

|2024-2025



**ROAD TO
MATCH DAY
STARTER KIT**
WORKBOOK

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TABLE OF CONTENTS

Cover Page	1
Table of Contents	2
Introduction	3
Meet Your Advisor	4
Step 1: Reflection and Research (Self-Assessment of Strengths)	5
Step 1: Reflection and Research (Exploring Residency Options)	6-8
Step 1: Reflection and Research (Matching Strengths to Residency Types)	9
Step 2: Choosing the Right Residency (Types of Residency)	10
Step 2: Choosing the Right Residency (Key Factors)	11
Step 2: Choosing the Right Residency (Top Residency Programs)	12
Step 2: Choosing the Right Residency (Fears, Opportunities, and Strengths)	13
Step 3: Highlighting Unique Skills and Qualifications (Unique Skills and Experiences)	14-16
Step 3: Highlighting Unique Skills and Qualifications (Achievements and Accomplishments)	17
Step 3: Highlighting Unique Skills and Qualifications (Endorsements and Recommendations)	18-19
Step 4: Understanding Your Motivation for a Pharmacy Residency (Personal and Professional Goals)	20
Step 4: Understanding Your Motivation for a Pharmacy Residency (Passion and Interest)	21-24
Step 4: Understanding Your Motivation for a Pharmacy Residency (Value of a Residency)	25-26
Step 5: Develop a creative and effective Letter of Intent (LOI)	28-36
Step 6: Preparing for Interviews (Answer Development)	18-19
Step 6: Preparing for Interviews (Mock Interviews and Feedback)	37-43

Introduction

Welcome to the Road To Match Day Workbook, a comprehensive guide designed to assist you in navigating the complex and competitive process of securing a pharmacy residency. This workbook is tailored to help you reflect on your experiences, identify your strengths, and effectively prepare for every stage of the residency application journey. Whether you are just beginning to explore residency options or are in the final stages of preparation, this workbook will provide valuable insights and structured exercises to support your success.

The primary objective of this workbook is to offer a step-by-step approach to the residency application process. Each section is carefully crafted to guide you through critical aspects, including self-assessment, research, decision-making, skill highlighting, and interview preparation. By engaging with the exercises and reflecting on the prompts, you will gain a deeper understanding of your motivations, strengths, and career aspirations. Here's what you can expect from each section of this workbook:

- **Reflection and Research:** Begin by assessing your strengths and exploring various residency options. This will help you identify programs that align with your skills and career goals.
- **Choosing the Right Residency:** Learn to evaluate residency programs based on key factors and personal preferences. This section will guide you in making informed decisions about the best fit for your professional development.
- **Highlighting Unique Skills and Qualifications:** Discover how to effectively showcase your unique skills, achievements, and experiences. This will help you stand out as a strong candidate.
- **Understanding Your Motivation for a Pharmacy Residency:** Reflect on your personal and professional goals and understand the value a residency can bring to your career. This section will help you articulate your passion and commitment to the field.
- **Preparing for Interviews:** Prepare for the interview process with common questions, answer development, and mock interview exercises. This will enhance your communication skills and boost your confidence.
- **Developing Communication and Presentation Skills:** Focusing on improving your presentation and communication abilities are essential for success in residency interviews and professional interactions.

As you work through this booklet, take the time to thoroughly engage with each section. Use the designated spaces to write detailed responses, make notes, and reflect on your progress. This workbook is not just a tool for application preparation; it is also a resource for personal and professional growth.

We hope that this workbook will empower you to present your best self, confidently navigate the application process, and ultimately secure a residency that aligns with your career aspirations.

Best of luck on your journey to becoming a pharmacy resident!

Meet Your Road To Match Day Advisor

Saley Traore-Uwalaka, is a visionary leader and trailblazer in the profession of pharmacy. She is an alumna of the University of Maryland Eastern Shore (UMES) School of Pharmacy and Health Professions. She completed a pharmacy practice PGY1 residency at Thomas Jefferson University Hospital in Philadelphia, PA, a Health Policy and Ambulatory Care Fellowship at Howard University College of Pharmacy and is a Board-Certified Pharmacotherapy Specialist (BCPS). Dr. Traore-Uwalaka is the driving force behind Rezi Prep 360, a groundbreaking career planning program designed to prepare aspiring residency candidates for a successful Phase I match.



