Pharmaceutical sciences professor Mahtab Jafari shares a laugh with some of her students while photographing fruit flies in the lab.

UC Irvine pharmacological science professor Mahtab Jafari saw students using drugs to get through the stress of studying. So, she developed a course to help them find a balance outside of class.

When he’s with a bad spell of food poisoning caused by salmonella, it’s not often one’s first thought to battle the symptoms with E. coli. But UC Irvine researchers have discovered that a strain of E. coli can help battle against the notorious salmonella bacteria. It’s called Nissle 1917.

One drug was countering the other, said Jafari, associate professor of pharmaceutical sciences at UC Irvine. “Then they go through this vicious cycle of no sleep or too much sleep,” she said. “It compromises the immune system.”

Students were under academic stress, worried about their GPA, she said. They also came to class with energy drinks. If she could take a trash bag and empty the store shelves of things that are bad for you, she might start with energy drinks. With teaching duties and a full slate of experiments going on in her lab, Jafari said she had enough to do, and putting too much on her plate is one of the things that cause her to be stressed.

But she decided she needed to do something to help her students better balance their lives. She developed Life 360, a two-unit course that launched last winter semester. “I felt my students needed it,” she said.

The class is now required for pharmacy students. It’s open to all majors. One day she hopes to open the class to the public.

The course, which began again in January, addresses 10 topics over 10 weeks.

UCI IN FOCUS

Study: Fight bacteria with bacteria

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Life 101

Students: 110 per class

First offered: Winter 2013

Next class: Winter 2014

Units: 2

Length: One hour and 45 minutes, once a week

Premeplate: “I wanted the course to be stress free... All they needed to have was enthusiasm to come and be present.”

Topics include:

- Changing poor habits, stress management, nutrition, dehydration, exercise, emotional, mental, and social responsibilities.

- “You want to make students’ lives easier, open their eyes and plant the seed in their head that it’s not just all about getting that A.”

- “We stress: Be thankful, be blessed. We forget how blessed we are. We forget how much we have.”

- Marks, grades and grades don’t mean as much as things like your family, your friends and your health.

- Things to do: Exercise regularly, get enough sleep, eat well, do things for others.

- We say to students, ‘If you’re stressed, do something special for yourself.’

- The exercises and the class have something to do with gratitude.

- The things that students have learned have made their lives easier, open their eyes and plant the seed in their head that it’s not just all about getting that A.”
Lab testing claims of supplements

Pharmaceutical Sciences

Pharmaceutical Sciences is a hybrid of biological sciences, physical sciences and engineering. It is the study of how pharmaceuticals are discovered, developed and manufactured. It is offered at the major universities of OC.

Career Field: Pharmacy, medicine, graduate studies, dental, health care.

UCI: the Roadmap of the Ph.D. program was revised in 2005 to make the major of UCI more flexible. The program is now offered in the departments of Pharmacy, Chemistry and Pharmaceutical Sciences.

Teaching the department director for the Pharm D program is the chairman of the department. By 2014, the program will have 12 students. The students have a year-to-year commitment of 2 years to complete the program. They are required to take a number of required courses and to complete a research project.

Researcher: Garnet Hertz, left, and Matthew Salesky are aiming to pre-

Researchers aim to make hatching child's play

The idea is for the students to learn how to perform in class. It's about how you perform in class. It's about how you perform in class.

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