

# THE ZETA REFLECTOR

UCSF  
PHI DELTA CHI  
ZETA CHAPTER  
2022 - 2023

PHI DELTA CHI®



# TABLE OF CONTENTS

03	Letter from the Editor
05	Outgoing Board
19	Incoming Board
33	Scholarship
	OSCE Prep Night
	OTC Handbook
	APPE Q&A Panel
34	Financial Talk/Workshop
	Interview 101 Workshop
35	Fundraising
	Valentine's Day Grams
36	Brotherhood
	Taco Tuesday
37	Zeta Days
41	Birthday Bash
42	Thanksgiving Dinner
43	Famlympics
	Retreat
44	Big/Little Reveal
45	Banquet
46	Alumni Outreach
	Alumni Mixer
47	Alumni Picnic
48	Zeta Roster - Class of 2025
49	Thank you

# LETTER FROM THE EDITOR

## MABLE THAI – INCOMING WC

Hi everyone! My name is Mable Thai and I am ecstatic to be able to serve the PDC Zeta Chapter at UCSF as the Worthy Correspondent for the 2023-2024 academic year! I'm excited to be more involved with PDC this year through showcasing all our chapter's fantastic events and accomplishments. The PDC Actives were a few of the first people I turned to for advice as I tried to navigate my first couple months of pharmacy school, so I am excited to give back to the incoming Candidates what I received.

I am thankful for all the support I received from my Brothers of the Zeta Chapter with acclimating to a new environment and now, with helping make this publication possible for all Brothers across the country to read. I hope everyone can celebrate with me all the memories we have made together this past year and enjoy our this year's edition of the Zeta Reflector!



# SPECIAL THANKS

TO THESE BROTHERS FOR THEIR  
CONTRIBUTIONS IN THIS YEAR'S ZETA REFLECTOR!

Alice Dang

Brandon Tan

Catherine Gonzales

Colleen Leung

Isabel Willner

Ivy Lu

Jakob Decano

Jennifer Nguyen

Katherine Gee

Kayla Mari Vale Cruz

Kayla Mowery

Keya Patel

Michael Ouyang

Trevor Lee

Kristi Wong

# OUTGOING BOARD

2022-2023

**Outgoing WCC – Alina Luk**

**Outgoing WVC – David Nguyen**

**Outgoing WC – Melvin Chang**

**Outgoing WIGs – Sharon Gip, Sarah Nakamoto**

**Outgoing WMAs – Lisa Wu, Selena Li**

**Outgoing WKRS – Isabell Wu**

**Outgoing WFD – Lissette Tordera**

**Outgoing WKF – Darren Alfafara**

**Outgoing WAL – Sharon Gip, Sana Hamid**

**Outgoing WP – Selina Xu**

**Outgoing WSG – Cameryn Nakamura**





# OUTGOING WCC

## ALINA LUK



Reflecting on this past year, I am very grateful to have been able to serve as WCC and very proud of the work that the outgoing board produced for PDC. Anyone who played a role in the fraternity this year knows that there were various challenges we had to face, and I wouldn't have been able to navigate through this year without the support of my board, my upperclassmen, underclassmen, and peers.

PDC was such a big part of my pharmacy school journey my first two years and as I have moved on to watch its growth from afar, I feel a lot of nostalgia and excitement. Whether it was seeing the P1s become more confident as pharmacy students, cheering for the P3s at their graduation ceremony after a long year of rotations, or celebrating successes (there were also tears) alongside my fellow actives, PDC has provided me with a valuable outlook on life and my relationships in pharmacy school. I look forward to seeing how PDC will continue to touch the lives of future students and I will treasure memories and skills I have gained during my time as an officer.

# OUTGOING WVC

## DAVID NGUYEN

I can hardly believe that my tenure as WVC of PDC has ended. Working alongside my executive board, returning actives, and new Brothers has been an absolute pleasure to create a year filled with countless memories and tremendous personal growth for all of us in PDC.

One of the highlights for me was getting to know each and every one of our new Brothers during the rush process. It was a lot of fun, and seeing how much they have grown throughout the year has been incredibly rewarding. The moments when we were all together, enjoying ourselves and genuinely feeling like a family, reminded me why I was drawn to PDC when I first arrived at UCSF. Whether it was our exciting Zeta Days, engaging workshops that pushed us to become better pharmacists or our glamorous End-of-the-Year Banquet, these shared experiences brought us closer together and left lasting impressions.

I want to express my gratitude to each and every one of you for making this year so special. Your dedication, energy, and enthusiasm have been truly inspiring. Serving as WVC and actively upholding the traditions and legacy of PDC has been a tremendous honor. I have complete confidence that the incoming Board will have an incredible experience, just like I did, thanks to the solid foundation and relationships we have built. As you progress in your pursuits, may you thrive and keep the spirit of PDC alive.

