



WELCOME STUDENTS!

GMS Orientation

August 31, 2020

Karen Antman, MD

Provost, Boston University Medical Campus

Dean, School of Medicine



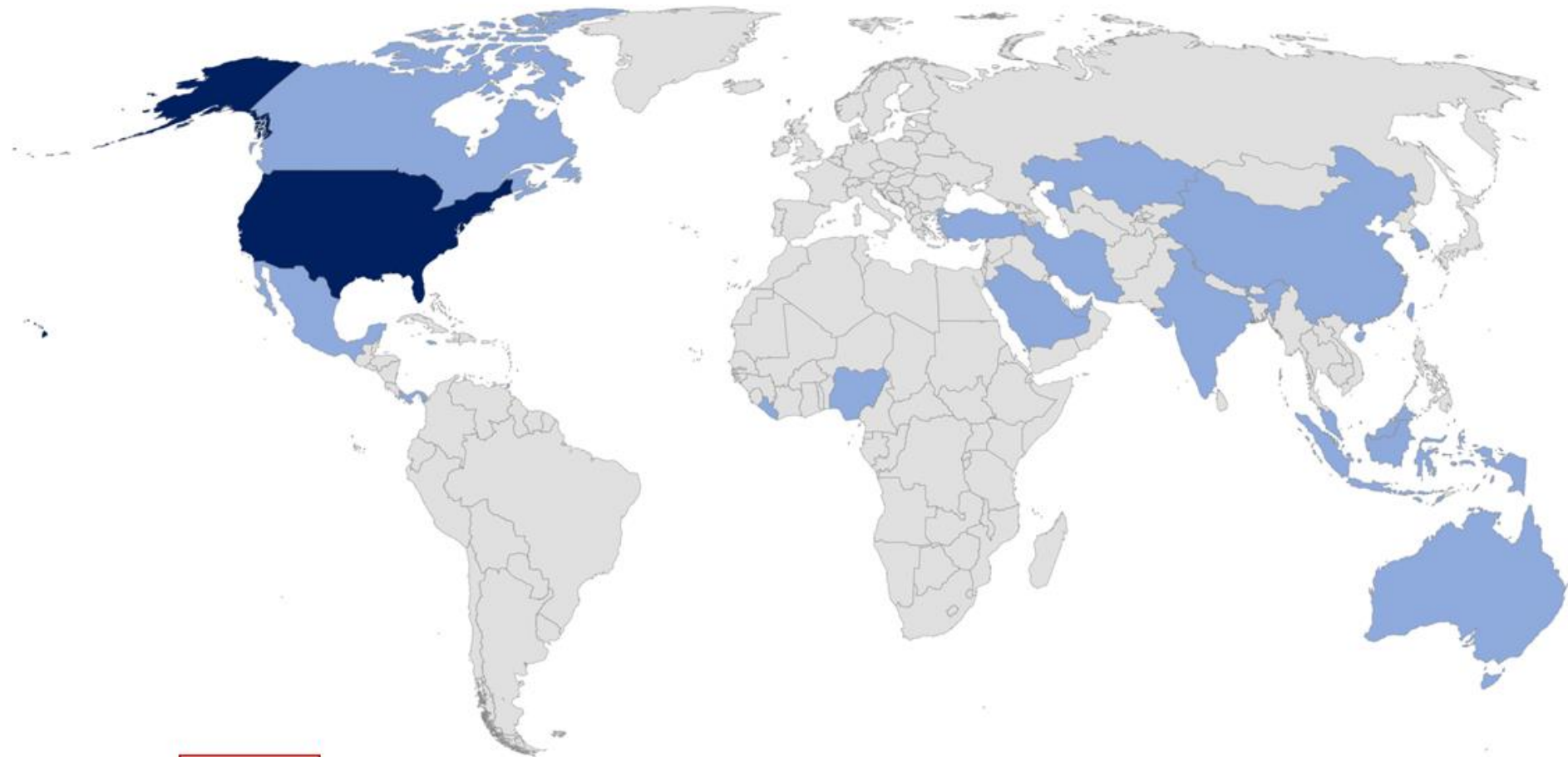
WELCOME STUDENTS!

