

## 2022-2023 PharmSci Ambassadors



**Alex McDaniel**  
Early Assurance Sophomore  
Hometown: Arvada, CO

**Alex's Advice:** Don't be afraid to step outside of your comfort zone and try new things. This could be simply talking to new people or joining random clubs. It may seem scary at first but I promise it is completely worth it in the end to have the most

fulfilling experience! As for class, I know you hear it everywhere but stay on top of your workload because it will ease your stress down the road and you will feel better prepared! Also use all your resources (like think tank and study groups) as well as make quizlets to help study! Finally, just remember to enjoy your time here. This is a truly amazing place with many special opportunities to take part in.



**Makayla Payne**  
PharmSci Junior, Africana Studies and Biochemistry minors  
Hometown: Queen Creek, AZ

**Makayla's Advice:** reach out for help the moment you need it. If you let yourself get too far behind before asking for help, it can make life increasingly more difficult. Also, explore your options! There are so many great exploratory opportunities at UofA, it just might

take some time to find what you really love. Lastly, get to know yourself. College is a great opportunity to truly find your core passions and values.



**Jenna Harris**  
PharmSci Junior, Business Admin minor  
Hometown: Clive, IA

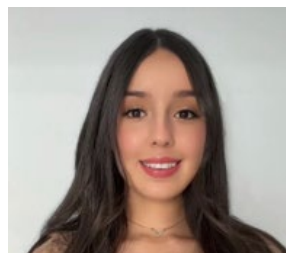
**Jenna's Advice:** My advice is simple –

- Have a planner and use it!
- Hold yourself accountable for how you manage your time
- Get good sleep, and become a coffee person :)



**Ali Robison**  
PharmSci Senior, Biochemistry minor  
Hometown: Phoenix, AZ

**Ali's Advice:** Don't be afraid to say hi to people you meet! College is all about learning about yourself and the world around you. Plus, you never know, the people you say hi to might become your closest friends!



**Michelle Valenzuela**  
PharmSci Senior, Spanish and Biochemistry minors  
Hometown: Tucson, AZ

**Michelle's Advice:** 1. Learn with the intent of understanding and not just memorizing. It very easy to fall in the routine of learning material enough to pass an exam and then forgetting

everything but in college the material just keeps building on itself as you take higher division courses so try to focus on understanding the concepts as well. 2. If you commute to school don't be afraid of staying at school a little longer after class. Get a coffee, go to the library, work on some homework and you will feel more immersed in the college life. 3. Remember to time for yourself.



**Reagan Blanchard**  
Early Assurance Sophomore  
Hometown: Tucson, AZ

**Reagan's Advice:** 1. Talk to your professors! Making connections with them early in the semester is incredibly important. 2. Take advantage of the resources offered to you at school! Your advisors are among the most important resources available to you,

so keeping in contact with them often is necessary. Think Tank and other tutoring resources also help provide you with additional help with your studies. 3. Always remember that life moves on. If one thing doesn't go well, such as an exam, assignment, presentation, don't let yourself think they will all be like that. Reflect on what you did and what you could do differently. Make time for the things you enjoy outside of school too!