With a deep-seated commitment to inspiring the next generation of pharmacists, she encourages thinking outside the box and cultivating innovative solutions that challenge traditional healthcare paradigms. A true visionary, Saley's aim is to instill a sense of creativity and forward-thinking in the future leaders of pharmacy, paving the way for transformative changes in the field. She is the Founder and President of Rx Phinder, and CoHost of The Hey Rx Friends, We Got This Podcast. Her passion for empowering and guiding candidates through the residency application process is rooted in her belief in the potential of every individual to redefine what it means to be an exceptional and purposeful leader.



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STEP 1

REFLECTION AND RESEARCH

(SELF-ASSESSMENT OF STRENGTHS)

Pharmacy Residency Application Starter Kit – Step 1

This worksheet should help you reflect on your goals, qualifications, and motivation for pursuing a pharmacy residency. It can be a valuable tool for preparing your residency application materials and interviews.

Reflection and Research

Objective: To determine which type of pharmacy residency aligns with your strengths and career goals.

Instructions: Reflect on the following questions and write down your thoughts. Be as detailed as possible.

- Self-Assessment of Strengths:
 - List your top five strengths related to pharmacy practice (e.g., clinical skills, research abilities, patient communication).

- Describe a situation where you utilized one of these strengths effectively in a professional setting.

- How have your extracurricular activities, leadership roles, or volunteer experiences prepared you for a residency?

- Prompts:

- What feedback have you received from mentors or colleagues about your strengths?



- Which tasks or responsibilities do you excel in during your current role or during clinical rotations?

- Prompts:

- Which residency types align with your listed strengths?

- Which of these residencies excite you the most? Why?

Matching Strengths to Residency Types:

- Based on your research and self-assessment, identify **at least two types** of residency programs that seem best suited for you.

- Explain why these residencies are a good match for your strengths and career aspirations.

STEP 2

CHOOSING THE RIGHT RESIDENCY (TYPES OF RESIDENCY)

Pharmacy Residency Application Starter Kit – Step 2

1. What type of pharmacy residency are you interested in (e.g., PGY1, PGY2, combination programs, specific practice area)?

2. Exploring Residency Options:

- Research different types of pharmacy residencies (e.g., Community Pharmacy, Ambulatory Care, Clinical Pharmacy, Oncology, Pediatrics, etc.) For each type, note down the
 - key responsibilities
 - skills required
 - potential career paths.

5- Let's get real! Identify your top 3 in each of these areas regarding your residency aspirations and candidacy:

My top 3 fears:

My top 3 opportunities:

My top 3 strengths:



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STEP 3

**HIGHLIGHTING
UNIQUE SKILLS AND EXPERIENCES**

Pharmacy Residency Application Starter Kit – Step 3

Highlighting Unique Skills and Qualifications

Objective: To identify and articulate your unique skills and qualifications that make you an exceptional candidate for a pharmacy residency.

Instructions: Reflect on the following questions and write down your thoughts. Provide specific examples where possible.

1. Unique Skills and Experiences:

- List any unique skills you possess (e.g., bilingual, specialized certifications, advanced research skills, teaching, coaching).

- Describe any notable experiences (e.g., leadership roles, significant projects, volunteer work) that have prepared you for residency.

Prompts:

- What sets you apart from other candidates?

- How have your experiences shaped your approach to pharmacy practice?

2. Achievements and Accomplishments:

- List your top three professional or academic achievements.

- Explain how these achievements demonstrate your readiness for a residency program.

Prompts:

- What have you accomplished that you are most proud of?

- How do these accomplishments reflect your skills and dedication to the field?

3. Endorsements and Recommendations:

- Note any endorsements or positive feedback from professors, supervisors, or colleagues.

- Include quotes or paraphrased recommendations that highlight your strengths and qualifications.

Prompts:

- What do others say about your work ethic and capabilities?

