

WELCOME to Graduate School

Rick Libby, Ph.D.

Professor of Ophthalmology

Senior Associate Dean of Graduate

Education and Postdoctoral Affairs

MEDICINE *of* THE HIGHEST ORDER



UNIVERSITY *of*
ROCHESTER
MEDICAL CENTER

Incoming Class

- Certificate, Masters, Doctoral Programs
 - 8, 15, 12
- 151 incoming students
 - 26, 56, 69
- Range of Disciplines
 - Epidemiology to Genetics to MFT
- Diverse Student Population
 - 14 countries
 - 17 state
- Average Age 27

What we strive for

At the University of Rochester School of Medicine and Dentistry, an environment of respect, inclusiveness, and support is of utmost importance for our learners. You will have the opportunity to learn with and from a diverse group of peers, mentors, faculty, and staff—***people are here to help.***

Core Tenets of Graduate Education

- AAMC
 - Institutional Commitment
 - Program Commitment
 - Quality Mentoring
 - Provision of Skill Sets and Counseling
- URMC
 - Formal classroom education
 - An apprenticeship
 - Student support
 - Career preparation

Balancing it all in Graduate School

- Classes
- Rotations
- Family obligations
- Social interactions
- Health and wellness
- Career development

People are here to help

(academically, personally, professionally)

- GEPA Office
- Program Directors
- Faculty (thesis committee)
- Department Chairs and Center Directors
- Other trainees
- Program Coordinators

People are here to help (academically, personally, professionally)



John Blackshear PhD
Vice Pres.
Student Life
UofR



Adrienne Morgan PhD
Vice Pres.
Engagement and
Enrichment
UofR

People are here to help (academically, personally, professionally)



Nathan A. Smith, Ph.D. ('13)
Associate Dean
Research Mentorship
SMD



Craig Rooney PhD
Chief Wellbeing
URMC

People are here to help (academically, personally, professionally)

- **CARE Network** (support and student concerns)
 - <https://www.rochester.edu/care/resource-center/>
- **International Services Office** (resource for international students)
 - <http://iso.rochester.edu/>
- **University Counseling Center** (UCC; Counseling for students)
 - <http://www.rochester.edu/uhs/ucc/>
- **University Health Service** (UHS; illness)
 - <http://www.rochester.edu/uhs/>
- **Ombudspersons** (confidential, neutral, independent, and informal)
 - <https://www.urmc.rochester.edu/education/post-doctoral/ombudspersons.aspx>
- **Office of Engagement and Enrichment**
 - <https://www.urmc.rochester.edu/smd/office-of-equity-and-inclusion.aspx>
- **Office of Disability Resources** (ODR; accommodations)
 - <https://www.rochester.edu/college/disability/>

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- **Policy against discrimination and harassment**

- <https://www.urmc.rochester.edu/about-us/values-culture/policies-reporting-resources.aspx>

- **Title IX office**

- <https://www.rochester.edu/sexualmisconduct>

- **General Reporting information**

- <https://www.urmc.rochester.edu/about-us/values-culture/policies-reporting-resources.aspx>

Policies & Reporting Resources

URMC Integrity Hotline

(585) 756-8888

integrityhotline.urmc.edu

Managed by the URM Compliance Office, you may confidentially call or submit any concerns about improper or unethical activities online.

Office for Inclusion and Culture Development

(585) 276-7652

For other resource questions, [email the Office for Inclusion and Culture Development](#) or call.

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Center for Advanced Research Technologies (CORES)



Biological Supply Center

The BSC is a distribution center for products including a wide line of reagents, restriction enzymes, nucleotides, growth factors and other research supplies.

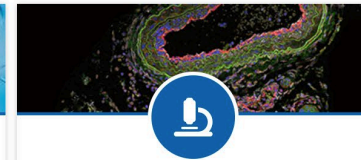
[About the BSC](#)



Biosafety Level 3

The BSL3 laboratory functions as a safe working environment for high-risk microbial pathogens that may cause serious disease by exposure.

[About the BSL3](#)



Center for Advanced Microscopy & Nanoscopy

CALMN provides state-of-the-art microscopy imaging and analysis to further biomedical and bio-optical research.

[About the CALMN](#)



Cold Storage Core

The Cold Storage Core provides a controlled environment designed for the long-term storage of clinical/research materials in -20°C or -80°C freezers.

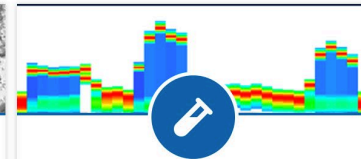
[About the CSC](#)



Electron Microscopy Resource

The Electron Microscopy Resource supports researchers in their pursuit of studies involving electron microscopy and Cryo-EM.

[About the EMR](#)



Flow Cytometry Resource

The Flow Cytometry Resource is equipped with a wide array of instrumentation that is rarely matched. FCR is also dedicated to providing education to our investigators.

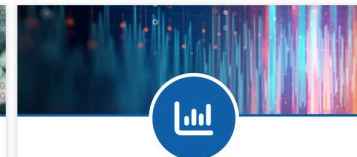
[About the FCR](#)



Genomics Research Center

The Genomics Research Center provides laboratory supports for investigators using high-throughput genomic sequencing, genotyping, and gene expression.

[About the GRC](#)



Mass Spectrometry Resource

The Mass Spectrometry Resource provides instrumentation and technical expertise to researchers seeking to conduct MS-based protein or small molecule assays.

