



TO FOSTER AND RECOGNIZE LEADERS, AND SUPPORT LEADERSHIP COMMITMENT

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A leader is best when people barely know he exists, not so good when people obey and acclaim him, worse when they despise him....But of a good leader who talks little when his work is done, his aim fulfilled, they will say, "We did it ourselves."

-Lao Tzu

SPEAKER VISIONS FOR THE NEXT YEAR

Greetings everyone, and welcome to a new school year! This year looks to be one of growth and refinement for Phi Lambda Sigma, as we plan to increase our membership and improve upon the strong foundation which has been laid before us, and I couldn't be more honored and excited to be a part of it.

As we all settle into our respective routines and prepare ourselves for the challenges ahead, I would like to ask you all to take a moment and envision what you want to achieve over the next year. As a society, our mission is to support pharmacy leadership commitment

by recognizing leaders and fostering leadership development. While this mission is an excellent channel through which we can focus our actions, it is nothing without just that: action. So, while it is early in the school year and schedules remain relatively uncluttered, I challenge all of you to pick one goal for your chapter for the year, and use the next 9 months to achieve it. Even the smallest of goals can have a profound and lasting impact.

I look forward to serving all of you as the Speaker of the House this year and am awed by the mere promise of what we can achieve,

from the individual level to the society as a whole. I also look forward to sharing ideas with all of you, especially at the Region 4 and Region 7 APhA Midyear Regional Meetings.

Again, welcome to everyone. I cannot wait to see what we can accomplish together.

Warm regards.

Written by:
Nicole Salata,
Speaker of the House



A SHINY, NEW, SQUEAKY CLEAN LAUREL

Good writers, and ultimately, good leaders, will always tell you to stick to what you know. Despite whatever amount of elegance and poise you may possess, most people can spot a phony from a mile away. This is a theory that I have employed over rotations the last several months, and relatively successfully, I might add:

"What is the dose of ceftriaxone adjusted for a CrCl of 35mL/min... how important is gentamicin for endocarditis in a patient with acute renal failure... what can this antibiotic be flavored, because little Timmy spits it back out at me..."

When I finish cursing the infectious disease gods, my answer to all of these questions is essentially the same (delivered with a smile and a prayer for gentle discipline)... "I'll

get back to you on that." At least I'm honest, right?

Most days on rotations proceed like this, as the role of a pharmacy student is to continually learn. We are proverbial sponges mopping up whatever we can find, in the hopes that one day we may actually know the answer when asked. My blood pressure may ride a little high, but I find myself constantly hungry to know more. And I believe this is what makes pharmacy for me.

This year I have the opportunity to serve you as National Member-at-Large. In the spirit of honesty, I will admit that helping lead the leaders is a rather intimidating task. As members of PLS, you are more than a gifted and enthusiastic group of individuals. You are, in simplest terms, people who want

to make the world around them better.

I am here to listen to your ideas, to hear your stories, and to toot your horn. Over the course of this year, it is my hope that *The Laurel* will become a forum for ideas and experiences. Write us and let us know about a fellow student that works tirelessly for others. Write us to talk about an interesting project being started at your school. Write us to save everyone else from being subjected to my corny sense of humor. *The Laurel* is a place where you can be heard. Perhaps a place where leadership becomes infectious, to so speak.

Written by:
Jordan Covvey,
Member-at-Large



**APhA MRM
locations and dates**

Region 1

Nov. 6-8
Hartford, CT

Region 2

Nov. 6-8
New Brunswick, NJ

Region 3

Oct 30 - Nov. 1
Charleston, SC

Region 4

Nov. 6-8
Toledo, OH

Region 5

Oct. 30-Nov. 1
Omaha, NE

Region 6

Oct. 23-25
Oklahoma City, OK

Region 7

Oct. 16-18
Portland, OR

Region 8

Oct. 16-18
Albuquerque, NM

We hope to see you there! Please visit the PLS booth during the exhibition to meet with a member of the Executive Committee and/or your Regional Liaison.



Join the Phi Lambda Sigma page on Facebook!

We will make updates periodically regarding issues from the national office, but it is also a great chance to network with other members from across the nation!

