

The background of the entire page is a scenic photograph of a lake during autumn. The water is calm, reflecting the sky and the surrounding trees. On the right side, a wooden pier with a railing extends into the water. The trees are in various stages of autumn, with many leaves turned bright yellow and orange. The sky is a pale, hazy blue. In the foreground, the branches of a tree with yellow leaves are visible on the left side.

SPH ALL-SCHOOL NEW STUDENT

ORIENTATION

2018-2019

W

UNIVERSITY *of* WASHINGTON
SCHOOL OF PUBLIC HEALTH

excellent science, shared passion, enduring impact

WELCOME

Welcome to the UW School of Public Health! You are joining a wonderful group of students, staff and faculty who, just like you, are passionate about improving the health and well-being of communities here in Washington state and around the world. We look forward to working with you to help you develop the tools and expertise that you will need to make your own impact on public health throughout your career. While you are here, please do not hesitate to reach out to let us know if there are ways we can further facilitate your success and promote your own health and happiness.

We are thrilled you have joined the SPH community!



Hilary Godwin

Dean, UW School of Public Health
Professor, Environmental and Occupational Health Sciences



AGENDA

KANE HALL 120

1:00-1:30pm

Welcome by

Hilary Godwin, Dean, School of Public Health

Juanita Ricks, Student and Academic Services Team,
School of Public Health

Victoria Gardner, Chief Diversity Officer, School of Public Health

1:35pm

Undergraduate and Graduate Student Resources

Student Insurance, Hall Health

UW Police

Counseling Center and Safe Campus

1:45-2:30pm

Common Book Activity

•*Marbles: Mania, Depression, Michaelangelo, and Me*
by Ellen Forney

2:30-3:20 pm

Graduate Student Resources

Graduate Student Opportunities and Minority Achievement Program
(GO-MAP)

UAW 4121 Academic Student Employment

Graduate & Professional Student Senate (GPSS)

HEALTH SCIENCES COMMON BOOK

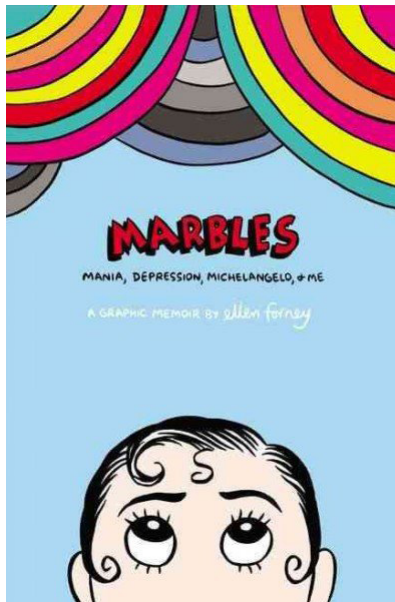
Each year, the Health Sciences Service Learning and Advocacy Group selects a common book that will engage students from across the health sciences in substantive, inter-professional dialogue about pressing topics related to health equity and social justice. Past choices have focused on drug addiction, racism and mass incarceration, homelessness, and climate change.

Marbles – a graphic memoir by Ellen Forney - explores mental health and the relationship between “crazy” and “creative.”

Shortly before her 30th birthday, Forney was diagnosed with bipolar disorder. Flagrantly manic and terrified that medications would cause her to lose creativity and her livelihood, she began a years-long struggle to find mental stability while retaining her passion and creativity.

DISCLAIMER

This book is a graphic depiction of an artist's journey towards learning how to manage their illness. Descriptions of mental health struggles can be challenging to read, whether it is in words or pictures that depict behaviors that may be considered high risk or objectionable. We hope this novel will stimulate real, honest, and insightful conversations around trauma, mental illness and patients' resilience that can result in better care and support for those affected by poor mental health. (those affected by poor mental health.



SPH STUDENT RESOURCES

WHAT'S HAPPENING AT SPH?

Start Here:

The Current Students webpage (sph.washington.edu/students) provides links to lots of resources that can help you get the most out of your graduate education.