David



# OUTGOING W C

## MELVIN CHANG



Hi! My name is Melvin Chang, the previous Worthy Correspondent! It was a pleasure serving on PDC board last year. As WC, I was able to connect with other chapters and learn more about PDC as a whole and activities and events other chapters hold. I also enjoyed being able to put together the Zeta Reflector last year as a way for all the brothers to reminisce on all the events we were able to put on. As a brother, I was grateful for all the connections I was able to make over the past two years being a part of PDC. There were definitely so many memorable moments throughout the year and I hope future brothers continue to have the same experiences! I look forward to seeing the chapter continue to grow and I have no doubt that the current board will be able to make this happen!







# OUTGOING WIG & WAL

## SHARON GIP

While it has only been 2 years, PDC has created many great memories and long lasting friendships for me. I had the honor of filling the roles of Worthy Inner Guard and Worthy Alumni Liaison. It was so fulfilling hearing such positive feedbacks for how our recruitment events went. Our brothers did an amazing job at welcoming the incoming class and providing entertaining festivities. We were finally able to have more in person events as COVID cases were decreasing, allowing us to have more contact with our alumni! We conducted 2 alumni events after a long hiatus and they were a success with great turnout. I look forward to see the growth of PDC as we return to normalcy.



My favorite moment in PDC this year is finally meeting my little and expanding my phamily line. While I did enjoy myself at all the other events PDC hosted throughout the year, I will forever cherish the smaller moments that give more meaning to the relationships I've formed. PDC gave me a family that constantly provided support and company in the form of late night study buddies, foodie friends, adventures and more.

I know that PDC is in good hands with the new board members and I cannot wait to see how the fraternity continues to grow. I know that PDC will continue to spread hospitality and I cannot wait to meet the new candidates and brothers.

# OUTGOING WIG

## SARAH NAKAMOTO

Hi all! I'm Sarah, and it was an honor to be one of the Worthy Inner Guards this year alongside Sharon. Planning recruitment season was a huge undertaking and would not have been possible without my fellow board members and brothers! I am so proud of what we as a whole were able to accomplish this year. It was really meaningful to see our alumni connections grow as we transitioned back to hosting in-person events. I am forever grateful to PDC for the people and the vibes, and for providing me with a sense of community throughout pharmacy school. Joining PDC has truly been one of the best, albeit only, impulse decisions I have ever made! I am excited for what the new board has in store for PDC and can't wait to meet the new brothers!





# OUTGOING WMA

## LISA WU

Serving as WMA was hectic to say the least, but it has been so rewarding at the same time and I am endlessly grateful for the community I found through PDC. For me this year was all about creating a supportive and welcoming environment, which I tried to incorporate in every event that I oversaw with the best co-WMA

(shoutout Selena <3)!! We are so honored to have hosted such a fun Thanksgiving dinner this year where the focus was on good company and good food, and it was so rewarding coordinating spoils week and big little reveal after seeing all the meaningful relationships that developed over the course of candidacy season. We hope we played a role in creating unforgettable experiences for everyone in PDC this year, through Zeta days, candidate meetings, and pledge events. Looking back on PDC this year, I feel incredibly grateful to have been a part of this community, find the best little ever, and feel so supported by a board who truly cares about me. The PDC community as a whole has been a big source of strength for me during pharmacy school, and I can't wait to see what is in store for next year!



# OUTGOING WMA

## SELENA LI

I'm so honored to have served as WMA this past year with the best co-WMA ever <3 Although planning all the pledge events was busy and stressful as we planned to transition nearly all the events to in-person, it was definitely super rewarding to see our Brothers welcome our new Candidates into the fraternity. A big shoutout to the executive board and active Brothers for their support and stepping up to help out with events when I couldn't (due to catching covid ;~;)



My favorite events this year were the Zeta Days, spoils week, and banquet. I loved these events and small socials to get to know the new Candidates and make new memories with my fellow Brothers. As a board, we implemented a lot of new in-person events and workshops to further PDC's mission to grow personally and professionally. I can't wait to see what the upcoming board has for next year!



# OUTGOING WKRS

## ISABELL WU

Hello! My name is Isabell, and I was the WKRS for 2022-2023! I am so grateful for all the memories I have made over the last two years with my fellow brethren. It has been a great year for PDC, especially seeing how each and every one of us have grown and come this far. I am so proud of what the outgoing board has achieved from all the career/networking events to the social/bonding events. I am definitely looking forward to what the incoming board has planned for PDC for the '23-24 year. The pandemic has been a tough obstacle, but hopefully, there will be opportunities for more in-person events next year. I have taken all the meeting minutes over zoom for the past year, so it would be a great change of pace if everyone could gather together. Good luck to the new PDC board and incoming members in all your future endeavors!



