

Portfolio Reflection 2017

How have the curriculum and co-curriculum learning experiences in the past year helped me progress towards my SMART goals?

SMART Goal 1:

Lose 40 pounds by April 2017

Reflection: (400 word limit)

My first SMART goal have to deal with my health, and this goal still in progress. My goal was to lose 40 pounds by the end of April. I made many mistakes trying to lose weight in the wrong way by not eating well, and having problem with my stomach. Nevertheless, the curriculum and co-curriculum experience have helped to do many arrangements to reach this goal without hurting my health. For example, the Physiology and Pathophysiology II class was a great resource to better understand the function of the stomach. For instance, what happen to your stomach if you stop eating and the consequences of taking NSAID frequently, which affect the prostaglandins production of the GI track. I used to eat in the morning and not eat in the rest of the day, and then take an ibuprofen with my empty stomach. It was so irritating for my stomach and I was killing my GI track. Besides, when Dr. Schier talked about the Renal Physiology and Kidney stones I got very concern about the consequences of not taking care of my body now because I am a Coca Cola addictive, so I working to stop drinking this soda. The Physiology and Pathology I and II classes have helped a lot in my personal life. Besides there have been some co-curriculum activities that support this SMART goal. For example, the Glucose Training in October 2016 in Palm Beach Campus was amazing because I learned how to monitor the glucose and to better understand the results. By getting to know the consequences of high glucose and the disorders made me better understand more about the risks of being obsessed of losing weight. I also had the opportunity to participate in the Glucose Test at the Palm Beach Outlets in October 2016 where I made screening questions to patients before they got their glucose test. Another activity that support my smart goal was the NCPA Health fare where I met people from the pharmacy environment and other disciplines. It was such an amazing experience. Being in pharmacy school have been a bless because I have learned so many things about drugs, treatments from the different diseases, as well as treating my own health. I conclude that I will lose weight by taking care of my body in the right way, not putting pressure, but by doing exercise, eating healthy, and plan what I am going to eat each day. The best advice is to love yourself the way you are.

SMART Goal 2:

Finish to write my book

Reflection: (400 word limit)

Pharmacy school had contributed so much not only professionally, but personally. For example, my second SMART goal was to finish one of my books, *On the Other Side*. This book is a suspense story which is scientifically related to the Neuroscience. While writing this book, I needed to learn more about Neuroscience, so when I took the Physiology and Pathophysiology I class with Dr. Mashukova she taught us about the neuroscience, action potentials, and the action of neurotransmitters. I was fascinated because it created a new passage to my story. I saw some videos about neuroscience before, but the way she explained it helped me visualized how everything was happening at the same time. Besides, English is not my first language, and thank to the writing assignments from leadership class and other classes, my writing and talking have improved so much, and I keep learning with a positive attitude. Also, part of my story I need to know how actually the body perceive the effects of drugs. Thanks to Dr. Castejon class of Dynamics I class, Receptors I better understand the relationship between the ligands and different receptors in the body . It was the last material of the semester, but I was very interested to get to known the different ways the body generate an effect. This action and response relationship also incorporate a great part to my story *On the Other Side*. I haven't finish the story yet, because I think I still need to learn many other concepts and create a believable and great story that people could understand, and could identify too. Besides right now I am taking the drug informatics class, and next week we will make a group work presentation. This kind of presentation would help me to better my oral performance. Also, we had to make a report to this presentation which also helped to add more vocabulary and learn new concepts of this amazing career. I will keep learning and improving my English and my public speaking. That is why I will attend to the Public Speaking Presentation Seminar in Palm Beach Campus this week in April 05, 2017.

SMART Goal 3:

Work as a Pharmacist Student Intern

Reflection: (400 word limit)

My third SMART goal by this time was to get a part time job as a Pharmacist Student Intern in a pharmacy store to learn more about this amazing profession. This goal still on the road, but I would love to have the opportunity to work in a pharmacy store during the Summer, or any term. Meanwhile I will keep learning about diseases, drugs, drug and drug interaction and drug mechanism of action. That is why the Physiology and Pathophysiology class this semester have been so interesting for me. We learned the Physiology and Pathophysiology of the Renal System, Stomach, Endocrine System, and now we will start with the Respiratory system. This class had helped me personally. For example, at the beginning of this semester my grandmother was having an issue with one of her kidneys, but one week before the Renal exam, my grandmother was hospitalized and my whole family were so worried. Everybody called me because they could not understand what was happening to my grandmother. I was shock because I am still student, but I did my best to calmed down the family and I explained them what could be my grandmother situation based on what I knew. Two days later, she was out of the hospital. At that moment, I understood why we are one of the must trust professions. People want to feel secure. Faith in God and faith in your knowledge create the door of hope in our society. In addition, my boyfriend also had kidney stones, but in one of Dr. Murdock lectures he talked about kidneys stones and mentioned potassium citrate which was the same treatment my boyfriend was taking at the moment. To reach this SMART goal, co-curriculum activities in NSU have been a great plus to keep on track in this amazing road. For example, at the beginning of March 2017 we had the NCPA Pharmacy Round Table where I had the opportunity to talked with local pharmacists in the Palm Beach area, and got to known the opportunities outside in the field. I was surprised that most those pharmacists where graduated from NSU. Some of them work in Walgreens and CVS, but there were other pharmacists that have their own business. I remembered I talked to this pharmacist who has his own business in Jupiter, and he was explaining about the compounding process and the opportunity he has for NSU students. Also, I got to know more about the process to start your own business. That experience made me realized what I would like to do for my APPE year.

How have the curriculum and co-curriculum learning experiences in the past year helped me work better as part of a team?

Reflection: (400 word limit)

Working with a team is difficult sometimes, but here in NSU working together have become a great experience to me. My first group assignment was in Introduction to Leadership I last semester and I thought it was going to be difficult because we all come from different countries, so we could have some issues, but it was all the opposite. My leadership group worked amazing, and it was because we all have the same dream, and we want to do our best. We also worked together for the Pharmacy Calculation class, and we did great working together on the quizzes, and helping each other when needed it. Today, we all still working together and it have been such an honor to meet people from other countries, who have the same dream as you. Also, the co-curricular activities are also amazing. Being part of the NCPA, APhA, SSHP and others have encouraged me in many positive ways. For example, last semester the APhA did the Heart Walk activity, and I was so fascinated how much support the NSU students offered that day. In addition, starting this amazing journey by supporting the profession you love is very grateful. That is why as part of a Leadership II assignment all the P1s we wrote a letter to Florida Senators to give support to the pharmacist provider status the New Pharmacist Provider Status Bill Introduced in Congress (H.R 592 and S 109). We as future pharmacists have the responsibility to be part of this movement, and if we all work together our voice can be heard. Pharmacy associations across the United States are looking at how they can help to both advance the federal efforts and make progress in their own states. So, this is the start to fight for our rights, but working all together. This movement have inspired me to run for an officer position in the future and become a leader full dreams and actions. We all have so much to give and by joined these associations we can be surprise of the things pharmacist students can do to help others. For instance, at the beginning of this semester we had the NCPA Welcome Back BBQ which was so much fun, and I remembered the P1 we were carrying all the stuff out of the car, and helping serving the food. Being united make us stronger.