



Robert Stempel College  
of Public Health  
& Social Work

# Complete our Orientation Survey!





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# Stempel College New Student Orientation

Spring 2026

# Agenda

- Welcome
- Office of Student and Alumni Affairs Overview
- Library Services
- Student Organizations Introduction
- Program Breakout Sessions

Link to Orientation page:

<https://go.fiu.edu/stempelnewstudentorientation>



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# 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
- Brain, Behavior, and the Environment
- Environmental Toxicology
- Global Health
- Health Promotion & Disease Prevention
- Maternal & Child Health
- Health Disparities
- MPH Online Generalist

## *School of Social Work:*

Bachelor's  
Master's  
Ph.D.

## *Academy for International Disaster Preparedness:*

Bachelor's  
Master's



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## Office of Student & Alumni Affairs AHC5 – 145



# FIU

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## Meet the OSAA Team

Dr. Susy Gómez – Assistant Dean of Student & Alumni Affairs

Isabel Capella – Career Specialist

Irene Abad – Manager of Academic & Student Success

Jose Candelaria – Admissions Manager & Recruiter

Zoraya Arguello – Sr. Coordinator of Public Health Programs

Fiorella Suyon – Public Health Admissions Coordinator

Sandhya Appunni – Data Analyst

Andrea (Nicole) Carrasco – Student Assistant

Carmen Diaz – Student Assistant



# Student Success



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# IMPORTANT DATES:



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## New Graduate Student Orientation University Graduate School

### Part I: Online Orientation

Visit: <https://gradorientation.fiu.edu/>

### Part II: In Person Welcome Session

Wednesday, January 7, 2026

12:00pm to 1:30pm

MARC Pavilion

## International Student and Scholars Services New International Student Orientation

Sunday, January 4, 2026

4:00pm to 5:00pm

Graham Center (GC) 125



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# OneStop

Phone/Chat Hours

Monday – Friday: 9am – 5pm

[onestop.fiu.edu/contact/onestop/](https://onestop.fiu.edu/contact/onestop/)

Last day to enroll without incurring a late enrollment fee: [January 4<sup>th</sup>](#)

Last day to Add/Drop: [January 11<sup>th</sup>](#)

Enrollment cancellation for non-payment: [January 15<sup>th</sup>](#)

First day of class? [Monday, January 5<sup>th</sup>](#)



# University Resources



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# 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!

Website: [caps.fiu.edu](https://caps.fiu.edu)

## Contact

To make an appointment with us, please call [305-348-2277](tel:305-348-2277) (CAPS) for both **MMC** and **BBC** offices.

Appointments will be held in person or by videoconference (through a HIPAA-compliant platform).

## Hours:

Monday - Friday | 8:00am - 5:00pm

## Locations:

**Modesto Maidique Campus** | Student Health Center (SHC) 270

**Biscayne Bay Campus** | Wolfe University Center (WUC) 320

## Follow us!



Counseling & Psychological Services (CAPS) currently offers the following **on-campus services:**



Group Counseling



Individual and couples counseling



Psycho-educational testing



Biofeedback



Medication management



Trauma and victimization



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# 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!!!

We strongly recommend scheduling an appointment to make sure you'll be seen. You can do this by calling 305-348-8385 or through the [Patient Portal](#). Walk-in students with urgent needs will be evaluated by a nurse, and based on the situation, may be seen the same day, scheduled for a follow-up, or referred out.

Location: Student Health Center (SHC)

Phone: 305-348-8385

Website: [studenthealth.fiu.edu](http://studenthealth.fiu.edu)







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# Wellness & Recreation Centers

Offering fitness classes, state-of-the-art gym equipment, adventure excursions and more, the Wellness & Recreation Centers (WRC) have everything you need to live a fit and healthy lifestyle.



If you're a student, you're already a member! The fees assessed as part of your tuition cover your membership.

All you need is your valid Panther ID!



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# FIU Food Pantry

The student food pantry provides non-perishable food items including canned proteins, fruits, dairy, vegetables, and soups, along with grains, oils and condiments. Toiletry items are also provided in our pantry.

The pantry is available to all currently enrolled FIU students. Proof of need is not required, and students can visit once a week, taking 8 pounds of food per visit. All you need is your FIU Onecard!



## Contact

### **MMC Pantry: GC 319**

Monday, Tuesday & Thursday - 12:00pm – 5:00pm

Wednesday- CLOSED

Friday- 11:00am – 3:00pm

### **BBC WUC 256**

Monday, Wednesday & Thursday- 12:00pm – 5:00pm

Tuesday- CLOSED

Friday- 11:00am – 3:00pm

Both student food pantries close during university holidays and the weekends.

If you have questions, please contact us:

**Phone:** [305-348-6995](tel:305-348-6995) or [305-348-3204](tel:305-348-3204)  
[pantry@fiu.edu](mailto:pantry@fiu.edu)





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# 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 papers, reports, and projects for any course in any department.



