



APhA-ASP National Officer Elections
Candidate for the Office of APhA-ASP National Member-at-large

Alexandra Cochran
The University of Tennessee Health Science Center

afrank29@uthsc.edu

GOAL STATEMENT

If I were elected to the APhA-ASP National Member-at-large position, my goals would be inclusivity and connectivity. As Troy Bolton once said, “we’re all in this together,” which is why I want to promote inclusivity on a national level. APhA-ASP equips chapters with the ability to include student pharmacists from every background and find a place for their goals to be achieved, which I plan to continue if I am elected. I want to communicate with chapters about the benefits of being an APhA-ASP member, so student pharmacists can get involved sooner on a local, regional, and national level. Connectivity provides a space for all chapters to connect with other chapters and with APhA-ASP on a national level. I am passionate about connecting our chapters and building a platform that allows us all to collectively share our ideas and promote the profession of pharmacy. As APhA-ASP National Member-at-large, I want to continue APhA-ASP’s mission of helping every chapter grow professionally and improving patient care in our individual communities. As APhA-ASP National Member-at-large, I promise to aid APhA-ASP in its mission of leading the next generation of student pharmacists with new opportunities for growth and success.

BACKGROUND & EXPERIENCE

The University of Tennessee Health Science Center has three campuses. The main campus is in Memphis with satellite campuses in Nashville and Knoxville. I spent my first semester of P1 year in Memphis and then moved to Knoxville to finish pharmacy school. Throughout my time in pharmacy school, I have served in various roles in my local chapter of APhA-ASP. During my P1 year, I served as the Operation Substance Use Disorder Vice Chair on the Memphis campus. This position gave me the unique opportunity to serve a community of patients who mean a great deal to me while also giving me the chance to learn more about APhA-ASP and the opportunities within my chapter. When I moved to the Knoxville campus of UTHSC I started talking to the APhA-ASP Knoxville Vice President and decided to take a leap of faith and run for the Vice President-Elect position. This position was a two-year commitment and included assisting the Vice President during the first year and then assuming the role as Vice President the second year. I was ecstatic after being elected to this position, and I can honestly say these past two years were my favorite years of pharmacy school. In this position, I served as a mentor for Pre-ASP, the pre-pharmacy club at The University of Tennessee’s flagship campus in Knoxville. I appointed a team to coordinate our annual Race for the Summitt, a 5K that raises money for the Pat Summitt Foundation and Alzheimer’s Disease research. I assisted the Patient Care Vice President in building a team of Patient Care Chairs who created service events monthly within our community. Lastly, I lead a five-person Executive Committee in Knoxville, and I coordinated with the Executive Committees on our Memphis and Nashville campuses to create a cohesive and connected chapter across the state. The experiences I have gained during my time as Knoxville Vice President will be a great asset if I am elected as APhA-ASP National Member-at-large. Other leadership roles within my school included serving as the Head Orientation Leader for the Class of 2026 and being a member of the Admissions Committee. Lastly, I had the honor of serving as a chapter delegate last year at APhA Annual in San Antonio, Texas. This was an incredible opportunity to learn about the policy process and was when I decided I wanted to run for the National Executive Committee. It has been an honor to serve in these roles throughout my time in pharmacy school, and I want to take the knowledge and skills I have gained and apply them to my next adventure of running for APhA-ASP National Member-at-large.

PHILOSOPHIES ABOUT APhA-ASP

APhA-ASP is an organization that provides student pharmacists with the opportunity to dive headfirst into the world of pharmacy, the chance to serve our communities, and an inside look at the policy process. APhA-ASP provides a platform for students to step out of their comfort zone and grow into the pharmacists they aspire to be. It would be an incredible honor to serve APhA-ASP as a National Member-at-large. I want to continue APhA-ASP’s legacy of serving our chapters, advancing the profession of pharmacy, and giving student pharmacists the ability to take on incredible leadership roles at local, state, and national levels. Thanks to the impactful work APhA does daily, students get to see a glimpse of the importance a pharmacist can play on the healthcare team and the role we will play in our future careers. APhA is passionate about student success, which is evident in their promise to help us as student pharmacists develop our professional skills and provide endless networking opportunities. Pharmacy school can be very overwhelming at times and having an organization that helps students every step of the way is something that I value as a member. APhA and APhA-ASP strive to serve student pharmacists, and I want to support this goal of service through the APhA-ASP National Member-at-large position. While serving at the local level of APhA-ASP, I was given the chance to learn three important things. First, I saw how our chapters are supported on the state and national level by both APhA-ASP and APhA. Second, I saw how one student’s idea about the world of pharmacy can turn into a proposed resolution at APhA Annual, which impacts the way we practice pharmacy. How awesome is that? Students get the chance to change our profession for the better. Lastly, I saw first-hand how impacted a community can be with our patient care initiatives. Since moving to Knoxville, I have started volunteering with a local needle exchange program at Choice Health Network. I have built relationships and learned how to take better care of our patients with substance use disorders. Volunteering with Choice Health Network has been an eye opening experience and I have APhA-ASP to thank for making it possible. APhA and APhA-ASP have built a platform that allows student pharmacists to gain confidence in the profession. A quote my father always told me and that I think is important for any student to hear, but especially for those in APhA-ASP, is “be BOLD and have big dreams!” The difference we can make is immense, and I believe that APhA-ASP and APhA strive to see student pharmacists achieve their goals every day. I want to be one of your next National Members-at-large, so I can also help student pharmacists achieve their goals.

TALENTS & SKILLS

Every student pharmacist gains skills and talents as they move through their program that help them become an incredible pharmacist and a great leader. The following examples are of things I have learned along the way that I think will make me a great candidate for the APhA-ASP National Member-at-large position. First, my experience serving in a leadership role on a distant campus gives me a unique perspective. The main campus of UTHSC is in Memphis with satellite campuses in Nashville and Knoxville. For the last two years, I have had the privilege of serving as the Knoxville Vice President-Elect and then as the Vice President. It can be challenging to run an organization across multiple campuses, especially when those campuses are 3 to 6 hours away. All prior and current chapter leaders have had to work hard to ensure we were working as one chapter across three campuses and that every student pharmacist felt included no matter on which they were located. When I ran for my position, I stated in my election speech that inclusivity was essential to me; and I wanted to make sure that everyone on my campus felt like they were welcomed and belonged in the organization. If I am elected to the APhA-ASP National Member-at-large position, I will continue with my mission to make everyone feel included into their respective chapters. Second, I pride myself on my ability to communicate with the student pharmacists who are trying to find a place in pharmacy school and encourage them to engage with our organization. I am passionate about helping students find something that they love within our organization, whether that be policy, patient care, or taking on a leadership role. One of my favorite aspects of my position has been talking with students interested in pursuing a leadership position or creating a new service event and helping them find a place for their goals within the chapter. I love communicating with students and helping them feel heard and included within the chapter. My leadership experiences within APhA-ASP have allowed me the opportunity to reach these students and I hope to continue to reach even more students if I am elected. Finally, the best skill that I have was one that I learned from my five-person Knoxville Executive Committee this past year. They taught me the value of taking a step back from the chaos and combining our knowledge and skill set to reach a common goal. My Executive Committee served as my rock this past year and they have been my biggest supporters as I take on my new adventure of running for APhA-ASP National Member-at-large. Serving as the APhA-ASP National Member-at-large will give me the incredible opportunity to motivate chapters and meet students across the nation who have the same love for APhA-ASP as I do.