- How can you incorporate this feedback into your residency application?

STEP 4

UNDERSTANDING YOUR MOTIVATION (PASSION AND INTEREST)

Pharmacy Residency Application Starter Kit – Step 4

Understanding Your Motivation for A Pharmacy Residency

Objective: To clarify and articulate your reasons for pursuing a pharmacy residency.

Instructions: Reflect on the following questions and write down your thoughts. Aim to create a compelling narrative.

1. Personal and Professional Goals:

- Describe your long-term career goals in pharmacy.

- Describe any notable experiences (e.g., leadership roles, significant projects, volunteer work) that have prepared you for residency.



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STEP 5

**DEVELOP A CREATIVE AND EFFECTIVE
LETTER OF INTENT (LOI)**

Pharmacy Residency Application Starter Kit – Step 5

Develop Paragraph 1

1. Opening Hook

Open your letter with a bold statement that highlights your experience, aspiration, or something unique that has led you to the decision to pursue a residency

- Prompt: Describe a memorable experience or moment that ignited your interest in the field of pharmacy or interest in pursuing residency.
 - Example 1 : " My commitment to academic exceptionalism, desire to provide quality and equitable healthcare to medically underserved populations, and tenacity in the pursuit of unique learning opportunities have brought me to identify residency training as the next logical step in my professional journey.."
 - Example 2: “Healthcare’s transition from a fee for service to a value- based model has created a growing need for well-rounded and competent clinical pharmacist dedicated to providing quality, accessible, and cost-effective care. This shift in the way we care for patients coupled with my passion for advancing community health through creation of innovative clinical services that result in exceptional patient outcomes greatly influenced my decision to pursue postgraduate training”
 - Example 3: “Working in the Clinical Calls Program at Blue Cross Blue Shield allowed me to leverage my problem-solving skills to develop solutions for hundreds of patients, providers, and pharmacists; directly impacting medication access and adherence. While equally impactful and fulfilling, the experience also solidified my interest in investing in my skills as medication safety and patient advocate.”

2. Reason for Writing and Program Discovery

1. Prompt: Clearly state why you are writing this letter and mention how you learned about the residency program.

- Example: "I am writing to express my interest in the [Residency Program Name] at [Institution Name]. I had the pleasure of meeting Drs. [enter last name]at the ASHP Midyear Clinical meeting, who spoke highly of your program’s innovative approach to pharmacy education."
- Example: “I write to express my sincere interest in the PGY1 pharmacy residency at [program name]. My engagement with your program during the various Virtual Residency Showcases and through your Pharmacy Residency Instagram page deepened my understanding of the comprehensive learning experience your program offers.

Example: “It is with great enthusiasm that I write to express my sincerest interest in the [Program Name] Postgraduate Year 1 (PGY1) residency position. Your program’s dedication to training innovators through a balance of rigor and support was affirmed through my interactions with current resident, Dr. [Name]”.

3. Prompt: Reflect on what you learned about the program and how it solidified your interest in applying.

- Example: "During my research, I was particularly impressed by your program’s emphasis on [specific aspect], which aligns perfectly with my career goals of becoming [enter name of role or overall goal]."
- Example: “The enthusiasm with which your residents share their experiences, coupled with the program's mission to "deliver patient-centered care, improve clinical quality, and provide access to affordable health care services that improve the health of the population and serve the community," compelled me to seek a position.

4. Qualities, Qualifications, and Long-Term Goals

Prompt: Highlight your qualities, qualifications, or strengths that make you an excellent fit for the program. Discuss your long-term goals and how this residency will help you achieve them.

- Example: "With my strong clinical skills, research experience, and dedication to patient education, I am confident in my ability to contribute to your program. My long-term goal is to become a clinical pharmacy specialist, and I believe that the rigorous training and mentorship provided by this residency will be instrumental in achieving this aspiration.
- Example: “I am eager to leverage my proven leadership skills, team-based approach to problem-solving, and intellectual curiosity to further your program's reputation of training pharmacists who practice to the full extent of their education and training. In my search for a program that will prepare me to become a competent Clinical Pharmacist, [program name] has emerged as the best fit.
- Example: My proven skills in medication management, leadership, and patient-centered care makes me an excellent candidate to further your program’s mission. Completing a residency at is paramount to my goal of becoming a confident and competent pediatric pharmacist with a stellar ability to design safe and effective pharmaceutical care plans.

