

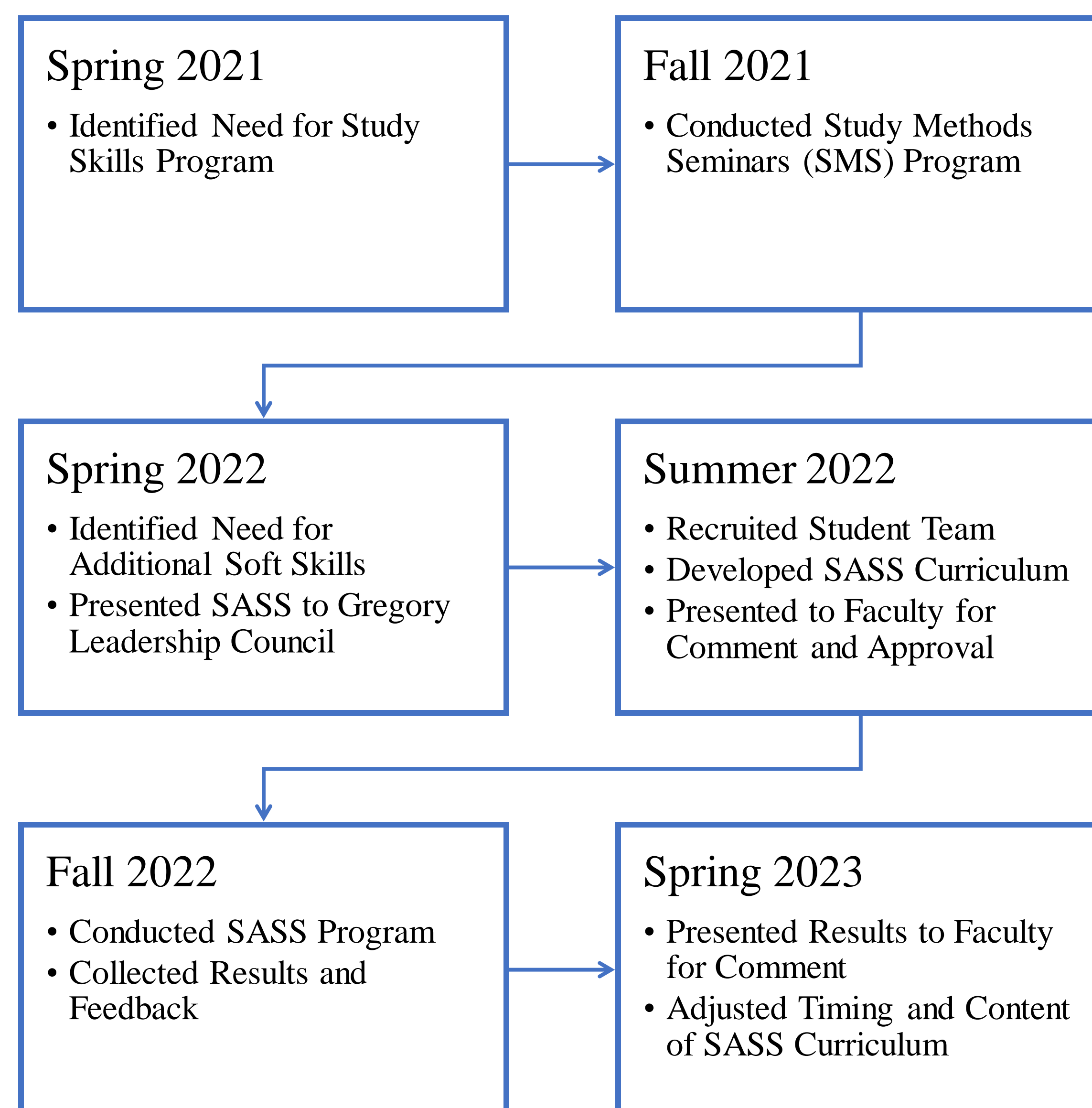
Student-Led Academic Success Seminars (SASS) For First-Year Pharmacy Students

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SASS Development

SASS started out as a single-student-led academic intervention for P1 students which was created to introduce students to theories of learning and provide mechanisms to better process and understand class content.



