<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am – 8:45 am</td>
<td>Check-in and Breakfast</td>
<td>All Programs: 700 Albany St. Lobby</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Breakfast: Courtyard</td>
</tr>
<tr>
<td>8:45 am – 10:00 am</td>
<td>Graduate Medical Sciences Orientation Check the GMS website</td>
<td>670 Albany Street Auditorium</td>
</tr>
<tr>
<td></td>
<td>(<a href="http://www.bumc.bu.edu/gms/">http://www.bumc.bu.edu/gms/</a>) for updates relating to Orientation.</td>
<td></td>
</tr>
<tr>
<td>10:00 am – 12:30 am</td>
<td>PhD Student Session (bring ID for I-9 completion)</td>
<td>Instructional Building L 112</td>
</tr>
<tr>
<td></td>
<td></td>
<td>72 East Concord Street</td>
</tr>
<tr>
<td>10:00 am - 10:10 am</td>
<td>Turning Point Registration MAMS students</td>
<td>670 Albany Street Auditorium</td>
</tr>
<tr>
<td>10:00 am- 12:30 am</td>
<td>Resource Fair</td>
<td>Under the tent on Talbot Green</td>
</tr>
<tr>
<td></td>
<td></td>
<td>72 East Concord Street</td>
</tr>
<tr>
<td>10:15 am – 11:00 am</td>
<td>PhD Student Session (bring ID for I-9 completion)</td>
<td>L 112</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Instructional Building, 72 East Concord St)</td>
</tr>
<tr>
<td>11:00 am – 5:00 pm (times vary by program)</td>
<td>Individual Program Orientation</td>
<td>See Department and Program Orientations below</td>
</tr>
</tbody>
</table>
You’re from 23 Countries

Darker Colors Indicates Larger Student Population
Graduate Medical Sciences Student Orientation

Friday August 30, 2019, 670 Albany Street Auditorium

8:00 – 8:45 AM Check-in & Breakfast
8:45 – 9:05 AM Welcome & Intro to GMS (Drs. Antman, Stearns-Kurosawa & Davies)
9:05 – 9:10 AM Introduction to GMSSO (Taylor Durant)
9:10 – 9:25 AM Safety & Emergency Management (Anderson)
9:25 - 9:40 AM Managing Stress Grad School (Drs. Brady & Levy-Bell)
9:40 – 9:55 AM Professional Comportment (Dr. McKnight)
9:55 – 10:00 AM Closing Remarks and next steps (Dr. Davies)
And 41 States

Darker Colors Indicates Larger Student Population

Created from ADW Certified Report A2. 3) Admissions Quality and Demographics
You’re from diverse backgrounds

- White: 53%
- Asian: 24%
- Hispanic/Latino: 11%
- African American: 7%
- Two or more races: 5%
And 188 undergraduate institutions
Visit the Graduate Medical Sciences Office

Our office is located in room **L-317** on the 3rd floor of the BU School of Medicine Instructional Building (L Building).

The Registrar and Financial Aid offices are also located on the 3rd floor, in room **L-309**.

Our Professional Development office is located in **L-307**.

- **Graduate Medical Sciences**
  - *Boston University School of Medicine*
  - 72 East Concord St., L-317
  - *Boston, MA 02118*

- [http://www.bumc.bu.edu/gms/](http://www.bumc.bu.edu/gms/)
Meet the Staff

http://www.bumc.bu.edu/gms/about/meet-the-staff/
The Graduate Medical Sciences Student Organization represents our diverse student body of more than 900 students from over 30 different PhD & M.S. degree programs and departments at Boston University School of Medicine. Our mission is to academically and socially unite our student body, provide opportunities to serve our community and the Greater Boston Area, address and pursue common student issues, ideas, or concerns, and promote the integration of health and wellness into our graduate academic endeavors and lifelong successes.
How can you get involved?

Seeking PR Representative! See table at the resource fair or email gmsso@bu.edu for details!

Become a student representative for your program!
Gain valuable leadership experience, while connecting with the diverse student body of GMS. Be a voice for your peers and get involved to help plan events and student programs!