Examples Paragraph 1:

Example 1

"My passion for pharmacy began when I volunteered at a local clinic, where I witnessed the critical role pharmacists play in patient care and the profound impact they have on patients' lives. I am writing to express my enthusiasm for the [Residency Program Name] at [Institution]. I learned about this program through a mentor, Dr. Smith, who highly recommended it due to its outstanding clinical training and supportive environment. During my research, I was particularly impressed by the program's focus on interprofessional collaboration, which aligns with my commitment to providing comprehensive patient care. With my strong clinical skills, research experience, and dedication to patient education, I am confident in my ability to contribute to your program. My long-term goal is to become a clinical pharmacy specialist, and I believe that the rigorous training and mentorship provided by this residency will be instrumental in achieving this aspiration."

Example 2:

Healthcare's transition from a fee-for-service to a value-based model has created a growing need for well-rounded and competent clinical pharmacists dedicated to providing quality, accessible, and cost-effective care. This shift in the way we care for patients, coupled with my passion for advancing community health through the creation of innovative clinical services that result in exceptional patient outcomes, greatly influenced my decision to pursue postgraduate training. It is with great enthusiasm that I write to express my sincerest interest in the [Program Name] Postgraduate Year 1 (PGY1) residency position. Your program's dedication to training innovators through a balance of rigor and support was affirmed through my interactions with current resident, Dr. [Name]. The enthusiasm with which your residents share their experiences, coupled with the program's mission to [paraphrase mission statement], compelled me to seek a position. I am eager to leverage my proven leadership skills, team-based approach to problem-solving, and intellectual curiosity to further your program's reputation of training pharmacists who practice to the full extent of their education and training. In my search for a program that will prepare me to become a competent Clinical Pharmacist, [Program Name] has emerged as the best fit.

1. Summary of Time as a Student Pharmacist

- Prompt: Summarize your time as a student pharmacist in one sentence, focusing on key attributes such as leadership, academic excellence, exceptionalism, research, volunteerism, perseverance, and resilience.
 - Example: "Throughout my time as a student pharmacist, I have demonstrated leadership, academic excellence, and a commitment to volunteerism."
 - Example: "My skills as a proven leader and innovator, coupled with my commitment to continuous growth as a learner are to credit for my success thus far."
 - Example: As a student pharmacist, I have had the opportunity to expand my expertise across various areas, including community pharmacy, hospital pharmacy, and the pharmaceutical industry.
 - Example: "My time as a student has been crowned by leadership, research, and sound experiential education opportunities"

2. Highlight a Selected Skill or Experience

- Prompt: Choose one example that highlights your selected skill or experience. Describe the project or experience in detail to give a clear idea of your involvement and achievements.
 - Example: "During my third year, I led a team in a research project focused on improving medication adherence among diabetic patients, which was later presented at the state pharmacy conference."
 - Example: "My unconventional journey as a student pharmacist and intern has provided me with valuable hands-on experiences as a Medication History and In-patient Pharmacy Technician. During the COVID-19 pandemic, I played a crucial role in contributing to the pharmacy department by actively compounding Remdesivir for critically ill patients. This experience refined my decision-making skills in a high-pressure environment and reinforced my commitment to providing exceptional care during times of crisis."
 - Example: "I pursued a research opportunity that focused on enhancing medication adherence through motivational interviewing, specifically addressing barriers to adherence to oral endocrine therapy for African-American women with breast cancer. Patients were recruited if their proportion of days covered fell below ninety-five percent within the last six months. This project underscored the need for innovative approaches to improve adherence to oral endocrine therapy. This experience clearly defined the profound impact of managed care pharmacy and greatly influenced my decision to pursue a managed care residency."

3. Enhancement of Skills through Residency

Prompt: Discuss how completing a residency will help further or enhance the baseline skills or knowledge that you currently possess.

