



Determined December: Destined to Finish Strong

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As the 2025 Fall Semester winds down, Rattlers across the FAMU College of Pharmacy & Pharmaceutical Sciences, Institute of Public Health (CoPPS-IPH) are charging into the final stretch with resilience, purpose, and pride.



December is more than the end of classes, it's a moment to reflect on the journey, rejuvenate our spirits, and recognize how much we've grown academically, personally, and professionally. Every lecture, lab, case discussion, and late-night study session has led us here. The finish line may feel daunting, but it is also where perseverance shines brightest. Finishing strong is not just about turning in assignments or

passing exams—it's about staying grounded, honoring your "why," and giving yourself the grace to rest and recharge.

During this season, mental health awareness holds special importance. Shorter days and colder weather can heighten feelings of fatigue, low mood, or decreased motivation—signs commonly associated with Seasonal Affective Disorder (SAD). These experiences are more common than many realize, especially during high-stress academic periods. Prioritizing rest, getting sunlight when possible, staying connected to loved ones, and reaching out for professional support when needed can make a powerful difference. As members of a healthcare community, we must practice the same compassion and care for ourselves that we extend to our patients.



Flu prevention also remains a key area of focus this month. The flu vaccine continues to be one of the simplest and most effective tools for protecting yourself and others. Whether you're serving in the pharmacy, traveling home for break, or gathering with friends and family, staying vaccinated helps strengthen the health of the entire community. Preventive care is one of the cornerstones of our profession, and by taking initiative, we model the leadership and advocacy that define FAMU pharmacists.



December also opens with World AIDS Day on December 1st, a global call to action centered on awareness, compassion, and equity. It is a time to honor those impacted by HIV/AIDS and to recommit ourselves to promoting education, reducing stigma, encouraging testing, and advocating for accessible, patient-centered care for all. As we close out the year, let us celebrate the spirit that binds the Rattler community together with students

striving for excellence, faculty shaping future leaders, alumni uplifting the next generation, and staff ensuring our mission remains strong. **Together, we continue to advance the legacy of FAMU CoPPS, IPH: a legacy rooted in service, scholarship, leadership, and unwavering strength.** Here's to finishing 2025 with determination and stepping into the **NEW** year ready to strike again!

