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Miss Yeo Jia Min, Jamie

Year 4 Student
Class of 2022

TESTIMONIAL

YEO JIA MIN, JAMIE CLASS OF 2022

Why study Pharmacy? And how has the journey been thus far?

I wanted to be a part of the healthcare workforce and contribute to improving the health and lives of others. The four years' journey in Pharmacy has deepened my interest in human anatomy, pathology and pharmacology. The journey as a pharmacy undergraduate has definitely been challenging. However, I can't imagine myself studying any other course in university! Having close friends that support you and inspiring professors that guide you along has made my journey much more enjoyable.



What interest you most in your studies?

I enjoyed learning pharmacokinetics, the study of how the body handles a drug, as well as pharmacology. I LOVE the fact that what I study is so applicable to everyday life. My family and friends often come to me for advice on their health or medicine. In my first few years as a pharmacy student, I was unsure and unable to answer most of their questions (unless they were asking about Panadol!). Now, towards my 4th year, I am able to help my family interpret my grandfather's medical reports, ensure my grandmother is taking the right medications in the right way, and guide my friends in self-care of minor ailments. Being able to help my family and friends in their health is so meaningful and fulfilling to me.

Apart from academic lessons, what other programmes did you participate? And how did the experience(s) benefit you in your (a) personal growth and development, and (b) academic pursuits?

I took part in the RenCi Community Hospital Befriender's Programme in 2019 as part of SOUL, a pharmacy student volunteering initiative. As many of the elderly in the hospital spoke Hokkien, I tried picking it up by attending language classes during the semester to bridge the communication barrier. The intimate conversations we had allowed me to appreciate the challenges that patients in the community are facing with regards to their health, finances, and family.

YEO JIA MIN, JAMIE

CLASS OF 2022



Pharmacy bash friends, us back in year 1 and in year 3!



PECT at Watsons Singapore

What other interesting activities did you partake in to further enrich your student life, e.g. extra-curricular activities on campus (e.g. NUSPS, House, etc.)?

I made many precious memories staying on-campus in Residential College 4 (RC4). Coming back from a long day of lectures to a supportive group of friends made academic life more tolerable. Participation in house and college events helped me to de-stress especially during hectic periods of the semester. I was active in my college interest group, RC4 Climbing, where I made close friends, shared amazing memories, and found my passion for bouldering. I also formed an indescribable bond with some of my batchmates staying in UTown! From study sessions to supper hangouts and late-night talks, I am so grateful for this experience in my undergraduate years.

Share with us your most memorable experience as a Pharmacy student.

It would definitely be participating in Bash when I was in Year 1. During the first freshmen orientation camp, I was selected to join Pharmacy's Bash, the finale pageant event. The 2 months of training together formed bonds with my friends that will last many years to come.

What advice do you have for the incoming students or juniors?

I would advise my juniors to be consistent in their studies, but not to stress too much and remember to have lots of fun. For most of us, you only go through university once. Studying hard is important, but do take care of your mental health as it can get really challenging along the way. Don't ever feel guilty if you need to take a break or go for supper with your friends once in a while!

For juniors approaching their 4th year of studies, do keep an open mind and heart towards Pre-employment Clinical Training (PECT). Don't be so quick to judge and dismiss anything before you actually try it out for yourself. This is a wonderful opportunity provided by the department to explore our interests and apply our pharmacy knowledge and skills in real life!