Student Events Calendar:

sph.washington.edu/students/calendar.asp

Announcements:

sph.washington.edu/students/announcements.asp

Funding and Opportunities:

sph.washington.edu/students/funding.asp

SPH NewsCatcher:

Stay on top of School news! NewsCatcher is a twice-monthly electronic newsletter and breezy read that keeps you abreast of the latest developments in SPH and the accomplishments of students, staff and faculty. You'll automatically opt-in and receive a newsletter in your UW inbox this fall. Don't forget to share your news and photos, too, at sphnews@uw.edu and on social media.

FOLLOW SPH ONLINE

sph.washington.edu

Twitter: twitter.com/uwsph/

Facebook: facebook.com/uwsph

Instagram: instagram.com/uwsph

YouTube: youtube.com/uwsph

STUDENT ORGANIZATIONS

STUDENT ORGANIZATIONS

Are you looking to participate more actively in our SPH community? Meet students from across departments and health sciences schools? Make a difference in the Seattle Community? Then you've come to the right place! See the links below, or contact the Student Services for more information.

Graduate and Professional Student Senate

GPSS is the official student government for graduate and professional students at the University of Washington.

Epidemiology RSO

The Epidemiology RSO is a group of students that work to engage others within the epidemiology department in extracurricular activities. We also work to support student led events and ideas. Membership is open to all Epi students. If you have ideas of projects/ events you would like the RSO to support, or have other activities you would like to bring to the group, please contact the current RSO presidents listed on the UW EPI Student Representative page.

Health Equity Circle

The Health Equity Circle is an interdisciplinary organization of University of Washington students and community members focused on creating Health Equity. We believe that for a society to be healthy it must be equitable and that an equitable society is truly healthy. The question of equity, or justice, cannot be separated from health. Therefore, our mission is threefold: To bring students and community members together in an interdisciplinary setting; To educate students and community members about Health Equity; To take action on Health Equity issues through developing relationships on campus and in the larger community. Email: lmanriquez@gmail.com

Health Services Cohort Relations

A professional and social group for the Health Services In-Residence MPH program. Reach us by email at hscr@uw.edu

MHA Student Association (known as MHASA)

The Master of Health Administration Student Association at the University of Washington is dedicated to the recruitment, education and professional advancement of future health care leaders at the University of Washington. Reach out to us at mhaph@uw.edu

Neurodegenerative and Aging Research Interest Group

The Neurodegenerative and Aging Research Interest Group, or NARIG, exists to promote awareness, community, and scholarship of neurodegenerative and aging research among students within the School of Public Health at the University of Washington. NARIG also aims to connect interested students with local, national, and international resources to further their exploration and study of neurodegenerative conditions and aging. We welcome members from a diverse range of backgrounds and disciplines. Reach us by e-mail at NARIG@uw.edu

Radical Public Health-UW

Radical Public Health - UW (RPH-UW) is an assembly of students, faculty, staff, alumni, and community members seeking to identify and address the root causes of today's most pressing public health challenges. Reach us by email at radph@uw.edu

Rotaract Club at the University of Washington Health Sciences

UWHS Rotaract is focused on community service and health both locally and globally and is sponsored by the University Sunrise Rotary Club of District 5030. Anyone interested in making a positive impact on health is encouraged to attend. This club is open to both graduate and undergraduate students of all ages from any department at the UW. Reach us by email at uwhsroto@uw.edu

Students of Color for Public Health

Students of Color for Public Health (SCPH) at the University of Washington is an undergraduate-led student organization dedicated to providing a space for students of color interested in public health. SCPH exists in order to create an inclusive space where one can feel validated, motivated, and inspired in the field through professional, academic, and social support. In addition, we strive to promote health within marginalized communities through education and service. Our core values are academic excellence, community engagement, professional development, and social justice and empowerment. Reach us by email: scph@uw.edu

SPH Dean's Advisory Council for Students - DACS

DACS was established in 2014 to act as a representative body for students of the SPH, advising the SPH Dean's Office on issues of planning, budgeting, and other matters or policies that may affect SPH students.

Student Environmental Health Association

The Student Environmental Health Association (SEHA) is committed to promoting environmental health education, involving members in the community and assisting in improving environmental health problems.