GMS Orientation

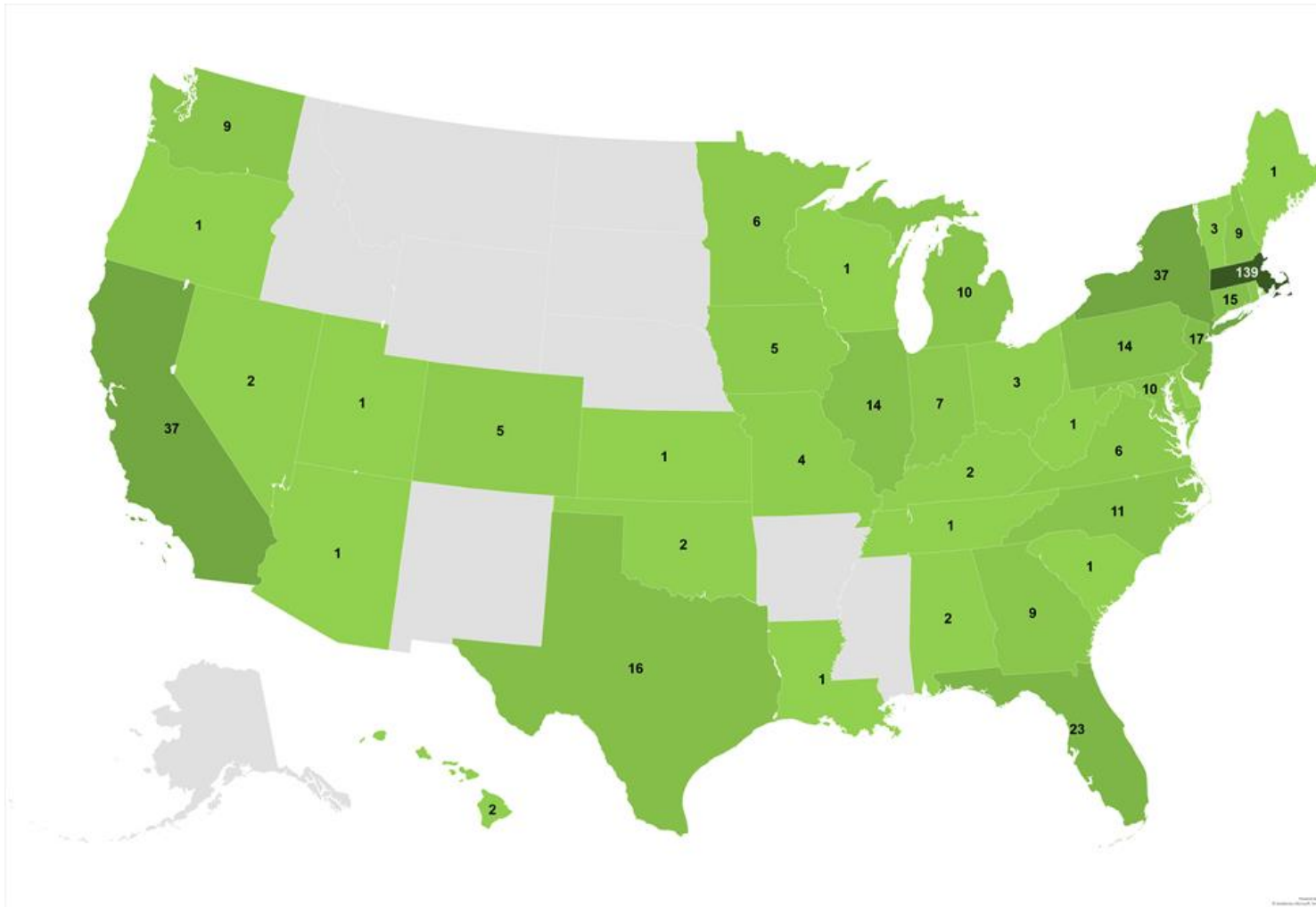
August 31, 2020

Deborah Stearns-Kurosawa, PhD
Associate Provost and Associate Dean *ad interim*

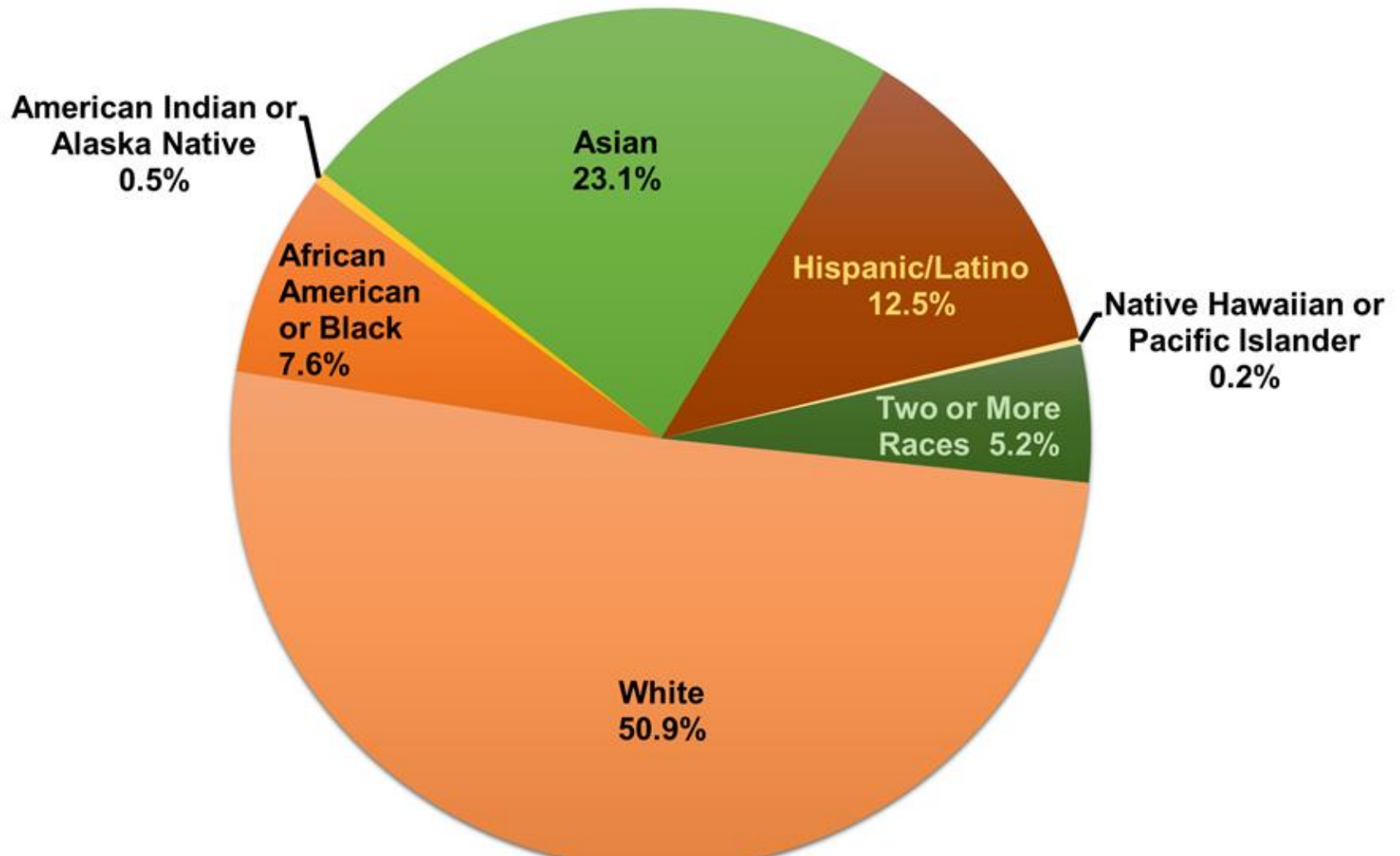
You're from 21 Countries



And 42 States



You're from diverse ethnic backgrounds



And 260 undergraduate institutions



GMS Leadership and Staff

Room **L-317**

3rd floor,
School of Medicine
Instructional
Building (L bldg)



Theresa A. Davies, PhD
Assistant Dean, Master's
Programs



Andrew Henderson, PhD
Assistant Dean,
Research



Barbara Schreiber, PhD
Assistant Dean,
Alumni Affairs



Gregory Viglianti, PhD
Assistant Dean,
Operations



Kimberly Arena
Associate Director,
Graduate Affairs



Shuchita Rao
Data Administrator



Israel De La Cruz
Budget Manager



Farrah A. Belizaire, MS
Associate Director,
Diversity & Inclusion



Millie Agosto
Registrar



Brigitte Ritter, PhD
Director, Data Tracking
& Training Support



Jorge Fortin
PhD Program
Coordinator



Nancy Ferrer-Tatkowska
Program Coordinator



DJ King
Marketing & Comms.
Specialist



Mina Moussavi, PhD
Program Leader,
Prof./Career Develop.

