



TOURO UNIVERSITY CALIFORNIA COLLEGE OF PHARMACY
PHARMACY STUDENT SERVICES

December 18, 2019

Well you did it! The 2018 fall semester at the COP Touro University California will come to a close with examinations completed this week. Take a moment and reflect how far you have come this semester and how you have moved along the path towards a career in Pharmacy. There were good days and well some days that were not. Regardless of the outcome, you made it, you moved forward. I learned some years ago that learning is life long and when you most resist it is when you need to learn the most.

During your time off please be kind to yourself and reflect upon your willingness to learn from life and how active a learner you are. Be safe, avoid excess, return ready to learn. Bless you all and thank you for being you. We understand that the holidays do bring stress and we want you to know that you are not alone. For those times that you feel counselling services would be helpful please remember that the 24/7 University live counselor call line is 707-638-5292 option 3.

You are not alone, we are in this together and you matter to us all. On behalf of all faculty and staff at the College of Pharmacy, have a safe and joyful Winter break and best wishes for the coming New Year.

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