Example: "Completing a residency will provide me with advanced clinical training and hands-on experience, further enhancing my leadership skills and ability to conduct impactful research, ultimately preparing me to excel as a clinical pharmacist."

Example: "The [Program's name] residency program distinguishes itself as the best choice for achieving my goals. Its specialized and immersive learning environment ensures a robust foundation for my future career, providing an unparalleled opportunity to refine my clinical knowledge and pharmaceutical skills under the guidance of experienced mentors."

Example: "I witnessed my preceptor function as a medication safety officer, patient advocate, educator, and trusted expert for the meaningful use of medications. It reaffirmed my belief in the need to invest in my own training so that I may function efficiently and effectively someday to advance health in my community. I view residency training as the first step in that endeavor."

Paragraph 2 Examples

Example 1:

Throughout my time as a student pharmacist, I have demonstrated leadership, academic excellence, and a commitment to volunteerism. During my third year, I led a team in a research project focused on improving medication adherence among diabetic patients, which was later presented at the state pharmacy conference. This experience not only honed my research and leadership skills but also deepened my understanding of the critical role that pharmacists play in patient education and disease management. Completing a residency will provide me with advanced clinical training and hands-on experience, further enhancing my leadership skills and ability to conduct impactful research, ultimately preparing me to excel as a clinical pharmacist.

Example 2:

Following my initial interests in managed care, I served as the coordinator for the University of Houston Academy of Managed Care Pharmacy's Pharmacy and Therapeutics (P&T) competition. In this role, I conducted a virtual P&T competition where seven teams were tasked with creating a drug monograph and recommending formulary placement for a migraine prevention medication, Vyepti. This experience enhanced my leadership and management skills and expanded my knowledge about using clinical criteria to analyze and recommend formulary placement while considering economic burden.

After completing my term, I pursued a research opportunity that focused on enhancing medication adherence through motivational interviewing, specifically addressing barriers to adherence to oral endocrine therapy for African-American women with breast cancer. This project underscored the need for innovative approaches to improve adherence to oral endocrine therapy. These experiences clearly defined the profound impact of managed care pharmacy and greatly influenced my decision to pursue a managed care residency.

Develop Paragraph 3: Articulating Professional Goals and Aspirations

Objective:

Clarify and articulate your 1–3-year professional goals, including board certification aspirations and aspirations to influence the next generation of pharmacists as an educator.

1. Identify your 1–3-year professional goals in pharmacy.

Prompt: What specific positions or roles do you aim to achieve in the next 1-3 years?

Example: "In the next 1-3 years, I aim to secure a position as a clinical pharmacist specializing in cardiology. I hope to develop advanced clinical skills in managing cardiovascular diseases and gain extensive knowledge in using innovative therapeutic approaches to improve patient outcomes."

Example: "Following successful completion of a PGY1 managed care residency, I aspire to practice as a managed care pharmacist who specializes in quality improvement and utilization management."

Example: "My goal as a PGY1 residency is to become a confident and competent clinical pharmacist who consistently delivers safe and exceptional patient care. I aim to maximize this year's learning opportunities as a PGY1 to help me identify a functional area of clinical practice to further develop my skills in as a PGY2 resident."

2. Discuss any board certification aspirations you have

Prompt:

- Are there specific board certifications you are planning to pursue?
- How will obtaining these certifications enhance your practice and career progression?

Example: "I plan to pursue board certification as a Board-Certified Pharmacotherapy Specialist (BCPS) to enhance my expertise in pharmacotherapy. Obtaining this certification will demonstrate my commitment to excellence in patient care and will provide me with the advanced knowledge necessary to excel in clinical practice."

3. Reflect on your desire to become an educator and mentor for future pharmacists.

Prompt:

- Why do you want to become an educator or mentor in the field of pharmacy?
- How do you plan to contribute to the education and development of future pharmacists?

Example: "I am passionate about becoming an educator because I believe in the importance of fostering the next generation of pharmacists. I want to share my knowledge and experiences to help students and residents develop their skills and confidence in clinical practice. I plan to contribute by serving as a preceptor, providing guidance and mentorship to pharmacy students during their clinical rotations."

