

WELCOME STUDENTS

Graduate Medical Sciences
Make A Difference.

GMS

Orientation

August 21, 2021

**BOSTON
UNIVERSITY**



WELCOME TO GMS

Deborah Stearns-Kurosawa, PhD

Associate Provost and Associate Dean *ad interim*

Associate Professor, Pathology and Laboratory Medicine



SOME ADVICE

1

REMEMBER YOU ARE NOT ALONE

Talk to people
Ask questions

2

PLAN AHEAD

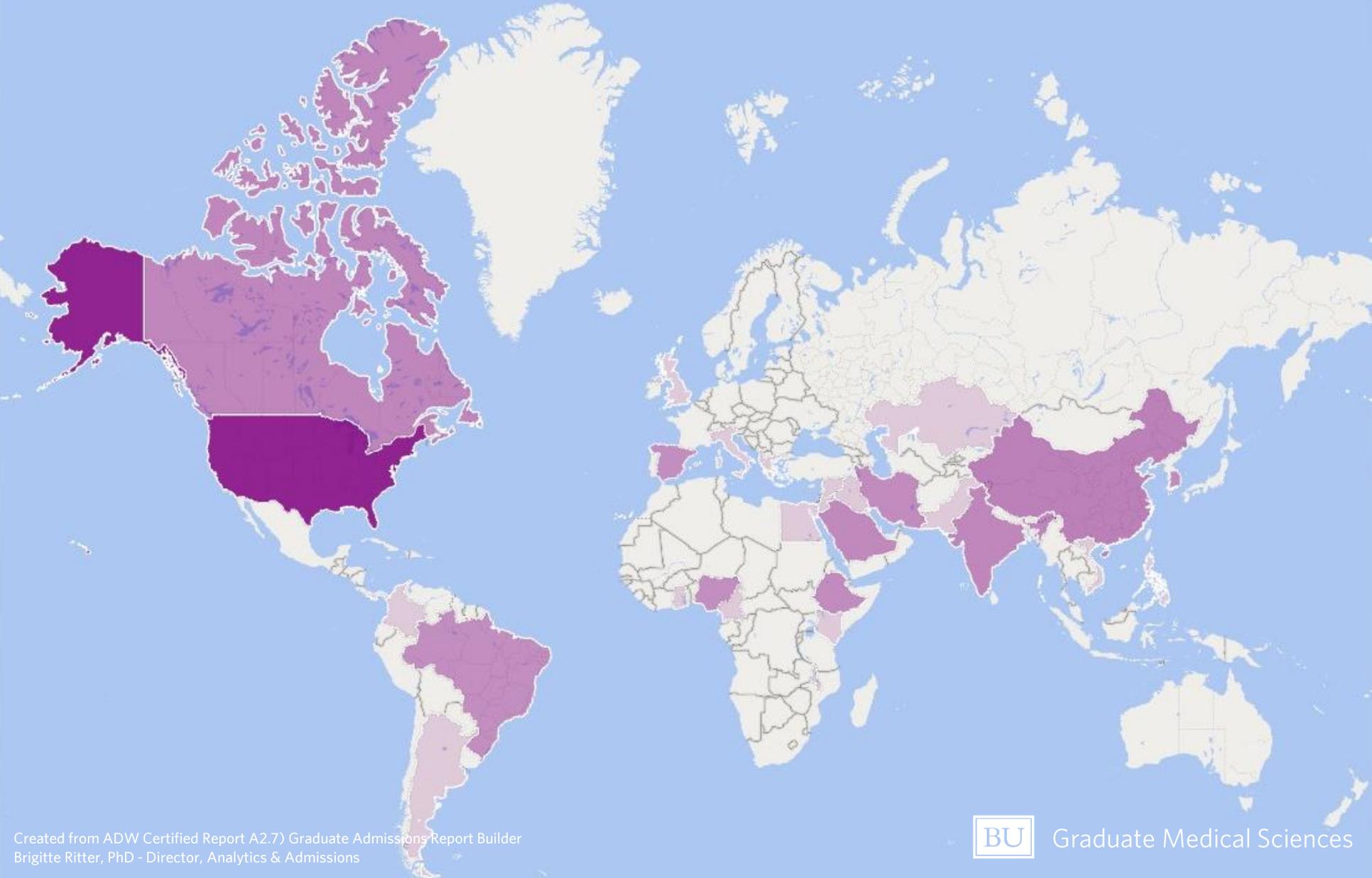
Use University resources; GMS
GMS Community Catalyst Center (C3)

