

Graduate Student Services Overview

School of Medicine and Dentistry
Tuesday, August 22nd . 2023

Welcome to graduate school!

Rick Libby, PhD, Senior Associate Dean for Graduate
Education

MEDICINE *of* THE HIGHEST ORDER



UNIVERSITY *of*
ROCHESTER
MEDICAL CENTER

Graduate Education at the School of Medicine and Dentistry

www.urmc.rochester.edu/education/graduate



Institutional Office of Equity and Inclusion

IOEI Website:

<https://www.rochester.edu/diversity/>

UR Culture of Respect Home Page

<https://www.rochester.edu/respect/>

IOEI Encompass Newsletter:

Sign up button on our home page

Instagram:

[uofr_oei](#)



Sannu de Zuwwa
Üdvözöljük Dobrodošli
Bine-ai Venit Bonvenon
Merhbe স্বাগতম
Croeso Murakaza Neza
환영합니다 Welina
Furh Furumu Mauya

欢迎 Eguahé Porá
Wëllkomm
Afio Mai Καλώς ήρθατε
Willkommen
Maligayang Pagdating
Byenveni ကြိုဆိုပါတယ်
Sugeng Rawuh
Vítejte सदागत है

स्वागतम् Velkommen Wamukelekile بهخیرییی
Добро Пожаловать Koş Geldiniz
Hoan Nghênh Velkominn स्वागत आहे
Soo Dhowow Boyeyi Bolamu မိတ်ဆက်ပေးပေမည် Vitajte
Nya:wëh gë:nö' နွေဂဲစ်
Fáilte సుస్వాగతం
Talitali Fiefia Takulandilani
Nau Mai, Haere Mai خوش کهپسندز
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Merħba ようこそ
Laipni Lūdzam Kaabo
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Benvnuwe Welkom

