



## VMFH St. Joseph Medical Center Acute Care Pharmacy Practice Residency

Match Code: 168413

Hello and thank you for your interest in applying to our PGY1 residency program this year! Supplemental applications, as part of our required application process, are captured as a short (< 5 minutes) video submission to answer the following three supplemental questions:

- 1) Our organization values include compassion, inclusion, integrity, excellence, and collaboration. While integral to our mission, these values have universal appeal. Describe an example of a personal value that you hold which you believe to be underappreciated or under-represented in the professional environment, and specify how this value informs your ability to collaborate within the multidisciplinary team.
- 2) Share a personal experience in which successful communication improved a difficult situation. Also share an experience wherein challenges to communication impeded or delayed progress towards a common goal. What specifically did you learn about determining which methods are useful, which are not, and how have you incorporated these lessons into your personal practice?
- 3) Please describe two or more specific stressful barriers related to pharmacy that you have encountered and what you did to overcome them? What was the source of your stress related to these barriers and what tools did you use in each situation to reduce your stress?

### Supplemental Application Video Instructions

This should be completed in a professional manner and be free of any background distraction or noises.

1. Film your video answer the questions above (~ 5 minutes maximum time)
2. Create or sign-in to an existing YouTube account
3. Upload your video to your YouTube account
  - a. Click "upload video"
  - b. Click "select files" and choose video
  - c. Fill in the basic information as TITLE: SJMC Supplemental Video First Last Name
  - d. Move only "visibility" tab and select "unlisted" option
  - e. "Publish" video
  - f. Verify video uploaded correctly

Once your video is published:

1. Click "options" (3 vertical dots)
2. Get shareable link
3. Copy link into a Word document titled: SJMC Supplemental Video\_First Last Name
4. Convert Word document into PDF
5. Upload PDF into your PhORCAS application for this program