Who are we?

Grace
2nd Year PhD Student

Khushboo
5th Year PhD Student
BIOMS Seminar

- Every **Wednesday at 12pm in HSC 231**
- Use BIOMS Seminar to your advantage
  - Opportunity to learn scholarly communication across multiple fields of study
- Ask questions!
- Volunteer to present
  - Hone your skills
  - Practice “how” to communicate your research effectively
- Give feedback, get feedback
  - Environment for constructive feedback from peers
  - Elevator Pitch
  - Additional opportunities during Semester
How to Function in STAR

- Get a STAR Fob
  - Gets you access to necessary lab spaces, classrooms
  - Submit a request online

- Reserving a Conference Room
  - Classrooms 231, 232, and 210J Accommodation Space - Nancy Johnson, najohns@udel.edu
  - PT Conference Room and Anatomy Laundry Room - Rita DiDonato, ritad@udel.edu
  - All other PT room availability questions - Kaci Middlemas, kaci@udel.edu
  - DRI Conference Room (201A), Lisa Katzmiere
  - Any other Conference Room - Ellie Wydra, ewydra@udel.edu

- Technical problems
  - Trouble accessing the server or logging in the WiFi - chs-it@udel.edu

- Building Hours
  - Health Sciences Complex (HSC): 6:30 am to 8:00 pm
  - STAR Tower (STAR): 6:00 am to 6:00 pm
Important People in STAR

Taylor Cahill
cntcahill@udel.edu
- STAR Building Coordinator
- Contact for any issues with your fob

Lisa Shakespeare
lishakes@udel.edu
- Scheduling rooms, proposal/dissertation
- Large purchases (>500)
- Loaning out projector
- Laundry key

Aaron Davis
aadavis@udel.edu
- 7th Floor Tower
- CHS Digital Content Specialist
- Recruitment Flyers
Parking & Transportation

- Parking Permits: [https://sites.udel.edu/parking/](https://sites.udel.edu/parking/)
  - You are required to have a parking pass to park on campus
  - If on a 12-month contract, cheaper to purchase annual
  - Red Permit - STAR1 & Fred Rust Ice Arena
  - Gray Permit - STAR Tower
  - Central Pass - Gray and Red lots

- STAR Visitor/Patience spots are not intended for students

- UD Shuttle
  - Download the DoubleMap Bus App to track the bus
  - North/South Academy Route & North/South College stop at STAR and head to Main Campus
Working Remotely

- Cisco VPN
  - Remote access to UD Network
  - [http://www1.udel.edu/it/help/connecting/vpn/](http://www1.udel.edu/it/help/connecting/vpn/)

- Get It!
  - Get access to full-texts of articles, books, chapters, or other published materials
  - [https://library.udel.edu/databases/getit/](https://library.udel.edu/databases/getit/)

- Eduroam
  - University Wifi Network
  - [http://www1.udel.edu/it/help/connecting/eduroam/](http://www1.udel.edu/it/help/connecting/eduroam/)
Safety

- University of Delaware Alerts (UD Alerts)
  - Sent by UDPD during emergencies
  - Text messages, emails, and phone calls
- Blue Light Phone
- UDPD: (302)-831-2222
- Call 911 if in immediate danger

- LiveSafe App
  - Connect with campus police
  - Let your friends help keep you safe
  - Fast access to information
  - Use safety map
Research Presentation Opportunities

- **Within UD:**
  - Dr. John P. Scholz Research Symposium - November
  - CHS Research Day – February
  - Grad Student Research Day – April
  - CBER Day - May
  - Announcements will be emailed for all events

- **Outside UD:**
  - Students can also present their research at conferences.
  - Speak with your advisor about opportunities and contact BIOMS Program Coordinator for travel assistance.
Funding

- **Travel Funding**
  - Graduate College Grad Student Travel Award
    - Up to $1500 during the course of your degree
    - 1:1 match with college/department/external funding

- **Other Funding Opportunities**
  - University Graduate Doctoral Fellowship Award
    - Apply to support your doctoral studies (Year 2-3)
  - University Graduate Dissertation Fellowship Award
    - After dissertation proposal is approved.
Training

- CITI Training
  - Compulsory before you start the research
  - Check with your advisor to ensure you complete the required modules
  - Follow the link:

- Responsible Conduct of Research Training
  - Requires a CITI Training Module and attending the Responsible Conduct of Research Webinar during Winter Session
IRB

