Stempel College
New Student Orientation
Fall 2021
Welcome
Office of Student and Alumni Affairs Overview
Library Services
Student Organizations Introduction
COVID-19 Vaccine Q&A
Program Breakout Sessions

Link to Orientation page:
https://go.fiu.edu/stempelnewstudentorientation
Academic Programs at Stempel College

**Department of Dietetics and Nutrition:**
- Bachelor’s
- Master’s
- Ph.D.

**Public Health Programs (MPH and PhD):**
- Biostatistics
- Epidemiology
- Infectious Disease
- Environmental Health Sciences
- Environmental Toxicology
- Health Promotion & Disease Prevention
- Maternal & Child Health
- Health Disparities

**School of Social Work:**
- Bachelor’s
- Master’s
- Ph.D.

**Academy for International Disaster Preparedness:**
- Bachelor’s
- Master’s
Office of Student & Alumni Affairs
Meet the OSAA Team

Irene Abad – Manager, Academic & Student Success
Sandhya Appunni - Data Analyst
Zoraya Arguello – Sr. Coordinator of Public Health Programs
Jose Candelaria – Admissions Operations Manager
Lauren Cavicchi – Assistant Director, Career Development
Magnolia Hernández, Ph.D. – Assistant Dean
Juliet Mora – Student Assistant
Fiorella Suyon – Public Health Admissions Coordinator
Student Success
Office of Student & Alumni Affairs Overview  
Located in AHC5 Room 145 | 305-348-7783

- Important Dates
- University Resources and Activities
- College Resources and Activities

Student Success

- Professional Development
- Funding and Access to On-campus Resources
- Student Engagement
- Outreach and Staying Connected
New Graduate Student Orientation
University Graduate School

Part 1: General Information Session (Virtual)
Thursday, August 19, 2021 | 1:00pm to 3:00pm
Via Zoom Webinar

Part 2: Graduate Student Life and Resources Panel (In Person)
Friday, September 3, 2021 | 12:00pm to 2:00pm
Earlene and Albert Dotson Pavilion, MARC Building, MMC

Part 3: Research Integrity and Dissertation/Thesis Milestones
(For Doctoral and Thesis-bound Masters students ONLY)
Friday, October 8, 2021 | 12:00pm to 1:30pm
In Person. Location: TBD

International Student and Scholars Services
Welcome International Student Session

Friday, August 20, 2021
9:00-11:30 a.m. via Zoom Webinar
Our No. 1 priority is the continued wellbeing of our faculty, staff and students. To that end, and in consultation with our medical experts, we have instituted the following protocol:

• All faculty, staff and students must fill out the P3 app prior to coming to campus
• We **strongly** recommend that facial coverings continue to be worn indoors
• Frequent washing of the hands, preferably with soap and water, must occur
Starting Fall 2021, the Panther Book Pack is an affordable course materials rental program providing all undergraduate students with their required course materials by the first day of class at a fixed rate of $20 per credit hour. Students are estimated to save as much as $375 on course materials per semester with the Panther Book Pack program.

Log in to MyFIU using your FIU credentials and locate the Panther Book Pack tile toward the bottom of the page.
Last day to enroll without incurring a late enrollment fee: **August 22**

Last day to Add/Drop: **August 30**

Enrollment cancellation for non-payment: **September 3**

First day of class? **Monday, August 23**
University Resources & Activities

Professional Development

 Career & Talent Development: https://career.fiu.edu
 Center for Leadership and Service: https://studentaffairs.fiu.edu/get-involved/leadership-and-service/
 Workshops for Graduate Students: http://gradschool.fiu.edu/events/category/workshop/

Other Resources

 Student Government Association
 Graduate & Professional Student Committee (GPSC)
University Resources

- Counseling & Psychological Services
  - Individual, group, online, and couples counseling
- Student Health Services- Healthy Living Program
  - Chair Massages
  - Aromatherapy oils
  - Dietitian Consultation
- Wellness & Recreation Center (AKA: Gym)
  - FREE classes and Fitness Assessment
- FIU Food Pantry
  - 10 pounds of food per week- currently located in GC 1210
- Tutoring Services
FIU CAPS: Counseling and Psychological Services

Offers many services for students including online self-help, counseling, workshops, resources, anxiety/depression help, and a variety of other services! We are here to help you succeed!
FIU Student Health Center

- Affordable and accessible student-focused medical care
- Pharmacy
- Healthy Living Program
- Stress Management
- Massage therapy/acupuncture
- Free aroma therapy oils
- And MORE!!!

In order to protect the well-being of students and staff, do not walk in to the clinic. Please call 305-348-8385 to schedule an appointment.