WELCOME

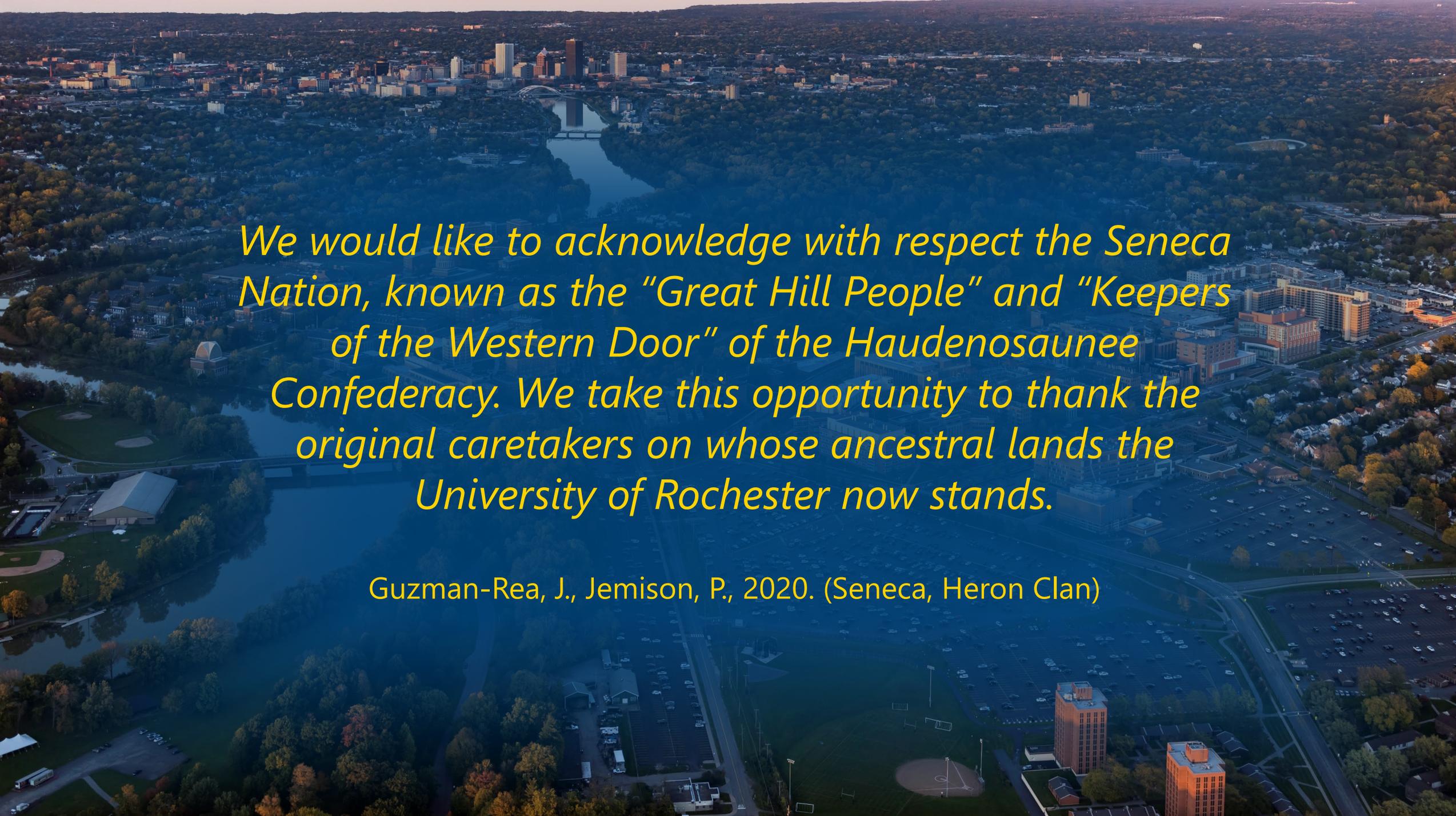
Sveiki Atvykę
Tervetuloa
Xush Kelibsiz

स्वागत लаскаво просимо კეთილი იყოს თქვენი
Тавтай морилогтун
Selamat Datang
வரவேற்பு Benvido Добре дошли
Tere Tulemast स्वागत છે Mirëseardhje
مرحباً Naykuuykuy خوش آمدید
Добродошли Хоş Gəlmişsiniz

پلي كري آيا
Witamy 欢迎
ברוך הבא Nnoo
Kaze
پخیر
Benvenuto
Bainvegni Välkommen
Bienvenu
Қош Қелдіңіз Бітаем
Tonga Soa မိတ်ဆက်ပေးပေမည်
Hoş Geldin Karibu
Wilujeng Sumping
Woé zo O Amogetswe



Bienvenido

An aerial photograph of Rochester, New York, showing the Genesee River winding through the city. The downtown skyline is visible in the upper left, and the University of Rochester campus is prominent in the lower right. The image is overlaid with a semi-transparent blue filter.

We would like to acknowledge with respect the Seneca Nation, known as the "Great Hill People" and "Keepers of the Western Door" of the Haudenosaunee Confederacy. We take this opportunity to thank the original caretakers on whose ancestral lands the University of Rochester now stands.

Guzman-Rea, J., Jemison, P., 2020. (Seneca, Heron Clan)

Equity and Inclusion at URSMD: Our Core Values

- **URSMD's Core Values:** We strive to uphold equity and inclusion as fundamental values in our institution.
- **Ongoing Commitment:** We are committed to fostering an inclusive, welcoming, and supportive environment for everyone within our community.
- **Cultivating a Culture of Inclusive Excellence:** Our aim is not just to include, but to excel by fostering a culture of inclusion excellence at URSMD, and throughout the institution.



Research and Research Education Advocates



Nathan A. Smith, MS, PhD

Associate Dean for Equity and Inclusion for
Research and Research Education, Office of
Equity and Inclusion

Associate Professor of Neuroscience, Department
of Neuroscience, URSMD



Director of Equity and Inclusion for Research and
Research Education, Office of Equity and
Inclusion



Administrative Assistant for Research and
Research Education, Office of Equity and
Inclusion



Let's Stay Connected



Nathan A. Smith, MS, PhD, AAAS
Fellow

nathan_smith@urmc.rochester.edu

Office: MRB G. 9607

<https://thesmithlaboratory.org/>

Follow Lab on Twitter: @SmithLab2018





New Trainee Orientation 2023

Elaine M. Smolock, Ph.D.

Director of Writing Services and Training Grant Development

Eric Vaughn, M.Ed.

Director of Career Services

8



"The best way
to get
something done
is to begin."

~Author Unknown



myHub assists in supplementing every trainee's scientific education with the writing, grant support, professional and career development opportunities most appropriate to each individual trainee's interests and skills.

The 8 spokes of myHub include....

- **Alumni**
- **Events**
- **Fellowships & Grants**
- **Research Ethics**
- **Student & Postdoc Groups**
- **URBEST Career Services**
- **URBEST Internships**
- **Writing Services**



Three key components of Self Determination Theory:

- **Competence:** People need to gain mastery of tasks and learn different skills.
- **Connection or Relatedness:** People need to experience a sense of belonging and attachment to other people.
- **Autonomy:** People need to feel in control of their own behaviors and **goals**.

myHub utilizes SDT in all the work we do and encourage our trainees to help us develop programming and connections that will impact their work and goals.