Example Paragraph 3:

In the next 1-3 years, my primary professional goal is to secure a position as a clinical pharmacist specializing in cardiology. I hope to develop advanced clinical skills in managing cardiovascular diseases and gain extensive knowledge in using innovative therapeutic approaches to improve patient outcomes. Additionally, I plan to pursue board certification as a Board-Certified Pharmacotherapy Specialist (BCPS) to enhance my expertise in pharmacotherapy. Obtaining this certification will demonstrate my commitment to excellence in patient care and provide me with the advanced knowledge necessary to excel in clinical practice. Furthermore, I am passionate about becoming an educator and mentor to future pharmacists. I believe in the importance of fostering the next generation and want to share my knowledge and experiences to help students and residents develop their skills and confidence in clinical practice. I plan to contribute by serving as a preceptor, providing guidance and mentorship to pharmacy students during their clinical rotations. I also aim to participate in initiatives like developing a mentorship program where experienced pharmacists provide ongoing support and career guidance to help students navigate their professional journeys.

Example Paragraph 3:

Following successful completion of a PGY1 managed care residency, I aspire to practice as a managed care pharmacist who specializes in quality improvement and utilization management. The knowledge I will acquire as a resident will prepare me to practice at the full extent of my education and training to improve the delivery of health through increasing health equity, affordability, and accessibility to members. To influence the next generation of managed care leaders, I will seek out opportunities to serve as a rotation preceptor.

Develop Paragraph 4: Closing Strong

1. Emphasize your key strengths and qualifications.

- **Prompt:**
 - What are your strongest qualifications for the residency program?
 - How do your strengths align with the needs and goals of the residency program?

Example: "My strengths in clinical pharmacotherapy, demonstrated leadership, and my dedication to patient-centered care align perfectly with the goals of your residency program."

2. Explain why you have chosen this particular residency program.

- **Prompt:**
 - What aspects of the program are most appealing to you?
 - How will the program help you achieve your professional goals?

Example: "I am particularly drawn to your program's emphasis on innovative research and interdisciplinary collaboration, which will provide me with the opportunity to further develop my clinical skills and contribute to advancing pharmacy practice."

Example Paragraph 4:

My strengths in clinical pharmacotherapy, demonstrated leadership, and my dedication to patient-centered care align perfectly with the goals of your residency program. I am particularly drawn to your program's emphasis on innovative research and interdisciplinary collaboration, which will provide me with the opportunity to further develop my clinical skills and contribute to advancing pharmacy practice. I am confident that my background, coupled with the training and opportunities offered by your program, will enable me to make meaningful contributions to your team and the field of pharmacy. Thank you for considering my application.



STEP 6

PREPARING FOR INTERVIEWS (MOCK INTERVIEWS AND FEEDBACK)

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Pharmacy Residency Application Starter Kit – Step 6

This worksheet should help you reflect on your goals, qualifications, and motivation for pursuing a pharmacy residency. It can be a valuable tool for preparing your residency application materials and interviews.

Familiarize Yourself with Common Interview Questions

1. Research Task:

- Use online resources, residency program websites, and forums to compile a list of common interview questions for pharmacy residency candidates.

Common Interview Questions:

1. Tell me about yourself
2. Why do you want to do a residency/ What made you interested in pursuing a residency?
3. Why did you choose this program to complete your residency?
4. What makes you a great fit for this program/ What sets you apart from other candidates?
5. What was your favorite rotation and why?
6. What do you see as the number one challenge facing our profession today?
7. Tell us about a time when...
 - You failed
 - You faced conflict. How did you resolve the situation?
 - You had to received feedback you were not expecting, and how did you handle it?
 - Had to work with a difficult team member
 - You had to balance working on multiple things at one. How did you make sure you accomplished everything on time
 - You made a clinical recommendation that was not accepted, what did you do?
 - You had to change someone's mind or persuade them to do things differently.
8. What strategies do you use to stay organized/ what is your time management strategy/
9. If you could be a medication, which medication would you be and why?
10. Describe your ideal preceptor/ what is your favorite precepting style/ what qualities do you think a great preceptor must possess?

