The Script

FIRST EDITION

The Script is APSA's e-magazine which aims to showcase the life of a UoA Pharmacy student

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WHAT IS APSA?

The Auckland Pharmacy Students' Association (APSA) is a non-profit student association that is elected and run, by UoA Pharmacy students. We aim to represent the interests of students from the University of Auckland. We liaise with Pharmacy School staff, members of professional committees, such as PSNZ and the IPSF, and also our important sponsors.

We place great emphasis on the 'Pharmily' vibe of our small cohort, and encourage and facilitate Peer-Mentoring systems to ensure a strong and cohesive student body.

APSA is committed to providing students with a well-rounded selection of social, sporting, and educational events with the hope of providing a holistic university experience for budding health professionals.

PRESIDENT

RHEA

Kia ora Pharmily!! How's it going?

I hope you are all enjoying a much-deserved break after another absolute rollercoaster of a semester. The year kicked off with our annual Pharmacy Freshers Camp, where the older students finally got to have some social interaction, initiating the naïve second years. It was truly heart-warming to see bonds forming between cohorts which will last throughout the BPharm journey and into our future careers as Pharmacists! The activities included MAPAS-lead icebreakers, sports, rural olympics and the highly anticipated toga party. Thanks to all of the enthusiastic freshers and execs who were not afraid to give everything a go, it's safe to say Freshers 2022 was a massive success. It's been lovely seeing each other around campus since then.

Next, Max & Celine (Sports Reps) organised a badminton night for students to destress and have a friendly hit around. Anna (IPSF CP) and the rest of the IPSF committee organised a virtual information night with Pharmacy students from Otago and Australia where students learnt about the similarities and differences in the BPharm and future career opportunities. Thanks to Sianne (Education Rep), the fourth years were guided through the internship application process with a CV & Cover letter workshop and numerous Q&A sessions with current interns.

Our notorious 3-stop pub crawl was pushed to later in the semester to ensure we could still get on the dance floor under the COVID restrictions. This decision definitely paid off and it was a night to remember thanks to the fantastic trio Brendan, Anneka & Emily (Social Reps). Thank you to all the cohorts for showing up and showing out for this sell-out night. I hope that everyone had an incredible time and made some great memories.

I would like to thank each and every one of the amazing APSA executive members, the supportive School of Pharmacy staff who go above and beyond for student needs and our generous 2022 sponsors (Green Cross Health, ProPharma, PGNZ, Viatris, PSNZ, Sals and Gongcha) who are the reason we are able to fund our high quality initiatives that the students all know and love.

I hope you are all proud of what you have achieved so far this year. If you would like to sign up to be an APSA member (and get discounts for the rest of the year) or would just like a general chat/support please do not hesitate to email us at apsaexec@gmail.com. We would love to hear from you!

VICE-PRESIDENT

HEMIN

PHARMILY! ❤

Congratulations for getting through one tough semester! It's truly crazy to think that half the year has already passed.

It was a rocky start with Omicron at its peak and all the changes that had to be made to accommodate this. So, a huge round applause to all of you for being so understanding, adaptive and staying strong despite the times. I hope you've all managed to stay safe (or have a fast recovery after covid) and enjoying your well-deserved break!

We started off the year with our classic Fresher's camp in February, which we were lucky enough to hold safely just before covid really started to take a turn. It was amazing to see you all and the energy you brought along! Filled with unconventional games and activities, and ending with a toga party it was truly a one-of-a-kind bonding experience.

The semester was packed with events ranging from our amazing Sports Reps who organised a social badminton night, IPSF Reps with their online information evening to connect pharmacy students from all over New Zealand and Australia, to our Marketing Reps who collaborated with Green Cross Health to run an engaging internship workshop. Additionally, we were able to finally kick off the BPharm Peer Mentor Programme to connect students within different cohorts together and provide friendship and support, thanks to our Education Rep. The pharmacy spirit and participation was on point throughout the entire semester.