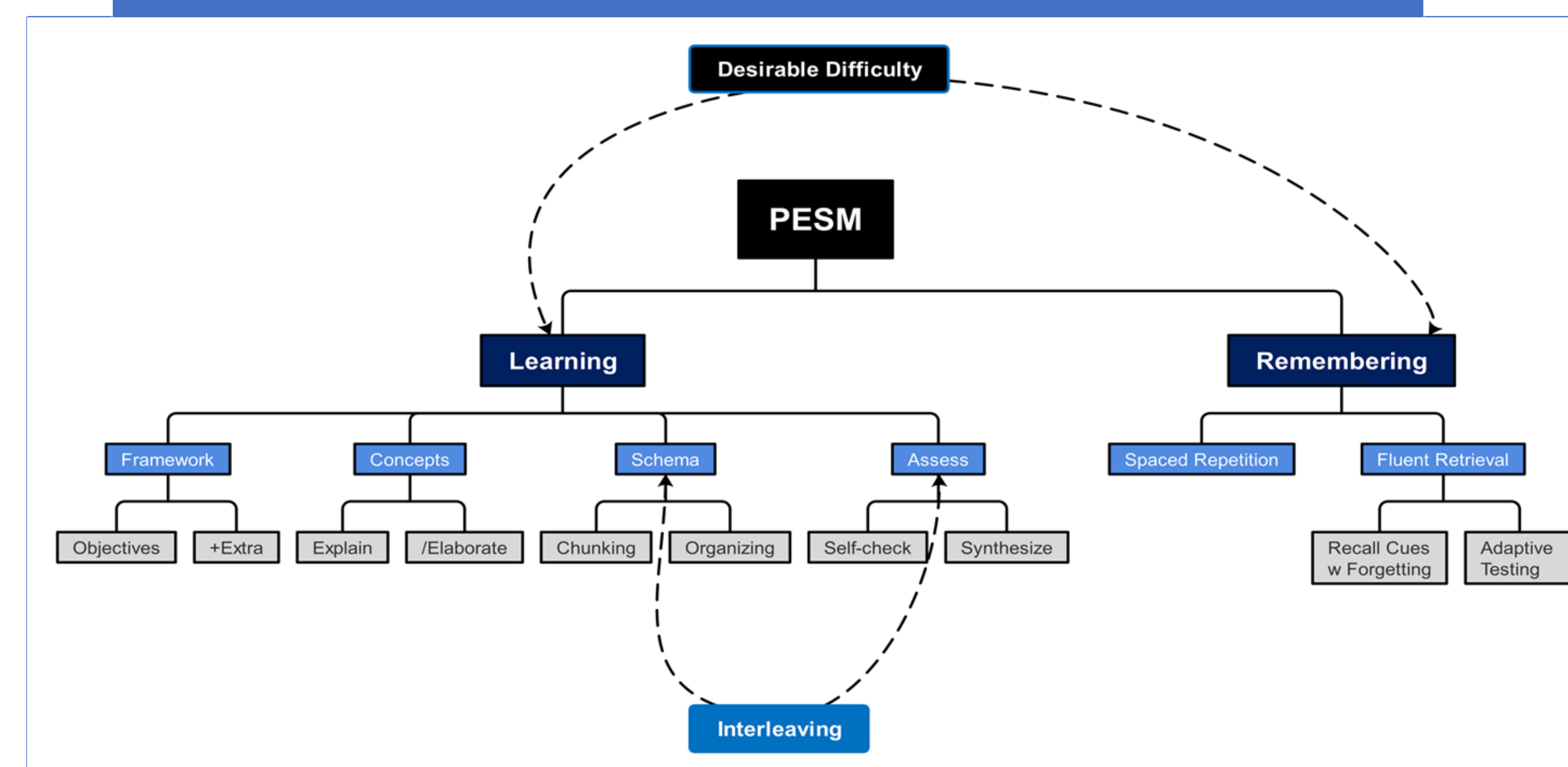
SMS	SASS
One P2 leader	Five P3 and four P2 leaders recruited based on unique academic perspectives including ESOL learners and previous academic or career experiences.
Voluntary P1 attendance	Co-curriculum requirement for P1 students
Study skills focused	Holistic soft skills approach including time management, study skills, self-management, and system sustainability
Seminars spread over 16 weeks	Seminars conducted within first 3 weeks with follow up reflections in week 6 and week 8.
Limited formative and summative assessments	Formative and summative assessments in each seminar and a pre- and post- survey to gauge soft skill development
PowerPoint Presentations	NearPod Interaction Learning Platform

Seminar Content

TIME MANAGEMENT

- Establish Priorities
 - Business vs Priorities
 - Long & Short Term
- Set Goals
 - Begin with the end in mind
 - Accumulation vs Cramming
- Create Systems
 - Time Capture, Idea Capture
 - Priority based
 - Planning Ahead
 - Action Verbs
- Reflect & Adapt
 - Entropy Capture

PRINCIPLES OF EFFECTIVE STUDY METHODS



SELF MANAGEMENT

- Recognition of Stress
- Physical Effects of Stress
 - Stress Response & Fatigue
- Prevention of Burnout
- Treatment of Burnout
 - Triage of issues
 - PBA resources

