"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11:29-30 (NIV)

This past semester I had the opportunity to serve as a case studies instructor for a local college of pharmacy. Returning to this setting has left me surprised by the numerous aspects of the life of a student pharmacist that I have forgotten. It has not been that long since I planned my life around the next exam, presentation, or pharmacy organization project. Yet in the short time since I was walking the sidewalks of Purdue, my life has changed so drastically that I now have a different mindset in my day-to-day activities. Being around students again has often caused me to reminisce of the joys and struggles of that time. However as finals approached, I was reminded of memories that I am grateful I will not have to relive. I could just see the toll on students from across the country as they began to fight the fatigue of a long semester and to attempt to finish strong in the last few weeks.

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything." James 1:2-4 (NIV)

Once during a chapter meeting, our advisor told us that life does not, in fact, get easier after graduation. I had my doubts at the time. I do spend less time now worrying about such things as exams, deciding which meeting I can attend where I will find the most food available or standing in front of the library at 8:00 am on Saturday like it was Black Friday as the study rooms get occupied quickly. Now I focus on investing in my marriage, balancing the checkbook, and maintaining a house for the first time. I am grateful for this stage of life, but I have realized that my advisor was correct.

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength." Philippians 4:12-13

After finals week, pharmacy students may be eager to put school behind them. However I caution them with this: The next journey beyond school has mountains with peaks and valleys of its own. Fortunately many of us do not have to worry about our basic needs, but it can be easy to put a qualifier on our contentment. I would give the same caution to professionals as well. Whether it is graduation, a new job, or some other turn of the page, we must persevere through the difficulties and not take for granted the blessings God has placed all around us and to be
content. In the meantime we rest in God's love and recognize that the maturity we gain in our struggles will prepare us for the next journey to which God has called us.

Daniel Wilson, PharmD (Class of 2014)
Board Member

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