3

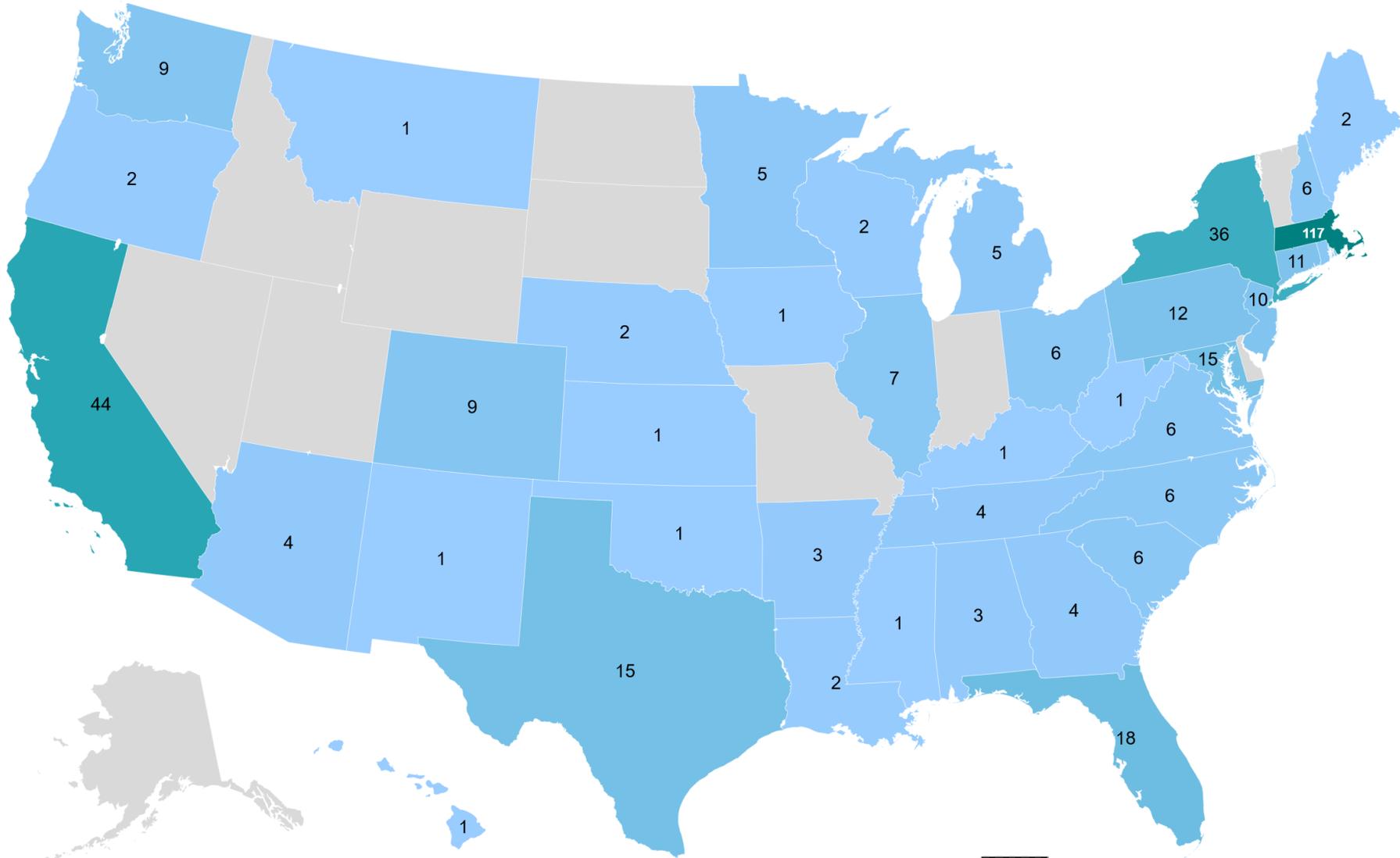
MAKE TIME TO HAVE FUN

Take care of your mental health

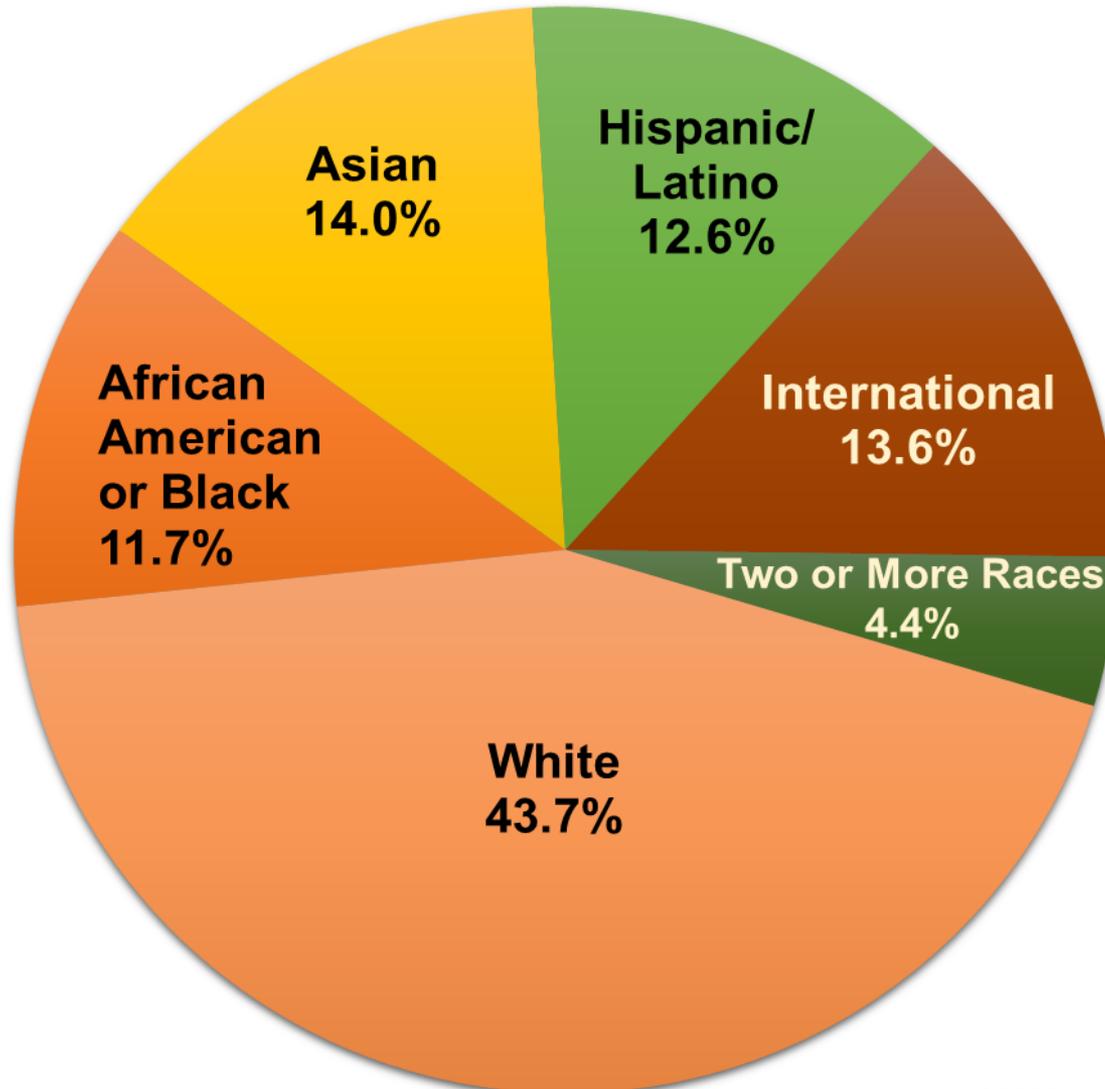
YOU'RE FROM 32 COUNTRIES



AND 41 STATES



YOU'RE FROM DIVERSE ETHNIC BACKGROUNDS



AND 193 UNDEGRADUARE INSTITUTIONS



GMS LEADERSHIP AND STAFF

GMS Offices: Room **L-317** - 3rd floor, School of Medicine Instructional Building (L building)



Theresa Davies
Assistant Dean,
Master's Programs



Barbara Schreiber
Assistant Dean,
Alumni Affairs



Greg Viglianti
Assistant Dean,
Operations



Andrew Henderson
Assistant Dean,
Research

GMS LEADERSHIP AND STAFF

Graduate Student Affairs



Kimberly Arena



Mina Moussavi



Hannah Andry

Business & Operations



Israel De La Cruz



Melanie Pebley

Analytics & Admissions



Shuchita Rao



Brigitte Ritter

Registra



Millie Agosto



Karen Francis

Marketing & Communications



Sara Frazier



COVID-19 BRIEF NOTES

BU's safety response is multi-layered, driven by the science and public health experts at local, state and federal levels

~~Compliant~~



- Required vaccination or approved waiver
 - Upload in Patient Connect at Student Health Services!
- Daily symptom survey (green screen)
 - Weekly testing; L building, first floor, show green screen
 - On campus today? You should already have a negative test result

- Mask required at all indoor med campus locations unless eating
- Eating in Chequers café (L bldg basement), Hiebert Lounge (L bldg, 14th floor), dept conference rooms & kitchenettes
- No eating in classrooms or library



PROFESSIONAL COMPORTEMPT

&

ACADEMIC STANDARDS

C. James McKnight, PhD

Chair, GMS Committee on Academic Conduct
Associate Professor, Physiology & Biophysics

COMPORIMENT?

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 and 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>