# OUTGOING WFD

## LISSETTE TORDERA

Hi! It has been a pleasure serving as Worthy Festivities Director (WFD). Being part of PDC and being able to work with the rest of board as social chair has definitely been an experience to remember. Coming into pharmacy school, joining a fraternity was definitely something I did not have in mind, but grateful for all the experiences and memories made. As we slowly began to lessen the social distancing measures, it was really great to be part of the group that got to help navigate the transition back to more in-person events. It truly felt like a new and exciting fresh start. Being able to coordinate social activities like Famlympics with our WVC, Banquet, Napa, and Birthday Bash in addition to coordinating P2 send-off, P3 graduation gifts, and hoodies was such an exciting and eventful time! I can confidently say it helped me grow a lot both personally, and professionally and I am very thankful for the opportunity to help build the brotherhood of PDC with these events. I hope all the brothers enjoyed and made lasting memories through these events as much as I did! Can't wait to see what the incoming board has in store. Have fun & take care always!



# OUTGOING WKF

## DARREN ALFAFARA



**Hello brothers of PDC! I'm Darren, your outgoing Worthy Keeper of Finances. It was a pleasure serving on board this past year and planning fun events that allowed us to bond close together as a frat. My favorite memories of the past year include Bingo Dare Fundraisers, the success of rush season, and banquet. PDC will always be a special time in my pharmacy school journey and I look forward to seeing the growth of our chapter and making more memories in the future!**



# OUTGOING WAL

## SANA HAMID

Hello everyone! My name is Sana and I had the pleasure to serve as you WAL. I believe Sharon and I did a wonderful job working together to hold in-person and online events where you get to interact and mingle with PDC Alumni. I really enjoyed hosting the Alumni picnic at the PDC house. It was so fun meeting all the Alumni and giving them a tour of the PDC house. I hope those who attended our sessions with alumni were able to make meaningful connections. Our mentorship program was another successful event, we loved seeing all your meetings with your mentor while on Zoom or even in person! My favorite event from this past year was helping make and deliver the PDC Valentine's Grams. It was a great group activity learning to make the roses from paper! I loved delivering the grams and seeing the smiles on people's faces when they learned they were receiving Valentine's grams. Lastly, I look forward to all the new events and memories the new board will bring. I truly believe our current brothers will be able to welcome the new incoming P1 class! Can't wait to see the new and old traditions the upcoming board carries out this year.







# OUTGOING W P

## SELINA XU

It was such a pleasure serving as the Worthy Prelate this past year. From creating our chapter composite to re-vamping our website, and keeping our social media active, I had lots of fun capturing all the wonderful moments we had together as a big family.



Joining PDC is still one of my best experiences at UCSF. This is the place where I met my closest friends and built long-lasting friendships. Some of my favorite memories this past year include the Bingo Dare Fundraiser, Zeta Days, Thanksgiving Dinner, and Big-Little Reveal. It was not an easy year as we tried to bring all events back in person again, but shoutout to the board for putting in so much effort to make them happen. I'll miss walking down 3rd Ave and hanging out at the PDC House!

I look forward to seeing how much our chapter continues to grow and everything that the new board will accomplish in the coming year! :)

# OUTGOING WSG

## CAMERYN NAKAMURA

Hi! My name is Cameryn, and I had the honor of serving as the 2022-2023 WSG. As WSG, I had the pleasure of witnessing the immense generosity of our brothers and the greater UCSF community through our fundraising events! This year, we introduced the Bingo Dare Fundraiser for brothers to complete fun dares to raise money for St. Jude. Pie Day which was associated with this fundraiser was actually one of my favorite memories this year. It was so fun to see all the creative ways people came up with to pie their brothers, and again, it was all in good fun for a great cause!

We also brought back the classic PDC Valentine's Grams Fundraiser! It was so nice to have our brothers come together to assemble cute gifts to show their friends how much they care and once again contribute to a great cause like St. Jude. Overall, although these events took a lot of coordination, I am grateful for how much I learned. I am also so proud of our brothers' generous hearts for such a worthy cause like St. Jude! I can't wait to see how the new board will continue to foster this spirit and grow together as a brotherhood!



# INCOMING BOARD

2023-2024

**Incoming WCC** – Kayla Mari Vale Cruz

**Incoming WVC** – Jennifer Nguyen

**Incoming WC** – Mable Thai

**Incoming WIGs** – Trevor Lee, Brandon  
Tan

**Incoming WMAs** – Michael Ouyang,  
Alice Dang

**Incoming WKRS** – Isabel Willner

**Incoming WFD** – Keya Patel

**Incoming WKF** – Kayla Mowery

**Incoming WAL** – Katherine Gee, Ivy Lu

**Incoming WP** – Colleen Leung

**Incoming WSG** – Jakob Decano



# INCOMING WCC



## KAYLA MARI VALE CRUZ

Hello everyone! My name is Kayla and I will serve as the Worthy Chief Counselor this upcoming year! It has been more than a year since I left the only city I knew to pursue my career in Pharmacy. I met multiple people and looked into various organizations to

find a community where I would fit in. Instead, I found a home away from home in PDC. PDC became my home to new friends, memories, and opportunities. With moments like guiding me through my first OSCE with our OSCE Prep Night, to the day I met my future big for the first time, only to forget their name the following day.

