blood
- Pharmacy girls and foodgrams -.- → you guys ARE NOT insta famous and we dont care about what you had for breakfast, lunch and dinner :)
- Taylor and yellow fever with a temperature of 40 degrees *Aw-WwWwWwWwW*
- Karen and St. Pierres + a V
- John and Macky G tour
- Sachin and the couches + any lonely pharmacy student that's found there
- Fourth year curry girls and subtle curry dating
- Second years and being a lame cohort
- Third years and anxiety and confusion (should we really do pharmacy?!?!)
- Fourth years and post uni vibes depression (enjoy being an adult)

We would like to congratulate everyone who was selected to be in next years APSA exec team! We know you'll do a good job, good luck to you all especially our new social reps (Jess, Vikram and Amisha) and our very own KAREN please don't lose all our money as a marketing rep

Your lovely social reps

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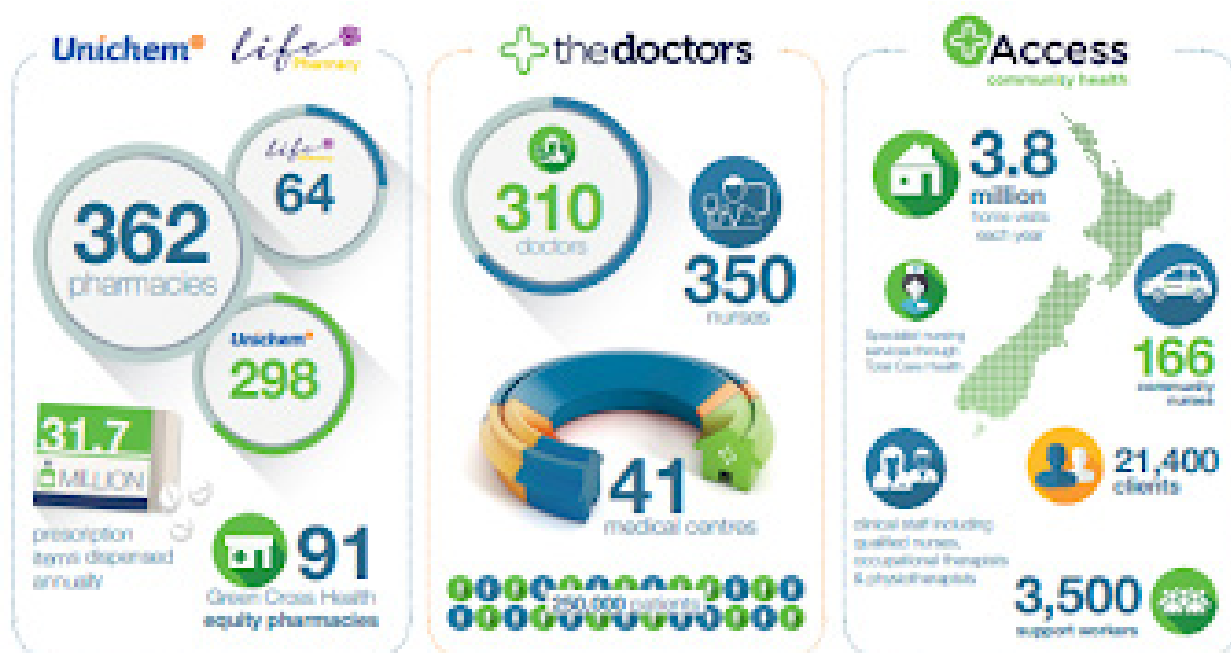
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