SYSTEM SUSTAINABILITY

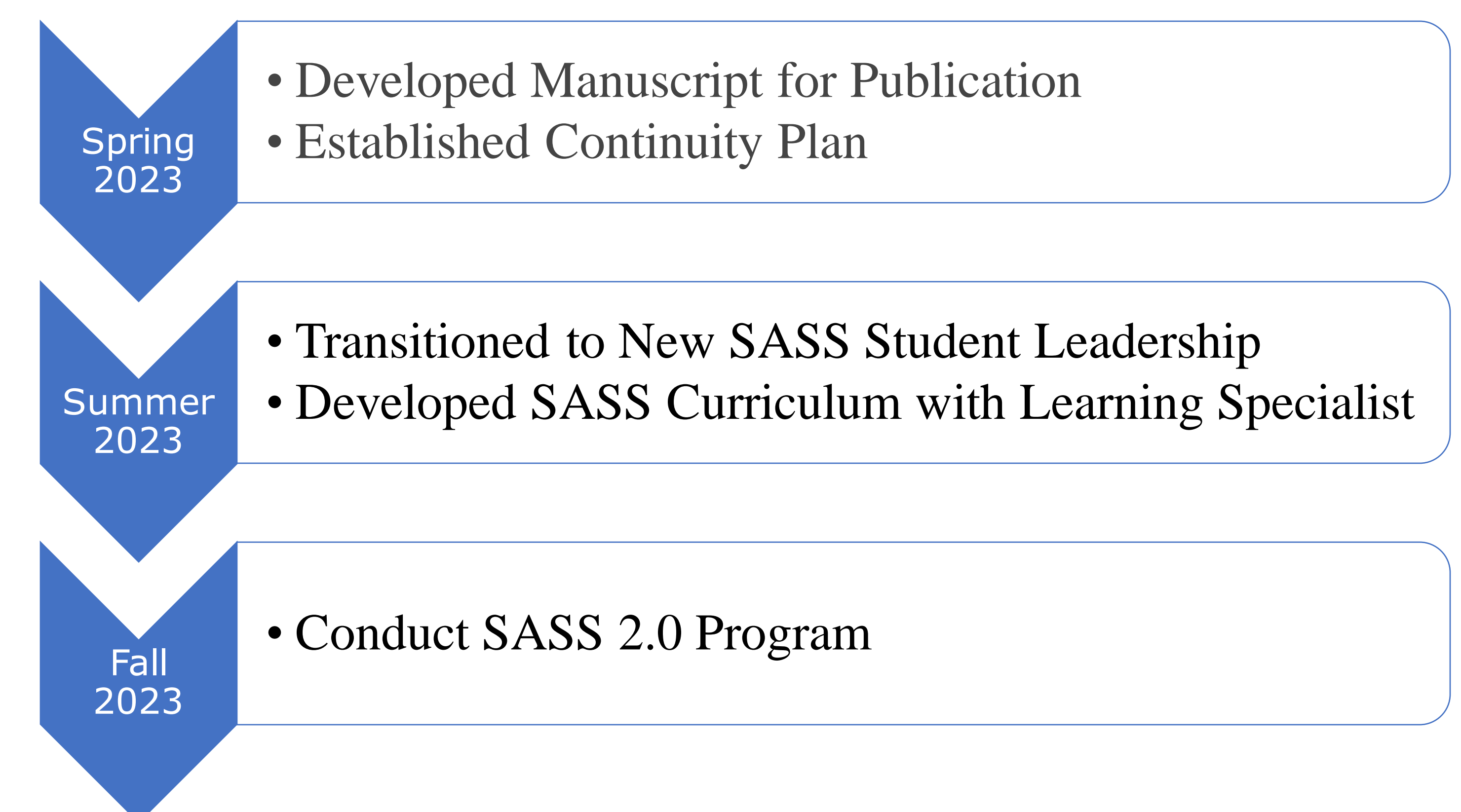
- Red work vs Blue work
 - Pareto's Principle
- Review Entropy Capture
- Gibb's Reflective Cycle

Results & Feedback

In this inaugural year, 100% of the 40 P1 student cohort completed the SASS program. Initial evaluation of the surveys indicated that SASS had a positive impact on P1 academic success. Focus groups were conducted by GSOP faculty to provide the SASS team with honest, anonymous student feedback. A summary of feedback is listed here:

- Providing refreshments created a welcoming atmosphere for new students
- Personal examples from SASS team helped students see how concepts can be applied in a multitude of ways
- Formative assessments were engaging and encouraged deeper interaction with content
- Self Management and System Sustainability Seminars had some redundancies
- Time Management and PESM sessions provided the most directly applicable skills for immediate implementation
- Length and timing of sessions held before classes seen as inconvenient and could be done in orientation.

Continuing SASS



Acknowledgements

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