Continuing the pharmacy hype was PUB CRAWL, where we truly celebrated being 'Back 2 School' and had a blast as we downed our 'Learn to ~~See~~ Drink' teapots. Whilst time flies by, we have lots more planned coming up ahead, so keep a look out!

Finally, I'd like to say a huge thank you to everyone on the APSA team for making all of this possible. You have all been so wonderfully supportive, communicative and inspiring throughout this journey so far, and I can't wait to work alongside you all for the rest of the year!

2ND YEARS

KELLY & NISHIT

Hey smarties! It can be difficult to walk into a crowd, not knowing anyone, and realise that you are stuck with them (literally) for at least the next 3 years. It is challenging to meet new people, make new friends, socialise, and not be anxious. The year for the Class of 2024 initiated with a banger freshers camp. It started with funny introductions on the bus ride, changing songs every 10 seconds, and talking about things in common. Then different activities kicked in over 3 days, including some bromance, some teamwork, and bucket-loads of fun. On the way back, introductions and talking about common things changed to deep talks and debating over different opinions.

The holidays were officially over, and the start of the year was off-campus, on zoom - now we know why dogs get so excited to go for walks. From not knowing anyone behind their laptop's screens, things quickly turned around after a few in-person labs. More introductions took action at the in-person labs. Time flew, and the mid-sem break passed. Left our uni stress inside the uni, nek minnit®, there were exit tests, calculation tests, lab assessment, exams and assignments all thrown at us within the first 6 working days after mid-sem break :((

After the mid-sem break, everything was going back to normal (but with masks); with no more zooms (in-person > zoom all day), it finally started to feel like one happy pharmily again. However, sad reality hit us with assignments (all-nighter material) and tests. Those late-night studies and last-minute cramming were inevitable for most of us. Running into each other in Philson Library became part of the daily routine.

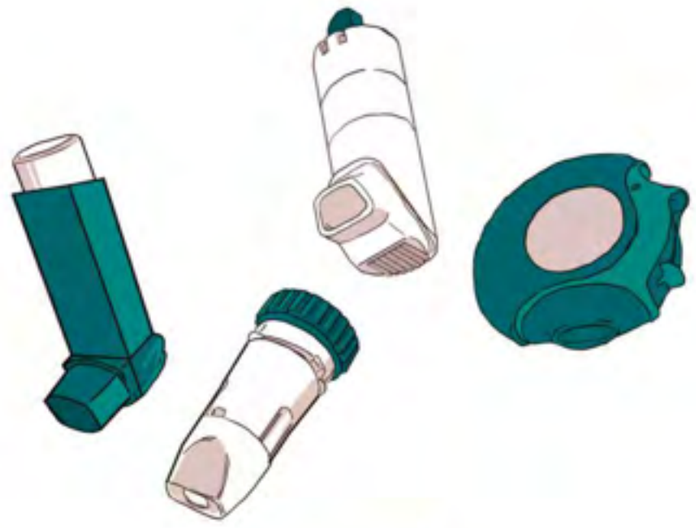
Just when we thought things were all too much, there was Pubcrawl. A night that will stay true to our hearts forever. A night full of laughter, bonding (covalent) and vibing to music. Special shout to our best dress winner at pub crawl: Rose Akkerman! A special thanks to all the staff and seniors for making sem 1 a breeze. Congratulations on finishing sem 1. Time to do all-nighters again in sem 2. We believe in you, class of 2024!