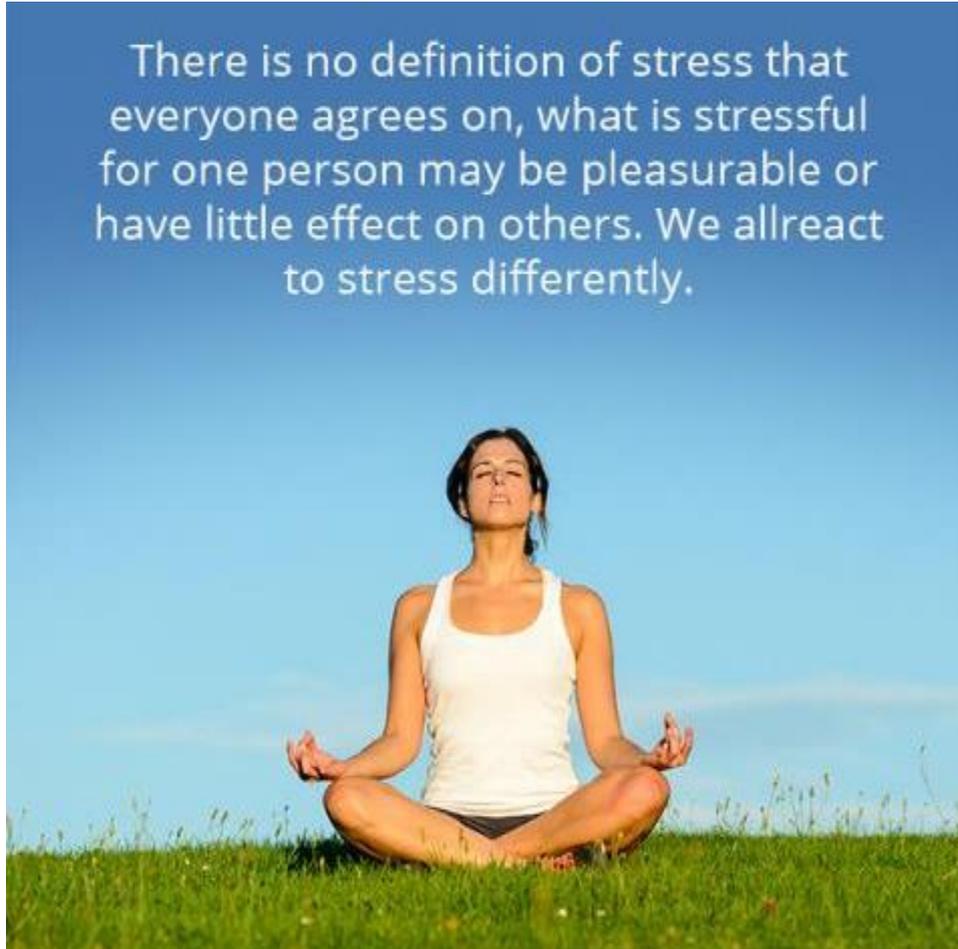


MANAGING STRESS IN GRADUATE SCHOOL

Rachel Levy-Bell, PsyD
Program Director, 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?

- Family & personal pressures to succeed
- Being away from friends and family
- Making friends
- Social Anxiety
- Financial Concerns
- Sleep Deprivation
- Fears of COVID contagion
- Social Justice Issues



COVID-19 & SOCIAL JUSTICE ISSUES

- Its important to acknowledge feelings of stress related to COVID-19 and social justice issues
- It may be very difficult to process these experiences during your academic career
- Adjusting to new norms

AN INVITATION TO “UNMASK” & BUILD COMMUNITY



bumc.bu.edu/gms/dei/resources/

COVID-19: 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.