This chance to find a home in PDC is what I want to provide the incoming P1 class. In addition, I want to maintain engagement between our P2 and P3 classes through more workshops orientated to our future careers and guidance post-graduation. With the incoming board, I am confident we will achieve our goals together, and can't wait to see what is in store for us.





**I N C O M I N G  
W V C**



**JENNIFER  
NGUYEN**

Hello, everyone! I'm Jennifer Nguyen, and I am thrilled to serve as the Worthy Vice Counselor for the 2023-2024 school year! Being a part of PDC has truly been an incredible journey since I joined as a P1. All the brothers have always been so welcoming and I'm grateful for all the memories and friends that I've made along the way!

As the incoming WVC, my main goal is to continue supporting our brothers' academic pursuits, including editing the OTC pocketbook and organizing OSCE Prep Night for the incoming P1s. Additionally, I aim to create various opportunities for students to network and career plan through engaging panels and workshops. And finally, I hope to foster a warm and supportive environment for the new brothers, just as the outgoing board did for our class.

I'm looking forward to working with next year's board to continue growing our chapter, as well as meeting the next class of P1s! The people, the vibes!

# INCOMING WIG



## TREVOR LEE

Hello! My name is Trevor and with the brain cells I share with my partner Brandon, I am excited to be the Worth Inner Guard(s) for the 2023-2024 school year. I am from Los Angeles-ish and went to undergrad at the University of San Francisco. At first I didn't even know that there would be fraternities in pharmacy school, but am glad that I found my place in PDC. Like some others I would like to say my favorite memory so far was Big/Little reveal, but I had COVID so I didn't make it. I did get a FaceTime while dying in bed, but one of my goals for this year is to make it to that now! Besides that, the Zeta days were super fun where I got to know the upperclassmen as well as my class better. I am looking forward to hosting the rush events for the incoming P1s and hope to recreate the friendly, welcoming environment that I was introduced into. I can't wait to see what the future of PDC will hold and the good memories to be made.





# INCOMING WIG



## BRANDON TAN

My favorite memory of the year was at Spark Social during recruitment season. I remember rushing around trying to win the game of bingo for the waterproof speaker, but inevitably losing the tiebreaker of rock paper scissors. As future recruitment leaders for PDC, I promise to create new events that will help foster social and professional connections between the 2nd years and 1st years.

# INCOMING WMA



## MICHAEL OUYANG

Hello everyone! It is my pleasure to serve as your incoming Worthy Master-At-Arms in Phi Delta Chi for 2023-2024 school year! At PDC, I have found a second family that I am proud to call home. The supportive and

encouraging environment at PDC pushed me to become a better pharmacist with their extensive alumni network and seek refuge in times of need. PDC has been very inclusive and naturally made me feel comfortable enough to have my own voice. Thus taking this forward, I want to share the same warmth and comfortability that I felt with the incoming P1's. I want to take this opportunity as the Worthy Master-At-Arms to welcome the incoming P1's with open arms and hopefully have a smooth transition.





# INCOMING WMA



## ALICE DANG

Hello everyone! :) My name is Alice and I am very honored to be serving as one of this year's Worthy Master-at-Arms!

I have made many precious memories this past year and cannot wait to create more with our current brothers and incoming class. During pledge season, I was able to get to know the upperclassmen on a deeper level and become closer to my pledge

class. From not knowing anyone coming into pharmacy school, I was able to find such great group of people to share this amazing journey with! I hope as a WMA, I will be able to help create the same welcoming environment to our new incoming class!

Some of my favorite memories in PDC so far, includes Big/Little reveal, Thanksgiving Dinner, and the Zeta days. As a WMA this year, I am looking forward to recreating this experience for the next class so they will also be able to enjoy these and many more events as well. I cannot wait to see PDC continue to grow!





# INCOMING WKR S



## ISABEL WILLNER

Hello! My name is Isabel Willner, and I am so excited to serve as your Worthy Keeper of Records and Seals for the 2023-2024 school year.

I am thankful for all of the opportunities PDC has provided to meet

such a wonderful and welcoming group of people. It has been a joy to get to know my peers in PDC at events carefully planned by the previous board and even in classes. Some of my favorite events were the Zeta days - they provided such a safe and fun space to get to know upperclassmen and other folks in the recruitment process. I look forward to helping carry on this sense of community for the incoming class of students as the previous class did for us!

# INCOMING WFD



## KEYA PATEL

I am so excited for the upcoming year and to see all the plans the incoming board has come into fruition! It's been so fun working with the new board so far and I can't wait to meet the new candidates soon. Some of my favorite events last school year was big/little reveal and banquet. I loved finding out that i had not one big, but two bigs to welcome me into their PDC family. As the WFD, I also had so much fun planning banquet this last year. There were a lot of laughs and smiles shared and overall some really good memories that were made that night! I am glad to be part of the PDC family and can't wait for what this next year brings!



