



University of Rochester

School of Medicine & Dentistry

Graduate Education & Postdoctoral Affairs (GEPA)

Rick Libby, Ph.D.

Vice Provost and University Dean of Graduate Education and Postdoctoral Affairs

Professor of Ophthalmology

Incoming Class

- Certificate, Masters, Doctoral Programs
 - 8, 15, 12
- 104 incoming students
 - 15, 50, 39
- Range of Disciplines
 - Epidemiology to Genetics to MFT
- Diverse Student Population
- 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
- URochester SMD
 - 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
URochester



Adrienne Morgan, PhD
Vice Pres.
Engagement & Enrichment
URochester



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



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



Craig Rooney, Ph.D.
Chief Wellbeing
URM



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

- **CARE Network** (support and student concerns)
- **International Services Office** (resource for international students)
- **University Counseling Center** (UCC; Counseling for students)
- **University Health Service** (UHS; illness)
- **Ombudspersons** (confidential, neutral, independent, and informal)
- **Office of Engagement & Enrichment**
- **Office of Disability Resources** (ODR; accommodations)



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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.

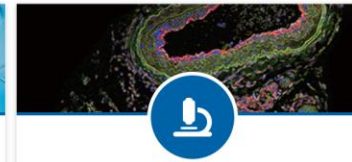
[About the BSC](#)



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.

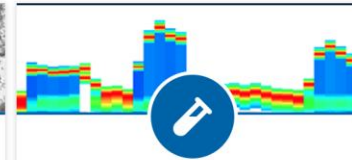
[About the CSC](#)



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.

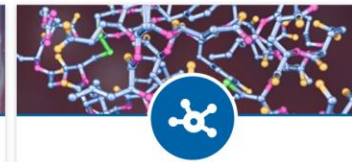
[About the GRC](#)



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)



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Bringing Together 8 Critical Areas

- Learner Life and Wellness
- Writing Services
- Fellowships and Grants
- Career Services
- Internships
- Mentorship Support
- Graduate Student and Postdoctoral Groups,
- Alumni Connections

Mentoring

Build strong, supportive relationships

WHAT YOU CAN TAP INTO

- Monthly mentor meet-up sessions
- Peer mentoring discussions
- Mentoring with Intent (Quarterly mentoring development workshops)
- Individualized mentoring learning meetings



Mentorship at SMD is structured, ongoing, and built around your goals — not left to chance.

— student quote

Writing Resources and Grant Development

Develop strong writing skills that will catapult your professional trajectory

PROGRAMS & RESOURCES

- Individualized scientific writing consultations
- Group workshops on writing & publishing topics
- Writing retreats
- Writing & grant-development internship opportunities
- Self-paced accelerated online learning modules for grant development
- Tailored coaching for grant applications
- Mock NIH study sections



Writing, in traditional & contemporary forms, requires process, planning, & patience. ~~ myHub's writing services will help you build this skill to complement your professional journey!

Career Services

Coaching, networking, and skills for your next step

HOW YOU'LL BE PREPARED

- Career coaching and advising (1:1 and group formats)
- Professional-development workshops, retreats, and networking events
- Alumni Career Stories and Meliora Mentoring Program
- Experiential career-exploration opportunities, including job-shadowing and internships
- Teaching and mentoring skill-building, including the Higher-Education Teaching Certificate
- Employer information sessions and career fairs, including the Graduate Career Consortium's Annual Virtual Career Expo



From first-year exploration to alumni networks, career support spans your whole time here and beyond.

— what myHub means for you

Life & Wellness

Thrive inside and outside your work

SUPPORT FOR THE WHOLE YOU

- Individual wellness consultations, stress-management coaching, and short-term counseling support
- Referrals to resources on- and off-campus
- Leadership development and trainee group advising
- Workshops focused on mindfulness, creativity, workplace health, and resilience
- Mental health first aid training
- Programs supporting belonging and community



Support and emotional safety to help you prioritize wellness that contributes to your productivity rather than straining it.

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

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



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

- **ADSE, Alliance for Diversity in Science and Engineering**
- **GSOC, Graduate Students of Color**
- **GWIS, Graduate Workers in Science**
- **International Students & Scholars Association (ISSA)**
- **SMD Ambassadors**
- **SMD Entrepreneurs**
- **SACNAS, Society for Advancement of Chicanos/Hispanics and Native Americans in Science**
- **UR Thinkers**
- **University of Rochester Science Policy Initiative**
- **UR Writing**



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
 - Answer 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 Miner_Information@urmc.rochester.edu at Miner Library



Communications

@rochester

Inside This Week

News for the University of Rochester Medicine community



Opportunities To Explore

A newsletter for SMD graduate students & postdoctoral trainees

myHub Email Digest

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



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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