Location: Student Health Center (SHC)
Phone: 305-348-2401
Website: studenthealth.fiu.edu
The pantry is available to all currently enrolled students. No proof of need is required, and students can access the pantry once a week taking up to 10 pounds of food each visit. All you need is your One card!

Contact

Modesto Maidique Campus Pantry
Location: GC 319
- Monday 1:00-5:00pm
- Tuesday 1:00-5:30pm
- Wednesday 1:00-5:30pm
- Thursday 1:00-5:00pm
- Friday 11:00-2:00pm

Biscayne Bay Campus Pantry
Location: W/UC 256
- Monday 12:30-5:30pm
- Tuesday 12:30-5:00pm
- Wednesday 12:30-5:00pm
- Thursday 12:30pm – 5:30pm
- Friday 11:00-3:00pm
FIU Center for Excellence in Writing

Assist students in all stages of the writing process through face-to-face and online tutoring, workshops and community engagement. Whether you are brainstorming, drafting, revising or polishing, their writing consultants can assist you with projects such as papers, reports and projects for any course in any department.

Make an appointment at: writingcenter.fiu.edu/
Where’s Tutoring?

• FREE!!!!
• Center for Academic Success- Online via Zoom: https://cfas.fiu.edu/
• Assistance for Academic Achievement (AAA) Tutoring- Fully Online via Zoom Email: aaatutoring@fiu.edu
• On-campus Housing Residents-- Academic Resource Center (ARC)- University Towers 121
• FREE Chemistry Tutoring for all Dietetics undergraduates!
Stempel College Student Success Resources
Stempel College Welcome Event
Date: Thursday, August 26, 2021
Time: 1:30- 4:30 pm
Location: AHC5 Courtyard

Re-set to De-stress
Date: Tuesday, September 7, 2021
Time: 12PM-1:00 PM
Room: AHC5-300

PhD Peer Power: Thriving Together
Tentative date: Wednesday, September 8, 2021
Time: 6:00-7:30 pm
Location: TBD

Social Work Meet & Greet
Date: Wednesday, September 8, 2021
Time: 3:00- 5:00 pm
Location: AHC5 Courtyard

Dietetics & Nutrition Meet & Greet
Date: Wednesday, September 15, 2021
Time: 2:00-3:00 pm
Location: TBD
Diversity and Inclusion at FIU

Robert Stempel College of Public Health & Social Work Diversity & Inclusion Committee

Mission
The Stempel College Diversity & Inclusion Committee operates to advise the Dean of the Robert Stempel College of Public Health & Social Work on issues surrounding diversity and inclusion at the college and to provide recommendations for fostering this institutional core value.

https://stempel.fiu.edu/diversity-inclusion-at-stempel-college/
Tuesday, September 21st – AHC5-300
Resume Writing: 3-4pm
CV Writing: 4-5pm

Wednesday, October 20th – AHC5-300
Job Search Strategies and Networking Skills
4-5pm

Tuesday, November 16th – AHC5-300
Interviewing Skills and Professionalism in the Workplace
5-6 pm
Stempel College Career Development Overview

- One on one Career Coaching
- Career Exploration/Assessments (MBTI & Strong)
- Employment/Internship Opportunities
- Networking/Career Events
- Professional Development Workshops
- Handshake
HANDSHAKE IS FIU'S NEW DATABASE FOR CAREER OPPORTUNITIES AND EVENTS.

Use Handshake to:
- apply to internships, full-time and part-time jobs
- make an appointment to meet with a career coach
- see upcoming workshops, career fairs and events
- find employers for on campus interviews

FIU.JOINHANDSHAKE.COM
Career Prep Starts Today!
Communicating with Your Professors

- Use and check your FIU email
  - Do not use your 2cute4u@something.com or McLovin@something.com
- Informative subject line
- Begin with a formal greeting
  - ie: Good Afternoon, Dear, Hello, or Greetings Professor ________
    (NOT: hey, what’s up)
- No text-emailing (slang, emoticons, abbreviations)
  - ie: How r u?, Thx 4 ur help, idk what 2 rite
- Ask clear questions or provide clear statements
  - Be concise and professional
- Check your grammar (punctuation, spelling)
- Close email properly and include your name and panther ID
  - Sincerely, Best Regards, Thank you
Career Development Contact Information

Ms. Lauren Cavicchi, Assistant Director
Career Development
lcavicch@fiu.edu
(305) 348-2264

Stempel College Office of Student & Alumni Affairs
AHC5-142

Professional Development Workshop Calendar:
https://career.fiu.edu/professional-development/workshops/index.html
Financial Wellness