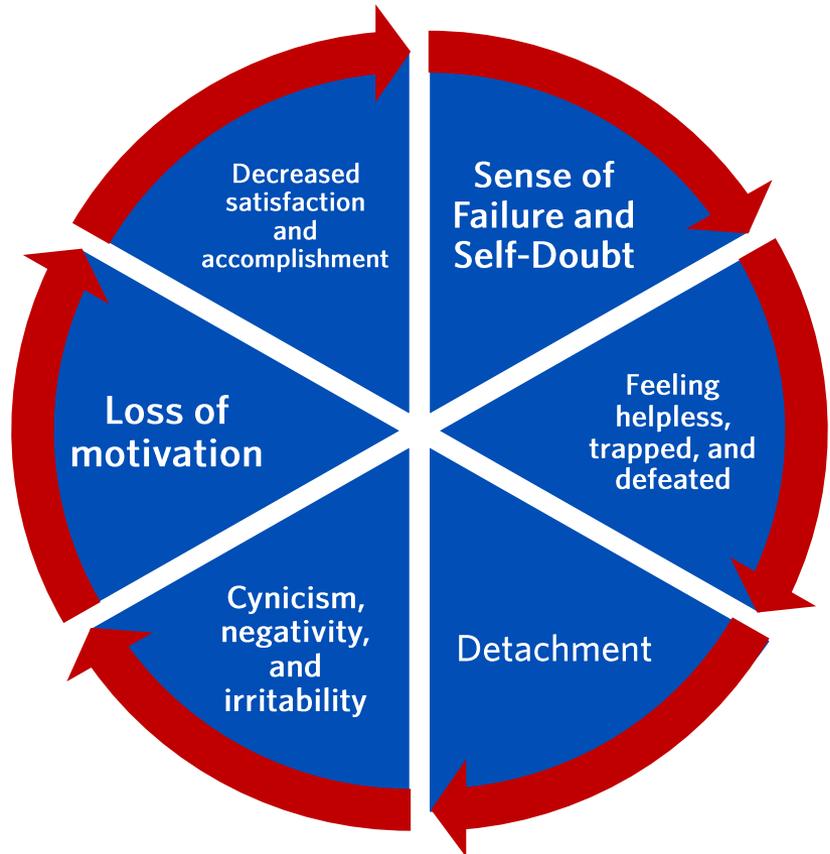
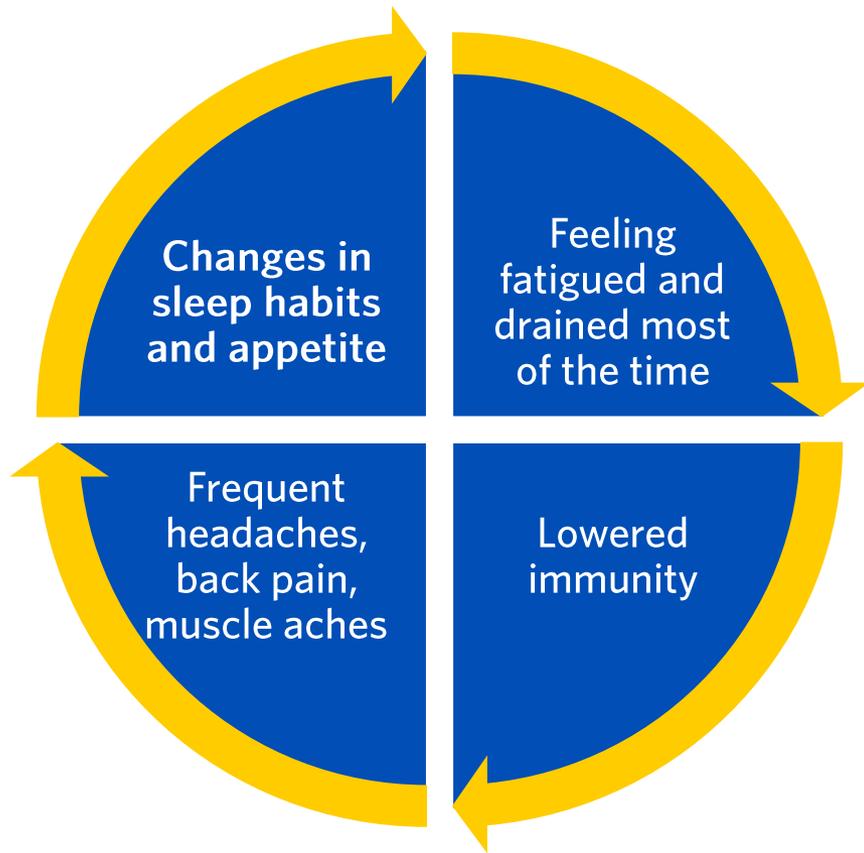


Deal with your emotions in a healthy way. Have a plan ready in case you do start to feel overwhelmed, and don't hesitate to talk to a counselor or therapist if you need to.

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

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

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
- Meditation and mindfulness
- Moving toward rather than away or against people
- Social life
- Consider counseling/medication as needed

WELLNESS STRATEGIES

- Regular cardiovascular exercise
- Mindfulness eating
- Practicing sleep hygiene
- Managing work schedule
- Doing pleasurable hobbies



TIPS

- Create and maintain 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
- Stay connected with loved ones - "Family toolkit" keep small photos, cards, symbols of home
- Journal
- Utilize Creative outlets
- Aromatherapy
- Celebrate joyous occasions and successes!

SEEKING BALANCE





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 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 & 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





GMS STUDENT ORGANIZATION [GMSSO]

Ania Filimonov
GMS Student Organization President



BOSTON UNIVERSITY



Graduate Medical Sciences Student Organization

Community

Service

Wellness

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

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

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

GET INVOLVED

Executive Board Positions Open!

- PR & Social Media

Be a student representative for your program!

Inquire today!



Become a student representative for your program!

Gain valuable leadership experience, while connecting with diverse student body of GMS.

Be a voice for your peers and get involved to help plan events and student programs.