Writing & Grant Assistance

Elaine M. Smolock, Ph.D.

Director of Writing Services and Training Grant Development

Summer Scholars and PREP Co-Director

myHub

Graduate Education and Postdoctoral Affairs



Whether you like to write or not we are here to guide you on

*Writing for logic,
Hypothesis development,
Structure and analysis,
Goal setting*

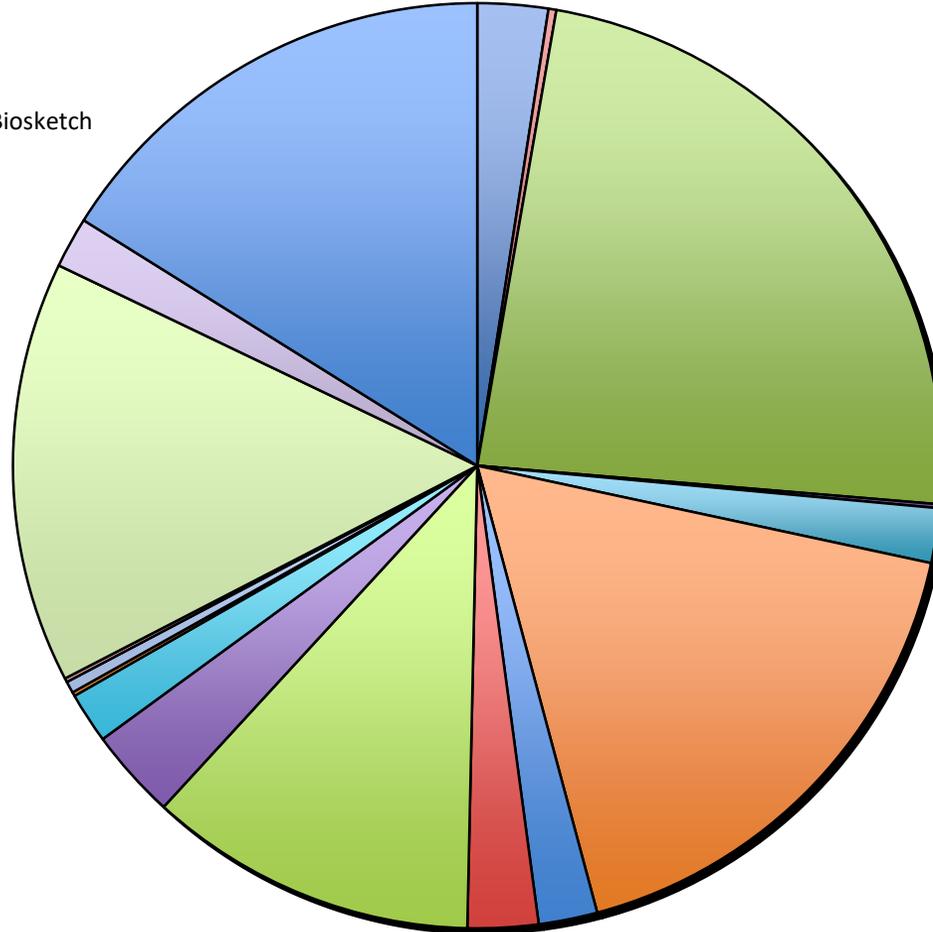
The 2-way on Writing Assistance



1. Individual sessions providing detailed discussions about your writing project(s)
2. Workshops and group-based learning experiences to encourage and promote writing development

The Wheel of Writing Assistance

- Abstract
- Capstone
- Grants/Fellowships/Grant Biosketch
- Job Search
- Rotation Report
- Manuscript
- Masters Projects
- Meet and Greet
- Other
- Personal Statement
- Poster/Presentation
- Progress Report
- Proposals
- Protocol
- Qual Exams/Proposals
- Review Article/Lit Review
- Thesis/Dissertaion



I have worked on
>900
writing projects
with our trainees



Workshop and Social Content to Help You

- NIH F-Series Grant Writing Sessions
- Thesis Writing
- Manuscript Writing
- Writing Retreats
- Writing Wednesday

“

I experienced F-club both as someone who only just started writing parts of the application and as someone who had the large pieces and was getting ready to submit at the next deadline. F-club helped me both times, and in the end, I wrote my first successful grant application.