# INCOMING WKF



## KAYLA MOWERY

Phi Delta Chi has added a lot of heart to my pharmacy school experience so far. The candidacy process provided a lot of opportunities to get to know my future brothers better. I have particularly sunny memories of the Color Me Mine Zeta day, birthday bash games, Big/Little reveal, and Thanksgiving celebration. Banquet

provided a needed space for reflection and celebration of our accomplishments. Through my position as Worthy Keeper of Finances, I hope to contribute to the comforting sense of community PDC offers. I hope to support my fellow board members as they step up as leaders in our chapter in planning events and setting our culture. I look forward to the new board and other brothers in our class working together to welcome the incoming class. From Bifrat to zeta days to extending my family line to retreat, there's so much to look forward to. I'm excited for new and deepening connections and all the fun to come.



# INCOMING WAL



## KATHERINE GEE

Hello!! I'm Katherine, and I'm one of the two Alumni Liaisons this year. I resonate strongly with the importance of mentorship - in both academic and professional settings. For the upcoming year, I hope to continue and refine the mentorship program between brothers and alumni to build upon the relationships I myself have formed during my time in PDC. As a P1, PDC offered opportunities

to learn and connect with so many others and I hope to do the same during my time as WAL.

I made a lot of memories during my first year of PDC that I will hold forever. From Bifrat night where I decided to bid for PDC to Zeta days where I met my other brothers, I saw the true compassion of PDC to help others and forge long-lasting relationships. Events ranged from social to professional, and sometimes a mix of both, and allowed me to connect with others while still having fun. During the upcoming year, I hope to extend the spirit and attributes I found and grew to love in PDC to my fellow brothers and alumni while making more great memories!! AAAE.



# INCOMING WAL

## IVY LU



Hi everyone! My name is Ivy Lu, and I am one of the incoming worthy alumni liaisons for the 2023-2024 academic year. PDC was not something I expected to join when coming into pharmacy school, but it has been a great opportunity for me to step out of my comfort zone and meet a bunch of great people. Some of my favorite moments

have been zeta days, big/little reveal, and alumni picnic. I am really excited to work with this new board and meet all the new candidates. I hope that we are able to provide the same welcoming experience that the outgoing board provided for us. It has also been great working with my co-WAL, Katherine, to maintain alumni relations and to promote mentorship. I look forward to growing our alumni network and to providing more opportunities for brothers to network with the alumni.



# INCOMING WP



## COLLEEN LEUNG

My name is Colleen Leung, and I am the Worthy Prelate for the 2023-2024 school year. The reason I joined PDC was because I enjoyed attending all the rush events. I found everyone to be incredibly friendly and easy to talk to. I wanted to meet new people and form deeper connections with my peers. Some of my favorite events I attended over the past year were the Zeta Days and Big-Little Reveal Week. Given the stress caused by studying, these events provided me with much-needed relaxation and fun memories. The experiences I've had so far have been enjoyable, and I'm excited to give back and continue fostering an inclusive and welcoming environment within PDC. I look forward to seeing our chapter grow and seeing the contributions and ideas the incoming board will bring. I hope the next class will also find their time in PDC to be meaningful and fun. As WP, I'm excited to capture all the beautiful moments!



# INCOMING WSG



## JAKOB DECANO

It's been a pleasure being part of this space and engaging with all the folks part of it! It was a blast to share meals like at Thanksgiving Dinner, or meet with alumni and hear the joys of their time at this school! I think often though, the best

parts of being with PDC have been the unplanned or spur of the moment things I've done with brothers. A random dinner invite, buying a charcoal grill, or helping someone move all rank top tier in my first year of pharmacy school! In terms of seeking gold, man call me Harry Potter. I really want to be super creative in ways that I raise money this semester, and finding ways to do so outside of the norm. Whether this be through food or clothing sales, video game tournaments, or otherwise, the future looks fun! Excited to experiment.





# SCHOLARSHIP

## OSCE PREP NIGHT

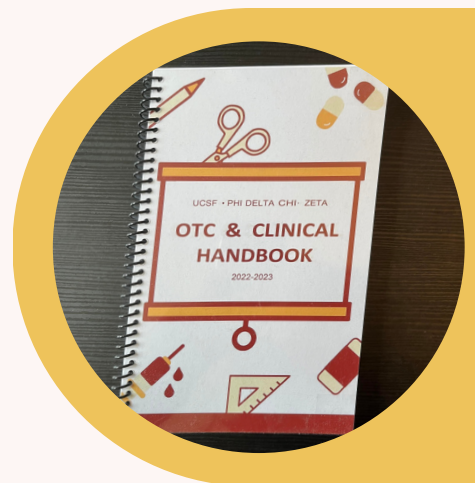
Written by: Mable Thai

This year we once again hosted the OSCE Prep Night with the help of our Phi Delta Chi and Kappa Psi Brothers. With the upcoming Objective Structured Clinical Examinations (OSCEs) for the first year students, we wanted to provide an event to allow them to practice and get a rough idea of how the exam would take place would them. A stimulation of the immunization screening and medication history exam was conducted by the Brothers. The Brothers, acting as practice patients, would then provide feedback to the first year students on what could be improved in preparation for their exams. Through providing a low-stakes, practice environment for the first year, it allowed them to become more acclimated to the flow of their first OSCE exams to set them up for success!