GOOD OR GREAT: WHAT MARK WILL YOU LEAVE?

“Leadership is a matter of how to be, not how to do it”

- Frances Hesselbein, recipient of the Presidential Medal of Freedom

Another academic year has commenced and it is likely that the semester is already loaded with commitments such as meetings for organizations, extracurricular activities and of course, studies. Instead of letting excitement and anxiety consume your thoughts



ured by the strength or weakness of any one individual. Instead it is the unity of all that determines its success, which can overcome any perceived weakness, and enhance any strength. It is the job of the leaders to bring the organization together, to delegate to everyone’s strengths, and to help bring the best out of everyone.

Have you paid it forward for the next leader?

Take a look at your life: who has helped pave your path? Who has helped you when you needed it the most, but were too stubborn to ask? Now think of your family. Your grandparents are not remembered by what their job was, or where they were born, but what your parents have become and who they are as people. Did your grandparents selflessly give to make sure your parents had a better life than they did, and have your parents done the same for you? You will have the chance to do this in the future for your children, but start now, start within your school. For anything to be sustainable, the next in line must be more prepared than you were. Give everything you have to make the next person better than you are. Have you paid it forward?

about what lies ahead, take a little bit of time for yourself, and for introspection. Try to answer a few of the questions below, to gauge whether your level of leadership can be described as “good” or as “great”.

When this year has passed, how is it that you will be remembered?

When people on the outside of your organization or school take a peek in, do they see you at the top looking down? If so, something is not right. Leaders are not meant to be at the top of an organization, but rather smack dab in the middle of it. An organization is not meas-

Have you figured out if you are good or great yet?

Jim Collins, someone you should get to know, so Google® him if you don’t, identified five levels of leadership through research. Level five is defined as a unique combination of professional will and personal humility, the kind only displayed by a few. Do you praise your organization by always referencing “we”, or does the word “I” roll off your tongue too much? Heed this advice to become great: Be neither seen nor heard, and everyone will remember you for what your organization accomplished. Give others the tools they need to succeed and your peers will remember what a great year it was.

If you struggled to find answers to any of these questions or are interested in some reading material, the following books are what inspired this article: *The Goal* by Eliyahu M. Goldratt, *Hesselbein on Leadership* by Frances Hesselbein, *Becoming an Invitational Leader* by William Purkey and Betty Siegel, and *Good to Great* by Jim Collins.

Written by:
Mike Smith
Region 2 Liaison



HIGHLIGHTS FROM EXECUTIVE RETREAT

The PLS Executive Committee meets in the summer each year to discuss important organizational issues and to discuss projects for the upcoming year. The Executive Committee met this past August 1st in Kansas City, MO, and discussed several new projects on the horizon:

- Website update:** We are current pursuing a website design overhaul, to make the PLS site more user-friendly and updated. Look for an updated look and more resources on the website over the course of the next year.
- Leadership Challenge:** Beginning this year, projects submitted for consideration will follow a yearly theme, set by the Speaker-of-the-House and the rest of the Executive Committee. More detailed information is available on page 3.
- Regional Liaisons:** We are developing a more involved role for regional liaisons by encouraging our members to utilize their liaison as sources of information regarding chapter activities, society awards, and any other information.
- Membership qualifications:** The Executive Committee is currently developing guidelines for chapters to use for consideration of new members. We hope that standardization of member qualifications will assist chapters in selection.

These are just a few projects currently being pursued by PLS leadership. If you have suggestions or comments regarding our current projects or any other issue, please do not hesitate to contact the national office.

The 44th Annual ASHP Midyear Clinical Meeting and Exhibition is coming soon, to be held on December 6-10th, 2009 in Las Vegas, NV. Make your travel plans today and we hope to see you there!



ΦΛΣ

PLS is currently planning events to be held at the APhA Annual Meeting in Washington, DC, March 12-15, 2010. If you have any questions regarding the Annual Meeting, contact your Regional Liaison or an Executive Committee member for more details.