[About the MSR](#)



Metabolomics

Our Metabolomics facility has recently opened in the Medical Center and houses an Orbitrap Exploris machine and dedicated staff.

[About the MR](#)

People are here to help (academically, personally, professionally)



8 spokes of myHuB

- ☐ Alumni Connections
- ☐ Learner Life & Wellness
- ☐ Fellowship & Grants
- ☐ Mentorship Support
- ☐ Student & Postdoc Groups
- ☐ Career Services
- ☐ Internships
- ☐ Writing Services

- Find a career
- Build skills/get experience
- Network with our alumni
 - Meliora collective
- Outcomes
 - industry, pharm, postdocs, academics, advocacy, writing, government....

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- SMD Graduate Student Society

<https://www.urmc.rochester.edu/education/graduate/current-students/graduate-student-society/graduate-student-life.aspx>

Graduate Student Groups

Celebrating Diversity and Inclusion

+

UR Research Series

+

Science Communication and Outreach

+

Advocacy, Policy and Awareness

+

Professional Development

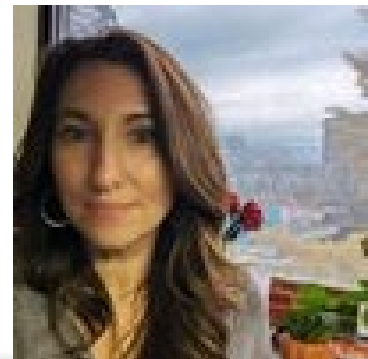
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- ***ADSE, Alliance for Diversity in Science and Engineering***
 - to increase the participation of underrepresented groups in academia, industry, and government through graduate student organizations that reach out to students and scientists of all ages and backgrounds.
- ***GWIS, Graduates Working in Science***
 - to provide mentoring for the professional and personal development of all graduate women at the URM and ASE.
- ***GSRF, Graduate Students Raising Families***
 - to find solutions to alleviate the problems that students have while balancing family life and pursuing their degrees.
- ***outGRADS***
 - dedicated to forming a community of gender and sexual minorities
- ***GSS, Graduate Student Society***

People are here to help (academically, personally, professionally)

- Amber Rivera MSW
 - Director of Learner Life and Wellness
 - Ensuring trainees' awareness of and access to the academic and non-academic resources required for a positive and productive educational experience
 - CARE Network liaison



Expectations

Expectations of Graduate Students

Expectations of Research Advisors

<https://www.urmc.rochester.edu/education/graduate/home/forms.aspx>

Expectations

- I acknowledge that I have the primary responsibility for the successful completion of my degree.
- I will be committed to the education and training of the graduate student.
- I will be committed to the research project of the graduate student.

First Year

- Complete classes, successfully (grades)
- Complete 3 rotations with a satisfactory score (basic science PhDs)
- Find a research “home” or thesis project (where applicable)
- Build your skill base
- Explore

Advice for your First Year

- Good time to stick your toes in the water
 - Focus on exploration and skills for your research
 - One year Master's programs—get going!
- Explore your career options throughout **your time here**
- Begin to develop your network and connect with fellow trainees and UR alumni: Alumni Group on *LinkedIn* and *The Meliora Collective*
- Stay connected with what is happening in myHub Opportunities to Explore (OTE)

Advice for your First Year

- Set goals and work to meet them
- Seek help when needed
- Develop mentor, advisor, and peer networks
- Be scientifically/academically curious
- Make friends/socialize
- Learn and make use of new technologies
- Become part of the community
- Enjoy the process

Choosing a project/mentor!

- Perhaps the most important decision you make in grad school and in postdoc
 - Oversees the environment you will spend considerable time in
 - Responsible for providing most of your scientific training
 - Attack questions like your advisor
 - In some ways, also picking an area of expertise
- Can be a great asset for your entire career
- Purpose of rotation (where applicable)
- Something wrong, reach out—people are here to help!

Choosing a project/mentor!

- What we tend to look for
 - Trendy science
 - High impact papers
 - What we should look for
 - Good solid science
 - Something that we are very interested in
 - Good, attentive advisor (and mentor)
 - Environment where you think you will thrive
1. Big difference between an advisor and a mentor
 2. Bullet points are not mutually exclusive

Individualized Development Plans

- Go to: <http://myidp.sciencecareers.org/>
 - Evaluate skills, values, and interests
 - Explore and evaluate career opportunities
 - Set specific goals for your career path
- Discuss with your advisor/mentor
- Put your plan in place

ORCID



- ORCID is a unique identifier that makes it easier to distinguish, organize, and share your work
- Free, researcher-controlled, and owned
- Can use for grant applications, manuscript submissions, and reviewer credit
- Register and complete your profile at orcid.org
- Please take a moment to connect to the UR Reporting System, takes less than a minute -
orcid.lib.rochester.edu
- Need help, contact your librarian or
Daniel_Castillo@urmc.Rochester.edu at Miner Library

Communications

@rochester

URMC This Week

News for Faculty, Staff, Students and Volunteers

myHub *Email Digest*

Round-up of news, events and career opportunities for grad students and postdocs

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Orientation Resources

- <https://www.urmc.rochester.edu/education/graduate/incoming-graduate-student-orientation.aspx>
- Student Handbook
 - GEPA's
 - Individual programs
- University GEPA
 - <https://www.rochester.edu/college/gradstudies/current/policies/index.html>

Questions?

Progress is made by young scientists who carry out experiments that old scientists said wouldn't work. –

Frank Westheimer

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