**Our staff will be remote for the
fall semester: email during
business hours.**

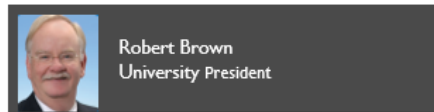
Agenda

Time	Session	Speaker	Title
10:00	Welcome from Dean/Provost	Karen Antman, MD	Provost, BU Medical Campus Dean, School of Medicine
10:05	Welcome & Introductions	Deborah Stearns-Kurosawa, PhD	Associate Provost and Associate Dean <i>ad interim</i>
10:15	Welcome from Diversity, Equity & Inclusion	Farrah Belizaire, MS	Associate Director, Diversity and Inclusion
10:25	COVID-19 Safety	Gregory Viglianti, PhD	Assistant Dean, Operations
10:35	Public Safety	Eric Anderson	Senior Operations Manager, BU Public Safety
10:55	Professional Comportment	James McKnight, PhD	Chair, GMS Committee on Academic Conduct Associate Professor, Physiology & Biophysics
11:05	Managing Stress in Graduate School	Stephen Brady, PhD	Director, Mental Health Counseling & Behavioral Medicine Program Associate Professor, Psychiatry
		Rachel Levy-Bell, PsyD	Associate Program Director and Director of Clinical Training, Mental Health Counseling & Behavioral Medicine
11:20	Next Steps	Theresa Davies, PhD	Assistant Dean, Masters Programs

Diversity, Equity & Inclusion

Farrah A. Belizaire, MS
Associate Director, Diversity & Inclusion

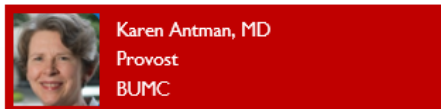
Diversity at BUSM



Robert Brown
University President



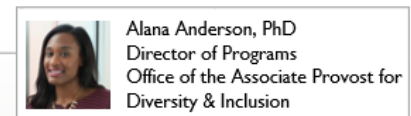
Jean Morrison
Provost and CAO



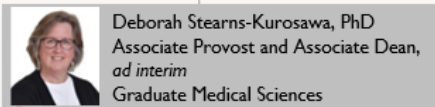
Karen Antman, MD
Provost
BUMC



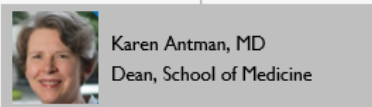
Crystal Williams
Associate Provost
Diversity & Inclusion



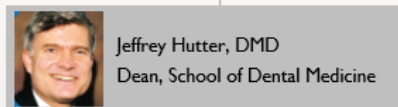
Alana Anderson, PhD
Director of Programs
Office of the Associate Provost for
Diversity & Inclusion



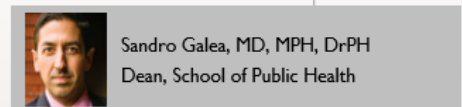
Deborah Stearns-Kurosawa, PhD
Associate Provost and Associate Dean,
ad interim
Graduate Medical Sciences



Karen Antman, MD
Dean, School of Medicine



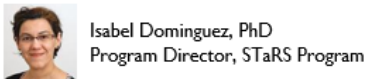
Jeffrey Hutter, DMD
Dean, School of Dental Medicine



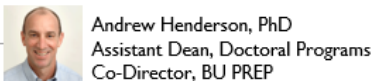
Sandro Galea, MD, MPH, DrPH
Dean, School of Public Health



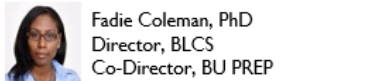
Farrah Belizaire, MS
Associate Director
Diversity & Inclusion



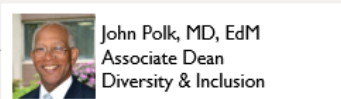
Isabel Dominguez, PhD
Program Director, STaRS Program



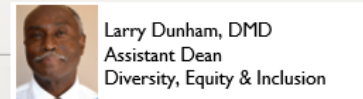
Andrew Henderson, PhD
Assistant Dean, Doctoral Programs
Co-Director, BU PREP



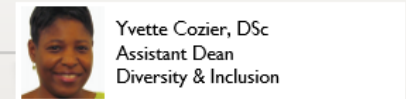
Fadie Coleman, PhD
Director, BLCS
Co-Director, BU PREP



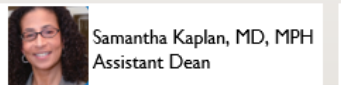
John Polk, MD, EdM
Associate Dean
Diversity & Inclusion



Larry Dunham, DMD
Assistant Dean
Diversity, Equity & Inclusion



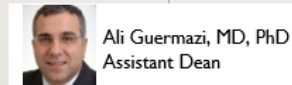
Yvette Cozier, DSc
Assistant Dean
Diversity & Inclusion



Samantha Kaplan, MD, MPH
Assistant Dean



David Henderson, MD
Assistant Dean



Ali Guermazi, MD, PhD
Assistant Dean



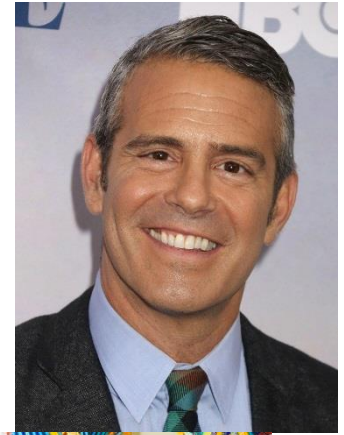
Thea James, MD
Assistant Dean

Diversity at Boston University

The [Center for Gender, Sexuality, and Activism](#) (CGSA) is a resource center that gives a voice to institutionally marginalized groups through an intersectional approach to activism and education.