Membership is open to all students interested in exploring the environmental factors and conditions that impact human health. Reach us by email at sehauw@uw.edu, or by facebook: <https://www.facebook.com/groups/sehauw/>

UW Student of Color Affinity Group

SOCAG offers graduate students of color a network of students, faculty, and administrators linked by shared experiences and willing to support each other in their cultural identity. Our group engages in deliberate conversation about institutional mechanisms of graduate-student support and gaps in support, perspectives and experiences in the classroom as underrepresented students, and ways to build collective action within the campus setting. SOCAG provides a platform for the development of resilience skills at both the academic and professional level while centering the academic and interpersonal needs of marginalized students.

Reach us by email: socag@uw.edu

UW Student Public Health Association

SPHA is an official student group whose purpose is to integrate and unify students across the multiple graduate and undergraduate departments and programs at the UW School of Public Health and to create a consolidated voice to address student concerns as they arise. Reach us by email at spha@uw.edu

UW SPH Diversity Committee

Student subgroup (streams with main Diversity committee.) Reach us by email at dcinfo@uw.edu

Student Club information can be found here: <http://sph.washington.edu/students/orgs.asp>

CAMPUS RESOURCES

ACADEMIC RESOURCES

Start Here:

Your department/program

Your faculty adviser, staff adviser, course instructors

Online & In Print

SPH Academic Integrity Policy — sph.washington.edu/students/academicintegrity

Health Sciences Lockers—depts.washington.edu/hsasf/instructional-support/crs/lockers/

Community Standards & Student Conduct—washington.edu/cssc/

UW Student Guide — washington.edu/students/

Graduate School — grad.uw.edu

Professional & Continuing Education—pce.uw.edu

Registrar — depts.washington.edu/registra/students

The Chicago Guide to Your Career in Science — Bloomfield & El-Fakahany

Getting Things Done: The Art of Stress-Free Productivity — Allen

Tutoring & Academic Support

Odegaard Writing & Research Center (free!) — depts.washington.edu/owrc

Departments of Biostatistics and Statistics tutoring services — BIOSTgp@uw.edu (email)

UW Health Sciences Library — hsl.uw.edu

International Students & ESL Speakers

International Student Services Office — iss.washington.edu

The Foundation for International Understanding Through Students (FIUTS) International Student Orientation — admit.washington.edu/drupal/Welcome/International/FIUTS

Succeeding as an International Student in the United States and Canada — Lipson

American Ways: A Guide for Foreigners in the United States — Althen

International Student Housing Resources —

UW HUSKY CARD & UPASS

The Husky Card serves as your UW library card, your Universal U-PASS, your ticket to campus events and your key for entry into assigned areas on campus. Cardholders are eligible for admission to campus events, membership to the Intramural Activities Building (IMA), free admission to the Henry Art Gallery and the Burke Museum and discounts on tickets at the UW Arts Ticket Office. The U-PASS provides full fare coverage on King County Metro, Community Transit, Sound Transit, Pierce Transit, Kitsap Transit and Everett Transit bus services. For real-time transit information, download the One Bus Away application for your smart phone (onebusaway.org).

HEALTH & SAFETY

Safe Campus — washington.edu/safecampus/; provides information on counseling, safety resources and policies to help maintain a safe personal, work, and learning environment

UW Police Department — washington.edu/admin/police/index.shtml; committed to partnering together with you to create a safe place to live, work and study

Hall Health Center — depts.washington.edu/hhpccweb/; an outpatient clinic providing health care to students, alumni, faculty, and staff as well as the general community

Counseling Center — washington.edu/counseling/; offers counseling to help students deal with personal and/or academic obstacles so they can feel better emotionally and stay focused in the classroom

Sports Psychology Counseling — 206-616-4565 - available to help student-athletes

24-Hour Crisis Line — 866-4-CRISIS (866-427-4747)

Text CONNECT to 741741 anywhere in the US to text a Crisis Counselor.