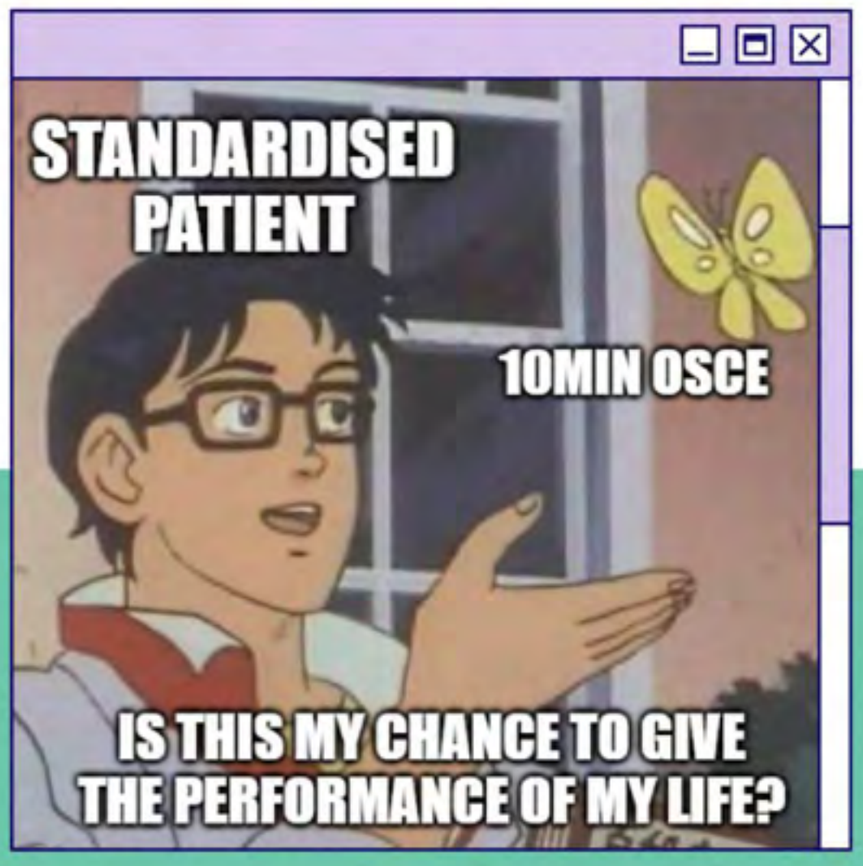
3RD YEARS

JONATHAN & MADDIE

Hello third years! Can you believe we are already halfway through our degree? Crazy right?!?! It was so so nice to see you all back on campus and studying to be drug dealers.... Aka the "medicine experts in the room". We went through blood, sweat and tears this semester, from wondering how to use turbuhaler all the way to deciding what colour we're going to use for our formulation posters. We even got to do an OSCE in person! Moving back onto campus learning has been refreshing and allows us to engage even more in our case studies.

We have cried, laughed and even doubted ourselves. BUT we are managing to pull it through with STYLE What was very heart-warming was seeing how caring all of us were to each other during this sem. We look forward to moving closer to being fully-fledged pharmacists in the next year and a half! THANK YOU ALL and stay kind. A special thank you to APSA and all the pharmacy school staff who work very hard to deliver us everything we need to know!





4TH YEARS

EMILY & DANIEL

Hey Team! What a journey its been. We've just ~~survived~~ passed semester 1, and as we rest up before we head into our final semester, lets take a moment to reflect on how far we've come. The path hasn't been easy, but who ever said it was going to be?

It's been an rollercoaster of a semester this year, one which has been full of case readings, late nights, and oh so many hours in Philson/IC. In just 4 months we triumphed over cancer, Parkinson's, depression, and many more health conditions, gaining about 100 new drugs to use in our arsenal. We also tackled our dissertation projects head on, completed a massive 2500 word literature review, did another law test, gained valuable and insightful learning experiences from placement, and triumphed over our final OSCEs. We knew fourth year was going to be difficult, but that didn't stop us from facing our challenges, supporting each other, and doing our very best.

Midway through the semester, we were able to shift from online to on-campus activities. Seeing everyone reconnect with their friends, peers, and lecturers made us realise how strong and valuable our pharmacy community is. We've definitely missed having catchups with our friends, having activities such as dispensing onsite, and interacting with our many supportive tutors and lecturers. Despite seeming so simple and ordinary, these are the things we truly cherish when we can meet together.