The new [Center for Antiracist Research](#) will convene researchers and practitioners from various disciplines to figure out novel and practical ways to understand, explain, and solve seemingly intractable problems of racial inequity and injustice.



We're home to the [Howard Thurman Center for Common Ground](#) (HTC)—where students of all races, religions, orientations, and ethnicities come together to engage in courageous intercultural dialogues.

Diversity & Inclusion at BUMC

- BUSM began as the New England Female Medical College in 1848. It was the first institution in the world to offer medical education to women.
- In 1864, the New England Female Medical College graduated the first African-American female physician in the United States, Dr. Rebecca Lee Crumpler.
- BUSM became the first coeducational medical school in the nation when the New England Female Medical College merged with Boston University in 1873.
- The country's first African-American psychiatrist and the namesake of BU's Mental Health Center, Dr. Solomon Carter Fuller, graduated from BUSM in 1897 and became a pioneer in the study of a subset of dementia eventually known as Alzheimer's Disease.
- Dr. Louis Sullivan graduated from BUSM in 1958 and went on to become the nation's first African-American Secretary of the U.S. Department of Health and Human Services. He also founded the Morehouse School of Medicine, one of just four Historically Black College/University (HBCU) medical schools.

Diversity Programs & Events at GMS



Outreach Initiatives

Boston Area Health Education Center (BAHEC)



High school mentoring
programs

BAHEC/BEAMS



Outreach Initiatives



**Summer Training as
Research Scholars**

BU PREP

Pipeline programming
for URM students

STaRS, BU PREP



Outreach Initiatives



MD vs PhD Panel Discussion 2020, BU CRC



ABRCMS 2019, Anaheim, California



Activities for Current Students



A dark blue graphic with the text "Professional Development" in large white font, "BEST Office" in smaller white font, and "DEI Networking Events" in white font. Below the text is a white icon of a person with arms raised in a V-shape.

A dark blue graphic with the text "Professional Development" in large white font, "BEST Office" in smaller white font, and "DEI Networking Events" in white font. Below the text is a white icon of a person with arms raised in a V-shape.



Activities for Current Students



Minority & International
Students Organization
(MISO)


Under-
represented
Graduate
Student
Organization
(UGSO)
BUSM PRIDE

Student Growth & Learning

Groups such as
MISO & UGSO
BUSM PRIDE
Diversity Dialogues



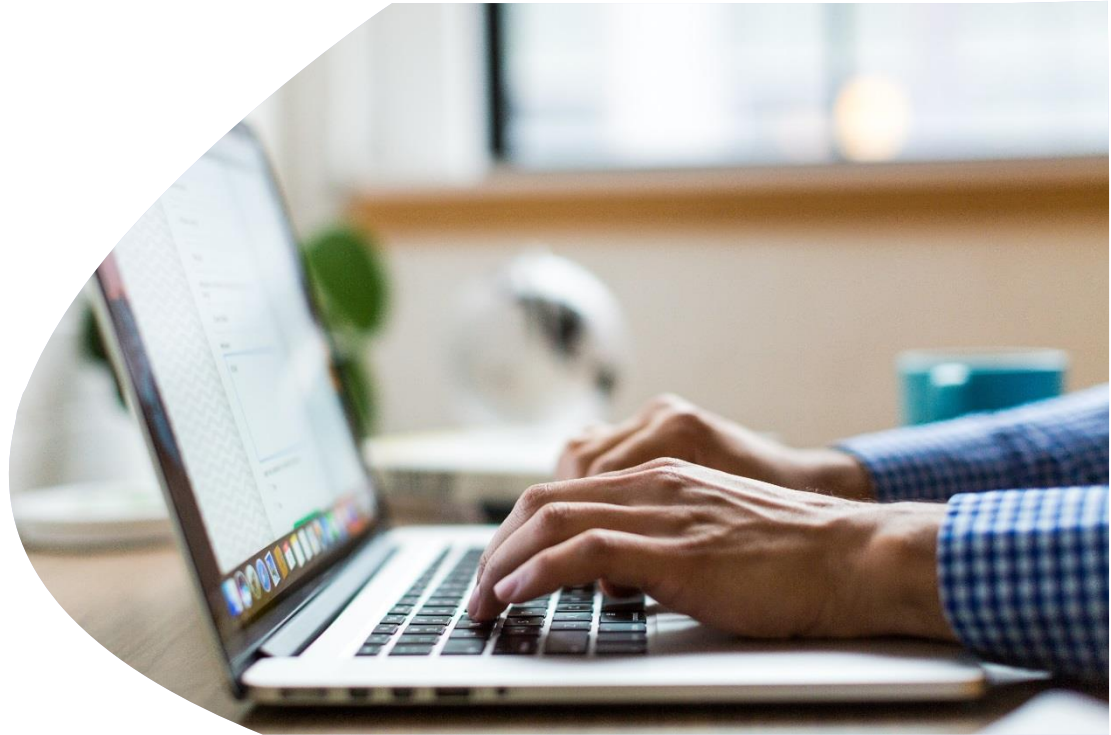
Thank you!

 **(617) 358-9517**

 **Farrahab@bu.edu**
gmsdei@bu.edu

 **www.bu.edu/gms**

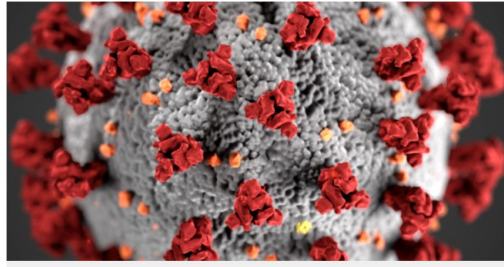
 **Suite L-317**



COVID-19 Safety

Gregory Viglianti, PhD
Assistant Dean, Operations

COVID-19 and Campus



All students who plan to be on-campus in any capacity this semester must be tested immediately upon arrival to campus (and Boston).

If you have not yet been notified to schedule a test, please indicate your status as *IN-PERSON* via the Student Link LfA tab ASAP to begin testing.

If you have opted to be remote for the semester you should indicate *REMOTE* via the student link and then you will *not* be notified for testing.

