

# Albert Benjamin Scholarship Report

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Alpha Tau

Phi Delta Chi is a fraternity that stresses the importance of leadership, scholarship, service and professionalism as the key components for the progression of pharmacy. Our Alpha Tau brothers are consistently striving to improve our academic standards and maintain a more than adequate possession of study materials and aids. Not only do we provide materials, we provide interactive opportunities to improve each individual's academic performance. We record and analyze our achievements so that we can always find ways to improve our academic standing. Alpha Tau begins this process from day one as a pledge and actively guides each brother until graduation to ensure that we are molding the finest pharmacists in the field.

## Programs Promoting Scholastic Improvement and Achievement

### *Notes*

To aid our brothers in their studies, the scholarship committee annually compiles a CD of class notes and study aids that have been accumulated over the past year. The notes are filtered for quality, then organized by subject and filed accordingly. The notes are then distributed to our brothers by the scholarship chairs via direct electronic transfer to ensure our notes are confidential and remain within the fraternity. Notes are usually given out at meetings and are always available to those that would like to use them as a reference. This year's improvements to the notes include a helpful table of contents based on disease states and standardization of file names. With approximately 400 electronic files amassed for the P1 school year, 600 files for the P2 year, and 700 files for the P3 year to sift through, a filing system is critical for finding files and study aids quickly. At the end of every semester brothers apart of the scholarship committee work along side the scholarship chairs by scanning and collecting notes that other brothers have donated. The committee tries to obtain a variety of notes to cover all the learning styles that our brothers have. This is to ensure that our notes banks are always current and ready for use.

### *Medicinal Chemistry Review*

A tutorial for medicinal chemistry hosted by the P3's was held for the P2's right before their first medicinal chemistry exam. The purpose of this tutorial was to advise the P2's on how to successfully take a free-response exam in a time-efficient manner. Most students attending public universities have become used to multiple choice exams, so when free-response exams were employed last year for the first time, grades were highly variable. Many did not consider the time involved with writing a response and the importance of being concise. This was a mistake P3's hoped the P2's would not make, thus the tutorial was organized.



## *Tips/Test Taking Session*

When students first enter pharmacy school they can be nervous and worried about what the work and curriculum will be like. This anxiety especially kicks in before the first round of exams, as the P1s are unsure if their studying styles and preparation are sufficient to do well. To alleviate some of this apprehension the P2s held a studying and test taking tips session for the P1s. The response to the session was tremendous as over 100 P1s attended. During this time the attendees were given handouts with hints and tips of how to approach studying for classes and taking exams.

The P2s that participated shared with the P1s how they felt when they were in their shoes. They also offered advice and words of wisdom from their experiences that they learned from. At the session a handout of key helpful studying and test taking tips was distributed and discussed to assist the P1s in their preparation for their upcoming exams. The P1s also got to ask questions and get answers to things that they had concern about. Such items included professor teaching or testing styles and how to go about learning the material.

Overall the P2s were eager to help and the P1s were very grateful for the session and advice they received. Lori Krustchinsky, a P2 and Dean's Lister had this to say about lending a hand. "I like helping the pledges because I truly want to see them achieve academically, as well as in other aspects of pharmacy. I remember how daunting the classes seemed during my first semester of pharmacy school and how I was always thankful for the help and



advice of the actives in our PDX chapter. Now I can show my gratitude to those who helped me by dedicating time to helping the pledges so that they will know that us, as actives, are there for them and want to help them succeed." At the end many felt that their stresses were relieved because they received guidance from people who had gone through the same experiences and were previously in their shoes.



P2 Participants: Khushbu Patel, Lori Krustchinsky, Ramesh Cheruvu, Mozhgon Moaddab, Amaris Fuentes, Christopher Feller, Zaveria Memon

### Studying Tips:

- Re-listen to lectures (record them); Dr. Alkhadi is very thorough, so it is difficult to write everything down.
- Take great notes, or find someone who takes great notes.
- Know what happens in cases when certain things are manipulated
- Do not procrastinate
- Review notes from previous tests, as the tests are cumulative
- Do a little bit each day to prevent information from piling up
- Draw out things when studying, like action potentials, and label all the parts.
- Read and reread notes over and over again until you understand the concepts and memorized the details. Book helps if you're having trouble understanding the notes.