For more details or questions contact: gmsso@bu.edu



gmsso@bu.edu



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



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



Graduate Medical Sciences

MED CAMPUS-WIDE SOCIAL



FALL EVENTS

- Welcome Back Carnival
 - Outdoor Movie Night
 - Halloween Event
 - Fall Mixer

RECURRENT EVENTS

- Volunteer Opportunities
 - Speaker Series
 - Exam Care Packages

UPCOMING EVENTS!

FOLLOW US:

 @bu_gmsso

 /BostonUniversityGMSSO





BOSTON UNIVERSITY TITLE IX POLICIES

Karen Symes, Ph.D.

Associate Professor, Biochemistry

Gwynneth Offner, Ph.D.

Director, MS in Medical Sciences Program

Associate Professor of Medicine



Title IX and Boston University

Title IX: Federal civil rights law administered through the US Department of Education, Office of Civil Rights, which *prohibits sex discrimination at colleges and universities that receive federal funds*

Sex discrimination:

- Sexual misconduct
- Sexual harassment
- Sexual violence

Title IX and Boston University

Boston University is committed to providing an environment free from all types of sex discrimination and take immediate and effective steps to respond to incidents

Title IX applies to students, faculty and staff

Title IX website bu.edu/safety lists policies and procedures

- examples of prohibited conduct
- mechanisms for reporting incidents
- procedures for resolution of complaints

The University is required by law to respond promptly and effectively to all reports of sexual misconduct.

Title IX and Boston University

BU Title IX Coordinator

Jessica Nagle

nagle@bu.edu (617 353-0911)

MED Deputy Coordinators

Karen Symes symes@bu.edu (617 358-4578; 4429)

Gwynneth Offner goffner@bu.edu (617 358-9541)

Coordinators can provide assistance with:

- Questions about resources, policies, procedures
- Handling of a situation involving sexual misconduct
- Administrative measures to alleviate a difficult situation
- Advising someone who has shared a concern about sexual misconduct



SEXUAL ASSAULT

*Get to a safe place
BMC Emergency Department*

*Contact BUPD:
MED Campus: 617 638-4935
CRC: 617 353-2121*



The Sexual Assault Response & Prevention Center (SARP) compassionately responds to survivors of trauma and prevents interpersonal violence through awareness and education.

SARP provides free-of-charge counseling and advocacy to Boston University students who have experienced a traumatic event. We respond to traumas such as sexual assault, dating violence, and other types of interpersonal violence. Discussions with SARP counselors are confidential and do not trigger a complaint to the University. To file an official complaint with the Offices of Equal Opportunity or Judicial Affairs please see the [EEO/TIX website](#), the [safety website](#) or use this [complaint form](#).

SARP Clinical Services include

- Crisis line available 24-hours a day, 7-days a week: 617-353-SARP (7277)
- Medical, legal, and academic advocacy
- Individual counseling and referrals to community providers
- [Group counseling](#)

Learn More

SEXUAL HARASSMENT

1

Unwelcome physical contact

2

Unwelcome attention

3

Unwelcome verbal/electronic communications related to or disparaging of a person or group's gender, sexual orientation or gender identity/expression

Contact MED Title IX Coordinator for help and resources

Gwynneth Offner or Karen Symes
goffner@bu.edu symes@bu.edu

- You are not obligated to take any further action
- Faculty, staff, TAs are required by law to report any incident of sexual misconduct to BU Title IX Office

CONFIDENTIAL RESOURCES

SARP

Sexual Assault Response and Prevention Center

sarp@bu.edu

617 353-7277

University Chaplain

617 353-3560

Student Health Services-Behavioral Health

617 353-3569

BU Ombuds

Francine Montemurro/Adam Kleinberger

fmonte@bu.edu or abklein@bu.edu

617 358-5960/617 638-7645



SEXUAL HEALTH & MISCONDUCT PREVENTION

Sexual Misconduct Prevention Training

The required online Sexual Misconduct Prevention Training teaches students information and skills to safely intervene in situations that may lead to sexual violence, and it discusses students' rights and responsibilities related to sexual misconduct.

How can I access the training?