COVID-19 Testing Frequency

SUBJECT TO CHANGE, PUBLISHED AUGUST 12, 2020

BOSTON UNIVERSITY STUDENTS: COVID-19 REQUIREMENTS FOR ARRIVAL ON BU CAMPUSES

Combined Massachusetts & Boston University COVID-19 mandatory actions prior to arrival and while attending and/or living on BU campuses.

Are you coming from a lower- or higher-risk state? To find out, visit mass.gov/info-details/covid-19-travel-order#lower-risk-states

Coming from a
lower-risk state?

Coming from a
higher-risk state?

You must complete the Massachusetts Travel Form
mass.gov/forms/massachusetts-travel-form

**No test within
72 hours prior
to arrival?**
You must
quarantine
per Massachusetts
travel order

**Negative test
within 72
hours prior to
arrival?**
Stay-in-place
in your BU residence or
your own off-campus
housing per
BU advisory

Schedule your first campus test
bu.edu/healthway

For undergraduates, the series of 3 tests
will take place over 7 to 8 days.
For graduate students, the series of 2 tests
will take place over 7 to 8 days.

#1 negative test
upon arrival on campus

BU strongly advises you
stay-in-place
in your BU residence or your
own off-campus housing

**No test
required prior
to arrival.**
You still must follow
Massachusetts &
BU COVID-19
precautions!

**Is your
roommate(s)
coming from a
higher-risk
state?**

You need to
quarantine
until your roommate(s)
has
**#1 negative
test,**
either
**72 hours
prior to arrival**
or
**upon arrival
to campus,**
per Massachusetts
travel order

**Schedule
your first
campus test**
bu.edu/healthway

**A positive
COVID-19
test,
at any
time:**

You must go into isolation—
in designated campus housing (if you are a
residential student) or your own off-campus
housing (for nonresidential students)—until
OK'd by a healthcare provider from Healthway.
bu.edu/healthway

**Close
contact
exposure:**

**You must go into
close contact quarantine.**

If you have been contacted by a **contact tracer**
because you have been within six feet of someone
for 15 minutes or more who has tested positive,
you **must close contact quarantine for 14 days**
in either a special quarantine room (if you are
a residential student) or your own off-campus
housing (for nonresidential students).

In accordance with MA DPH and CDC recommen-
dations, negative test results will not release
students from quarantine before 14 days because
the incubation period for the virus could be as
long as 14 days.

Back2BU

#2 negative test*
on campus

Continue to
stay-in-place
in your BU residence or your
own off-campus housing

#3 negative test
on campus

**Stay-in-place is
now lifted!**
You still must follow
Massachusetts &
BU COVID-19 precautions!

***Graduate
students:**

**You only need
2 negative test
results in total.**
You still must follow
Massachusetts &
BU COVID-19 precautions!

ME, NH, VT, NY, MA, CT, NJ

COVID-19 and Testing

- **Rajen Kilachand Center for Integrated Life Sciences & Engineering, 610 Commonwealth Avenue, 7 am–8 pm**
- **808 Gallery, 808 Commonwealth Avenue, 8 am–9 pm**
- **Agganis Arena Lobby, 925 Commonwealth Avenue, 8 am–9 pm**
- **925 Commonwealth Avenue Rear, Health Services Annex, in the back of Agganis Arena; this site is exclusively for those who report symptoms of coronavirus. 8 am–9 pm**
- **BU Medical Campus, Room R107, 72 East Concord Street, 7 am–8 pm**

COVID-19 and Testing



Housman (R) Building (McNary Center) Room 107

- Testing site on MED located in R107 (Enter the school through Instructional building and go to the right of the guard's desk and follow signs past elevators)
 - [COVID-19 testing categories](#)
 - Category 1 tested most frequently – Category 4 rarely tested
 - Webportal – Healthway
 - Daily health monitoring
 - Prompted when due to be tested; you schedule appointment using the app
 - Results received confidentially, through Student Health Services via app
 - If positive
 - Repeat testing and further instructions and contact tracing provided

COVID-19 Testing Frequency

Graduate/PhD Testing Frequency Charles River and Medical Campus

LfA Status			
I live in	I am attending Class	Testing Frequency	Symptom Checker
University Housing BU "Rooming Style" Rental Property*	In person or remotely (LfA status is ignored for people living in University Housing)	Twice a Week	Daily
In the Boston Area	Taking classes in person or on campus more than once/week	Once a Week	Daily
In the Boston Area or Not Local	Taking classes in person or on campus no more than once/week	One test (schedule the first time on campus)	Daily (from the date of the LfA indicator update)
In the Boston Area or Not Local	Remotely	N/A	N/A
LfA blank	LfA blank	Once a Week	Daily
*90 St. Mary's Street, 183 Bay State Road, 850 Beacon Street, and 210 Riverway (Peabody Hall)			

COVID-19 On Campus



WHAT DOES THAT MEAN FOR YOU?

- **Wear masks** all the time
- **Physical distancing** on campus and off campus
- Practice good hand **hygiene**
- **Monitor your health daily**
- **Get tested** when prompted
- **Stay home if you feel sick**, particularly if you have a fever, cough
- Don't gather in groups of **10 people** on (or off campus)

COVID-19 On Campus

BUILDING-SPECIFIC MODIFICATIONS

- Signs
- One-way stairway designation
- Elevator occupancy limits
- De-densification of common area furniture
- Facilities will frequently clean high-touch areas throughout the day
- All HVAC systems regularly maintained with new filters



CLASSROOM MODIFICATIONS

- [Classroom occupancy](#) plans on each door indicating reduced room capacity
- Furniture has been removed, stacked, or marked for non-use
- Cleaning materials for use upon entering class space for faculty & student use
- Technology installation to provide support for LfA



ESSENTIALS

for Fall 2020 Compliance



Does BU have current contact information and a cell phone number?

Review/update your personal information on Student Link



Are you compliant with COVID-19 requirements?