Rehman Ali

”

#WritingWednesdays

Qualifying Proposal
Preparation Tips

#WritingWednesdays

Word Swaps to be
More Professional

Partnering with Miner Library

UNIVERSITY of ROCHESTER MEDICAL CENTER

ChatGPT Uncovered

A Journey into AI Literacy

Speaker
Ehsan Moghadam, MLIS
Institute for Innovative Education
Miner Libraries

Monday
05 .01 . 23
2:00 pm

NEURAL NETWORKS
GENERATIVE AI
LARGE LANGUAGE MODELS

THE HIGHEST ORDER

- Using citation software
- Writing literature reviews
- Staying up with technology
- Value of Preprint



Best ways to improve your writing in graduate school:

- **Get Started!** – You can NEVER start too early – WRITE Now!
- **Accountability** – Create a plan and stick to it
- **Space/Time** – Find your happy writing place and use designated time
- **Read** – The more you read, the better you will write
- **Organize** – Start creating literature databases NOW (visit Miner Library for help)





Career & Internship/Shadowing Experience

Eric Vaughn, M.Ed.

Director of Career Services

myHub

Graduate Education and Postdoctoral Affairs

Goal of URBEST Career Services & URBEST Internship

As the myHub URBEST Career Coach, I want to help you with...

- **exploring careers**
- **advancing your professional development skills**
- **discovering your post-graduate next steps.**



Explore options while you are here....

- Who knows what they want to do after receiving their graduate degree?
- On average, how many hours will you work within your lifetime?

~90,000 hours = 11,250 days

- myHub offers 1:1 appointments, interactive workshops, experiential learning opportunities, networking opportunities, and much more





URBEST Career Services

I can assist you with your...

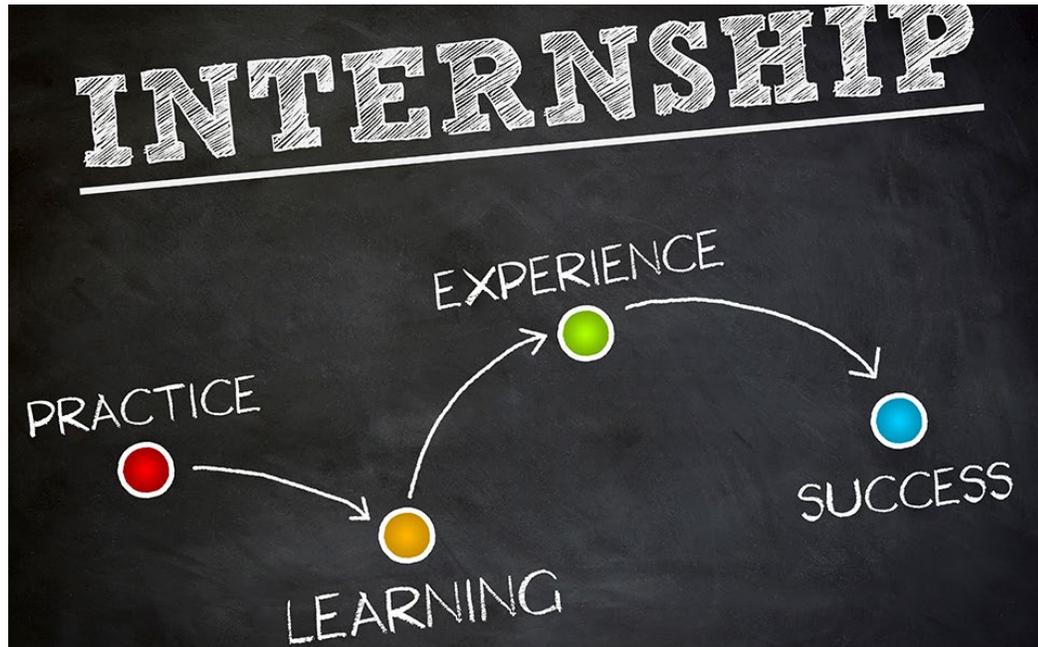
- Individual Development Plan (IDP)/Goals Development
- CV/Resume & Cover Letter Writing
- Career exploration & Job search strategy
- Informational interview strategies
- Marketing plans (LinkedIn & Mel Collective)
- Interview prep & breaking down how to prepare
- Networking strategy & development (Alumni, Social Media)
- Teaching opportunities and teaching recognition programs

© Randy Glasbergen
glasbergen.com



"I pruned a tree once, so technically I'm allowed to put 'branch manager' on my resumé."

Experiential Learning & Internship Experiences. ---Funding



- Funding for unpaid internships
- Assistance with travel and lodging costs for internships
- Job Shadowing & Exploration Mini Grants through the myHub Career Exploration Modules

Alumni Community



THE MELIORA COLLECTIVE

Connecting the UR community by fostering professional exploration.