Make an appointment at:  
[writingcenter.fiu.edu](https://writingcenter.fiu.edu)

## Contact Us

Center for Excellence in Writing

MMC: 11200 SW 8th Street, GL 125

Miami, FL 33199

Tel: [305-348-6634](tel:305-348-6634)

BBC: 3000 NE 151st Street, HL Second Floor

Miami, FL 33181

Tel: [305-919-4036](tel:305-919-4036)

Engineering Center: 10555 West Flagler Street, EC 2792

Miami, FL 33181

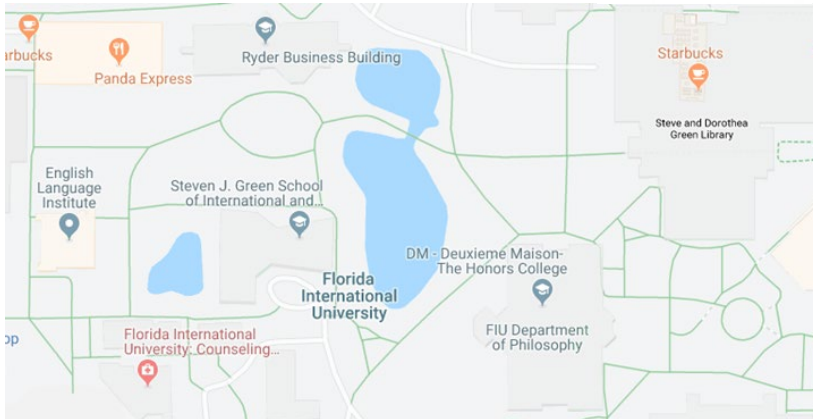
Tel: [305-348-6634](tel:305-348-6634)

[fiucew@fiu.edu](mailto:fiucew@fiu.edu)





# Where's Tutoring?



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**FREE!!!!**

The **Center for Academic Success** has plenty of tutors who are able available to help you with your academic needs.

Online tutoring is also available.

Book a tutoring session today at:  
[cfas.fiu.edu](https://cfas.fiu.edu)

# Stempel College Student Success Resources



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# 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
- VMOCK



## Contact

Ms. Isabel Capella

Career Specialist

[icapella@fiu.edu](mailto:icapella@fiu.edu)

(305) 348-2264

Office of Student & Alumni Affairs

ACH5-142

# Career Events



Thursday, January 29, 2026

[Charge Your Resume with AI Magic](#)

2:00 pm -3:00 pm

Zoom

Thursdays, February 19, 2026

[Brand Goals: Making LinkedIn Work for You](#)

12:00 pm – 1:00 pm

Zoom

Monday, March 9, 2026

[All Majors Career Fair](#)

12:00 pm-4:00 pm

FIU Arena

Thursday, March 26, 2026

[Internship Match-up: Find your Fit](#)

12:00 pm – 1:00 pm

Zoom

Monday, March 30, 2026

[LinkedIn Headshots](#)

1:00pm-2:00pm

(SASC) 428

Wednesday, April 1, 2026

[All Majors Career Expo BBC](#)

12:00 pm-4:00 pm

WUC Ballrooms

Wednesday, April 8, 2026, 2025

[Employer Showcase](#)

3:00 pm-7:00 pm

GC355

Thursday, April 16, 2025

[Beyond the Tassel: Career Tips for New Graduates](#)

1:00pm-2:00pm

Zoom

**[Industry Talks and Information sessions](#)** -events where employers come to campus to share their experiences and discuss their career paths



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(No subject)

RP

Roary Panther <izzyrawr@yahoo.com>

To: Isabel Capella

**Note: This message originated from outside the FIU Faculty/Staff email system.**

Hey professor,

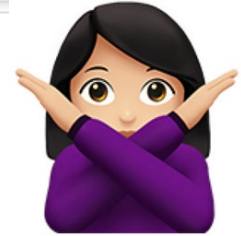
Are we doing anything important in class today? I have a doc appt bc im sick. I wanted to let you know that im not going to be there.

Peace out, lol

Izzy

Sent via the Samsung Galaxy S23 Ultra 5G, an AT&T 5G smartphone

Get [Outlook for Android](#)



**DON'T**

Missing PHC 6601 class on Thursday

RP

Roary Panther <rpant001@fiu.edu>

To: Isabel Capella

Good afternoon Professor Capella,

I am in your 10:00 AM PHC 6601 class on Thursdays. I wanted to let you know that I am will not be able to attend class because of a doctor's appointment. I have finished the required assignments on Canvas for this week. I'll be in class next week.