Get confirmation for campus access and schedule tests at www.bu.edu/healthway



Review your compliance status for Fall 2020

Complete your University requirements on Student Link



Update your Learn *from* Anywhere location status

Tell us your plan for attending classes on Student Link

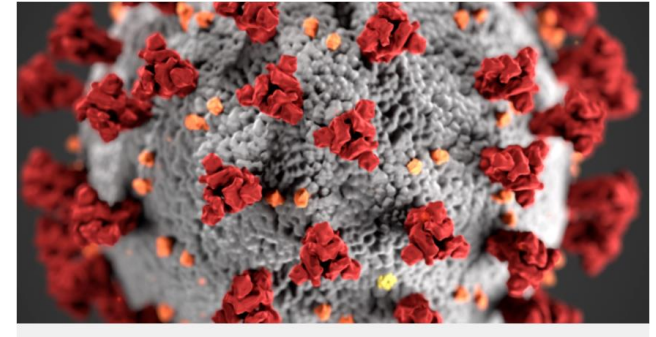
Back2BU

Visit Back2BU (www.bu.edu/back2bu) for helpful resources and the latest information.

**BOSTON
UNIVERSITY**

COVID-19 Resources

- [GMS Coronavirus Information](#)
 - [SHS COVID-19 Information](#)
 - [Great tips from SHS](#)
 - [Graduate Student Guide](#) **
-
- healthwayhelp@bu.edu general questions
 - Healthway Line: phone 617-353-0550
-
- Students will need to sign an agreement stating their commitment to these expectations



Public Safety

Eric Anderson
Senior Operations Manager, BU 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 (617-358-4444 / 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.

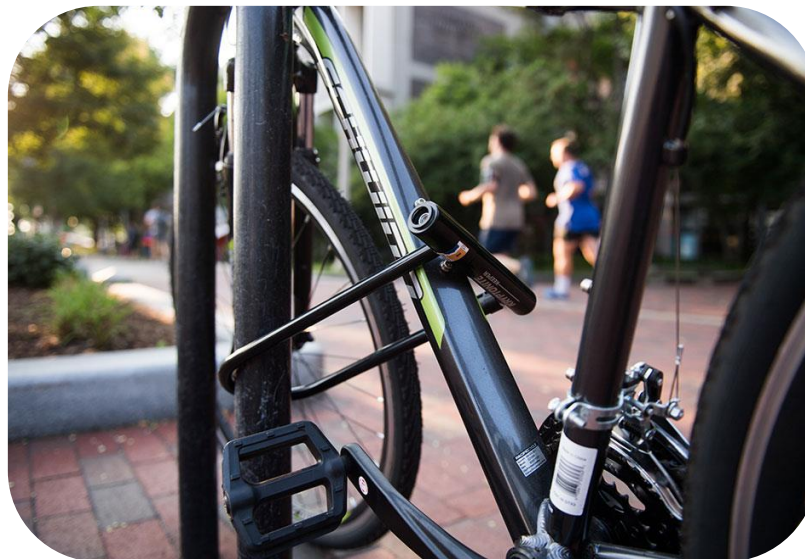


Safety Tips On Campus

- 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) 358-4444 (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
- Program these numbers in your cell phone.



On Campus Alert System

- **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

Professional Conduct & Academic Standards

C. James McKnight, PhD
Chair, GMS Committee on Academic Conduct
Associate Professor, Physiology & Biophysics

Comportment?

The logo for the Oxford English Dictionary is displayed within a dark blue rectangular box. It features the acronym 'OED' in a large, white, serif font. To the right of 'OED' is a thin vertical red line. Further to the right, the words 'Oxford English Dictionary' are written in a smaller, white, serif font. Below this, the phrase 'The definitive record of the English language' is written in an even smaller, white, italicized 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-'pòrt  \

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, in person and online!

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 YOU!
- Be kind

Academic Standards

GMS Committee on Academic Conduct Roster 2020-2021 academic year

C. James McKnight, Chair	Physiology & Biophysics
Amy Brodeur	Anatomy & Neurobiology
Matt Jones	Molecular Medicine
Rachel Levy-Bell	Mental Health Counseling & Behavioral Medicine
Valentina Perissi	Biochemistry
Kiloni Quiles-Franco	Student
Anna Smith	Student
Kathleen Swenson	Genetic Counseling
Susan White	Physician Assistant Program
Ben Wolozin	Pharmacology

Ex officio members:

Assistant Dean for GMS Gregory Viglianti

Associate Provost/Dean of GMS, *ad interim*, Deborah Stearns-Kurosawa

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.
 - Especially if you are doing group work!

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>

Managing Stress in Graduate School

Stephen Brady, PhD

Associate Professor of Psychiatry

Director, Mental Health Counseling and Behavioral Medicine (MHCBM)

Rachel Levy-Bell, PsyD

Associate Program Director and Director of Clinical Training, MHCBM

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.



“What are you stressed about?”



Some Current Stressors?

- Doing well in school
- LfA Remote and/or In Person Classes
- Moving to a new City
- Being away from friends and family
- Making friends
- Fears of COVID contagion: How much is too much?
- Black Lives Matter and Racism
- Financial Concerns
- Family Challenges
- Lack of Exercise
- Sleep Deprivation
- Food, Drink /Other Substances



COVID-19 Challenges

- It's important to acknowledge feelings of stress and perhaps grief related to COVID-19 and Black Lives Matter
- It may be very difficult to process these experiences in the middle of the immediate crisis
- Some of what we know about PTSD may help....first stop the spinning and then begin the process
- For HIV survivors a feeling of weary déjà vu (NYT, April 8, 2020)

An Invitation to “Unmask” & Build Community



COVID-19 (coronavirus)

6 Tips for Coping with the Stress



It's normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Get in touch with your loved ones and connect with them.



Be aware that not everything being said about COVID-19 is accurate. Go to trusted sources like your state or local health department, the CDC or the World Health Organization.



Limit your stress and fear by reducing how much time you spend watching or reading the news or scrolling through social media, especially when you feel it's upsetting information.



Do things you've done in the past to help manage challenges and stress. Know that you've developed skills to manage your emotions and use them during this time, too.



If you're staying home, stay healthy by eating well, getting plenty of sleep, exercising regularly and having good social contact with loved ones by phone or video chat.



Deal with your emotions in a healthy way. Have a plan ready in case you do start to feel overwhelmed, and don't hesitate to talk to a counselor or therapist if you need to.