Accepting applications from September 3rd – September 16th
1-2 students will be selected per program

gmso@bu.edu /BostonUniversityGMSSO @bu_gmsso
Upcoming Events!

- September 6th, Friday
  GMSSO Welcome Reception

- September 7th, Saturday
  Progeria Research Foundation 5k Race @ 9AM
Boston University
Department of Public Safety
General Safety Awareness Tips

• Pay attention to your surroundings, stay alert to those around you, as well as remain aware of what is happening around you at all times.

• Become familiar with Campus escort service schedules and how to access the service.
  • BU Bus Shuttle offers service between the Charles River Campus and the Medical Campus (BU Bus Tracker App - Google Play Store / App Store, Website www.bu.edu)
  • Public Safety Escort Services / Medical Campus (617-414-4444 / Off–hours service)
  • Garage Shuttles

• There is always safety in numbers. Use the Buddy System when walking at night.

• Walk along well-lit, populated areas. Avoid unfamiliar shortcuts and remain alert.
Safety Tips On Campus

Become familiar with the locations of the Blue Light Emergency Call Boxes around the medical campus. These provide communication with Public Safety personnel 24x7. They are strategically placed in all public areas around the campus, including garages.
Safety Tips On Campus

• Avoid using devices (cell phones, iPods, headphones, etc.) that distract you from recognizing danger signs or reduce your level of awareness to your surroundings. Being distracted can make you an easy target.

• When assisting strangers with directions or engaging in conversation, always keep a safe distance.

• Be aware of strangers using distracting techniques, which may give them the opportunity to take your belongings.

• Be conscious not to publicly display cash or expensive electronic devices.

• Have your car or home key in your hand before you reach the door.

• When approaching your vehicle, always look into your rear seat area before getting in.

• Keep valuables and other items such as packages, briefcases and backpacks out of view when leaving them in your vehicle unattended.
Safety Tips On Campus

• Wear your Boston University Identification Badge at all times.

• Never compromise safety or security for the sake of convenience. Please do not prop doors that are intended to be locked.

• Secure your office or work area when you leave for any period of time.

• Avoid granting access to anyone you’re not familiar with, when entering “Card Access” areas. This is called “piggy-backing” and can allow unauthorized persons access to restricted areas.

• Avoid leaving personal electronic devices and laptop computers unattended.
Safety Tips On Campus

• Keep your purse, wallet, keys and other valuables with you at all times or secured in a locked drawer or cabinet.

• Carry only a minimal amount of cash while at school or in the workplace.

• Avoid carrying important personal documents such as passports, visa, or social security cards unless absolutely necessary.

• Immediately report any suspicious activity or persons to Public Safety at (617) 414-4444 (Medical Campus), BUPD at 617-353-2121 (Charles River Campus)
Safety Tips On Campus

Cyclist should use U-locks when securing their bicycles. Please remove any attachments (lights, phone holders) prior to securing your bike.
Important Emergency Contacts On Campus

• If You See Something, Say Something...

• Safety in general is a shared responsibility among all members of our community, if you see something suspicious, please call:
  • Public Safety at (617) 358-4444 (Medical Campus)
  • BUPD at 617-353-2121 (Charles River Campus)
  • For off-campus emergencies call 911
On Campus Alert System & Awareness

• **Send-Word-Now Alerts**
  - Boston University Police and / or Public Safety Department will provide information related to any major incidents, which would impact the daily operations, to all faculty, students and staff. Please follow the directions provided within these messages and updates.

• **Twitter / Facebook**
  - Boston University Police Department
Off Campus Awareness

• Twitter / Facebook
  ➢ Boston Police Department
  ➢ Transit Police Department
  ➢ MA State Police
Questions?
Health & Wellness
Managing Stress in Graduate School

GMS Orientation 2019

Dr. Stephen Brady
Assistant Dean, Division of Graduate Medical Sciences

Dr. Rachel Levy-Bell
Associate Program Director
Mental Health Counseling & Behavioral Medicine Program
“What is there to be stressed about?”
What Are Your Stressors?