Thank you,

Roary Panther  
1234567

😊 ↩️ ↶️ ↷️

Thu 9/7/2023 11:51



**DO**



# Financial Wellness



Irene Abad  
[iabad@fiu.edu](mailto:iabad@fiu.edu)  
305-348-4692

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- Searching and applying for scholarships:  
[Stempel College Funding page](#)
- Figuring out your tuition and account balance
- Accessing your financial aid funds
- Addressing Emergencies (Emergency Aid Fund)
- Offer *Funding Your Graduate Education* Workshop

## FIU's Financial Wellness Program

- Workshops
- [iGrad](#) (Financial Literacy Platform)
- Financial Wellness Coaching



# Perks

- FIU Panther TECH
  - FREE downloads of Microsoft Office and McAfee LiveSafe Antivirus
- FIU Library- Tech Hub
  - Borrow a laptop (6 hours loan)
  - Borrow other devices (accessories, headphones, cameras, calculators, etc.)
  - <https://library.fiu.edu/use/devices>
- Parking & Transportation
  - FreeBee- Free on-demand door to door transportation services for our FIU community, simply download the app
  - Panther Express- from MMC to BBC
  - CATS Shuttle- from MMC to EC
  - Sweetwater Trolley, Doral Trolley, and North Miami Shuttle Bus
  - Tire inflation station, charging stations, and vehicle jump start
  - <https://parking.fiu.edu/>
- FIU One-Card Rewards
  - Earn points and get prizes
  - <https://onecard.fiu.edu/>



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# 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/>
- Public Transportation
  - Eligible full-time college students can ride transit at a 50% discounted rate as part of the College Discount Program – just \$56.25 per month!
  - <https://operations.fiu.edu/transportation/public-transportation/index.html>
- Children's Creative Learning Center
  - Must be full time student (9 cr. for undergrad and 6 cr. for grad)
  - Ages 2-5 years old
  - <https://dasa.fiu.edu/all-departments/childrens-creative-learning-center/>



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# Student Discounts

- FIU Human Resources Perks
  - <https://hr.fiu.edu/employees-affiliates/benefits/perks-services/>
- Amazon Prime Student
  - As a FIU student, you receive a FREE six-month trial!
  - After your trial period, students enjoy full Prime benefits and 5% cash back  
[www.amazon.com/joinstudent](http://www.amazon.com/joinstudent)
- Adrienne Arsht Center
  - Enter promo code FIUPANTHER prior to selecting your seats!
  - [www.arshtcenter.org](http://www.arshtcenter.org)
- Phone Service Provider (AT&T, Sprint, T-Mobil, Verizon)
- Car Insurance (Geico)
- Tickets At Work
  - Company Code: FIUPANTHERS
  - <https://ticketsatwork.com/tickets/account.php?sub=enroll>
- Online stores via UniDays
  - <https://www.myunidays.com/US/en-US/content/about>



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# Stay Connected!

Stempel College Office of Student & Alumni Affairs

AHC5-145

Monday thru Friday 8:30 am-5:00 pm

Phone: 305-348-7783

- Study Room – May reserve up to 3-hour time slots; up to two students at a time
- Events, Funding, and Career Opportunities – Weekly Newsletter
- Student Organizations & Collaboration with OSAA
- Student Resources <https://stempel.fiu.edu/students/index.html>

**Follow Us!**



@fiustempel



# Stempel College Student Engagement



Attend a total of 3 events, workshops,  
or activities offered by Stempel College  
and receive a prize!



## STEMPEL COLLEGE **RESEARCH DAY**

A showcase of our  
students' efforts and  
engagement in research.

Friday, March 13th, 2026  
9:00 a.m. - 5:00 p.m.  
Graham Center (GC) Ballrooms



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# Student Life at Stempel College

## Student Organizations

### Student Dietetics Association (SDA)

Alma Perez, President  
[president.sda@gmail.com](mailto:president.sda@gmail.com)

### Association of Graduate Students in Dietetics & Nutrition (AGSDN)

Justienne Octavo, President  
[jocta002@fiu.edu](mailto:jocta002@fiu.edu)

### Student Social Work Association (SSWA)

Huston Ochoa, President  
[hocho001@fiu.edu](mailto:hocho001@fiu.edu)



### Stempel Public Health Association (SPHA)

Tendai Gwanzura, President  
[tgwanzur@fiu.edu](mailto:tgwanzur@fiu.edu)

### Environmental Health Sciences Association (EHSA)

Ruth Marquez, President  
[rnmarque@fiu.edu](mailto:rnmarque@fiu.edu)

### Leaders in Maternal & Child Health (LMCH)

Denese Kellier, President  
[dkell079@fiu.edu](mailto:dkell079@fiu.edu)

### Panther Connect:

<https://fiu.campuslabs.com/engage/>





# Breakout Sessions

**Social Work**  
link

## **Dietetics & Nutrition**

<https://fiu.zoom.us/j/89307735008?pwd=nPeiaOEVpcGhzyTRHbaKcz3Lv2v6MR.1>

## **Public Health**

<https://fiu.zoom.us/j/85220765979?pwd=rguPFQOPLKQaapKkw2TY4IQJFKT7Ek.1>

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