## OTC HANDBOOK

Written by: Alice Dang

The OTC handbook is something that was very useful during my studies and IPPEs. There are summaries of treatment options, medications, and patient considerations for many different disease states. It also contains counseling points for most OTCs in a way that was very easy to understand. It is a great tool to have!



## APPE Q&A PANEL

Written by: Trevor Lee

The APPE Q&A panel was a great experience getting to meet more of the P3 class, now graduated, and learning about their experiences in APPEs. Being somewhat of little reunion for some to get to catch up as well as the rest of us getting to hear how our upperclassmen have been in their last year of pharmacy school. It was a good glimpse for the rest of us in didactics to see how the lifestyle of APPEs may be different and get an inside scoop of what our futures may look like in the upcoming years.



# SCHOLARSHIP



## FINANCIAL TALK/ WORKSHOP

Written by: Mable Thai

**Our amazing advisor, Dr. Ivan Mok, presented a financial talk and workshop for the Brothers to help us better understand how to manage our accrued debt from attending pharmacy school. We**

**learned about the many different options for loan forgiveness and how to best invest our money to earn passive income. All the Brothers were able to leave feeling more in control of their finances and better equipped to tackle debt after pharmacy school graduation!**

## INTERVIEW 101 WORKSHOP

Written by: Mable Thai

**The interview workshop was led by our amazing outgoing WCC—Alina Luk. After attending this event, I felt extremely prepared for any interview questions I would encounter in the future. We went over common interview questions together and how to best approach them using examples shared by our Brothers. We also worked on good interview practices and using connecting phrases to strengthen our answers!**



# FUNDRAISING

## VALENTINE'S DAY GRAMS

Written by: Keya Patel

PDC VALENTINE'S GRAMS WAS ONE OF THE FUNDRAISERS PDC HELD THIS PAST YEAR TO RAISE MONEY FOR ST. JUDE'S.

THIS WAS SUCH A GREAT WAY TO LET OUR BROTHERS KNOW HOW MUCH LOVE WE HAVE FOR THEM, WHILE AT THE SAME TIME SUPPORTING A GREAT CAUSE. IT WAS SUPER FUN TO RECEIVE A VALENTINE'S GRAM AND TO GIVE THEM OUT AS WELL! THE GRAMS WERE ALL SUPER CUTE AND BEAUTIFULLY MADE, SO IT FELT MORE SPECIAL THAN JUST RECEIVING SOME CANDY ON VALENTINE'S DAY.

UCSF PHI DELTA CHI  
**VALENTINE'S GRAMS**  
A portion of proceeds will go to St. Jude!

**Rosebuds**  
\$2 for 1 rosebud  
\$10 for 6 rosebuds

**Mason Jars**  
\$4 for 1 mason jar  
\$10 for 3 mason jars



# BROTHERHOOD

## TACO TUESDAY *Written by: Mable Thai*

FOR TACO TUESDAY, THE BROTHERS CAME OUT TO SPARK SOCIAL IN SAN FRANCISCO TO ENJOY \$1 TACOS TOGETHER WHILE LEARNING MORE ABOUT EACH OTHER.

A BLACKOUT BINGO GAME WAS PLAYED WHERE THE FIRST YEAR STUDENTS SCRAMBLED TO GET TO KNOW THE BROTHERS IN ORDER TO FILL OUT THEIR BINGO SHEETS. AS CARDS WERE GETTING CLOSER AND CLOSER TO BEING COMPLETED, TWO FIRST YEAR STUDENTS WERE ABLE TO TIE EACH OTHER IN COMPLETING THEIR CARDS. THE HOT PRIZE OF A PORTABLE WATERPROOF SPEAKER WAS DECIDED THROUGH A SIMPLE GAME OF BEST-OF-THREE ROCK-PAPER-SCISSORS.



# BROTHERHOOD

## ZETA DAYS

### ROUND 1

Written by: Keya Patel

Round 1 was a fun little escape away from SF for the night! We went to the Round 1 in San Jose and had a great time playing in the arcade and competing with one another in Dance Dance Revolution. The P2s won all the P1s stuffed animals, which was definitely the best part of the night :) At the end of the evening, we all went out for dinner and got to talk over a nice meal.



### MOUNT SUTRO HIKE

Written by: Brandon Tan

It was a great sunny day to get away from the stress and burden of school and studying. We did a leisurely hike up to Mount Sutro, and took pictures and threw rocks along the way. It was a nice time to talk to the actives, since there's not much to do other than sightsee and enjoy the SF weather. Some of us ended up going to get boba after, and it was overall a very chill day :)



### HOT POT NIGHT

Written by: Michael Ouyang

Hot Pot Night took place in a booked community room in Mission Bay. This was very fun because we were able to eat lots of good food and drink while chatting with fellow brothers. It was an awesome bonding experience and it gave me the chance to talk to people that I haven't gotten the chance to do before. There was so much food that people had to take the leftovers back home.



