Week 3- August 30: Scientific and Wellness Services

Week 3 Business:

* How are classes going?
* Are rotations going well?
* Please make sure you are regularly checking and reading your emails!
* COM Welcome Reception: Today @ 5PM in HMEB (this building) Atrium

Week 3 Suggested Discussion Starters:

* Scientific Core Facilities - Older Students and Faculty: How do you get time on a core facility instrument? Why are these facilities important?
  + College of Medicine Research Core Facilities:
    - Molecular Pathology Core, COM Electron Microscopy Core Facility
  + UF/Health Science Center Cores:
    - Animal Care Services Home Page, Center for Pharmacogenomics
  + MBI-UF Research Core Facilities:
    - Advanced MRI and Spectroscopy (AMRIS)
    - Cell & Tissue Analysis Core (CTAC, CTAC Histology)
    - Cognitive Neuroscience Lab
    - Human Gene Therapy Vector ‘GMP’ Core Facility
    - Stereotactic Radiosurgery Lab
  + ICBR and Other Core Facilities:
    - ICBR Bioinformatics, Cytometry, Electron Microscopy, Gene Expression & Genotyping, Monoclonal Antibody, NextGen DNA Sequenceing, Proteomics & Mas Spectrometry, Sanger Sequencing Cores, etc.
* The importance of mental health care in graduate school
  + Older students: What are some methods of self-care that you use to stay at your best? What do you wish you had known when you were a first year student?
  + PIs: How do you, as a mentor, encourage healthy work-life balance for your students?

Week 3 Useful Resources:

* Mental Health Resources
  + U Matter, We Care
  + UF Counseling and Wellness Center Resources
  + UF Employee Assistance Program - a form of counseling services specifically for UF Employees.
  + Gator Grad Care – Referral to Clinical Psychology at Shands after visiting your primary care provider.
* Resources for LGBT Students and Staff
  + OUTGrad, LGBTQ+ Care & Resources through the Student Health Care Center

**Don’t know which resource is right for you?** Schedule a meeting with Dr. Vidaurreta to figure out which program is right for you. Phone: (352) 273-8383, e-mail: beverly@ufl.edu