### How to Take Exams:

- Arrive at Agnes Arnold early and get settled in quickly. You only have 50 minutes to take the test and the faster you start the more time you will have.
- Because he uses multiple multiples, you really have to understand the topics. Study everything.
- Read the question carefully. There might be a word in the sentence that changes the answer completely.
- Read all of the answer choices before selecting your final answer
- For each answer choice quickly decide why it is true or why it is false to help you narrow your choices down.
- Do not second guess yourselves on tests or change answers unless you are 100% sure the answer you have chosen is wrong

### Example question:

The resting membrane potential of a nerve becomes:

- A. less negative when  $\text{Na}^+$  concentration in extra cellular fluid  $[\text{Na}]_o$  is increased
- B. less negative when  $[\text{K}^+]_o$  is increased
- C. more negative when  $[\text{Na}^+]_o$  is increased
- D. more negative when  $[\text{Ca}^{2+}]_o$  is increased
- F. none of the above

Figure 3: Handout for the Tips Session

## *Bring a Brother to Work Program*

“Bring a Brother to Work” is a new program created to give brothers first-hand experience in different aspects of pharmacy and to foster relationships with alumni. The idea is to have one to two brothers at a time accompany alumni for about one hour during their daily activities in specialty areas of pharmacy. Our hope is that this exposure might guide our brothers in their careers and rotations while simultaneously getting our alumni involved. At this point in time, four alumni have agreed to participate in the program; one alumnus owns and operates a compounding pharmacy; another alumnus is an ICU pediatric clinical pharmacist at Texas Children’s Hospital, another alumnus does consulting for geriatric patients; the last alumnus teaches compounding at Professional Compounding Center of America (PCCA). We are in the process of recruiting more alumni and planning the days that student and alumnus can meet. Planning the meeting days is the greatest challenge to “Bring a Brother to Work” given the hectic schedules of students and alumnus.

## *Brothers for Better Grades*

Phi Delta Chi stresses excellence within each of the chapters around the nation. Members of the Alpha Tau chapter continue to stress these beliefs. This year we are exerting emphasis on our Brothers for Better Grades program, which collects student’s grades anonymously to track our academic progress through the school year. This program allows us to compare with previous classes and decide whether or not tutorials may need to be organized. To motivate brothers, we have decided to make this a competition between the different classes. The winner is the class with the highest average and they win a potluck hosted by the class with the lower grade. As a part of this program, the Scholarship chairs strive to seek out the students in academic need and make sure that they are receiving the necessary tutoring to improve their academic success. Brothers needing assistance are often paired with a current brother doing well in the course or a brother who has taken the course and performed well. As mentioned above, this year more emphasis was focused on holding tutoring sessions to ensure that brothers are prepared for what they should expect from an upcoming exam. This program has the potential to continue to evolve every year in our chapter. New programs can be added every semester and new ways of raising academic standards can be established.

## *4<sup>th</sup> Year Rotation Information Forum*

The 4<sup>th</sup> year rotation information forum is organized to give brothers a 1<sup>st</sup> hand account of what specific rotations are like. The testimonies of our P4’s give insight into specific areas of pharmacy that P3’s may know little about, such as nutritional support, transplant pharmacy, critical care, Indian Health Services, and the Food and Drug Administration. P3’s also have the opportunity to ask questions and get a student’s point of view on rotations they may be interested in. The 4<sup>th</sup> year brothers who are out on rotations and unavailable to attend the session are writing their thoughts about their specific rotations which will be compiled and handed out to every P3 in attendance.

### **Participants:**

Parth Amin	Jodie Gee*	Kelly Pulte
Alden Au	Annie Le	Ngan Vo
Marissa Escalante*	Mary Nguyen*	Phillip Weeks

\*Brothers were not in attendance but participated by providing handouts.

