

**Teo Shin Rei**  
Year 3 Pharmacy



### **What interests you most in your studies?**

What intrigues me most is the real-world application of our studies. Our classes frequently incorporate case studies, where we analyse which medications are appropriate or may pose adverse effects for specific patients. This process resembles detective work, as we examine a list of medications to determine the best way to optimise treatment or add new medications without causing harm.

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

In the summer of 2023, I participated in the Innovations and Transformations in Pharmacy and Pharmaceutical Sciences (ITPS) Programme, a three-week course offered by the University of North Carolina Chapel Hill, United States.

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

I am passionate about applying my knowledge to assist others, particularly in areas such as nutrition, health, and wellness.

I enjoy process of learning about therapeutics, comprehending drug mechanisms, and acquiring the skills to review and monitor medication usage.

Our class curriculum includes visits to hospital and polyclinic pharmacies for practical insights into the profession. Additionally, we had opportunities to interact with patients, enhancing our understanding of the field. The friendships I have formed in NUS Pharmacy, along with the support and guidance of knowledgeable and approachable faculty, have significantly enriched my learning experience and undergraduate journey.

The course provided insights into new research projects and drug development processes within the pharmaceutical industry. Together with my classmates and peers from around the world, I experienced the vibrant student life at the UNC Eshelman School of Pharmacy.

The programme was exhilarating, featuring advancements in drug development complemented by tours of pharmaceutical companies. We engaged in laboratory sessions and workshops that delved deep into the pharmaceutical field, as well as cultural excursions that enriched our understanding of local practices. It was my first long-distance travel, pushing me to adapt and be resilient in the face of challenges. This exposure to the cutting-edge pharmaceutical projects sparked my curiosity about my future career as a pharmacist, motivating me to further explore the health sciences.



Brooklyn Bridge,  
New York City



With ITPS 2023  
course coordinator



ITPS 2023 at a baseball game



**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 actively engaged in various activities to enhance my student experience, particularly through the NUS Pharmaceutical Society (NUSPS). In my first year, I participated in a Youth Expedition Project (YEP) trip with seniors, and in my second year, I had the privilege of leading a volunteer trip to Cambodia with a team from NUSPS. These experiences deepened my understanding of local cultures, and enhanced my leadership and teamwork skills. I was honored to be invited to share about this project at the Faculty of Science Symposium 2024.

NUSPS presents numerous opportunities to delve into the area of health science. I volunteered in initiatives like Health Test, Advice, Go! (Health T.A.G.) and Know Your Medicines, Get It Right! (KYMGR), where I worked with practicing pharmacists to provide advice on public health concerns, gaining firsthand experience in consultations. As a member of the International Relations Committee, I took part in webinars and collaborative events with international pharmacy students, which broadened my global perspective on the profession.

I also participated in the InSPIRxE Mentorship Programme organised by NUSPS, a 9-month programme that serves to connect Pharmacy and Pharmaceutical Science students with our alumni that have both industry and clinical expertise via group mentoring. The experience has been incredibly insightful, providing clarity on potential career paths. My mentors have been supportive and patient throughout this journey, always ready to address my questions and concerns.



YEP 2024 ~ Teaching English in  
Kampong Chhnang Primary



YEP 2024 ~ Group photo with the  
team and organisation partners



Health T.A.G. 2022