# BROTHERHOOD

## ZETA DAYS

### COME BE MY BUSTER

Written by: Kayla Mari Vale Cruz

Dave and Busters holds a special place in my heart as I always went with my family growing up. This time I was able to go with friends who've never been and show them some of my favorite games. We cheered each other on as we all crowded around a single game and watched one another master the art of winning tickets. At the end of the night we all spent our tickets at the prize center and showed each other our haul.

### CAL ACADEMY

Written by: Colleen Leung

As an SF local, I never went to the Nightlife event and I have to say it was a fun experience! Many actives and candidates came out to this event. We got to know each other more while looking at exhibits and sipping on cocktails.



### COLOR ME MINE

Written by: Ivy Lu

The Color Me Mine Zeta day was a really fun experience. There were so many actives and candidates that came out to this event, so it was great for meeting the brothers. It was also really fun to see all the different projects and how creative everyone was as they glazed their ceramic pieces. Though we had to wait about a week to see everyone's final pieces, it was really exciting to see how they turned out.



# BROTHERHOOD

## ZETA DAYS

### SPRING ROLL NIGHT

Written by: Kayla Mari Vale Cruz

Spring Roll Night was filled with great people and food! We got to sit around a big table with one another making spring rolls and talked about anything and everything. Some of us even learned different ways to make our spring rolls look professionally made!



### CHINATOWN TOUR

Written by: Jennifer Nguyen

The Chinatown Tour was one of the Zeta days that I attended. It was a great experience exploring the city and getting to meet the other brothers! We went to Good Mong Kok Bakery for dim sum, which was really delicious and cheap! We also got to visit some stores and ended the day with some dessert at Matcha Cafe Maiko.



### GAME NIGHT

Written by: Isabel Willner

Game night was filled with wacky board games at Tidelands! The docile and kind P1s and P2s became competitive beasts at Settlers of Catan and Throw Throw Burrito (both equally civilized games). We ate snacks and cupcakes, and finished the night off with a game of "What do you meme."



# BROTHERHOOD

## ZETA DAYS

### PAINT NIGHT

Written by: Kristi Wong

Paint night let our brothers relax while showing off their artistic talent. We filled up on plenty of snacks and good vibes to fuel our creativity. The real challenge was finding a muse, but from colorful landscapes to adorable pups all the paintings came out great.

### WARRIORS GAME

Written by: Catherine Gonzales

It was an amazing experience, especially going to my first ever basketball game with the candidates and brothers. There was definitely a lot of energy and excitement from the fans, especially as we all cheered on for Steph Curry with those 3-pointers. I had a great time hooting and hollering with everyone, especially when the game was close at the end. The whole experience was truly amazing and it made me get to know the brothers outside of the academic setting that allowed to me vibe with them on different level.

### RAMEN NIGHT

Written by: April Zhou

A chaos filled takoyaki night turned ramen night! Everyone had delicious gelato and an interesting story on the side.





# BROTHERHOOD

## BIRTHDAY BASH

Written by: Kayla Mowery

Birthday Bash was a great time to spend time with our brothers and honor the history of PDC and our chapter. We enjoyed birthday cake and snacks. I really enjoyed goofing around with a picture focused scavenger hunt. Having a brother from another chapter visit our Birthday Bash was super cool.



# BROTHERHOOD

## THANKSGIVING DINNER

Written by: Mable Thai

With tables upon tables of seemingly endless food, our Brothers, Candidates, alumni, and wonderful advisors celebrated Thanksgiving together. We were grateful to be able to celebrate the special season with our PDC family with lots of food, foosball, and pictures! Many of our Candidates were able to meet alumni and our advisors—Wen and Ivan—for the first time. Everyone had a wonderful time eating delicious food and laughing with one another. Not only was everyone able to create new bonds and friendships, everyone left with a full plate of leftovers to take home and continue enjoying!



# BROTHERHOOD



## FAMILYMPICS

Written by: Brandon Tan

Famlympics was an awesome experience do have friendly competition with the fellow brothers. It consisted of crazy competitions of egg toss with real eggs, and the night ended with lemon shots and gatorade. It was a great bonding experience with

my fam in PDC: I can still hear my big screaming in my ear as I urgently drank my 4th shot of lemon juice and started to desperately flip the cups like my life depended on it.

## RETREAT

Written by: Trevor Lee

The "retreat" was not what we had planned for with some last-minute changes to the plans, but nevertheless was an amazing time! What else would you expected getting to finally take a small break from classes and work with amazing company. It was a fun night getting to spend some quality time and bond with the brothers. A fun night in playing board games, taking gyms on PokemonGO, and more.