**Attendees:**

Jissi Balon	Ali-Reza Shah-Mohammadi	Betsy Varghese
Jonathan Huang	Annie Tran	
Michael Poon	Dan Truongle	

**Chapter Recognition of Scholastic Improvement/Excellence**

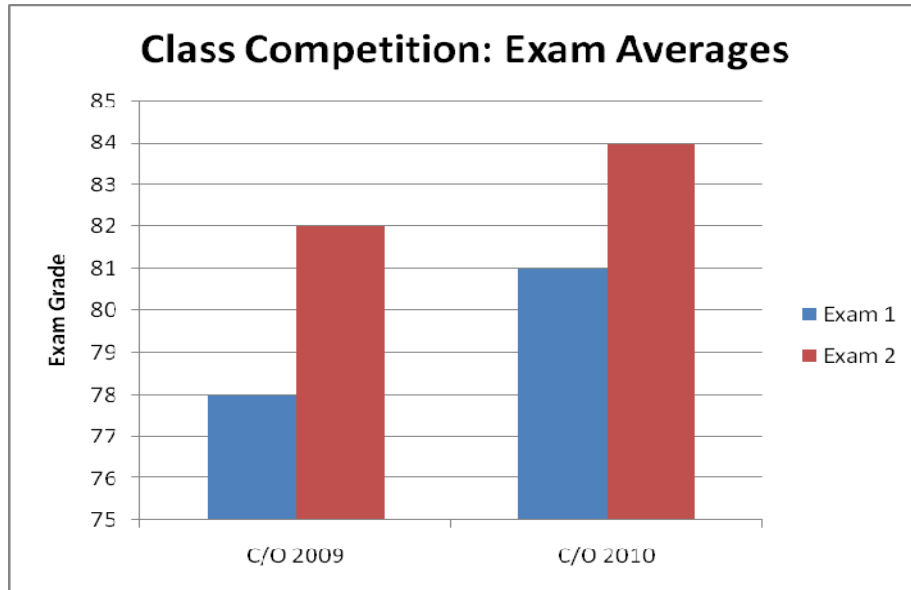
Alpha Tau is strongly aware that scholarship is an important part of our fraternity. Every program has been designed to incorporate all Brothers in trying to attain higher academic goals. “Brothers for Better Grades” was initiated last year to help everyone become more invested in their studies and make everyone aware of the fraternity’s emphasis on academics. This program has been a success so far and strives to keep brothers informed of academic excellence. We have done fairly well by maintaining an average higher than the class average. This year we continue the tradition of holding a friendly competition between P2 and P3 brothers. The class with the lower average will treat the winning class with a potluck meal; therefore, we will celebrate scholastic success while bonding with our fellow Brothers.

Our chapter also awards individual Brothers for their academic achievements. At our annual Winter Formal, Alpha Tau acknowledges people on the Dean’s List (GPA of at least a 3.5) and brothers inducted into Rho Chi (top 15% of the class), by presenting them with the title of Phi Delta Chi Scholar in addition to receiving a Phi Delta Chi Scholar pin. We also recognize the pledges for their hard work in the fall semester and for being newly initiated into the fraternity by awarding the Best Pledge, Smartest Pledge, and Funniest Pledge with a plaque. This year we have thought about giving all of our brothers who make the dean’s list a chapter scholar pin they can wear on their white coat to show their academic excellence.

