

Laurel

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PLS National

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- President: Cathy Worrall, PharmD
- President-elect: Cynthia Boyle, PharmD
- Immediate Past President: Leslie White, PharmD
- Speaker of the House: Lisa Savage, PharmD Candidate
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- Treasurer: Alan spies, RPh, JD, MBA
- Parliamentarian: Jeff Douglas, PharmD

Annual Meeting~ Orlando, Florida.....April 1st—5th

- All Chapters should submit the names of the chapter members that have been appointed as the delegate and alternate delegate to the Phi Lambda Sigma House of Delegates. You can find a downloadable form on the national PLS website at www.philambdasigma.org and send it to the national office.
- All PLS chapter members are encouraged to wear their Key-pins at all events during the APhA National Convention.
- Encourage active local chapter members to run for national offices at the National Meeting. Visit the website and find a form for an "intent-to-run" as well as more information about each student elected position. Please feel free to contact any of the current national officers, if you have any other questions.
- Encourage any active faculty and alumni to pursue a national executive position as well. Again, more information can be found on the national website.
- Don't forget to recognize your outstanding chapter member with the Chapter Member of the Year Certificate. The form can be found on the website and sent via email or regular mail to the National office. A certificate will be sent to the nominator for presentation by your chapter at the designated time. All names received by March 10th will appear in the 2005 Awards Program. This is an extension!
- PLS Reception, Saturday, April 2nd, 5:30-7:00. Peabody Hotel, Plaza F. All members invited.
- PLS House of Delegates, Sunday, April 3rd, 9:00-11:00, Convention Center 207A. Send in your delegate appointment forms anytime before the meeting. Emails are acceptable.
- PLS Awards Luncheon, Monday, April 4th, 11:30-1:00, Peabody Hotel, Plaza C. Ticket required, order with registration.

We hope to see everyone in Orlando!

Developing Your Leadership Challenge Poster By: Cathy Worrall, National President

Congratulations! We have received 13 Leadership Challenge proposals for the 2005-2006 academic year! Great job PLS chapters! Now it is time to start working on your Leadership Challenge proposal poster that will be displayed during the PLS reception on Saturday, April 2 and during the PLS House of Delegates on Sunday, April 3.

Each chapter that submitted a Leadership Challenge proposal for 2005 should design a poster, not to exceed 2 feet by 3 feet, describing your proposed project. You can pull information directly from the proposal you submitted to the National office for your poster.

These posters will not be judged as part of the Leadership Challenge competition, however they are a very important part of the process because it provides your chapter the opportunity to share your ideas with other PLS members attending the PLS events at the APhA Annual Meeting. The winning Leadership Challenge proposal will be announced at the PLS luncheon on Monday, April 4 and a member from that chapter will be given the opportunity to present their project idea to the members in attendance. All chapters submitting Leadership Challenge proposals will also have the opportunity to briefly present their proposal during the PLS House of Delegates on Sunday morning.

We encourage all chapters who submitted Leader-

ship Challenge proposals this year to develop their poster in Power Point. Creating your poster in Power Point will allow us to post all the Leadership Challenge proposals on our national web site, so your ideas can be shared with members across the country. If you have never created a poster in Power Point, here are a few tips to get you started:

First, you need to set up the slide page for your poster. Click on "file," then "page set up." Select the orientation for your poster (portrait or landscape), then set the width and height for your poster. For a landscape poster, set the width at 36 inches and the height at 24 inches. For a portrait poster, set the width at 24 inches and the height at 36 inches. Now go to "format," then "background," then click on the arrow under "background fill," then click on "more colors." Here is where you can select the background color for your poster. If you go back to the arrow under "background fill" and click on "fill effects" you can also select different background patterns or textures for your poster.

Once you have determined a background color for your poster, click on "format," then "slide layout." Select the "blank" slide layout option for your poster.

Now you are ready to create your poster! Click on the text box on the tool bar at the bottom of the page, and then click at

the top of the poster to add your title. Each time you want to add more text just click on the text box, then click on your poster where you want to add text and start typing. You can select a font and font size from the top tool bar. You can also change the color of your poster fonts by clicking on "format," then "font," then "color." You can draw lines between sections or boarders around sections of your poster using the drawing tools found on the bottom tool bar. You should use large font sizes for your poster text. People viewing your poster should be able to read it easily from 3 feet away. Your title fonts should be the largest, followed by subtitle fonts and text fonts. Try to maintain a font size of at least 28 for all poster text; however try to use the largest font sizes possible for best viewing.

