

Happy 2022! The University of Wyoming School of Pharmacy wishes nothing but the best for all of you in this new year. May the year be filled with health, happiness and a nice balance between work and the rest of your life.

Speaking of health and happiness, this quarter's PRN newsletter is focused on how to gauge the health and happiness of the students who are with you on rotation. By this point in the P4 year students are confronting many stressors in their lives...rotations, residency or job interviews, studying for the NAPLEX, etc. If you are comfortable doing so, you might want to consider adding a student wellness question to your midpoint evaluation. This can be as simple as asking what their stressors are and what their level of stress is currently. You can also ask how they are coping with those stressors and what coping mechanism they use. Feel free to offer your tips for effectively coping with stress. This will provide them more tools in their wellness tool belt.

There are many good resources available on wellness specific to students in pharmacy or healthcare related educational programs. Some specific resources from the American Association of Colleges of Pharmacy (AACP) that you might find helpful around the topic of student wellbeing can be found at: <https://www.aacp.org/resource/wellness-and-resilience-pharmacy-education>. (Scroll to the bottom of the page for literature and webinars). Topics available range from confronting students' mental health issues associated with smartphones and social media to perceived stress, stressors and coping mechanisms among PGY1 pharmacy residents.

Other resources include:

Student Pharmacist Perspectives on Factors That Influence Wellbeing During Pharmacy School:
<https://www.ajpe.org/content/84/9/ajpe7831>

Gender and Minority Considerations in Pharmacy School Student Wellbeing:
<https://www.ajpe.org/content/84/10/ajpe8143>

Let's Talk: Navigating Mental Health Concern in Pharmacy Learners (0.75CEU): Free for UW preceptors and accessed through CEImpact. To access follow these steps:

1. Sign into your eValue account
2. Click on the "Learning Modules" tab
3. Click on "CEImpact" link in the blue ribbon right below the program tabs
4. Click on the "Connect to CEImpact Account"
5. **Use the Preceptor Access Code: UWY21**

Of course, if you are concerned about a student's mental &/or physical health and are not comfortable talking to them about it, please reach out to anyone in the Office of Experiential Education (OEE). Our contact information is below.



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Stay warm!
The University of Wyoming Office of Experiential Education