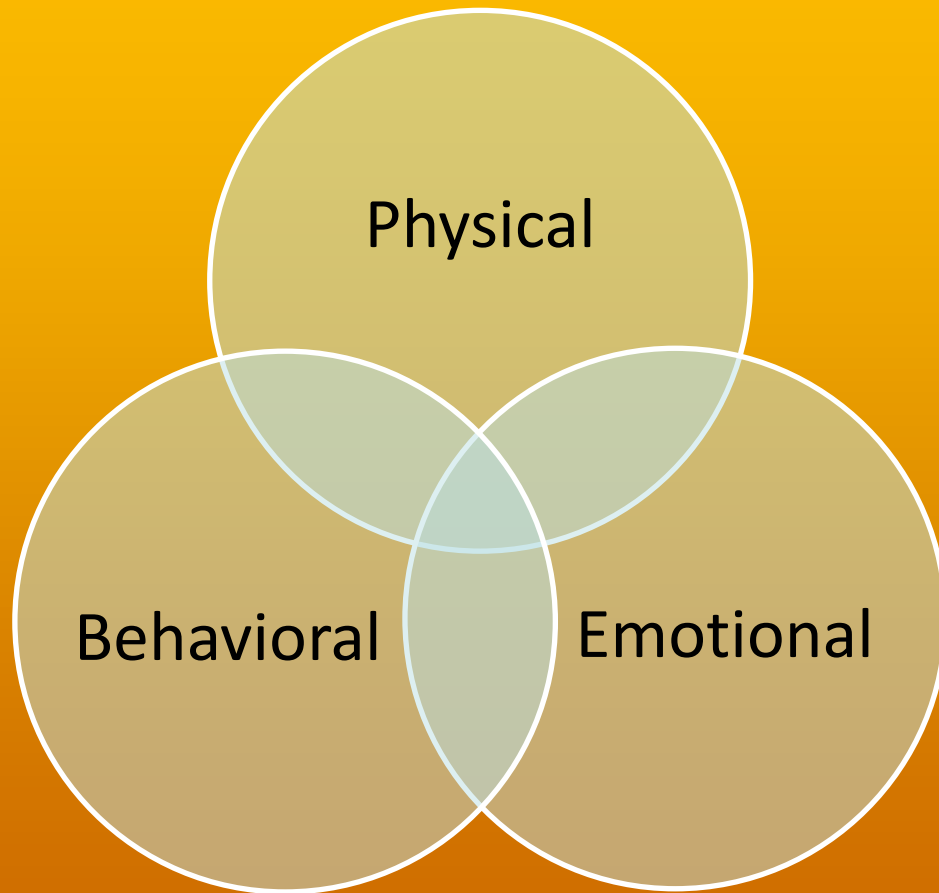
**Created for Mission Health by Jarrard Phillips Cate & Hancock, Inc.*

***Adapted from the International Federation of Red Cross; data from the World Health Organization*

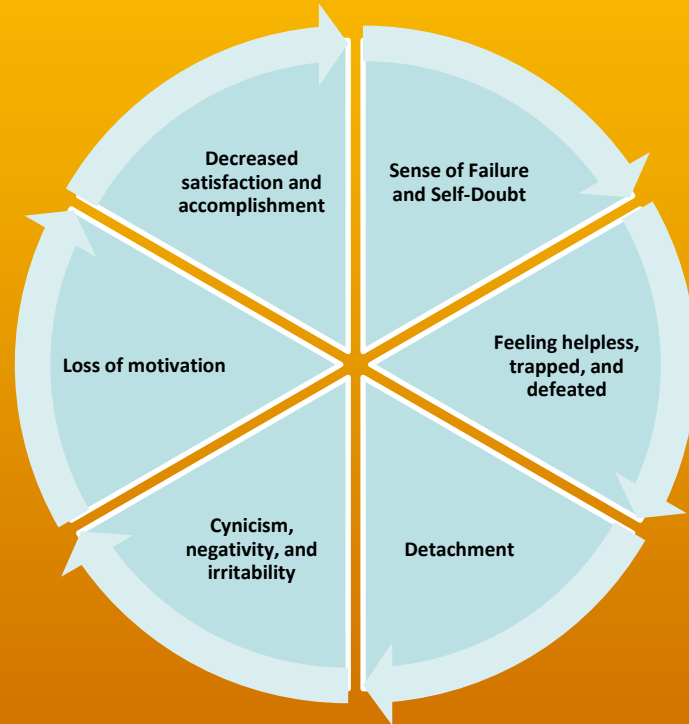
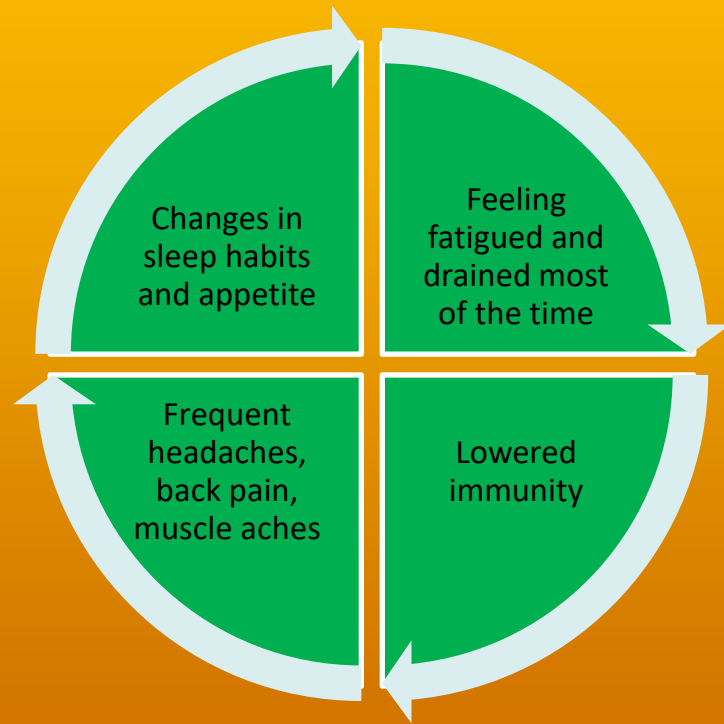
Warning Signs for Burnout