Topics to be covered:

• Budgeting and managing your funds
• Searching and applying for scholarships
• *Funding Your Graduate Education*
• Planning ahead with financial aid
• Addressing Emergencies (Emergency Aid Fund)
• Figuring out your tuition and account balance
• Accessing your financial aid funds
• Fellowships

FIU’s Financial Wellness Program
Scholarships

- Stempel College
  - https://stempel.fiu.edu/student-life/funding-your-education/
- FIU Scholarships and Academic Works
  - https://fiu.academicworks.com/
- Office of Scholarships
  - https://scholarships.fiu.edu
- Honors College
  - https://honors.fiu.edu/current-students/scholarships/
- OneStop
  - https://onestop.fiu.edu/scholarship/index.html
- University Graduate School
  - http://gradschool.fiu.edu/students/funding/
- International Student & Scholar Services
  - https://globalaffairs.fiu.edu/isss/international-students/financial-resources/
Perks

• FIU Panther TECH
  • FREE downloads of Microsoft Office and McAfee LiveSafe Antivirus
• FIU Library- Tech Hub
  • Borrow a laptop (4 hours or up to 3 days)
  • Borrow other devices (tablets, accessories, Kindle, calculators, GPS, DVD player, etc.)
  • https://library.fiu.edu/using-the-library/device-checkout
• Parking & Transportation
  • FreeBee- Free on-demand door to door transportation services for our FIU community, simply download the app
  • Panther Mover- MMC shuttle between PC loading dock and Panther Garage
  • Panther Express- from BBC to MMC
  • CATS Shuttle- from MMC to EC
  • https://parking.fiu.edu/
• FIU One-Card Rewards
  • Earn points and get prizes
  • https://shop.fiu.edu/onecard/
Student Discounts

• FIU Panther TECH
  • Greatly discounted software including major specific (ie: SPSS)
  • Computers, tablets, phones, repairs, etc.
• FIU Retail & Services
  • Retail- From FIU apparel to course materials, printing & shipping, optical care, and more
  • Services- From health & beauty, to automotive care, and banking
  • [https://shop.fiu.edu/](https://shop.fiu.edu/)
• Children’s Creative Learning Center
  • Must be full time student (9 cr. for undergrad and 6 cr. for grad)
  • Ages 2-5 years old
• FIU Bike Shop
  • Discount on repairs, etc.
Student Discounts

• Tickets At Work
  • Company Code: FIUPANTHERS
  • https://ticketsatwork.com/tickets/account.php?sub=enroll
• FIU Human Resources Perks
  • https://hr.fiu.edu/employees-affiliates/benefits/perks-services/
• Amazon Prime Student
  • To Sign Up, all you need is your FIU email!
• Adrienne Arsht Center- Utix
• Online stores via UniDays
  • https://www.myunidays.com/US/en-US/content/about
• Phone Service Provider (AT&T, Sprint, T-Mobil, Verizon)
• Car Insurance (Geico)
Stay Connected!

Stempel College Office of Student & Alumni Affairs
AHC5-145
Monday thru Friday 8:30 am-5:00 pm
Phone: 305-348-7783

• Events, Funding, and Career Opportunities—Weekly Newsletter
• Student Organizations & Collaboration with OSAA
• Student Resources [https://stempel.fiu.edu/students/](https://stempel.fiu.edu/students/)
What You Need to Know

• Find Us: Onsite and Online
• Sign In to Library Website
• Find Books and Other Materials
• Use Research Guides
• Get Help
Onsite: Green and Hubert Libraries

MMC: Green Library

BBC: Hubert Library

Bring your FIU One Card!

Nicole C. Baratta
http://www.flickr.com/photos/nengard

Eduardo Merille
https://www.flickr.com/photos/merille/6384679255
Access to the Library

- Your FIU One card also doubles as your library card.

- You will be able to:
  - Access the Green Library
  - Reserve Study Rooms

- You will be able to check out:
  - Books
  - Calculators
  - Laptops
  - Chargers
  - And More!
Use your Canvas (email) or library account information to log in.
• Research and database help guides created by librarians to make your life easier.
• Find your subject to begin.
  • Public Health
  • Dietetics & Nutrition
  • Social Work
Public Health Guide

Guide and help center for students and researchers in public health at FIU.

welcome
- find background info.
- find articles
  - about scholarly sources & peer review
- find books, media, & more
- find data & statistics
- specialized public health resources
- cite right
- feedback & get help

welcome to the public health guide

This LibGuide is designed to be a help center for FIU public health students and researchers. Explore the tabs above to learn how to access materials through the FIU libraries, use research databases, cite sources, and much more.