LEADING THROUGH EDUCATION

"Who are you and why do you need to see the patient's chart?" demanded an ICU nurse early on during my general internal medicine rotation at a community hospital. Slightly taken aback, I explained to her why a student pharmacist would need to monitor a patient's vital signs, labs, etc. After this experience, I spent the remainder of my eight weeks on that rotation taking every opportunity to educate other health professionals about the role that pharmacists and student pharmacists could and should play during interdisciplinary rounds and in overall patient care.

Shortly after that rotation, I found myself reading the final report of the ASHP Center for Health-System Pharmacy Leadership Student and New Practitioner Leadership Task Force entitled "Leadership is a Professional Obligation." It stresses the importance of leadership by all pharmacists, not just those in an official leadership role, and identifies a gap in the leadership training of student pharmacists. The first recommendation by the task force is to "Promote lead-

ership as a professional obligation within the context of the pharmacy profession." As THE Pharmacy Leadership Society, all Phi Lambda Sigma members should take the lead in exhibiting leadership qualities in everyday professional activities, as well as in encouraging fellow pharmacists and student pharmacists to be leaders as well.



One way that all student pharmacists on APPE rotations (and all practicing pharmacists) can provide leadership is to ensure that during every single day, at least one person is educated on something new. This could manifest itself as a formal presentation to pharmacy or medical staff or even be a quick patient counseling session. The opportunities for education are endless, and pharmacists have the knowledge and the scope of influence to be the go-to source of information on medication therapy.

After my first experience with a nurse questioning why I needed to see a patient's chart, I spent time each day talking with nurses, dietitians, social workers, and chaplains about patients' medication therapies. Sometimes this was a brief explanation of why a medication was contraindicated below a certain creatinine clearance; sometimes it was an explanation of medication interaction that had not been recognized by the prescriber. If I, as one student pharmacist, can make a difference in the care of patients and be a leader on interdisciplinary rounds, every student pharmacist and pharmacist can do the same.

Written by:
Lindsey M. Childs
Region 1 Liaison



2009-2010 LEADERSHIP CHALLENGE

As announced at the 2009 House of Delegates, the Executive Committee has recommended a change to the Charlie Thomas Leadership Challenge award. It is our hope that this change will allow for a competition that provides more structure and while helping to solve to solve universal problem in pharmacy leadership. The topic will change each year.

Charlie Thomas Leadership Challenge 2009
Deadline January 31, 2010

Topic: Transitioning student leaders to practitioner leaders.

Working with a local or state pharmacy association, develop a process or structure for transitioning student leaders to practitioner leaders upon entry into practice. Your Leadership Challenge committee must include an officer or other appropriate member (decision-maker) of one of aforementioned associations of your choice.

The proposal should create a program that can be implemented in your College/School of Pharmacy and is transferable to other pharmacy Colleges/Schools or associations. This program should be developed so as to allow for the creation of a multi-media presentation using the Leadership Challenge funds if awarded. The winning Challenge will be shown at the Phi Lambda Sigma House of Delegates, upon completion of the presentation in the subsequent year. The completed application should be submitted electronically to exec_director@philambdasigma.org

For more information contact:
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Visit our website:
www.philambdasigma.org

Have an interesting project at your school? Would you like to highlight a fellow student or praise a professor? *The Laurel* welcomes submissions from all members!

Send article submissions to jordan.covvey@uky.edu with the subject heading "Laurel Submission."

PLS EXECUTIVE COMMITTEE 2009-2010

Mary Euler, Executive Director (maryeuler@ucwv.edu)
May Woo, President (mwoo@uh.edu)
Janice Hoffman, President-Elect (jhoffman@westernu.edu)
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PLS REGIONAL LIAISONS 2009-2010



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WELCOME GAMMA NU CHAPTER



Western University of Health Sciences in Pomona, CA

PLS ANNUAL AWARDS

Deadline:

Chapter of the Year: July 31st
All other awards: January 31st

Submission:

Awards must be submitted electronically to exec_director@philambdasigma.org

Details:

Available on the website at <http://www.philambdasigma.org/>

Awards include:

Chapter of the Year
National Alumnus of the Year
Chapter Member of the Year
Outstanding Chapter Advisor Award
Chapter Alumni of the Year
Charlie Thomas Leadership Challenge
Founder's Award
PLS-GSK-AFPE Scholarship
PLS-P&G National Leadership Award