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

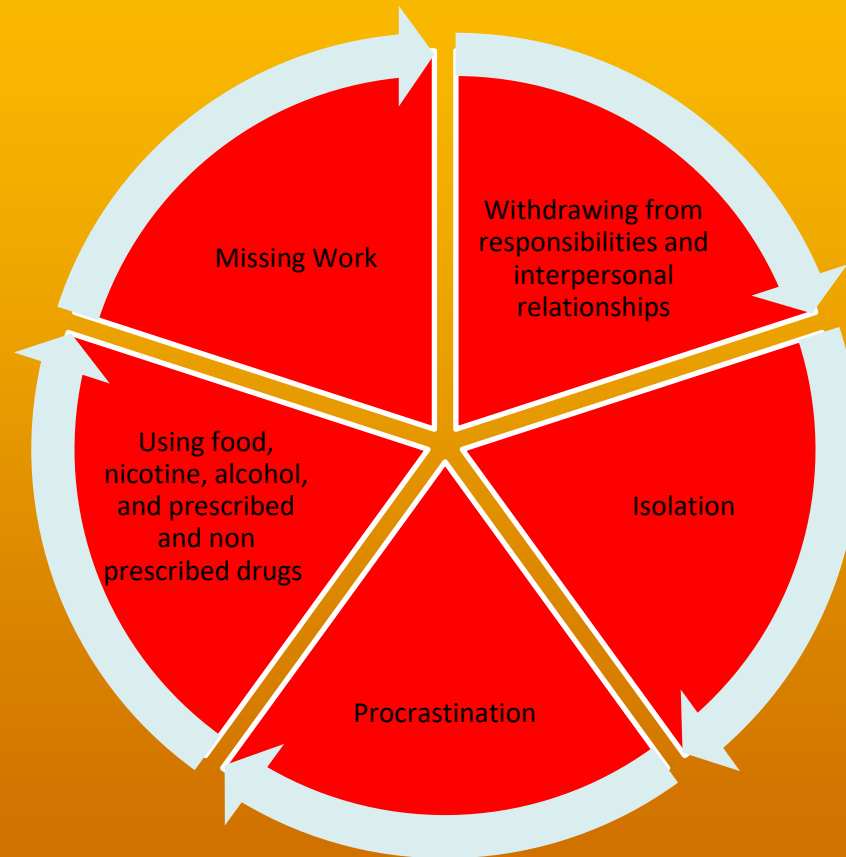
The Impact of Burnout



Physical & Emotional Signs of Burnout



Behavioral Problems & Burnout



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

*Whole Health begins with
Mental Health*



Wellness Strategies

- Develop Effective Study and Test taking Skills
- Seeking Solace thru Spiritual and religious practices
- Focus on social justice and mobilization re Black Lives Matter virtual and other protests
- Volunteer
- Meditation and Mindfulness
- Moving toward rather than away or against people
- Friends and Family Support
- Consider Counseling/medication as needed

Wellness Strategies

- ❁ Regular cardiovascular exercise
- ❁ Mindfulness Eating
- ❁ Practicing Sleep Hygiene
- ❁ Managing work schedule
- ❁ Doing Pleasurable hobbies



Tips

<https://www.bucme.org/node/1219>

- Create and Maintain pre-routines
- Take breaks – even when you think you shouldn't!
- Stress Management Tools
- Unplug from media and news outlets
- Lean on others and accept support
- Use Apps to stay connected
- Stay connected with loved ones – “Family toolkit” keep small photos, cards, symbols of home
- Hug/Affirmation Jars
- Journal
- Utilize Creative outlets
- Aromatherapy
- Celebrate joyous occasions and successes!

Seeking Balance



Next Steps

Theresa A. Davies, PhD
Assistant Dean of Masters Programs
Director, MS in Oral Health Sciences Program

Final Notes

Reminders - Paperwork & Trainings

- BU Email
- Update your LfA Status on Student Link
- Onboarding Materials on Blackboard
 - Due September 9th
 - [Mandatory Student Training on Sexual Misconduct](#)
 - Look for the email from [everfi.net](#) (sent last week)
- International Students
 - [First Class](#)
- BU ID:
 - Uploaded photo – ready for pick-up 710 Albany Street
 - Other – stop by ID office to have your picture taken (7am-3pm)



CLEARED

Theresa Davies-Heerema

08-31-2020



Your symptom check was negative & you may proceed to campus. Please social distance & wear face covering.

Next Steps

ORIENTATION EVENTS FOR ALL STUDENTS		
Time	Event	Zoom URL
10:00AM-11:30AM EST	Main orientation session	Pre-register
11:30AM - 12:00PM EST	Screen time break for master's students	N/A
11:30AM - 12:15PM EST	PhD session	Pre-Register
12:15AM -12:45PM EST	Screen time break PhD students	N/A
12:00PM - 4:00PM EST	Program-specific orientation sessions	Zoom link provided by Program
2:00PM - 3:00PM EST 4:00PM - 5:00PM EST	Resource fair	Zoom links provided separately with resource fair schedule

Resource Fair

Student Resource	Presentation Times (EST)			
	(same presentation - go when you can)			
Biomedical PhD Student Organization (BPSO)	2:15	2:45	4:15	4:45
BU Arts Initiative	2:00	2:30	4:00	4:30
BU Biotech Consulting Club (BBCC)	2:15	2:45	4:15	4:45
BUMC Parking & Transportation Services	2:15	2:45	4:15	4:45
BUMC Toastmasters		2:45		4:45
BU's Center for Career Development	2:00	2:30	4:00	4:30
Climate Action Group	2:15		4:15	
GMS Professional Life	2:15		4:15	
GMS Student Life & Wellness	2:15	2:45	4:15	4:45
Graduate Medical Science Student Organization (GMSSO)	2:00	2:30	4:00	4:30
Graduate Women in Science and Engineering (GWISE)		2:30		4:30
Minority & International Scientists Organization (MISO)	2:00	2:30	4:00	4:30
Science and Technology in Public Policy (STEPUP)	2:00	2:30	4:00	4:30
Women's Professional Development Committee (WPDC)	2:00	2:30	4:00	4:30

Upcoming Events

- Student Financial Services one-on-one appointments:
 - Sept 2nd, 3rd and 4th [Sign-up here](#)
- Welcome Back Students Town Hall - Q & A 9/9
- Visit the *GMS Student Life & [Wellness](#)* zoom room at the Resource Fair for our upcoming programming
- Visit the [GMS Professional Life](#) zoom room at the Resource Fair for our upcoming programming





Welcome to GMS!