

# The Script March

The University of Houston College of Pharmacy Student News

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The Script is an unofficial, student-managed publication that provides the University of Houston College of Pharmacy student body with news, articles, and opinions relating to our school, students, and profession. This edition of the Script and previous editions are also available on the Pharmacy Council website at:

[www.uhpharmacycouncil.org](http://www.uhpharmacycouncil.org)

**Editor-in-Chief:** Austin Hinkel

**Assistant Editor:** Joann Sorn

**Faculty Advisor:** Dr. Amelia Sofjan

## MEET THE EDITORS WITH DR. SOFJAN

When Austin asked me to write a narrative about myself, I honestly didn't know what to write. So I decided to put myself in a student's shoes and pondered about things I would ask my teachers. Hence, instead of writing my life-story, I will focus on the following.

Have I always wanted to be a teacher? Yes and no, but I've always enjoyed teaching. My first exposure to teaching was tutoring during high school and college. It started out as a mechanism to earn pocket money, but I eventually did it *pro bono* because it became a hobby. I experienced unexplainable joy from helping others solve problems they could not solve before and succeed in their classes. I even thought about getting an education degree instead of going to pharmacy school. However, I learned that going to pharmacy school did not mean I had to give up teaching. I continued to tutor during pharmacy school and completed a teaching certificate program during residency training, but I forgot about teaching as a career as I was so focused on becoming a clinical specialist. At the end of residency, I was torn between accepting a clinical specialist or a faculty position.

After much reflection, I chose the latter because I realized and remembered that I loved teaching as much as I loved practicing as a clinician. So here I am! Have I ever regretted this decision? Not a chance.

Who inspired me to be a teacher? A professor who taught infectious diseases during pharmacy school. In my mind, he is the epitome of what and who an educator should be: passionate, dedicated, caring, student-centered, motivating, innovative, challenging, and inspiring. He lighted a fire in me. I hope to one day inspire someone the way he has inspired me.

Is the glass half full or half empty? Half full...always. Favorite quotes? I have many, but here are among my favorites.

**"I can do all this through him who gives me strength"**

– Philippians 4:13

**"Not all of us can do great things. But we can do small things with great love."**

– Mother Teresa


**"You are never too old to set another goal or to dream a new dream."**

– C.S. Lewis



What do I do when I'm not working? I love spending time with my husband. We like to cook, eat, drink bubble tea, watch movies (and occasionally Korean dramas), play board games, do yoga, and travel. I also enjoy spending time with friends and parents on the weekends, reading, and basking in the sun. Fun fact? I once ate 16 slices of Cici's pizza just to prove to my little brother that I could eat more than him. I think I have come a long way since then.





"Live the full life of  
the mind, exhilarated by  
new ideas, intoxicated by  
the romance of the unusual."  
- Ernest Hemingway

## Quote of the Month

BY: AUSTIN HINKEL

**"Live the full life of the mind, exhilarated by new ideas, intoxicated by the romance of the unusual."**

- Ernest Hemingway

I recently ran across this quote, spray painted on a wall in a small café in the French Quarter area of New Orleans, while munching on a Cuban sandwich and sipping on my first cafe cubano. It's amazing to me the profound lessons that can be learned in such unexpected and hidden places, without even trying to seek

them out. One never really knows what they will see or what they can learn from new places, until you actually do. And when you do, soak it up. I think that might be what Mr. Hemingway is hinting at as well. In this life that we live, of which we know and have seen so little of, it's important to keep an open mind, get out there, try new things. You never know when life and its unusual experiences will throw some wisdom in your face, so keep an eye out and embrace it when it shows itself.

### PHARMACY FUN FACT!

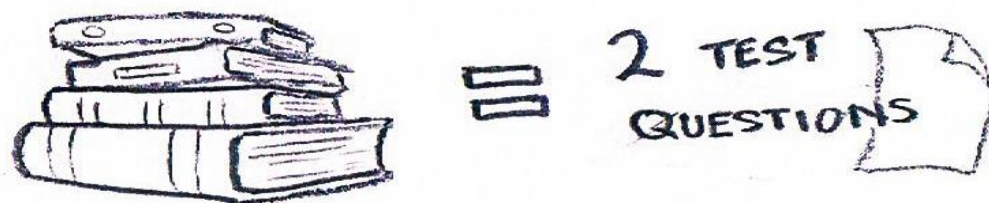
Wilbur Lincoln Scoville was a pharmacist famous for creating "The Scoville Organoleptic Test", or most commonly known as the Scoville scale. The scale measures the heat level of peppers by taking a specific amount of the peppers' heat source, capsaicin oil, which is then added to increasingly larger amounts of sugar water until tasters could not detect the heat anymore.