contact information
This LibGuide is designed to be a help center for FIU dietetics and nutrition students and researchers. Explore this guide to learn how to access materials through the FIU libraries, use research databases, cite sources, and much more.
This LibGuide is designed to be a help center for FIU social work students and researchers. Explore the tabs above to learn how to access materials through the FIU libraries, use research databases, view counseling therapy videos online, cite sources, and much more.
Your Librarian:
Ramces Marsilli MLIS, MM
Health Sciences Librarian
Email: rmarsill@fiu.edu
Phone: (305) 348-4851
Office: GL 233B (MMC)

At the Libraries:
Visit the 2nd Floor Information & Research Services/ASK Desk
Thank You

Questions?

FIU Information & Research Services Department | libref@fiu.edu | 305-348-2454
Student Life at Stempel College
Student Organizations

Student Dietetics Association (SDA)
Andrea Colon, Public Relations Chair
president.sda@gmail.com

Association of Graduate Students in Dietetics & Nutrition (AGSDN)
Cathalina Rubila, President
crubi041@fiu.edu
Student Life at Stempel College
Student Organizations

Student Social Work Association (SSWA)
Maiah Duckstein, President
mduck001@fiu.edu
Student Life at Stempel College
Student Organizations

Environmental Health Student Association
Juan Morales, President
jumorale@fiu.edu
Ferass Sammoura, Vice President

Leaders in Maternal and Child Health (LMCH)
Osmari Novoa, Member
onovoa@fiu.edu
The COVID-19 Pandemic is **NOT** Over

Variants are increasing transmission. Hospitalizations and deaths continue.
COVID-19 May Cause Long-Term Damage

- Heart Damage
- Neurological Issues
- Lung Damage
- Fatigue & Arthritic Pain
- Mental Health Problems
COVID-19 May Cause Long-Term Disease

1 in 3 have “Long COVID”

Even young people & people with no initial symptoms

Fatigue
Coughing
Stomach Pain
Dizziness

...and many other symptoms
**Vaccine**: Type of medicine that causes your immune system to develop immunity against a specific disease.

**Immunity**: Condition that allows you to be exposed to viruses or bacteria without becoming infectious or sick.
How Do COVID-19 Vaccines Work?

1. Expose body to part of coronavirus protein.
2. Stimulates immune system to create antibodies and memory cells.
3. Memory cells are ready in case body is exposed to coronavirus.
Preclinical Phase

Animal studies for toxicity and dosing.

Phase I

Small study (20-80 people) assessing dose needed, effect on immune system, and safety.

Phase II

Larger study (hundreds of people) to test safety, effect on immune system at different doses and intervals.

Phase III

Large randomized study to test safety and how much vaccine protects against disease.

Tens of thousands of people are in each trial.
Currently Available COVID-19 Vaccines

- **Modernaf**
  - 18 & older
  - 2 Doses

- **Pfizer**
  - 12 & older
  - 2 Doses

- **Johnson & Johnson**
  - 18 & older
  - 1 Dose

All three are highly efficacious in preventing serious illness and hospitalization.
Who can get the COVID-19 Vaccines?

Everyone 12 and older can get the vaccine.
(including those with underlying health conditions).

Only those who have had an allergic reaction to any of the vaccine ingredients or a previous dose of the vaccine should NOT get it.
What about side effects?

Common reactions:
pain, redness, and swelling at vaccination site, and flu-like symptoms.

Moderna and Pfizer:
Rare risk of severe allergic reactions (treatable)
<5 cases /million

Johnson & Johnson:
Rare risk of blood clots
(30 cases / million among women < 50 years; 6 cases among men)
HOW WOULD MY VACCINATION PROTECT MY COMMUNITY?

When no one gets vaccinated, the disease can spread easily.
When **some people** get vaccinated, the disease spreads a little slower.
When most people get vaccinated, the disease can’t spread.
COVID-19 VACCINE WILL:

**PROTECT:**
- You
- Your family
- Your community
- The world

**PREVENT:**
- Sickness
- Long-term illness
- Death
- The evolution of variants
TO GET VACCINATED

For vaccine appointments at FIU, please visit: https://vaccines.nomihealth.com/fiu

To find vaccination sites near you, text your zipcode to 438829 (getvax)
Or
Call: 311 or 305-614-2014       TTY Line: 888-256-8918

Homebound individuals may schedule a vaccination appointment at home by calling: 833-930-3672

https://myvaccine.fl.gov/
https://miamidade.gov/global/initiatives/coronavirus/vaccine/home.page