[JOIN NOW](#)

Powered by  PeopleGrove



EDUCATION.URMC.EDU



University of Rochester School of Medicine and Dentistry



Become Active in an SMD Trainee Group



- Alliance for Diversity in Science and Engineering (ADSE)
- Graduate Students of Color (GSOC)
- Graduate Students Raising Families (GSRF)
- Graduate Student Society (GSS)
- Graduate Women in Science (GWIS)
- National Postdoctoral Association (NPA) membership
- outGRADS
- The Society for Advancement of Chicanos/Hispanics and Native Americans (SACNAS)
- SMD Ambassadors
- SMD Entrepreneurs
- UR Postdoctoral Association (PDA)
- UR Thinkers
- UR Writing





IND 439: Leadership & Management for Scientists

Tuesdays
from 2:00 pm-3:40 pm
this Spring 2024

Topics and Instructors include:

- Building Your Support Network
- Time Management
- Managing People
- Communicating and Resolving Conflict as a Leader
- Teamwork and Collaboration
- Strategic Planning
- Negotiating
- Budgeting
- Cultural Humility
- Project Management
- Interviewing: Selecting Teams
- StrengthsFinder



Leadership & Management for Scientists Testimonials



Tori Popov, Ph.D. Trainee from Neuroscience

A critical skill I learned and gained through course was informational interviewing and developing more in-depth and comprehensive questions to gain the knowledge and personal experiences I was seeking.

MaKenna Cealie, Ph.D. Trainee from Neuroscience

Enjoyed identifying my strengths and comparing them to others to form a more cohesive team. After taking this course, I'm better at managing conflict and understanding others' perspectives.



Gayathri Guru Murthy, Ph.D. Trainee from Translational Biomedical Science

This course was the missing puzzle piece that helped me become an improved leader. You learn how to be a bridge yourself. This course gave me several new tools to use when it comes to leadership and also helped me assess myself and hone my management skills.



Ian Krout, Ph.D., Alumni from Toxicology

Used the techniques discussed in this class including, informal interviews, cold emails, negotiating and budgeting to secure a postdoctoral position in a lab I had aspired to join during my tenure as a graduate student.

myHub & GEPA Upcoming Events

myHub Events Calendar



Over the course of workshop: Discuss how to formulate a testable...



All current SMD Master Students and Certificate Students are invited t...



Over the course of workshop: Discuss how to formulate a testable...



Registration is required for this event. Join Rochester-area Schoo...



Attendees will learn principles for designing effective scientific talk...

- Alumni Career Stories
- Certificate Programs
- Career Exploration Workshops
- Self-Paced Career Modules
- Networking Events
- Social Events

Visit myHub.URMC.Edu for full details- Upcoming Seminars, Career Stories, and Workshops

Please
don't be
like Adam



We Use Handshake --- Schedule an appointment with us!



- Register for 1:1 appointments with Elaine & Eric
- Schedule of myHub Events & Register for Events
- Explore internship & job postings

Informational Interviewing Session for all new SMD Graduate Students

Join us on

Thursday, August 24

@ 11 am-1pm in the Ryan Case
Method Room (1-9576)

Free Pizza for all attendees



- Gain experience developing questions to ask during an informational interview.
- Learn and develop questions to ask during your lab/research rotations to learn about mentors and labs/research groups.
- Practice with current trainees

Q & A and Quotes to think about



- “Planning is bringing the future into the present so that you can do something about it now.” — *Alan Lakein, author*
- “A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power.” — *Brian Tracy, author and motivational speaker*
- “Plan your next move because every step contributes towards your goal.” — *Sukant Ratnakar, author and motivational speaker*

Connect with us on Instagram ursmd_myHub



CAREER STORY
with Jeremy Lomax, Ph.D. and
Yin-Yin Wang, Ph.D.



"Discover more about the career field of consulting and beyond"



Monday, Feb. 20, 2023 10:30AM-12:00PM



**HOW TO:
THE PERFECT
POSTDOCTORAL
FELLOWSHIP**

With special alumni guest presenter
Ian Krout, Ph.D.

12-1:30pm. Thursday, April 20, 2023
CEL Classroom 2-7536 (URMC)



Contact Information

ursmd_myHub

Writing Services

Elaine Smolock, Ph.D.

Director of Writing Services

Elaine_Smolock@URMC.Rochester.edu



[linkedin.com/in/elaine-smolock/](https://www.linkedin.com/in/elaine-smolock/)

Career Services

Eric Vaughn, M.Ed.

Director of Career Services

Eric_Vaughn@URMC.Rochester.edu



[linkedin.com/in/ervaughn/](https://www.linkedin.com/in/ervaughn/)



University Counseling Center (UCC)

UHS Building, 3rd Floor

- Open weekdays all year
- After-hours emergency on-call availability



Contacting us. . . 585-275-3113

UCC Services

Available to all full-time students who have paid the **mandatory student health** fee.

