



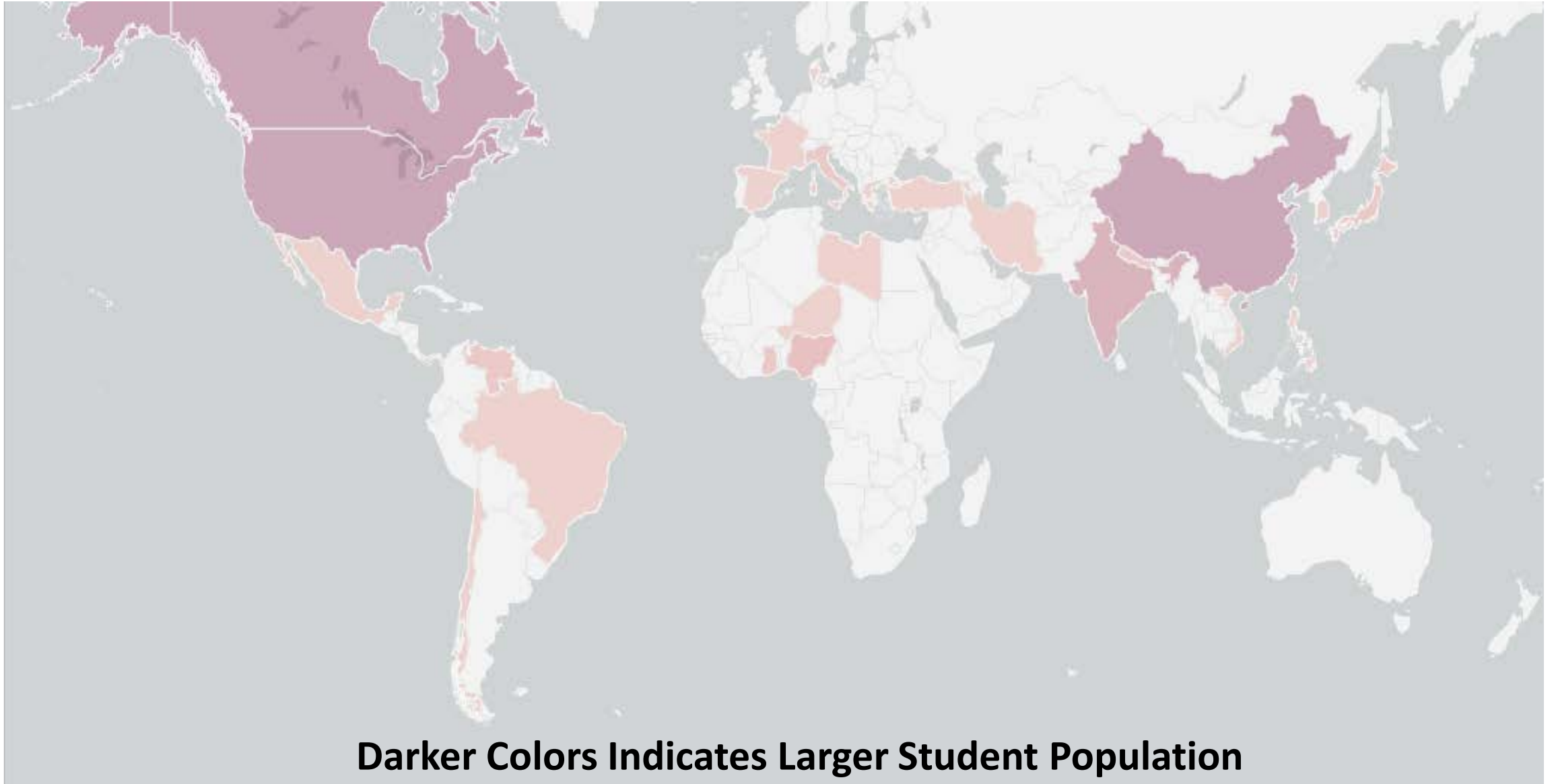
Orientation

Friday, August 30, 2019

EVENTS FOR ALL STUDENTS

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

You're from 23 Countries

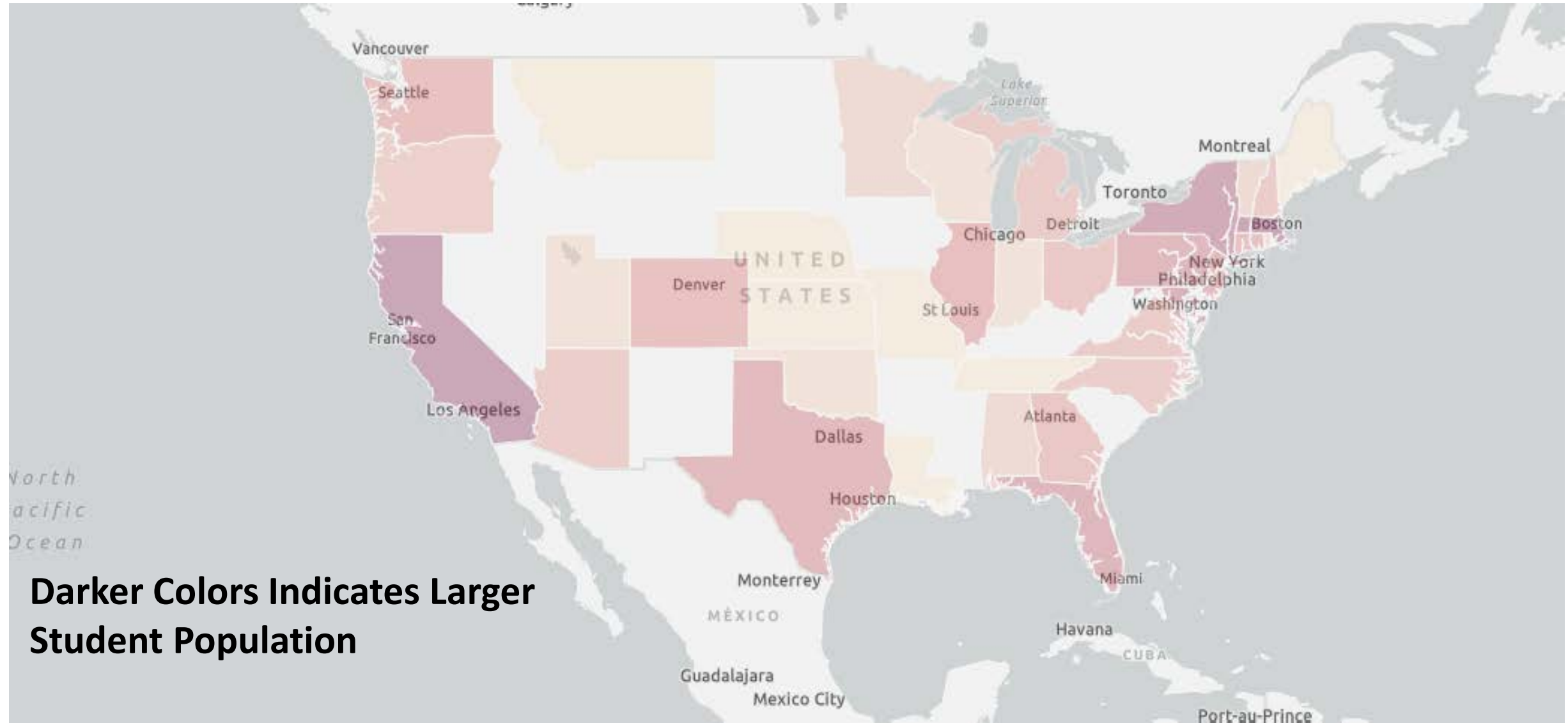


Graduate Medical Sciences Student Orientation

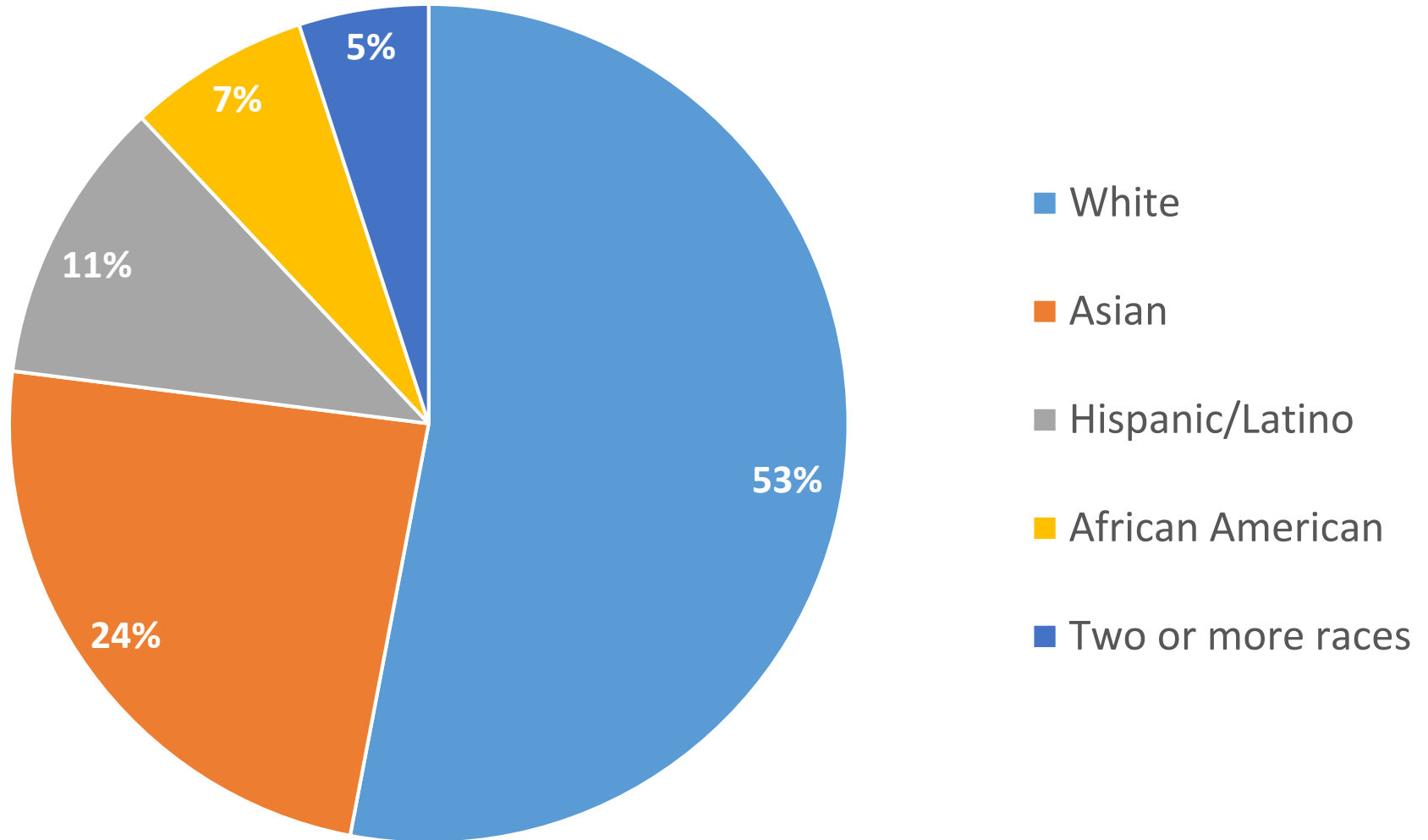
Friday August 30, 2019, 670 Albany Street Auditorium

8:00 – 8:45 AM	Check-in & Breakfast
8:45 – 9:05AM	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 – 10:00AM	Closing Remarks and next steps (Dr. Davies)

And 41 States



You're from diverse backgrounds



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/>



Meet the Staff

<http://www.bumc.bu.edu/gms/about/meet-the-staff/>



Community

Service

Wellness



 School of Medicine



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.



gmsso@bu.edu



[/BostonUniversityGMSO](https://www.facebook.com/BostonUniversityGMSO)



[@bu_gmsso](https://www.instagram.com/bu_gmsso)

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



gmsso@bu.edu



[/BostonUniversityGMSSO](https://www.facebook.com/BostonUniversityGMSSO)



[@bu_gmsso](https://www.instagram.com/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?