- Ask your advisor and senior lab members for guidance
- Use template from the IRB website
  - [https://www.irbnet.org/release/index.html](https://www.irbnet.org/release/index.html)
  - [http://www1.udel.edu/research/preparing/irb-submission-requirement.html](http://www1.udel.edu/research/preparing/irb-submission-requirement.html)
- Try to be broad while writing the protocol
- Need IRB approval for doing pilot testing on yourself or other students in your lab
  - During the early stages, e.g., preliminary testing of device or software - you may not need to
- Recruitment:
  - Social media/flyers - the content needs IRB approval
  - Calling the participants- script needs IRB approval
Paying Participants

- Discuss with your advisor
- Methods:
  - Gift cards, cash, purchasing card
    - Avoid buying in large quantities
- Accountability required
- Remember to fill out participant compensation form
- IRB approved
- Contact business office or Stephanie Holmes/Kristin Zumar
  - Stephanie Holmes - srholmes@udel.edu
  - Kristin Zumar - kzumar@udel.edu
Sensitive Topics
Handling Stress, Anxiety, and Depression

- Completely normal to feel low during the semester
  - Don’t be afraid to reach out for counselling
- **Center for Counseling & Student Development** (CCSD)
  - Offer group and individual sessions
  - Advice on when to refer a student
- **Locations, Hours & Contact Info**
  - **CCSD: Wellbeing Center @ Warner Hall (280 The Green)**
    - (302)-831-2141
    - Monday, Thursday, Friday: 8 a.m. – 5 p.m.
    - Tuesday, Wednesday: 8 a.m. – 6 p.m.
  - **Psychiatric: Student Health (209 Laurel Hall)**
    - (302-831-8992)
    - Monday through Friday: 8 a.m. – 4:30 p.m.
- UD Health Insurance covers up to 12 visits/year (resets June)
Handling Conflicts with Colleagues/Advisor

- Communicate with your advisor on a regular basis
- Express any concerns or questions as soon as they come up
  - Don’t procrastinate in communicating the issues
- Be Professional
- Sharing lab space, equipment, or data
  - Contact PI and your advisor
- If there are any concerns contact, Dr. Lee or graduate office (Dr. Martin)
- RA & TA Responsibilities - Max 20 hours/week (Fall, Spring, Summer)
  - Talk with you advisor to ensure you are fulfilling your lab hours without going over your 20 hours
  - Winter session responsibilities should be discussed with your advisor
BIOMS Information

- BIOMS Website
  - List of Current Students + Alumni
  - Student Resources
    - Program Policy, Plan of Study Template, Qualifying Exam Forms, etc.

- BIOMS Graduate Student Housing
  - Compiled by students; information about places BIOMS students live/have lived
  - https://docs.google.com/spreadsheets/d/1bAYGDKguNh25Qqaye1d3gg1rUVNii4DWcggJH_oN4ew/edit?usp=sharing

- BIOMS Graduate Student Directory
  - https://docs.google.com/spreadsheets/d/12K0dH5LWHpdykfgm3dU2RMA10Hf_aqszJTzFuWDIE/edit?usp=sharing
Fun Stuff
Social Events

- **BIOMS United**
  - Ice Cream Social (8/29)
  - BIOMS Tailgate
  - BIOMS Holiday Party

- **Campus Wide**
  - Graduate Student Government
  - Keep an eye out for event announcements in weekly Graduate Student Newsletter
Recreation on Campus

Main Campus:
- Carpenter Sports Center (CSB)
- "Lil Bob" Frazer Fields (behind CSB)
- Trabant sand volleyball court (across from Trabant)
- Trabant inline skating court
- Trabant basketball court
- Harrington sand volleyball court (behind Perkins)
- Ray street basketball court

South Campus:
- STAR Tower Physical Fitness Center
  - Open to students: 6AM-8AM and 5-7PM
- Delaware Field House
- Fred Rust Ice Arena & Gold Ice Arena
- Bob Carpenter Sports / Convention Center
- Artificial practice fields
- Outdoor pool
Student Perks

- Delaware Tire Center (next to STAR): offers 15% off to students
- Spotify Premium w/ Free Hulu and Showtime: $4.99/month
- UniDays.com
- Amazon Prime Student Membership
- Certain Gyms give discounts
- Microsoft and Apple
Additional Questions or Comments?

Contact Grace (gkk@udel.edu) or Khushboo (vkhush@udel.edu)
Student Q&A