

WELCOME to Graduate School

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Professor of Ophthalmology

Senior Associate Dean of Graduate
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MEDICINE *of* THE HIGHEST ORDER



Who GEPA serves

- Service Department at its core
 - University, integrity of degree
 - Scientific mission
 - Programs
 - T and F grants
 - Students & Postdocs
 - HR
 - Education
 - Career development
 - Student life and student welfare

Provide a learning environment where trainees can develop the skills necessary to succeed in their chosen career paths.

Orientation Resources

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

Incoming Class (2022)

- Certificate, Masters, Doctoral Programs
 - 9, 14, 12
- 155 incoming students
 - 20, 70, 72
- Range of Disciplines
 - Epidemiology to Genetics to MFT
- Diverse Student Population
 - 21 countries
- Average Age 28

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

Goals to Accomplish in your First Year of Graduate School

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

People are here to help (personally, professionally and experimentally)

- GEPA
 - Sharon McCullough, Director of GEPA
 - Kandice King, Director of Enrollment
 - Tracy Pezzimenti, Registrar
 - myHub
 - Eric
 - Elaine
 - Entire GEPA staff

People are here to help (personally, professionally and experimentally)

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

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Melissa Sturge Apple PhD
Vice Provost
Graduate Dean
University of Rochester



Adrienne Morgan PhD
SMD Sr. Assoc. Dean for
Equity and Inclusion,
Associate VP, Office of
Equity and Inclusion, **URMC**

People are here to help (personally, professionally and experimentally)

- **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, COVID-19, quarantines)
 - <http://www.rochester.edu/uhs/>
- **Ombudspersons** (confidential, neutral, independent, and informal)
 - <https://www.urmc.rochester.edu/education/post-doctoral/ombudspersons.aspx>
- **Office of Equity and Inclusion**
 - <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** (formerly Policy 106)
 - <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](https://www.urmc.rochester.edu/integrityhotline)

Managed by the URMCC 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](mailto:office@urmc.rochester.edu) or call.

Peer Groups

<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

+

Peer Groups

- GSS, Graduate Student Society
- 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, Graduate Women in Science.
 - to provide mentoring for the professional and personal development of all graduate women at the URMC 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.
- Spectrum.
 - to support, educate, and offer targeted resources to the lesbian, gay, bisexual, and transgender community training at URMC

myHUB

Supplements 'formal' education with writing, grant support, and professional and career development opportunities aligned with each trainee's interests, skills, and career goals.

The 8 spokes the encompass what is offered through myHub...

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



People are here to help (personally, professionally and experimentally)

- Take every opportunity to write when possible
- Start exploring funding opportunities early and understand for what you are eligible
- Explore your career options throughout **your time here**
- Begin to developing 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)
- First year good time to stick you toes in the water
 - Focus on exploration and skills for your research
 - One year Master's programs, get going!

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

Advice for your First Year

- Set goals and work to meet them
- Seek help when needed
- Work with multiple mentors
- Be scientifically 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)

Choosing a project/mentor!

- Perhaps the most important decision you make in grad school.
 - 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. Point 2 and 3 are not mutually exclusive

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.

Expectations

- I will be knowledgeable of the policies and requirements of my graduate program, graduate school, and institution.
- I will comply with all institutional policies, including academic program milestones.
- I will be knowledgeable of, and guide the graduate student through, the requirements and deadlines of his/her graduate program as well as those of the institution, including teaching requirements and human resources guidelines.

- I will provide for every graduate student under my supervision an environment that is intellectually stimulating, emotionally supportive, safe, and free of harassment.
- Throughout the graduate student's time in my group, I will strive to be supportive, equitable, accessible, encouraging, and respectful.

Communications



COVID-19 TIER STATUS

The current University COVID-19 tier level is

LOW

[Face masks are optional](#) for all students, faculty, staff, and visitors indoors. Patient care areas, as well as University shuttles and transportation, continue to require masking. A full description of Medical Center masking requirements is available on the [URMC Intranet](#) (University network access required).

Find the latest updates, policies, and guidance on the University's [COVID-19 Resource Center](#).

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URMC This Week

News for Faculty, Staff, Students and Volunteers

*Looking for more COVID-19-related info and resources?
Check out our COVID-19 Intranet Portal.*

<https://sites.urmc.rochester.edu/urmc-operations/urmc-redesigned/>

MEDICINE *of* THE HIGHEST ORDER



UNIVERSITY *of*
ROCHESTER
MEDICAL CENTER

Help and COVID

UofR Information that can be helpful with online learning and using Zoom

Zoom and how to get a University account : <https://tech.rochester.edu/services/zoom/>

"Learning During Times of Disruption" <https://www.rochester.edu/online-learning/disruption/student/index.html>

Help for all student support: Computing Center Help Desk (585) 275-6865, CCDesk@urmc.rochester.edu

UofR Resources available for assisting students, including:

CARE Network, <https://www.rochester.edu/care/resource-center/> (support and student concerns)

International Services Office, <http://iso.rochester.edu/> (resource for international students)

University Counseling Center (UCC), <http://www.rochester.edu/uhs/ucc/> (counseling services for students)

University Health Service (UHS) <http://www.rochester.edu/uhs/> (all questions about illness, quarantines)

UofR COVID-19 up to date info:

URMC site: <https://www.urmc.rochester.edu/coronavirus.aspx>

UR site: <https://www.rochester.edu/coronavirus-update/>

research_covid_concerns@URMC.Rochester.edu

ORCID

- ORCID is a unique identifier that makes it easier to distinguish, organize, and share your work
- Free, researcher controlled and owned
- Can use on grant applications and manuscript submissions
- 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



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. We want to know how your experience is going as you pursue your academic goals. The GEPA office is a place to offer you support and resources through your academic career at SMD.

Questions?

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

Frank Westheimer

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