From freshers to seniors, we've proved ourselves to be leaders as we near the end of our journey. We've become researchers, investing our skills and knowledge towards causes greater than anything we've done before. We've become mentors for each other, supporting one another as we tackle the challenges that the BPharm has in store for us. We've also become caregivers, putting true compassion and empathy where it matters. While our BPharm journey may be looking close to its end, these attributes are what we hold dear throughout our careers. We just want to finish by congratulating everyone on their progress throughout this semester; It's been a tough one! We've all cried, stressed, and spent countless nights, but even the BPharm is no match for our resilience. We've got one more semester to go, so lets make it our best!

Highlights

AUCKLAND PHARMACY
STUDENT ASSOCIATION
School of
Pharmacy

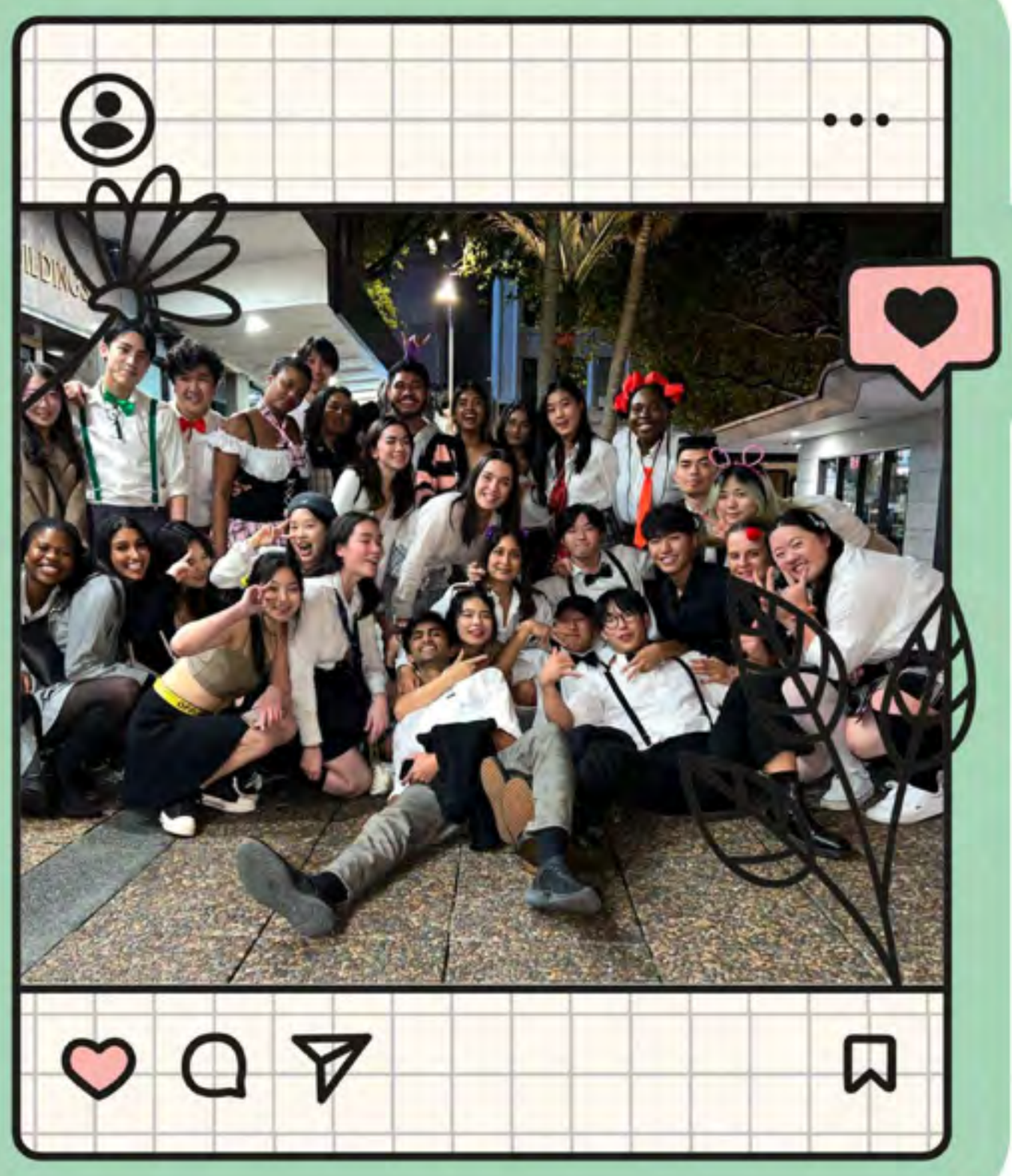
Zambrero

BRENDAN, ANNEKA & EMILY

HI pharmily!!! WHAT a semester it's been! Hopefully everyone is doing amazing and have had a good start to the year. With covid once again making an unwelcome appearance, it sure felt like we weren't going to be able to PARTYYY (or at least in person) for a while BUT we still managed to mix up a great cocktail of events!

Our year started off with the legendary annual freshers camp where we got to mingle with our new bunch of 8 star pharmacists <3. The days were filled with bonding and partying, which really brought out the wild side in some people! Our first mission was the Amazing Race which ended with teams having to dive into the water. Let's just say our first mission was a big SUCCESS. To make camp even more memorable, the TOGA PARTY was the cherry on top serving us a crazy amount of fun once again! We hope this camp was the making of life-long memories & friendships <33

After recovering from freshers, our next event was our online GAMES NIGHT, in collaboration with the Sports Reps!! Let's just say things got very competitiveeee. We had a range of games like tetris, drawing games + random ones meaning there was a game for everyone! The exhilarating Tetris tournament really unleashed peoples competitive sides and had the suspense going :o Ps. no friendships were harmed (or were they???) Overall, it was a wholesome night filled with laughter, yelling and maybe some friendly trash-talk...



