New Graduate & Professional Student Orientation

August 22, 2023
Meet the Graduate Studies Team

Dr. Amanda J. Godley
Vice Provost for Graduate Studies
VPGodley@pitt.edu
Meet the Graduate Studies Team

Tamara Clifton
#calendar
#office hours
#firstgen

Meghan Culpepper
#fellowships
#post docs
#first gen

Treviene Harris
#professional development
#career exploration

Stephanie Hoogendoorn
#ombuds
#financial aid
#wellness
Meet the Graduate Studies Team

Shannon Mischler
#recruiting
#Pitt2Pitt
#online ed

Alydia Thomas
#diversity
#GPSG
#mentoring

Lily Morar
#events
#resources
#social media

Jen Walker
#admissions
#grad data
#grievances
Supporting Your Well-being

University Counseling Center
412-648-7930
https://www.studentaffairs.pitt.edu/cc/

Student Health Services
412-383-1800
https://www.studentaffairs.pitt.edu/shs/

Campus Recreation
Rec.pitt.edu
Ethos of Health

Physical health, mental health, and strong community connections (belonging) are important aspects of life.
PittServes
https://www.studentaffairs.pitt.edu/pittserves/

• Civic Action Week
• MLK, Jr. Day of Service
• Be a Good Neighbor Day
Supporting Basic Needs

CARE Team (PittCares@pitt.edu)

Student Emergency Assistance Fund (emergencyfund@pitt.edu)

Office of Off-Campus Student Experience (ofc@pitt.edu)
Supporting Basic Needs

Pitt Pantry
https://www.studentaffairs.pitt.edu/pittserves/the-pitt-pantry/
O’Hara Student Center

Thriftsburgh
https://www.sustainable.pitt.edu/student-organizations/university-of-thriftsburgh/
O’Hara Student Center
PITT ARTS

https://www.studentaffairs.pitt.edu/pittarts/

Free museums with ID

Cheap Seats program

Graduate & Professional Student Arts Encounters
Dean’s Office Hours

Wednesdays:
September 27, 2-3 p.m.
October 18, 4:30-5:30 p.m.
November 1, 2-3 p.m.
December 6, 2-3 p.m.
Student Life

- Living in Pittsburgh
- Diversity and Belonging
- Student Organizations
- Health and Wellness

[gradstudies.pitt.edu/student-life](gradstudies.pitt.edu/student-life)
Everyone Is Welcome in Pittsburgh

- Health Care, Education, Technology
- Pitt ID = Free Transportation, Museums, Theatre
- 3,800 Acres of Parks
Graduate Global Ties mentors will support you by:
• Answering questions before you arrive on campus
• Welcoming you to the campus community
• Encouraging you throughout your first year of graduate school

Grab a bite with GGT!
Join us for our first event on Tuesday, September 5, 5 p.m.!
Check your email for RSVP details!
Students of Color Dinners
Co-Sponsored by Carnegie Mellon University and Duquesne University

Gather, network and focus on personal and professional development with other students, staff and faculty and build support networks to enhance your graduate experience.

Save the Date for Upcoming Dinners!
• November 13 at Carnegie Mellon University
• February 7 at Duquesne University
• Mid-April at University of Pittsburgh

Check your email for RSVP details.
First-Generation Book Club

*A Field Guide to Grad School: Uncovering the Hidden Curriculum* by Jessica McCrory Calarco, which highlights secret knowledge and skills that are essential for navigating every critical stage of graduate and professional school.

- **Book Club Dates**
  - *Mon., September 11 – Book Distribution*
  - Weds., October 4 via Zoom
  - Weds., November 8 via Zoom
  - Weds., December 6 in person with lunch

*Books are provided. Registration is required to participate. Check your email for RSVP details.*
The annual Race & … Conference elevates the work of the University's race-related centers, the health sciences, and Africana Studies and promotes and celebrates collaboration between centers and departments on campus. This year's theme focuses on collaboration and interdisciplinary work.

Save the Date!
Friday, September 29, 2023, 9 a.m.-5 p.m.

Opportunity to Present Research:
The Office of the Provost Faculty Diversity and Development team is seeking undergraduate & graduate students to exhibit race-related poster presentations as a part of the Taste of Race Showcase that will take place during the Race &… Conference on Friday, September 29, 2022, from 11am – 12:15pm (EST).

Email art138@pitt.edu for more information about presenting research!
Graduate and Professional Student Organizations
studentaffairs.pitt.edu/sorc

- Graduate and Professional Student Government (GPSG) pittgpsg.com
- Chinese Students and Scholars Association
- Iranian Student Association
- Latin American Graduate Organization of Students (LAGOS)
- Pan-African Graduate & Professional Student Association (PANAF)
- School-Specific Orgs., and more!

Many student groups will have tables during the welcome picnic!
**Health and Wellness: Insurance**

**The U.S. does not have national, free medical care. For this reason, the University requires international students to have individual medical insurance.**

<table>
<thead>
<tr>
<th>Pitt students, including family/domestic partners</th>
<th><a href="http://hr.pitt.edu/student-health-plans">hr.pitt.edu/student-health-plans</a> for medical (inc. mental health), dental and vision plans</th>
</tr>
</thead>
<tbody>
<tr>
<td>International students</td>
<td><a href="http://ois.pitt.edu/resources-list">ois.pitt.edu/resources-list</a>; search by Audience: Graduate Students</td>
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<tr>
<td>Domestic students</td>
<td>Marketplace at <a href="http://healthcare.gov">healthcare.gov</a></td>
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<tr>
<td>Domestic children</td>
<td>Pennsylvania: <a href="http://dhs.pa.gov/CHIP">dhs.pa.gov/CHIP</a></td>
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*Attend the Resource Fair to get your questions answered!*
On-Campus Student Health Services, Counseling Center, and Pharmacy

- On-campus routine and specialty services
- Individual and group therapy/support for mental wellness is provided at no cost to students, including those who do not have insurance.
- There is no charge for medical appointments through Student Health Services; however, expenses for medical procedures, tests, and prescriptions will be billed to student’s insurance.
- Therapy Assistance Online: on-demand library [studentaffairs.pitt.edu/cc/therapy-assistance-online/](http://studentaffairs.pitt.edu/cc/therapy-assistance-online/)

Attend the Resource Fair to get your questions answered!
Free On-Campus Wellness Resources

Intramurals  studentaffairs.pitt.edu/campus-recreation/intramural-sports/

Gyms    studentaffairs.pitt.edu/campus-recreation/

Stress Free Zone  studentaffairs.pitt.edu/shs/stressfree/

Center for Creativity    creative.pitt.edu

Financial Aid Wellness Center  financialaid.pitt.edu

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Panther Wellness Fair
September 13, 10 a.m.-2 p.m. William Pitt Union
• FREE flu shots (with student ID)
• Raffle prizes and giveaways
• Learn about wellness resources Play with therapy dogs

calendar.pitt.edu/event/panther_wellness_fair
Academics

- Advising and Mentoring
- Ombudspersons
- Academic Support
- Educational Workshops and Opportunities

gradstudies.pitt.edu/academics