Health insurance is separate – required for all students, may or may not be student health insurance. Health insurance is **NOT** used at UCC.

24/7
emergency
mental health
response

- ▶ Same day appointments during business hours
- ▶ After hours on-call via phone with UCC therapist
- ▶ After hours in person response by Counselors in Residence (CIRs), including with all DPS after hours mental health responses
- ▶ TELUS (MySSP), offers on demand support in five languages and via text or phone

Initial Assessments

All students have access to one each academic year (8/1-7/31)

Explore current concerns, history of treatment, etc.

Create a treatment plan that may include:

- Short term therapy at UCC (averages 6-8 sessions)
- Help with referral off campus for longer term or specialized care
- Medication referral (three psychiatry providers)
- Group therapy – various groups offered each semester
- Connection to other campus supports



Follow us on Instagram



Download TELUS/MySSP



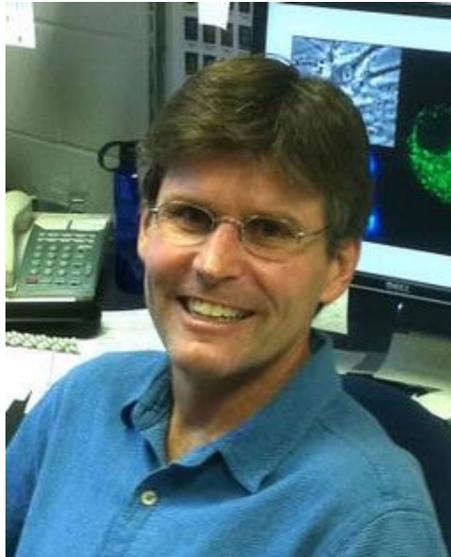
Where to turn when facing problems?

- **Peers, other trainees or staff**
- **Faculty advisor**
- **Thesis committee members**
- **Graduate program director and coordinator**
- **Department chair**
- **Dean for Graduate Education and Postdoctoral Affairs**



Your SMD Ombuds Affiliate!

SMD Ombudspersons for Graduate Students, Postdoctoral Appointees, PREP Trainees, and Summer Scholars



Bob Freeman

MC room 4-6718



Krystel Huxlin

MC room G-3186



Chris Seplaki

SRB room 3.238

SMD Ombuds Affiliates

- Serve as a resource for information about institutional policies and support services
- Act as facilitators to help trainees resolve their problems and/or connect them with those who can help
- Accompany trainees in discussions of problems or issues with faculty or administrators
- Act as an informal mediator between trainees and faculty or administrators

SMD Ombuds Affiliates

Informal, Confidential, Independent, Neutral



Lesson Title: University of Rochester Department of Public Safety – DPS Services

Course Title: University of Rochester Department of Public Safety – DPS Services

Duration: 15 Minutes

Prepared By: Josh McCartan, University of Rochester Department of Public Safety, October 2022

Approved Instructor: URDPS Training Unit DCJS Instructors

Intended Audience: University of Rochester Community

Pre-Requisites: None.

Method of Instruction: Lecture

Instructional Aids: Lesson Plan, Computer, PowerPoint

Number of Trainees: N/A – Determined by each occasion.

Trainee References: Lesson Plan, PowerPoint

Instructor References: Lesson Plan.



CARE Network



Alex Samors
Director, CARE Network
They/them

MEDICINE *of* THE HIGHEST ORDER



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CARE Network

<https://www.rochester.edu/care/>

The CARE Network enables members of the University community to express their concern about a person, incident, or issue by submitting one of the following reports online:

- CARE Referral
- Bias-Related Incident Report
- Community Concern Report





PUBLIC SAFETY SERVICES

Presented by the University of Rochester Department of Public Safety
Crime Prevention Unit & Training Unit



UN

MISSION STATEMENT

Our Mission

1. Protect people at the University.
2. Inform our community about security issues, personal safety measures, and protective strategies.
3. Prevent disruption of University activities and misuse of premises.
4. Protect University and personal property against theft or abuse.
5. Provide a visible, reassuring, and readily accessible presence.
6. Foster beneficial community relations.



THE DEPARTMENT AS OF TODAY

Current Staffing

- Employs approximately 159 total department members.
- 111 sworn officers.
- 23 non-sworn officers.
- 12 dispatchers
- 13 civilian support administrators.



