

# 5 Co-Curricular Buckets

Co-Curriculars are activities that aim to enhance student experiences and support the core curriculum. They include any activity for which students would not gain credit for any course applied to the PharmD program or get paid for as part of their job.



## 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 at local food bank, Solidarity Training, volunteer as a translator for health fairs, attend UAHS EDI seminar, volunteer with Big Brother Big Sister or Habitat for Humanity

## 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 a fellow student, lead a topic discussion or journal club, conduct a research project, hold office in student government/organization, plan an event for student organization, serve on a committee



## 3 PATIENT EDUCATION AND OUTREACH

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

**Example Activities:** Volunteer to be an immunizer at vaccination clinic, perform health screenings at health fair, participate in "brown bag" medication review, volunteer with The American Cancer Society

## 4 CAREER DEVELOPMENT

**Goal:** Develop better understanding of pharmacy profession by exploring interests within pharmacy and inter-professional healthcare fields

**Example Activities:** Attend PharmTox graduate seminar, attend Pharmacy Day at the Capital, attend drug abuse education program, 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 an interview or public speaking workshop, volunteer as a mock patient, engage with Wellness Committee

Check out the Weekly Script and emails from Student Services for additional co-curricular opportunities!

We recommend one activity per semester however, activities can be completed in any order or time frame as long as all 5 buckets are completed by December of 3rd year. The same activity cannot be "counted" for more than one bucket, even though that activity could fit in more than one bucket or category.

As you complete activities, be sure to document the co-curricular activity, the respective bucket, and the semester it was completed. Please also include a short reflection of the experience, what was learned, and how it can be applied in the future. This information will be submitted as part of the yearly Expected Outcomes Survey in CORE ELMS.