2. Answer Development:

- Write a brief, well-thought-out response for each of the questions listed above. Aim to highlight your experiences, skills, and career goals.

Example Response (Question 5):

“My favorite rotation so far is my emergency medicine rotation where I had a very meaningful patient encounter. This was 47 year old patient who was newly initiated on long acting insulin about a 3 weeks ago, and she presented to the emergency room 3 times in the past 2weeks with sugars in the 400s. She insisted that her pens were defective and needed to be replaced. It turns out that she did not know how to correct affix the needles onto the pens for administration. I taught her how to affix the needles onto her Lantus pens correctly and administer her insulin.

The two previous times she came to the ED, she was just given needles and new pens. But no one sat with her and asked her to demonstrate how she administered her medication. This was an incredibly profound experience for me because it really showed me the power of effective patient education on patient outcome. This encounter also led to my preceptor rewarding my good performance with increased responsibility and autonomy; these were major confidence boosters for my learning.

Section 2: Practicing Mock Interviews and Receiving Feedback

Exercise 2: Conduct Mock Interviews

1. Partner Practice:

- Pair up with a classmate, mentor, or friend. Take turns role-playing as the interviewer and interviewee. Use the list of common questions from Section

Feedback Form:

- After each mock interview, have your partner provide constructive feedback on the following aspects:
- Clarity and conciseness of responses
- Confidence and body language
- Relevance of examples and experiences shared
- Overall impression

2. Answer Development:

- Write a brief, well-thought-out response for each of the questions listed above. Aim to highlight your experiences, skills, and career goals.

Example Response (Question 5):

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Pharmacy Residency Application Starter Kit – Step 5

This worksheet should help you reflect on your goals, qualifications, and motivation for pursuing a pharmacy residency. It can be a valuable tool for preparing your residency application materials and interviews.

Familiarize Yourself with Common Interview Questions

1. Research Task:

- Use online resources, residency program websites, and forums to compile a list of common interview questions for pharmacy residency candidates.

Common Interview Questions:

1. Tell me about yourself
2. Why do you want to do a residency/ What made you interested in pursuing a residency?
3. Why did you choose this program to complete your residency?
4. What makes you a great fit for this program/ What sets you apart from other candidates?
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9. If you could be a medication, which medication would you be and why?
10. Describe your ideal preceptor/ what is your favorite precepting style/ what qualities do you think a great preceptor must possess?

Behavioral Response Example:

Tell us about a time you failed.

Response Using STAR:

- **Situation:** During my third year of pharmacy school, I was tasked with leading a team project on a complex clinical case involving multiple drug interactions. I was very excited about the opportunity to lead and was confident in my knowledge and abilities. However, as the project progressed, I realized I was struggling to manage all aspects of the case and was falling behind on our deadlines.
- **Task:** I initially tried to handle everything on my own, thinking that as the leader, it was my responsibility to find all the answers. This approach quickly led to overwhelm and mistakes in our analysis. The turning point came when I missed a critical drug interaction that my teammate later caught. This was a wake-up call for me.
- **Action:** Recognizing my failure to effectively manage the project and my reluctance to ask for help, I decided to change my approach. I reached out to my professor for guidance on better project management strategies and started holding regular team meetings to distribute the workload more evenly. I also encouraged open communication within the team, ensuring that everyone felt comfortable sharing their insights and concerns.
- **Result:** By utilizing the expertise of my teammates and seeking advice from my professor, we were able to get back on track and deliver a comprehensive and accurate analysis of the clinical case. This experience taught me the importance of leveraging available resources and the strength that comes from collaborative effort. I now understand that seeking help is a critical part of achieving success, especially in a healthcare setting where patient outcomes are at stake.
- **Lesson (what did you learn from his experience):** This lesson has been invaluable as I pursue a pharmacy residency, where working effectively within a team and utilizing the collective knowledge of my colleagues will be essential to providing the best possible care for patients.



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PREPARED BY: SALEY TRAORE-UWALAKA, PHARM.D, BCPS

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