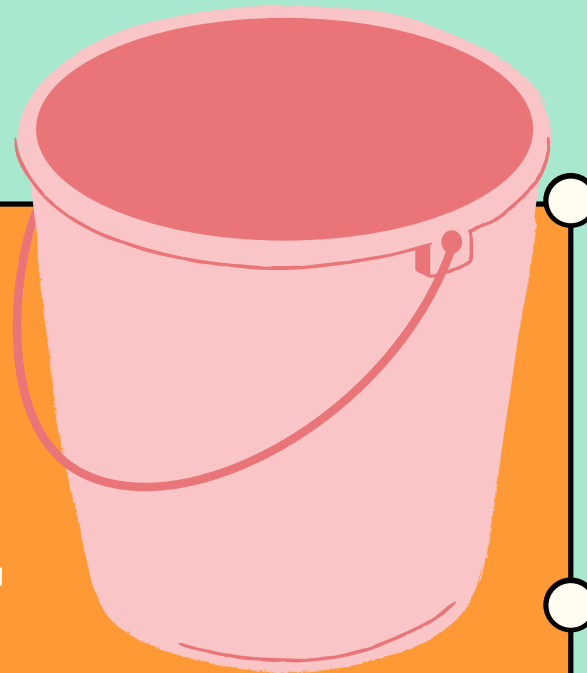


THE FIVE CO-CURRICULAR BUCKETS

★ **ENHANCE STUDENT EXPERIENCE**

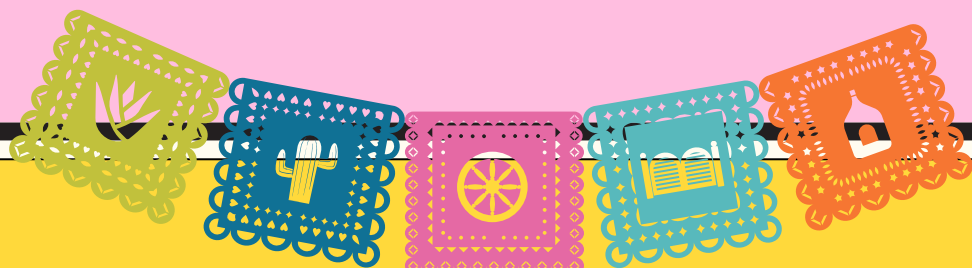
★ **SUPPORT CORE CURRICULUM**



1. Cultural Understanding

Goal: Develop an understanding that our own culture differs from others, allowing for effective verbal and non-verbal communication and cultural sensitivity

- **Example Activities:** Volunteer with youth groups, assist at soup kitchen and/or distribute food to the homeless, volunteer as translator at health fairs, or attend seminar hosted by UAHS EDI, **SafeZone Training**

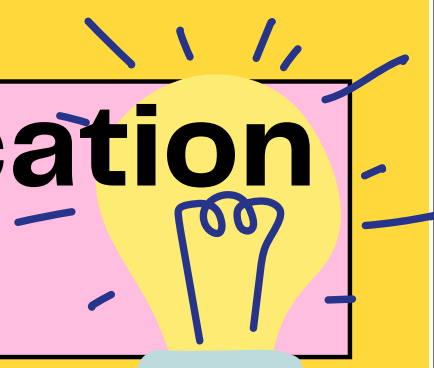


2. Leadership & Innovation

Goal: Develop ability to guide, teach, and unite others to accomplish common goal while enhancing personal and professional strengths

- **Example Activities:** Tutor fellow student, lead a topic discussion or journal club, conduct research project, hold office in student government, plan an event for student organization, create own committee or club, or develop innovate business plans

3. Patient Education & Outreach



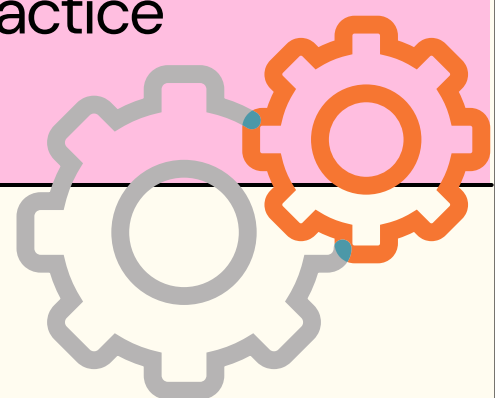
Goal: Develop ability to educate, communicate with, and care for diverse patient populations

- **Example Activities:** Perform health screenings at local event, volunteer to be immunizer at vaccination clinics, participate in "brown bag" medication review, or volunteer with American Cancer Society

4. Career Development

Goal: Develop better understanding of pharmacy profession by exploring interests within pharmacy and interprofessional healthcare fields

- **Example Activities:** Attend PharmTox graduate seminar, attend drug abuse educational program, participate in "Legislative Day" activities, shadow state pharmacy association executive, or participate in specialized practice opportunities



5. Personal Development

Goal: Develop deeper self-awareness and understanding of own thought process while improving personal skills for pursuit of individual growth

- **Example Activities:** Attend college hour seminar, attend interview or public speaking workshops, volunteer as mock patient or preceptor, engage with Wellness Committee, or work with faculty mentor to improve personal growth

Co-Curricular activities are any activity for which the students would not gain credit for any course applied to the PharmD program or get paid for as part of their job.