THE DEPARTMENT AS OF TODAY

Community & Calls For Service

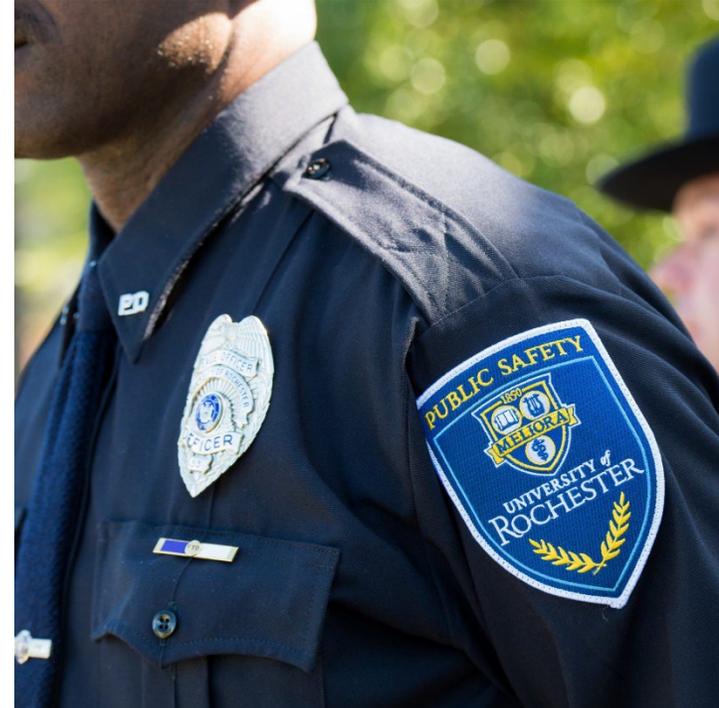
- Serves a community of approximately 25,000 people.
- Communications center on average receives 300,000 calls per year.
- 63,000 of those calls result in a physical response by DPS officers.
- Approximate Averages:
 - 175 responses per day.
 - 60 responses per 8 hour shift.
 - 7 responses per hour.
 - 1 response every eight minutes.



SPECIALIZED UNITS

Specialized Units

- Training Unit
- Investigations
- Victims Assistance
- Community Engagement Unit
- Crime Prevention Unit
- Off-Site Support Services
- Communications Center
- Property & Records Management Section
- Honor Guard Unit
- Accreditation Section
- Information Technology Section



PEACE OFFICER VS. POLICE OFFICER

Peace Officer

- Authority can only be exercised while on-duty and within a pre-defined jurisdictional boundary.

Police Officer

- Authority can be exercised on or off-duty, and is not limited to a jurisdictional boundary.



DPS PEACE OFFICER AUTHORITY

DPS Peace Officer Authority

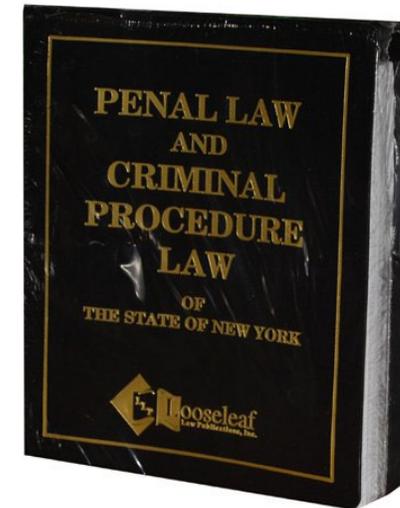
- Enforce NYS law:
 - NYS Penal Law
 - Criminal Procedure Law
 - Vehicle & Traffic Law
 - Mental Health Law
 - Etc.
- Make warrantless arrests.
- Make mental health detentions.
- Serve orders of protection.
- Use force in making an arrest or preventing an escape.
- Carry out warrantless searches whenever such searches are constitutionally permissible.



JURISDICTION

Jurisdictional Authority

- DPS has law enforcement jurisdiction on any:
 - University owned property.
 - All streets and sidewalks adjoining University owned property.
 - When transporting a prisoner to the Monroe County Jail, regardless of location.
- DPS has operational MOUs with overlapping area law enforcement agencies:
 - Rochester Police Department
 - Monroe County Sheriff's Office
 - Brighton Police
 - Brockport Police