- Applying to Dental School
- Lack of Time
- Sleep Deprivation
- Academics
- Coping with Competition
- Personal Life
- Acculturation
- Financial Pressure
- Lack of Faculty Contact
- Independence & Silence
What is Stress?

There is no definition of stress that everyone agrees on, what is stressful for one person may be pleasurable or have little effect on others. We all react to stress differently.
## Stress vs. Burnout

<table>
<thead>
<tr>
<th>Stress</th>
<th>Burnout</th>
</tr>
</thead>
<tbody>
<tr>
<td>Over engagement</td>
<td>Disengagement</td>
</tr>
<tr>
<td>Emotions are Overreactive</td>
<td>Emotions are Blunted</td>
</tr>
<tr>
<td>Urgency and Hyperactivity</td>
<td>Helplessness and Hopelessness</td>
</tr>
<tr>
<td>Loss of Energy</td>
<td>Loss of Motivation, Ideals, and Hope</td>
</tr>
<tr>
<td>Leads to Anxiety Disorders</td>
<td>Leads to Detachment and Depression</td>
</tr>
<tr>
<td>Primary Damage is Physical</td>
<td>Primary Damage is Emotional</td>
</tr>
</tbody>
</table>
The Impact of Burnout

Physical

Behavioral

Emotional
Physical & Emotional Signs of Burnout

- Feeling fatigued and drained most of the time
- Lowered immunity
- Frequent headaches, back pain, muscle aches
- Changes in sleep habits and appetite

- Sense of Failure and Self-Doubt
- Feeling helpless, trapped, and defeated
- Detachment
- Cynicism, negativity, and irritability
- Loss of motivation
- Decreased satisfaction and accomplishment
Behavioral Problems

- Withdrawing from responsibilities and interpersonal relationships
- Isolation
- Procrastination
- Missing class
- Using food, nicotine, alcohol, and prescribed and non-prescribed drugs
Dealing with Burnout
The “Three R” Approach

- **Recognize** - Watch for the warning signs of burnout
- **Reverse** - Undo the damage by managing stress and seeking support
- **Resilience** - Build your resilience to stress by taking care of your physical and emotional health
Wellness Strategies

- Regular cardiovascular exercise
- Nutrition & Mindfulness Eating
- Sleep Hygiene
- Regular Hours
- Stimulants
  - Caffeine
  - ADHD medications
- Pleasurable hobbies
Wellness

- Meditation or spiritual practices
- Moving toward rather than away or against people
- Peer, Advisor and Faculty Support and Guidance
- Consider Counseling*
- Sometimes medication may be needed
Life School Balance

- Therapy
- Spa
- Music
- Time management
- Nature
- Yoga
- Meditation
- Exercise
- Hobby

STRESS MANAGEMENT
Professional Comportment & Academic Standards

C. James McKnight
Associate Professor of Physiology & Biophysics
Comportment?

“Personal bearing, carriage, demeanour, deportment; behaviour, outward conduct, course of action”.
**comport** verb

com·port | \kəmˈpɔrt\ \ 
comported; comporting; comports

**Definition of comport** (Entry 1 of 2)

*intransitive verb*
: to be fitting : ACCORD

// actions that comport with policy

*transitive verb*
: BEHAVE

*especially* : to behave in a manner conformable to what is right, proper, or expected

// comported himself well in the crisis
How to comport yourself at Boston University School of Medicine:

Do unto others as you would have them do unto you.

Know your rights and your responsibilities.

Treat ALL members of the community in a professional manner and with respect.

- Faculty
- Students
- Administrators
- Staff
- Patients
- Visitors
How to comport yourself at Boston University School of Medicine:

Some Specifics:

Read your email and respond, if asked, and save it.

Be on time.

Be prepared.

Be considerate.

Be compassionate.

Be enthusiastic.

Be kind.

