

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

My interest in medications began when I experienced their impact firsthand and was amazed by how something as small as a painkiller could bring relief. I chose to study Pharmacy to understand how medicines work, how they improve patients' health and quality of life, and how pharmacists contribute to patient care within the healthcare system.

I enjoy learning about medical conditions and their treatments, including drug classes, mechanisms of action, and dosage forms. The programme has also trained me to practise evidence based medicine and make decisions grounded in research and clinical guidelines. Beyond scientific knowledge, the curriculum emphasises patient care through communication and empathy. Although rigorous, it has given me a clearer understanding of the pharmacist's responsibilities and the broader healthcare system.



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Year 4 Pharmacy

What interests you most in your studies?

What I enjoy most are patient care skills such as history taking and medication reconciliation. History taking is meaningful because it helps me understand the patient's experience and uncover important health details. Medication reconciliation is equally engaging as it challenges me to analyse a patient's medication list and ensure their medicines are used safely and correctly. Together with pharmacology knowledge, these skills equip pharmacists to educate and guide patients more effectively.

Apart from academic lessons, what other programmes (e.g. UPIP, UROPS, NOC, SEP, Summer/Winter Schools/Research/Internship, etc.) did you participate in? And how did the experience(s) benefit you in your (a) personal growth and development, and (b) academic pursuits?

I attended a one-month summer school programme in Berlin, Germany at the Humboldt Winter and Summer University (HUWISU), where I learned German. I wanted to experience life in a foreign country, learn the local language, and apply it while exploring Germany. Beyond language lessons, the university organised cultural learning journeys to significant landmarks such as the German federal parliament. The experience was eye-opening and helped me step out of my comfort zone while gaining a deeper appreciation of a different culture.

I also participated in the Study Trip for Engagement and Enrichment (STEER) to Hanoi, Vietnam. During the trip, we visited hospitals, retail pharmacies, and traditional medicine shops, and toured Traphaco Pharmaceutical Company (a pharmaceutical factory). We also engaged with pharmacy students from Hanoi University of Pharmacy (HUP), including a Collaborative Learning Workshop where we discussed clinical cases. This experience enriched my pharmacy learning by giving me greater insight into Vietnam's healthcare system, how pharmacies operate in different contexts, and local attitudes towards medications. These overseas programmes broadened my worldview and helped me see how cultural and social factors shape people's lives.



Learning German alongside fellow exchange students at HUWISU Summer University



Connecting with students from HUP during STEER to Hanoi



Student volunteers and pharmacists after an Adopt-a-Centre (ACT) session

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.)?

Most of my extracurricular involvement centred on volunteering, particularly through the Community Health Angels Mentoring Programme (CHAMP). Together with other pharmacy student volunteers, I conducted regular home visits to community-dwelling older adults to befriend them and support them with their medications. These visits helped me understand the challenges older adults face in their daily environment, reinforcing the importance of empathy and person-centred care.

I started as a volunteer and later served as Chairperson, taking on greater responsibility in leading the programme and shaping its direction. I also participated in the Adopt-a-Centre (ACT) programme under CHAMP, where we conducted medication reconciliation for elderly participants under the guidance of a volunteer pharmacist. These sessions provided an accessible platform for older adults to clarify medication-related doubts and highlighted how pharmacists can support the community through safe and effective medication use. The experiences allowed me to apply patient care skills in real settings and showed how pharmacists can support the community through safe medication use.

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

One of my most memorable experiences was during my internship at the polyclinic, where I conducted medication reconciliation independently under my preceptor's supervision. Speaking with patients to review their medications and explain changes was initially intimidating, but completing it successfully was deeply rewarding.

It strengthened my communication skills, especially explaining medicines in layman terms and checking understanding through patients' responses. The experience built my confidence and reinforced the responsibility that comes with being a pharmacist.

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

Staying consistent with lectures and coursework helps reduce stress. Beyond academics, take opportunities to get involved in activities and new experiences, including student-led initiatives and overseas programmes. They can be very enriching, broaden your perspective, and support personal growth. Along the way, the friendships and connections you build can make your university journey even more enjoyable.