As you create your poster, periodically take a look at your progress by going to "view," then "slide show."

This view of your poster will show you exactly how it will look when printed and can help you see if you need to make any adjustments in font sizes or poster layout.

Once your poster is ready to print, save it to a disc or CD-ROM and take it to a local print shop. You should be able to get a University rate for poster printing. For example, the University rate at our local Kinkos is \$4 per square foot for matt finish paper and \$6 per square foot for glossy (cont. on page 5)

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Developing Your Leadership Challenge Poster Cont.

paper. There is an additional \$1 per square foot charge for lamination. So, for a 2 X 3 poster, our cost is \$24 - 42, depending on the paper chosen and whether or not the poster is laminated. Not a bad deal for a really nice looking poster that is easy to transport (i.e., roll up in a poster tube) and bring to the meeting! And don't forget to send your poster as an e-mail attachment to Mary Euler

at eulerm@umkc.edu to post on the National web site!
A sample Leadership Challenge proposal poster has been posted to the National web site under the Leadership Challenge page. You will also find a larger 3 X 5 poster of last year's winning Leadership Challenge project under this page on the web site. If you have any questions about creating your poster in

Power Point, please do not hesitate to contact Cathy Worrall at worrallc@musc.edu. Good luck! We are looking forward to seeing the 2005 Leadership Challenge posters very soon.

Starting the Residency Search By: Lisa Savage, National Speaker of the House

So you want to do a residency. Or you're thinking about it. Or you have no idea. If you fall into any of these three categories, now is the time to start thinking about it. Residencies provide additional and/or specialized training for practicing in different areas of the profession. For more information on ASHP-accredited residencies, log on to <http://ashp.org>, and click on **Residency and Accreditation Info** under **Career Development**. This article will focus on residencies that are ASHP-accredited, but there are many additional programs available. *Think about what type of residency best suits your needs.* Are you interested in community practice? Then a community residency may be best for you. If you have interests in clinical practice, academia, research or teaching, pharmacy practice residencies, either in teaching or community hospitals, are beneficial. There are also pharmaceutical industry fellowships available for those who wish to pursue that route.

Think about your clinical rotations. If you are able to select your rotations, try to take some hospital-based rotations prior to the Midyear Clinical Meeting, so you can determine if the hospital setting is right for you. *Be aware of deadlines*, including those for applications and registration for the Match. *Get ready for Midyear.* The Midyear Clinical Meeting provides opportunities to talk with specific residency programs, network with other students and health professionals and even apply for jobs via the Personnel Placement Service *Identify your program "want list"*. This includes location, staffing requirements, teaching and research requirements, specialty residencies available. *Talk to current residents*, faculty that has completed residencies and students in their last year that are going through the process to get their opinions about certain programs. *Do your homework.* Approach the residency booths with specific questions about that program.

Update your CV. Some may ask for a copy at Midyear; all will require it with your application. Business cards are not necessary, but are a nice professional touch. *Submit all paperwork early.* Don't wait for two days prior to the deadline; all applications are due during the holidays, so it's best not to take the risk of being delayed in the mail. Also remember that residency programs want well-rounded individuals, so do not stress if you are not in the top 10% of your class. In general, the minimum GPA to apply is a 3.0. Work experience, community service, publications and, of course, leadership experience are just as important as your grades. If you have questions about my approach to applying for programs, please contact me at imsava0@uky.edu. Good luck with your search!



PLS PRODUCTS

- PLS Long Sleeve T-shirt: \$20.00
 - PLS Short Sleeve T-Shirt: \$15.00
 - PLS Sweatshirt: \$25.00
 - PLS Hats: \$15.00
 - PLS Mugs: \$10.00
 - Graduation Cords: \$7.00
 - Key Pin Charm: \$15.00
- Please place orders at anytime, the merchandise will be shipped within 2 weeks of receipt of orders.



**FOR MORE INFORMATION,
PLEASE CONTACT THE PHI
LAMBDA SIGMA NATIONAL
OFFICE OR VISIT OUR WEBSITE AT
THE PRODUCT LINE LINK**

Beginning January 1, 2005 a two-sided charm version (5/8") of our pin will be available for \$15.00. Please order using the product form order bank.

National Office

Executive Director:
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Contact the PLS National Office, if your local chapter would like a product sample package!

Laurel Submission:

Aleshea Schultz
Please send any
Articles to:
Member_at_large@
Philambdasigma.org

