



Spotlight on Learning

What makes an outstanding mentor?

The UW School of Medicine Faculty Thrivecast explores mentoring as a collaborative relationship—one grounded in positive, intentional communication—reminding us that whether we're mentoring or being mentored, we all shape each other's paths.

[Check out the SOM Faculty Thrivecast.](#)

Upcoming Events

Thursday, February 5, 2026 - 10:30 AM
Coffee & Donuts
Location: HSB K-321

Tuesday, February 10, 2026 – 2:30 PM
Winter Seminar
Speaker: Maria I. Kontaridis, PhD
Topic: The importance of signaling modulations in obesity, heart disease, and fibrosis
Location: Foege S060

Wednesday, February 11, 2026 – 10:00 AM
Special Seminar Series
Speaker: Moustafa T. Gabr, PhD
Topic: Reprogramming Immunity: Small Molecule Modulators of Immune Checkpoints
Location: HSB D-209

[Link to Winter Quarter Pharmacology Seminars](#)

Important Reminders

Graduate Student Fees Due Today, Friday, January 23, 2026

Please pay your portion of your student fees before the deadline to avoid any late charges. Fees are \$277 this quarter, plus any optional fees (WASHPIRG, WSA, UW USAS).

New Civil Rights Training Must Be Completed By March 10, 2026

For more information, visit the [Civil Rights Employee Course](#) page.

Registration for Spring Quarter opens on Thursday, February 12th.

Contact Debbie for course Add Codes, if needed.

2nd year Graduate Students: Please don't forget to schedule your first committee meeting.

Contact Debbie for room reservations and additional information.

4th–6th year Graduate Students: Please don't forget to schedule your Annual Review, if you haven't already done so.

Contact Debbie for room reservations and additional information.

Thank you for reading this edition of Pharmacology Friday!

We love sharing updates and celebrating the great work happening across our department. If you have announcements, achievements, upcoming events, or ideas for future newsletters, please email phcol@uw.edu with the subject line: Pharmacology Friday.

Submissions received by Thursday will be considered for that week's newsletter. Together, we can keep our community informed and connected.