Be YOU!
## Academic Standards

### 2019 Committee on Academic Conduct Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>C. James McKnight, Chair</td>
<td>Physiology &amp; Biophysics</td>
</tr>
<tr>
<td>Kimberly Barker</td>
<td>Student</td>
</tr>
<tr>
<td>Taylor Durant</td>
<td>Student</td>
</tr>
<tr>
<td>Haiyan Gong</td>
<td>Anatomy &amp; Neurobiology</td>
</tr>
<tr>
<td>Jori Berger-Greenstein</td>
<td>Psychiatry</td>
</tr>
<tr>
<td>Suryaram Gummuluru</td>
<td>Microbiology</td>
</tr>
<tr>
<td>Matthew Layne</td>
<td>Biochemistry</td>
</tr>
<tr>
<td>Gwynneth D. Offner</td>
<td>Medicine</td>
</tr>
<tr>
<td>Karen Symes</td>
<td>Biochemistry</td>
</tr>
<tr>
<td>Richard Wainford</td>
<td>Pharmacology &amp; Medicine</td>
</tr>
<tr>
<td>Susan White</td>
<td>Physician’s Assistant Program</td>
</tr>
</tbody>
</table>

*Ex officio* members:
- Assistant Dean for GMS Gregory Viglianti
- Associate Provost/Dean of GMS, *ad interim*, Deborah Stearns-Kurasawa
Academic Standards

The most common Academic Standard violation is PLAGIARISM

In the United States, words, phrases and ideas are property: Intellectual Property.

Intellectual property is protected by law (e.g. copyright laws).

Academia also upholds the highest levels of intellectual property as it insures that credit is given where credit is due.

In scientific writing it is essential to give credit to previous studies. This gives readers the confidence that you have read the literature.

Boston University wants you to demonstrate your knowledge in your own words, not someone else's. We want you to demonstrate that you have synthesized material and can express it in your own words.

Note that this may be different than some countries where the culture is that student answers are expected to be verbatim from an expert source.
Academic Standards

From the website plagiarism.org:

ALL OF THE FOLLOWING ARE CONSIDERED PLAGIARISM...

- Turning in someone else’s work as your own
- Copying words or ideas from someone else without giving credit
- Failing to put a quotation in quotation marks
- Giving incorrect information about the source of a quotation
- Changing words, but copying the sentence structure of a source without giving credit
- Copying so many words or ideas from a source that it makes up the majority of your work
Avoiding Plagiarism:

• Avoid cutting and pasting from the internet.
• Instead, read and then write in your own words.
• But take the citation information from the source and cite it!
• Run your work through turnitin or another similar resource.
Academic Standards

How to avoid and check for plagiarism

PLAGIARISM CHECK ACCESS FOR STUDENTS

**Turnitin** is an online plagiarism checking tool that compares your work with what is published. It checks for similarity with the internet as well as text journals and books.

- Students will be able to upload their own papers to Blackboard Learn (Bb) and then check back for similarity index in a few hours.
- Students may resubmit multiple versions and rewrite text as needed.
- This can be used for papers, take home assignments, theses or dissertations.
- To gain access:
- Students should request [access to the Plagiarism-Check Bb site](http://www.bumc.bu.edu/gms/students/request-to-be-added-to-blackboard-plagiarism-site). This is on the thesis/dissertation/research resources page. Access to this site will be continuous throughout your time in GMS:
- [http://www.bumc.bu.edu/gms/students/request-to-be-added-to-blackboard-plagiarism-site](http://www.bumc.bu.edu/gms/students/request-to-be-added-to-blackboard-plagiarism-site)
Academic Standards

Questions?
Final Notes

• **ISSO**: Sign up for ISSO sessions on Monday September 2\(^{nd}\) OR Friday September 6\(^{th}\) (link on app/web)

• **Lockers**: Complete the [form available on app](#) to sign up

• **BU ID**: Please pick up your BU ID card from the Medical Campus Identification Office on the ground floor of 710 Albany Street.