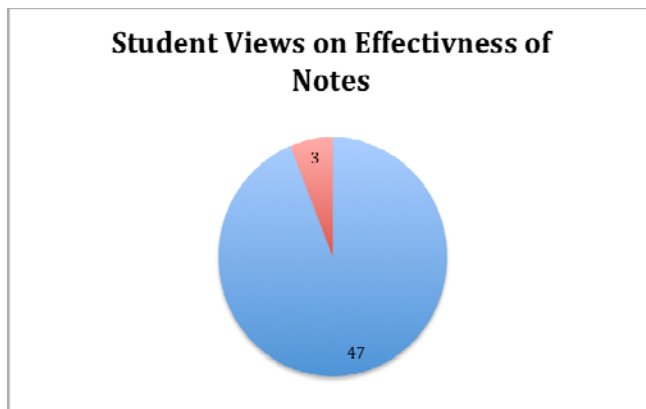
The P4s are also recognized for their achievements for the past 4 years by participating in a dinner celebration that is hosted by the chapter in April 2009. Here we will reminisce and give good tidings to the soon to be alumni. They have definitely achieved the most celebrated goal in pharmacy school – becoming a Pharm. D.

## Outcomes of Scholastic Achievement

The class of 2010 has shown improvement in exam 1 and 2 of Therapeutics 1 when compared to the class of 2009, although we must note that the class of 2009 curriculum is different from the class of 2010 curriculum (the C/O 2009 had two semesters of therapeutics, whereas the class of 2010 had three semesters). Class of 2009 and Class of 2010 had averages of 78 and 81, respectively on therapeutics exam 1, and 82 and 84, respectively on therapeutics exam 2.



The class of 2011 has done significantly well on exam 1 and 2 in Pharmacology 1. Even though we did not collect grades last year for Pharmacology it is something new we started this past year. The average grade for Pharmacology exam 1 was 80. To prepare for this exam the brothers were given various notes and study materials to help them understand and the information. Since we had no data from last year, we polled the P2 class to see if the notes helped them on the exam.



Of the 50 people we polled, 47 said they utilized our notes and found these materials to be beneficial and effective in preparing for the examinations.

Our tutoring sessions proved popular as well. Pledges and P2's were polled and we found that out of the brothers who attended, a majority of each class really found the tutoring sessions effective and beneficial. Most of our brothers agreed that the notes this year had something for everyone and were better organized than in years passed. Brothers also said that they used the notes as a reference to compare their own notes and liked having them to utilize. Various brothers have begun to offer tutoring sessions based on their strengths in classes.

The following lists are brothers of Phi Delta Chi who have proven their academic excellence among other University of Houston College of Pharmacy Students. They have been recognized through the following achievement awards presented by the college:

Rho Chi 2007-2008

Roland Ako	Annie Tran
Clay Otto	Ngan Vo
Amila Patel	Phillip Weeks

Dean's List (Fall 2007 – Summer 2008)

Sibyl Abraham	Lori Krustchinsky	Kevin Rossler
Roland Ako	Annie Le	Sarah Sokol
Claudette Alvarez	Timmy Le	Priscilla Soto
Alden Au	Zaveria Memon	Clayton Thorne
Joshua Cooke	Frank Mistretta	Annie Tran
Wendy Covert	Mozhgon Moaddab	Ngan Vo
Marissa Escalante	Clayton Otto	Christopher Wagner
Amaris Fuentes	Amila Patel	Grace Wang
Jodie Gee	Khushbu Patel	Phillip Weeks
Meredith Grant	Kelly Pulte	

Brothers Receiving a Scholarship (Fall 2007 – Summer 2008)

Zaveria Memon: Academic Excellence \$5000 per year

Lori Krustchinsky: \$1000 per year UH College of Pharmacy

Mallory Gessner: \$500 from faculty May Woo & \$500 from CPFI

Brian Butler: \$500 UH Golf Tournament & \$500 St. Charles

Stephanie Harder: \$6000 per year Presidential Endowment & UHCOP \$1000 per year

Nancy Moaddab: UHCOP Scholarship \$500

The scholarship committee has worked diligently in providing numerous opportunities to advance the scholastics program for our chapter of Phi Delta Chi. New innovative ideas to distribute education materials and organization of study sessions and tutorials will prove to be a critical factor in the chapter's scholastic progress. The following chapter brothers are recognized for their commitment to the scholarship committee of Alpha Tau:

Scholarship Committee

Chris Feller

Zaveria Memon

Tochi Nwosu

Michael Poon