1. You will receive a direct link to the training in emails from automated-message@everfi.net 
2. You can go to the [StudentLink](#) Compliance page to find a link to your training

You will need to have your [BU login and Kerberos password](#) to log into the training.

bu.edu/shs/wellness/our-programs/sexual-health-misconduct-prevention/



STATUS OF TITLE IX

While the details of the adjudication process are under review, there are no changes to procedures for reporting or resources for confidential or non-confidential options.



NEXT STEPS

Theresa A. Davies, PhD

Assistant Dean of Masters Programs

Director, MS in Oral Health Sciences Program



FINAL NOTES

Onboarding Materials on Blackboard

- Due September 30
- [Sexual Misconduct Prevention Training](#)
 - Email from automated-message@everfi.net
 - Access from your [student link](#) compliance page

BU Email

International Students: [First Class](#)

BU ID: Pick-up at program-specific orientation

Tomorrow Sept 1st

- Resource Fair under the tent on Talbot Green
- Welcome BBQ



UPCOMING C3 EVENTS

Welcome: BBQ & Resource Fair

SEP 1: 4:00-6:00PM

Community Walk: Exploring Back Bay

SEP 3: 3:00-5:00PM

Workshop: Tips for Success in GMS

SEP 8: 4:00-5:30PM

g First Event: Welcome & Orientation

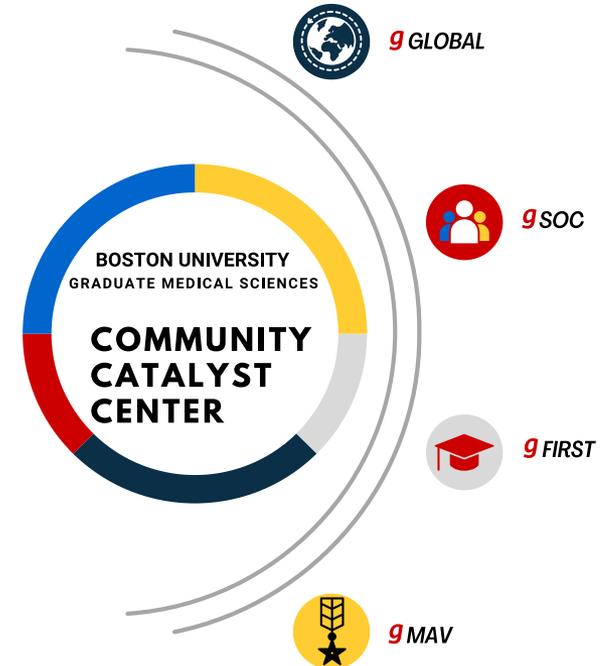
SEP 10: 4:30- 6:00PM

Community Walk: Walk: Exploring Parts of the Freedom Trail & Downtown Boston

SEP 13: 3:00-5:00PM

Workshop: Study Like a Student, Think Like a Scientist

SEP 15: 4:00-5:30PM



Community Catalyst Center



Graduate Medical Sciences

NEXT STEPS TODAY

Program	Time and Location
MS Anatomy & Neurobiology	2:00 - 4:00 PM, 72 East Concord Street, Room L-1008
Clinical Research	12:00 - 1:30 PM, 72 East Concord Street, Room L-214
Forensic Anthropology	12:30 - 2:30 PM, 72 East Concord Street Room L-802
Medical Anthropology	1:00 - 4:00 PM Zoom
Medical Sciences	11:30 AM - 3:00 PM, 670 Albany St Auditorium *Check in @ tent on Talbot Green (in front of School of Medicine)
Mental Health Counseling	12:00 - 4:00 PM, 72 East Concord St, Room L-1407 (Hiebert Lounge)
Pathology Laboratory Sci	12:00 AM - 2:00 PM , 670 Albany St. 4 th Floor Conference Room
PhD Anatomy & Neurobiology	2:00 - 4:00 PM, 72 East Concord Street, Room L-1008
PhD Behavioral Neuroscience	1:00 - 3:00 PM Zoom
PhD Pharmacology	12:00 - 2:00 PM Zoom



CLEARED

Your Name
08 - 31 - 2021



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