Reminders Paperwork & Trainings

• Submit your [official transcript and Immunizations](#) paperwork

• Complete the [GMS Academic Conduct Code and Disciplinary Procedures](#)

• Complete the [2019 GMS Photo Release Form](#) | Fuller Gym Release Form

• Complete the [Title IX Video and quiz](#) | Take the time to learn about the [Office of the Ombuds](#)

• Look for the email from [everfi.net](#) in Sept to complete [Mandatory Student Training on Sexual Misconduct](#)
# Individual Program Orientation Locations

<table>
<thead>
<tr>
<th>Masters</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anatomy &amp; Neurobiology</td>
<td>11:30 – 1:00 pm</td>
<td>72 E. Concord St., Room: L-1008</td>
</tr>
<tr>
<td>Bioimaging</td>
<td>11:00 – 2:00 pm</td>
<td>72 E. Concord St., Room: L-1008</td>
</tr>
<tr>
<td>Biomedical Research Tech</td>
<td>11:00 – 1:30 pm</td>
<td>700 Albany Street, 502 Conference Room: W-601</td>
</tr>
<tr>
<td>Biomedical Forensic Sciences</td>
<td>11:00 – 2:00 pm</td>
<td>72 E. Concord St. Room: L-109A/B/C</td>
</tr>
<tr>
<td>Clinical Research</td>
<td>11:30 – 1 pm</td>
<td>72 E. Concord St. Room: L-211</td>
</tr>
<tr>
<td>Forensic Anthropology</td>
<td>11:30 – 1:00 pm</td>
<td>72 E. Concord St. Room: L210</td>
</tr>
<tr>
<td>Genetic Counseling</td>
<td>11:30 – 2:00 pm</td>
<td>72 E. Concord St, Evans: 201</td>
</tr>
<tr>
<td>Healthcare Emergency Mang.</td>
<td>11:00 – 2:00 pm</td>
<td>650 Albany Street, Room: X140</td>
</tr>
<tr>
<td>Medical Anthropology</td>
<td>11:30 – 4 pm</td>
<td>Solomon Fuller Building: 85 E. Newton St., Room: 1025</td>
</tr>
<tr>
<td>Medical Sciences</td>
<td>11:00 – 3 pm</td>
<td>670 Albany Street: Auditorium</td>
</tr>
<tr>
<td>Mental Health Counseling</td>
<td>11:30 – 5 pm</td>
<td>72 E. Concord St, Room: L14 Hiebert Lounge,</td>
</tr>
<tr>
<td>Nutrition &amp; Metabolism</td>
<td>12:00 – 3 pm</td>
<td>72 E. Concord St, Room: L201</td>
</tr>
<tr>
<td>Pathology Laboratory Sciences</td>
<td>11:30 – 2 pm</td>
<td>670 Albany St., Conference Room: 4th Floor</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Doctoral</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anatomy and Neurobiology</td>
<td>11:45 – 1:00 pm</td>
<td>72 E. Concord St., Room: L-1008</td>
</tr>
<tr>
<td>Behavioral Neuroscience</td>
<td>11:45 – 1:00 pm</td>
<td>72 E. Concord St. Room: L307</td>
</tr>
<tr>
<td>Program in Biomedical Sciences</td>
<td>12:00 pm</td>
<td>72 E. Concord St., Room: K-103</td>
</tr>
<tr>
<td>Pharmacology</td>
<td>11:45 am onwards</td>
<td>72 E. Concord St., Room: R-622</td>
</tr>
</tbody>
</table>
Where to Go Next

Master’s in Medical Sciences Students: Stay in the auditorium

PhD Students Exit First:

• Ushered by BPSO to L-112 for PhD Session followed by the Resource Fair on Talbot Green

Master’s Programs follow:

• Students from BI, BRT, BMFS, HEM, CR, FA, GC, - GMSSO escort to Resource Fair on Talbot Green
• Students from A & N, GC, MACCP, MHCBM, N & M, Path – GMSSO escort to Resource Fair on Talbot Green

After Resource Fair All Students: Attend Program-Specific Orientation (starting between 11-12:00pm)