Intramural Activities Center IMA — washington.edu/ima; The IMA is UW's gym

Bike Repair — washington.edu/facilities/transportation/road-repair#bikerepairstations; UW has its own bike repair shop

Night Ride-washington.edu/facilities/transportation/uwshuttles/nr; a Free, safe, and easy way to get home at night (8pm- 1:39am)

Husky NightWalk- 206.685.WALK (9255); Security Guard Walking escort for locations on campus (6:30 pm to 2 a.m., seven days week, 365 days a year)

DIVERSITY RESOURCES

SPH Diversity Resources — sph.washington.edu/prospective/diversity.asp

UW Office of Minority Affairs — washington.edu/omad

GO-MAP — <https://grad.uw.edu/diversity/go-map/>; committed to serving the needs of students of color and students from other underrepresented groups, while simultaneously fostering an educational and social environment in which all students can learn and develop through experiences rich in cultural, ethnic, and racial diversity. GO-MAP's three main areas of focus are: outreach, recruitment, and retention; enhancing scholarship and research; and building community, on and off campus

Disability Resources for Students — depts.washington.edu/uwdr

DO-IT (disability and technology) — washington.edu/doit

Women's Center — depts.washington.edu/womenctr

Q Center (LGBTQI Campus Center) — depts.washington.edu/qcenter/wordpress

ASUW student groups — asuw.org

SACNAS Chapter — students.washington.edu/sacnas

FUNDING RESOURCES

START HERE

As a University of Washington School of Public Health graduate student, you have many resources for funding your graduate education. Available funding opportunities include your department/program, School of Public Health, and the Graduate School.

SEPTEMBER THROUGH DECEMBER 2016 IS THE BEST TIME TO APPLY FOR FUNDING FOR THE 2018-19 ACADEMIC YEAR

FUNDING YOUR EDUCATION:

sph.washington.edu/students/funding.asp

GRADUATE SCHOOL FUNDING OPPORTUNITIES

THE GRADUATE FUNDING INFORMATION SERVICE (GFIS) is available to help you navigate the world of graduate funding. You can connect with them the following four ways:

- **Attend a GFIS workshop at the Research Commons or watch one online**

Research Commons—Calendar of Events:
lib.washington.edu/commons/services/workshops

- **Online workshops**

Masters: youtu.be/IFXHWM4xn1c
PhD: youtu.be/1q2ED9qI9sg

- **Stop by during drop-in hours**

See website for posted hours:
lib.washington.edu/commons/services/gfis

- **Schedule a consultation**

(in person or by Skype)
Email: gfis@uw.edu Skype: [uw_gfis](https://www.skype.com/en/contacts/uw_gfis)

BEYOND THE CLASSROOM

EXPERIENTIAL LEARNING OPPORTUNITIES

Earning academic credit or experience through an internship, capstone, practicum or volunteer experience gives you the opportunity to integrate and apply classroom learning with professional experience. Experiential learning allows you to observe and learn from practicing professionals and engage with real-world, public health challenges, concurrent with your academic experience. Under the guidance and expertise of faculty and/or site supervisors, you will develop practical skills and confidence as a public health professional while gaining first-hand exposure to public health work.

Internship, capstone, practicum and volunteer projects take a variety of forms, and students work in a range of settings for this part of their education. The University of Washington School of Public Health is committed to experiential learning and partners with today's public health leaders to help prepare the next generation. These partnerships are vital for our mission of education, research and service and empower students to transform communities – locally, nationally and globally.

To learn more about the experiential learning opportunities available to you, visit:
<http://sph.washington.edu/experiential/>

CAREER

Campus resources are available to ensure that your job search tools are ready when the time comes to jump into your new career!

For career development and assistance, visit the UW Career Center in Mary Gates Hall. The UW Career Center offers graduate student-specific workshops, along with one-on-one resume reviews and mock interviews. More information is available at: careers.washington.edu

Public health students can also take advantage of the SPH Career Resources page at: sph.washington.edu/careers/resources/index.asp

Finally, when it comes time to find that perfect position, don't neglect to search the SPH website for your next job. Positions are posted weekly at: sph.washington.edu/careers/jobs.asp

GETTING AROUND

CAMPUS MAP:

washington.edu/maps

Available as an application for your smart phone



SPACE SCOUT:

Looking for a space on campus to study?

scout.uw.edu/seattle/study

Available as an application for your smart phone

MAP OF THE UW HEALTH SCIENCES BUILDING