TRAINING

Training

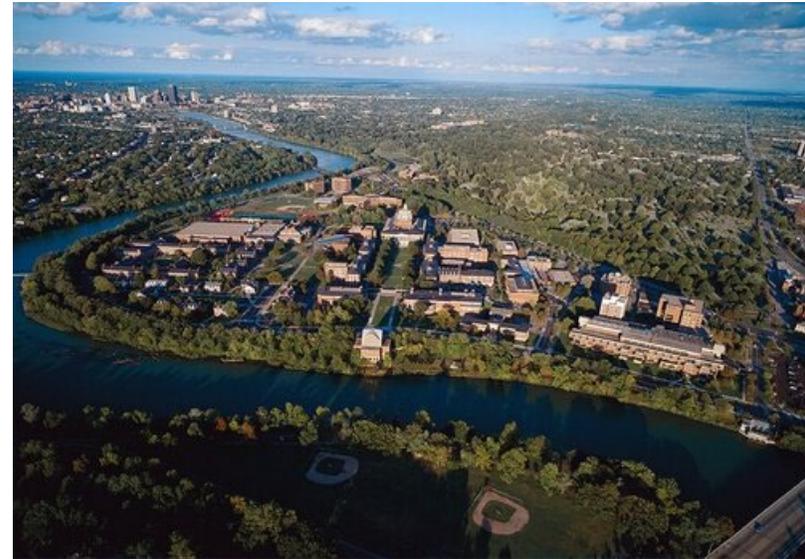
- Peace Officers complete nearly 600 hours of required NYS DCJS trainings while attending the law enforcement academy.
 - Basic law enforcement skills.
 - NYS Laws and powers of arrest.
 - Defensive tactics.
 - Crisis intervention.
 - Etc.
- After completing the academy, Peace Officers complete an additional 520 hours of on the job field training paired with a training officer.
- Peace Officers in training are constantly evaluated and expected to meet or exceed an extremely high standard.



HOW WE CAN HELP

All Areas

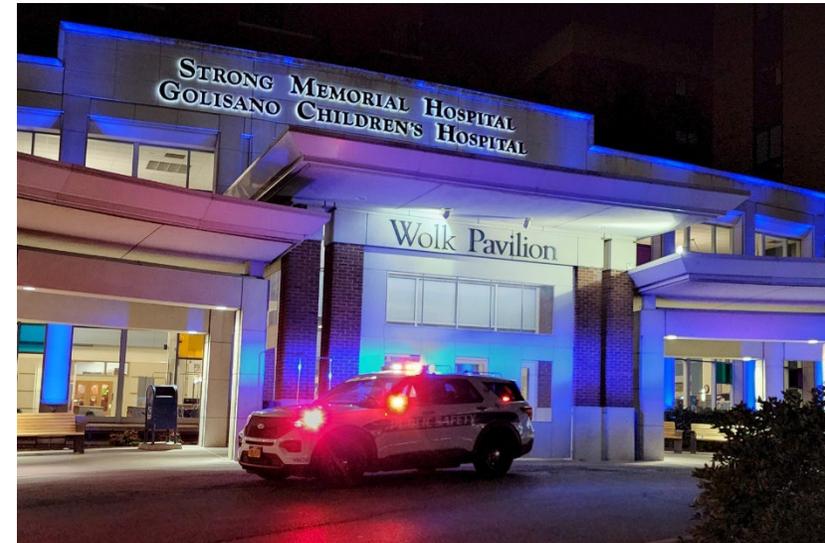
- Enforce laws and University regulations.
- Actively and visibly patrol all areas of the University to promote safety and deter crime.
- Respond to calls for service in a timely manner.
- Document and investigate crimes and motor vehicle accidents.
- Develop safety plans for students/faculty/staff.
- Provide safety escorts when requested.
- Assist with vehicle lockouts and jumpstarts.
- ...and more!



HOW WE CAN HELP

Clinical Setting

- Support staff during in-progress situations involving difficult patients or visitors.
- At the direction of staff, assist with performing a patient restraint.
- Assist in recovering truly eloped patients.
- Take custody of drugs or drug paraphernalia found in the clinical setting.
- Provide escorts from one unit to another during the transport of a difficult or flight risk patient.
- Help to develop patient behavioral/safety plans.
- ...and more!



HOW WE CAN HELP

Academic Setting

- Respond to medical emergencies and render first aid until EMS personnel arrive.
- Provide crisis intervention services to support those experiencing a mental health crisis.
- Provide a visible presence on campus in an effort to support safety and deter crime.
- Manage lost and found property and aid with turning the found property over to its owner.
- Provide specialize education to support campus and personal safety upon request.
- ...and more!



RESOURCES

For more information about Public Safety or to request further training visit our website:

- www.publicsafety.rochester.edu

Available additional training topics:

- Public Safety Services – 30 Minutes
- Situational Awareness – 45 Minutes
- Active Shooter – 1 Hour
- De-Escalation – 1 Hour

Follow Public Safety on social media.

- Facebook - @URochesterDPS
- Twitter - @URochesterDPS
- Instagram - @URochesterDPS



Scan the QR code now to instantly add DPS to your cell phone contacts.

Want to take this information with you? Take out your cell phone and take a picture of the screen!



END