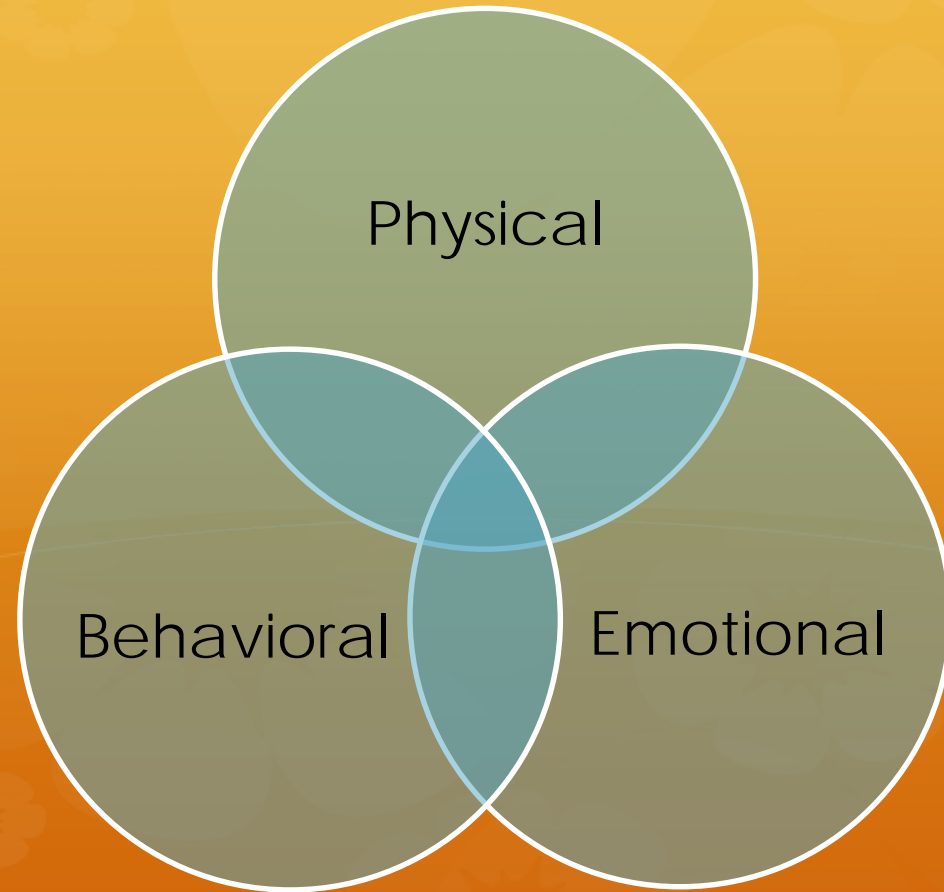
There is no definition of stress that everyone agrees on, what is stressful for one person may be pleasurable or have little effect on others. We all react to stress differently.