The MAIN STAR was our annual PUBCRAWLLL !!! This finished the sem off with a banger before we approached exam weeks! Keeping our education in mind, there was no better way to celebrate the semester than to take a trip down memory lane in this year's theme: "Back 2 School!". The vibes did not disappoint as we reached our highest attendance with close to 100 students hopping on the school bus for an exciting field trip. With a star-studded itinerary of the most iconic bars and a full class eager to study bus etiquette and revise their dance moves, there was no doubt pubcrawl was going to be an iconic time! We made sure everyone was getting A+'s that night!

AH what a wrap to this semester!! An extemporaneously compounded product of socialising, partying, maaaybe a bit of vomiting but overall friendship-forming and bonding! You've got a few repeats left so make sure you come back and collect them soon cause we hope you guys are ready to do it all again next sem!! <333

SPORTS

MAX & CELINE

Hey pharmily! It has been a hectic and full-on year but we hoped that you've enjoyed our sports events so far! Welcoming part II students, we kicked off strong with our yearly Freshers camp at Martin's bay beach! Under the golden sun, we ran games of Tapuae, Ultimate Frisbee, Charades and water based rob the nest - provoking our students' thirst for complete domination! With everyone's active participation and eager displays of everyone's competitive spirit, the event was filled with thrills, excitement and raw energy. At the end of rob the nest, border line water fights left everyone drenched in their clothes! Shout out to Faith and all the other helpers involved in making this event a success.

Our 2nd event was the Social x Sports virtual games night held in late March. As a substitute for physical sports due to COVID limitations, we ran an E-sports night running Jackbox, Scribblio and Tetris simultaneously via zoom. It was a chill get together, with plenty of socialising earlier in the night, transitioning into a highly competitive and intense atmosphere during our competitive tetris tournament. It is amazing to see how many tetris prodigies were hidden within our cohorts because some of you are actually insane.

Badminton Night was a new sports event that we have this year and this was held during the mid-semester break. All pharmacy students, interns and staff members were invited and due to the lack of physical classes on campus (impacted by COVID ;(), it was also some people's first time going into the city for a long while and socialising in person! Of course, the night mustn't end with anyone drained and hungry and so a Maccas run was an obligatory.

