



TOURO UNIVERSITY CALIFORNIA COLLEGE OF PHARMACY  
PHARMACY STUDENT SERVICES

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August 3, 2018

Dear Class of 2022,

Thank you for your attention and participation over the past three days as we completed the College of Pharmacy Orientation.

I feel as if we definitely connected and share a common purpose towards your successful first year and career as a future pharmacist.

I would like for you to make some time for yourself this weekend and do some self-reflection.

**Assignment (optional):**

- Please take a moment and make two specific time bound goals for this first semester, that are achievable, personal, positive and specific.
- For Example:
  - By the third week of class I will get to know my entire SGD group by name and get to know what makes them unique and their favorite hobby.
  - By week two I will have a study plan that provides me time for studying and caring for myself such that I make time for my loved ones.

I would then like you to think of what challenge could possibly get in your way of achieving your two personal goals, that you listed above.

Write down what is one thing you will do today to minimize that challenge.

If you would like to share your goals, challenge and reaction to that potential challenge with me, please feel free to email me directly (DO NOT REPLY ALL).

For those of you that share your assignments with me, I will use them for the start to the next conversation we have together. If I see similarity in what you submit to me I will collate and share this will you all with anonymity.

I look forward to walking with you as you have begun this journey, I am honored that you chose our University, College and me to share the path with.

Be well, be kind to yourself and others,

Rolly (Ranjit) Kali-Rai MBA, PharmD  
Assistant Dean for Student Services  
Assistant Professor Social, Behavioral, Administrative Sciences  
College of Pharmacy Room 116  
Email – [rolly.kalirai@tu.edu](mailto:rolly.kalirai@tu.edu) | (707) 638-5446