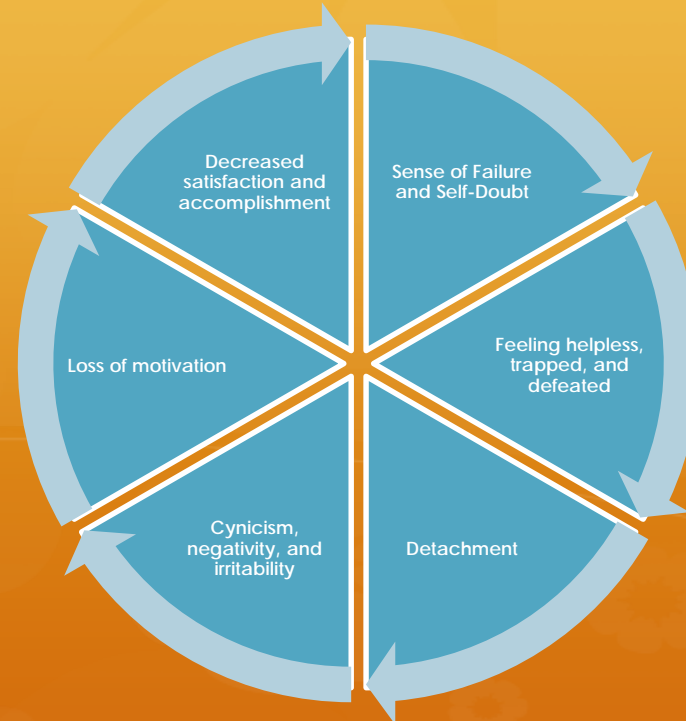
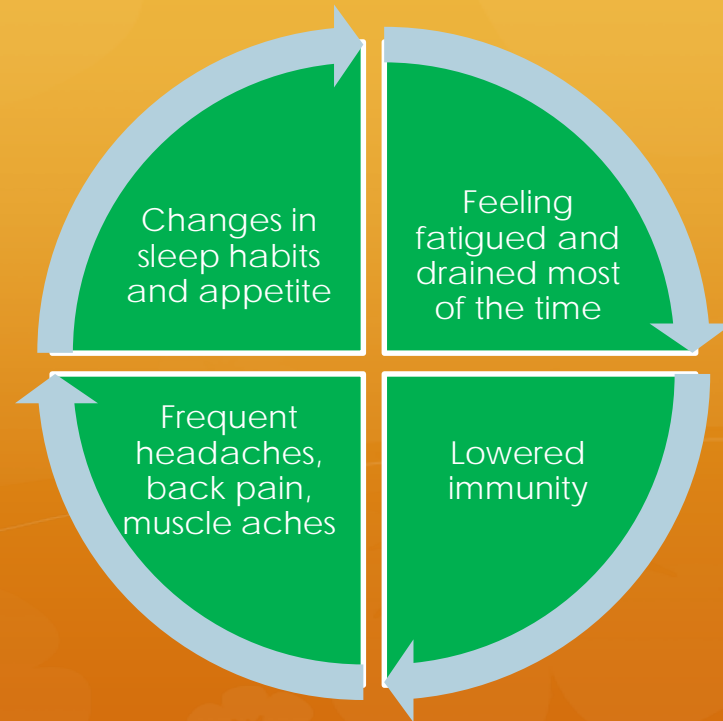
Stress vs. Burnout

Stress	Burnout
Over engagement	Disengagement
Emotions are Overreactive	Emotions are Blunted
Urgency and Hyperactivity	Helplessness and Hopelessness
Loss of Energy	Loss of Motivation, Ideals, and Hope
Leads to Anxiety Disorders	Leads to Detachment and Depression
Primary Damage is Physical	Primary Damage is Emotional