If you've missed the events or are keen to just get another round of sports, be sure to look out for our annual Multisports Night on the 5th August 2022 at the Auckland University Sports and Recreational Center. Be there or be square because it would be our biggest and most exciting sports event keep your eyes peeled! *registrations will be available soon*

Highlights

Highlights

MARKETING

AYAKA & SOO

We kick-started the year with Kevin from ProPharma presenting a sponsorship talk at the annual freshers' camp. Many pharmacy-related topics were discussed, providing an insight of the profession to the 2nd-year students.

Following on, APSA held a Green Cross Health internship workshop for fourth-years and anyone with interest. Gemma, Gillian, Vicky, Cathy and Marie visited to share their experiences. Furthermore, Green Cross Health introduced Life Pharmacy and Unichem for internship sites, as many across New Zealand offer fantastic intern opportunity. This was an extremely valuable learning experience for the fourth-year pharmacy students as it provided an overview of what to expect in their near-future as interns.

All APSA sponsors are heavily involved in providing an optimal experience for pharmacy students at the University of Auckland, and our events are only made possible with their generous support. On behalf of the School of Pharmacy, we would like to send our deepest thanks to all the sponsors who have supported us through the years.

GREEN CROSS HEALTH

life Pharmacy

Unichem

MAPAS

KEISHA

Kia ora, Talofa lava, Mālō e lelei, Bula vinaka, Fakalofa lahi atu, Mālo ni and warm Pacific greetings. This year we hope that MAPAS can be involved in more decision making, more culturally influenced events or initiatives, and more engagement with other pharmacy students. By creating specific goals for the future of MAPAS in the School of Pharmacy, we knew that they would aim to maintain the essence of Māori and Pasifika culture, as well as open up new opportunities for pharmacy students to learn a bit more about MAPAS.

As the MAPAS representative I have been able to represent Māori and Pacific students in a few different events held by APSA. At fresher's camp this year, I held the very first MAPAS led event for sports day which was tapuwae! From now on, this tradition of holding a Māori or Pacific related event will occur every year which I am very proud to see.

Another initiative involving MAPAS new to this year is celebrating the Māori and Pacific Language Weeks! This entails learning about interesting facts about each culture and their languages, and also about the different cultural customs and traditions there are. I think it's important as future health professionals to hold some sort of knowledge as such because it's important to be culturally safe and competent! There is a lot more to come from me and MAPAS this year, so I hope you all are just as excited as I am to see what's in store! Ngā mihi.

GRASSROOTS

ASH

We're already halfway through our academic year and what a year it already has been! I'd like to congratulate every single one of you for completing semester 1, it hasn't been easy having a mix of in person and online classes so well done.

As for Grassroots, we entered into the new year and welcomed the fresh new faces of pharmacy with our annual pharmacy camp that was jam packed with fun games and building lifelong friendships. The weather was unpredictable, however, it didn't stop these courageous 2nd years from going all out and giving it their all in the various Grassroots and sports activities.

Can't wait to see some of you guys on our Rural Health Trip to visit pharmacies in the Waikato area.

Keep on giving it all your best in pharmacy and we'll see you in future events, around campus or as colleagues in pharmacy!

IPSF

ANNA

APSA has been a member of IPSF since 2020 but what is IPSF?! International Pharmaceutical Students' Federation (IPSF) is an international advocacy organization for pharmacy students to promote improved public health care through education and networking! Because IPSF hasn't been around long, it is still an organisation that has full potential to grow in future APSA cohorts!

This year in May, IPSF APSA held an online information session night in collaboration with the Australian and Otago pharmacy school. Roughly 60 students joined the session and it was a fun night to learn how other countries' pharmacy school runs and students' daily lives.

IPSF also runs a student exchange programme but unfortunately due to COVID, this wasn't possible to have proceeded. IPSF's goal is to run the exchange programme in 2023 or 2024 for the students to experience unique pharmacy fields in different countries!

Asia Pacific
Regional Office

COMING UP NEXT...

- Multi Sports
- PSNZ Careers Evening
- STEIN
- Waikato Weekend
- Rx Factor
- Pharmacy Ball

THIS COULD BE YOU!

SPONSORS

A massive thank you to our sponsors...

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END

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