# BROTHERHOOD

## BIG/LITTLE REVEAL

Written by: Michael Ouyang

Big Little Reveal included a customary initiation as well as a fun game to search and find your bigs. Hints were given to help find your big which was very exciting as well. Afterwards, the bigs planned a dinner or collaborative dinner with other "cousins/brothers" at a planned location which was awesome. Many littles were showered by their bigs with awesome gifts personalized for them.



# BROTHERHOOD

## BANQUET

Written by: Mable Thai



At a beautiful venue near the bay, we held our end-of-the-year banquet to celebrate all that we had accomplished together this year and to wish the P2's the best as they move onto their APPE rotations. While the Brothers mingled and ate together, golden Easter eggs were hidden around the venue for a special prize! We had a mind-blowing magic show by Vincent Nguyen and amazing karaoke by Alina Luk and Ivan Mok. What better way to end the year than to spend quality time laughing and eating with Brothers and our amazing advisors!

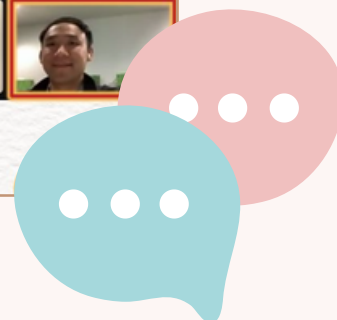
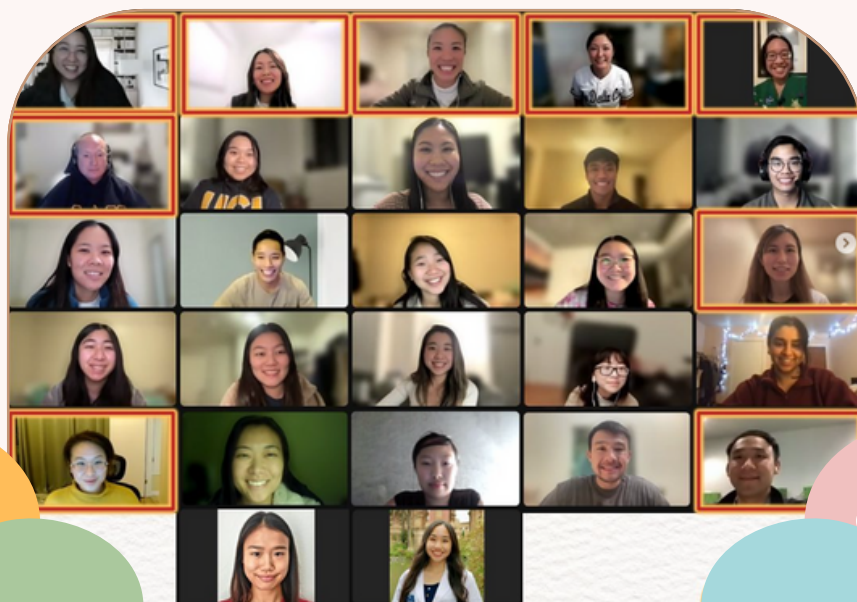


# ALUMNI OUTREACH

## ALUMNI MIXER

Written by: Jakob Decano

With the sizeable and well dispersed alumni population that Zeta PDC has, it was a pleasure to mix with so many diverse pharmacists from all over the country over zoom at the start of the school year. Especially for me, a P1 at the time, just starting out, it was really helpful to get the creative juices flowing to hear from pharmacists employed in unique rolls (Military, Native Health Services in Alaska, etc.) to better focus myself and structure how I think about this profession. The alumni brought with them great advice and great stories of the fun they had here in the bay during school, and it's great to hear the great memories they have brought along with them for so long!



# ALUMNI OUTREACH

## ALUMNI PICNIC

Written by: Katherine Gee

The previous WALs brought back the Alumni Picnic and it was a great afternoon filled with interaction with brothers - both current and alumni! The event also functioned as a mini-reunion for the alumni brothers and I was able to meet an alumnus from my family line which was exciting. I really enjoyed having the chance to interact and learn about the different roles our alumni brothers took - and the more casual environment of the picnic made it easier to mingle and get to know everyone!



# ZETA ROSTER

CLASS OF 2025

Angela Yang

Sara Vo

Alice Dang

Amy Xiao

Belanna Geniza

Brandon Tan

Catherine Gonzales

Colleen Leung

Deanna Guan

Elizabeth Hu

Erin Doan

Isabel Willner

Ivy Lu

Jakob Decano

Jennifer Nguyen

Katherine Gee

Kayla Mari Vale Cruz

Kayla Mowery

Keya Patel

Kiana Hocutt

Mable Thai

Michael Ouyang

Samantha Maina

Sandhyarani Gullapalli

Shu Yi Cheah

Trevor Lee

Wilson Wu

Zoe Geng







# THANK YOU...

... for reading the 2022-2023 edition of the Zeta Reflector! Stay tuned for next year's edition!

**UNTIL WE MEET AGAIN, BROTHERS!  
ALTERUM ALTERUS AUXILIO EGET!**