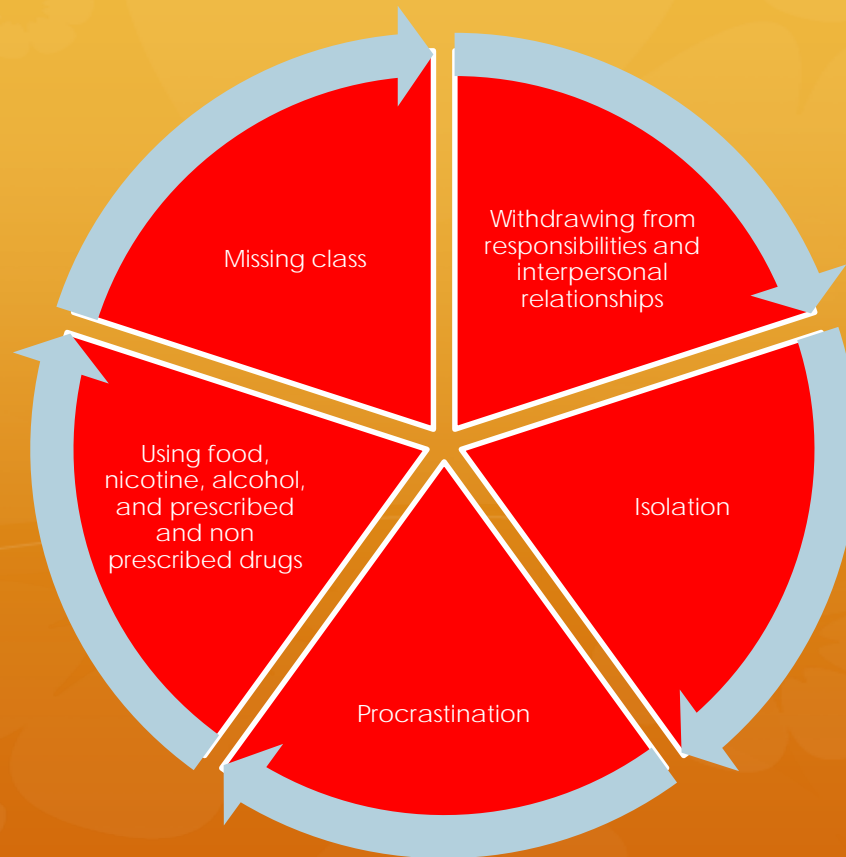
The Impact of Burnout



Physical & Emotional Signs of Burnout



Behavioral Problems



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



Professional Conduct & Academic Standards



C. James McKnight
Associate Professor of Physiology & Biophysics

Comportment?

The logo for the Oxford English Dictionary, featuring the letters 'OED' in a large, white, serif font on a dark blue background. To the right of 'OED' is a vertical red line, followed by the text 'Oxford English Dictionary' in a smaller, white, serif font, and below that, the tagline 'The definitive record of the English language' in an even smaller, italicized, white, serif font.

OED | Oxford English Dictionary
The definitive record of the English language

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



SINCE 1828

[JOIN MWU](#) | [GAMES](#) | [BROWSE THESAURUS](#) | [WORD OF THE DAY](#) | [WORDS AT P](#)

comportment

DICTIONARY

THESAURUS

comport verb

com·port | \ kəm-'pört  \

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

C. James McKnight, Chair
Kimberly Barker
Taylor Durant
Haiyan Gong
Jori Berger-Greenstein
Suryaram Gummuluru
Matthew Layne
Gwynneth D. Offner
Karen Symes
Richard Wainford
Susan White

Physiology & Biophysics
Student
Student
Anatomy & Neurobiology
Psychiatry
Microbiology
Biochemistry
Medicine
Biochemistry
Pharmacology & Medicine
Physician's Assistant Program

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

Academic Standards

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](#). 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>

Academic Standards

Questions?

Final Notes



- **ISSO:** Sign up for ISSO sessions on Monday September 2nd OR Friday September 6th (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

Masters		
Anatomy & Neurobiology	11:30 – 1:00 pm	72 E. Concord St., Room: L-1008
Bioimaging	11:00 – 2:00 pm	72 E. Concord St., Room: L-1008
Biomedical Research Tech	11:00 – 1:30 pm	700 Albany Street, 502 Conference Room: W-601
Biomedical Forensic Sciences	11:00 – 2:00 pm	72 E. Concord St. Room: L-109A/B/C
Clinical Research	11:30 – 1 pm	72 E. Concord St. Room: L-211
Forensic Anthropology	11:30 – 1:00 pm	72 E. Concord St. Room: L210
Genetic Counseling	11:30 – 2:00 pm	72 E. Concord St, Evans: 201
Healthcare Emergency Mang.	11:00 – 2:00 pm	650 Albany Street, Room: X140
Medical Anthropology	11:30 – 4 pm	Solomon Fuller Building: 85 E. Newton St., Room: 1025
Medical Sciences	11:00 – 3 pm	670 Albany Street: Auditorium
Mental Health Counseling	11:30 – 5 pm	72 E. Concord St, Room: L14 Hiebert Lounge,
Nutrition & Metabolism	12:00 – 3 pm	72 E. Concord St, Room: L201
Pathology Laboratory Sciences	11:30 – 2 pm	670 Albany St., Conference Room: 4 th Floor
Doctoral		
Anatomy and Neurobiology	11:45 – 1:00 pm	72 E. Concord St., Room: L-1008
Behavioral Neuroscience	11:45 – 1:00 pm	72 E. Concord St. Room: L307
Program in Biomedical Sciences	12:00 pm	72 E. Concord St., Room: K-103
Pharmacology	11:45 am onwards	72 E. Concord St., Room: R-622

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)