# COMIC OF THE MONTH

BY: FRANCIS EMELOGU

## PHARMACY SCHOOL TESTS



## PHARMACY STUDENT Q&A

WITH BABITHA PALATHUMTHALACKAL

**Q: Basics: Hometown, undergraduate, family, etc.**

I was born and raised in Dallas, TX. My family consists of my dad, mom, older brother and younger sister. I have no pets but I would love to have two dogs! I completed my B.S. in Biochemistry at the University of Texas at Dallas.

**Q: Why did you want to become a pharmacist?**

I have always had an interest in the field. I have had an early exposure to pharmacy and found myself excelling in both science and math. When I was given the opportunity to see the ins and outs of a compounding pharmacy, I was hooked! I knew that this was the profession for me.

**Q: What has been your favorite thing or experience so far in UHCOP?**

The friends I have made are definitely my favorite part of pharmacy school so far. I have always heard that your classmates would become your second family, but I never knew how quickly it would happen. By the time Thanksgiving break rolled around, I was already very close to a good handful of people and our little "pharmily" has just continued to grow.

**Q: What has been the biggest challenge?**

The biggest challenge for me has been adapting to my new life: I am living away from my family for the first time, away from my friends and church family. But I have definitely enjoyed getting to know this city and especially my class. I have been able to establish close friendships not only with the people who I see on a daily basis but also with the Brothers of my

fraternity, Phi Delta Chi.

**Q: What do you hope to do after graduation?**

My goal is to be able to work in pediatric oncology whether that be here at MD Anderson or back home in Dallas.

**Q: What motivates you?**

My parents are my primary motivators. I have seen them struggle to make sure my siblings and I had an amazing childhood; they have invested time and love into teaching and raising us; and they have worked to put us through great schools. I want to show them that their blood, sweat and tears had an impact on me, and I want to continue to make them proud.

**Q: What is something you are passionate about?**

Music. I play the flute and sing. When I have down time, I try to bust out my old marching band music and run through them. I sing for church sometimes and just when I am at the house or in my car.

**Q: What is some of the best advice you've received?**

"It's okay to fail."

We are brought into the school system being told that we always have to give our best, and then we are ranked and judged, sometimes even told that our best is not enough. The students that sit next to us, in front of us, in the next room in the SR2 have worked day and night to get to this specific seat. We all, at one point or another have failed or suffered anxiety because we do not want to fail.

Never once was I told that not getting the A, or not winning that election was ok. But during my junior year of undergrad, someone close to me sat me down and explained to me that my efforts were not going unnoticed, that I don't have to place this unnecessary pressure on myself,

that it is okay to fail. I will get through it. Those words resonate in my mind almost every day- and it's not discouraging, in fact, it helps me collect myself and regain focus.

**Q: What do you like to do to relax? Hobbies/interests?**

When I am not slammed with school work, I enjoy singing, playing the flute and baking. I spend most of my weekends at church and participating in different youth events.

**Q: What would you be doing if not pharmacy?**

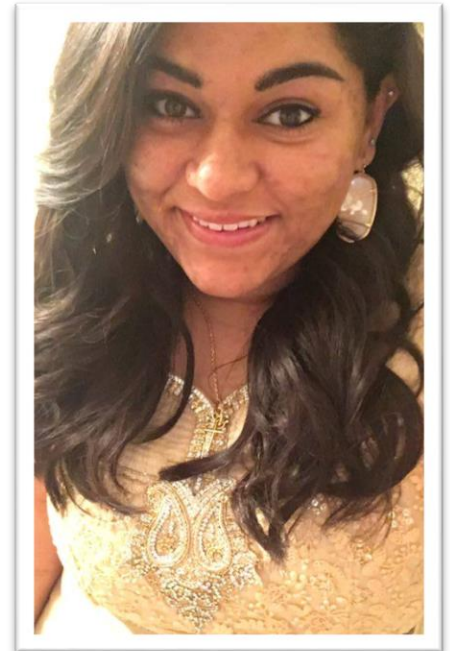
If I wasn't pursuing pharmacy, I could definitely picture myself either teaching high school or maybe even event-planning. I know that those are two totally different things but I've experienced both and enjoyed them thoroughly.

**Q: What does it mean to live a good life?**

Ah the good life...The good life for me does NOT consist of any exams, I'll tell you that much. My good life is hopefully in a couple of years from now, away from school, settled down with my dream job, with a big family and hopefully two dogs.

**Q: What's your favorite drug?**

I'm going to have to say Albuterol is my favorite drug. It was the first drug that I learned about, and this was at the age of ten. I have had asthma my whole life, and the first time I understood what a pharmacist does was when I got my first inhaler. I remember when she taught me how to use it and how it would help me- it was my first drug counseling experience.



## THE SCRIPT

Are YOU interested in contributing to The Script? We would love to work with you, so simply let us know! We would also like to hear your thoughts and comments on how we are doing and what we can improve on.

Contact us at [uhcop.script@gmail.com](mailto:uhcop.script@gmail.com)