Week 1: August 15: Introduction, Lab Rotation, Couse Expectations

Week 1 Topics:

* + Introductions
  + Rotation Selection (& Forms)
  + \*Insurance Enrollment (GatorGradCare) Deadline Sept 14
  + Parking
  + Balancing course work & lab
  + Core Course/Other Coursework, Journal Club, Essentials Course
  + IACUC training – start completing ASAP if you want to join a lab that does animal work
  + Upcoming events:
    - Mentor Match TODAY at 2:30
    - August GSO Meeting: TBA

Week 1 Suggested Discussion Topics:

* These mentoring groups are meant to provide first year students with a platform to ask questions and discuss any issues that they are having problems with.
* Although there are suggested discussion topics each week, feel free to bring up other questions or problems that you have.
* First Year Students:
  + Has everyone started to set up their first rotation? Have there been any problems?
  + Are there any aspects of starting the program that concern you? Are you worried about anything?
* Has everyone figured out how they will get to campus?
  + Parking permits
  + RTS Bus Service (free with your UF ID)
  + Biking/Walking
* Has everyone registered for classes? (BMS Office currently working on this)
  + Must maintain a B average
  + Graduate courses are more rigorous than undergraduate courses. How do you plan to study?
* Getting a PhD requires more effort on your part than previous schooling. You are responsible for yourself.
  + You alone are expected to keep track of deadlines, registration dates, signing up for insurance, paying student fees, etc.
  + Make sure you're turning in journal club reports, rotation reports, and mentor selections on time.
  + Later on: there are specific deadlines to form a committee, have your meetings, and set your qualifying exam. Take classes seriously. Your GPA can impact your ability to get fellowships.
* Socialize----WORK/LIFE BALANCE
  + Some UF Organizations to investigate: GSO, GSC, GAU, OGAP
    - You're as involved in these programs as you want to be.
  + UF also has tons of free or very cheap things. Some highlights: all sports except football are free to attend for students, the Harn Museum, movies once a month, music, comedians, lectures
  + Everyone else in your class is new to this too, maybe hang out with them?
  + Grad school can be overwhelming some times. Make sure you take care of yourself both physically and mentally.

\*Enrollment is not automatic; graduate assistants must submit a GatorGradCare enrollment application each academic year.

Enrollment: <https://bluebiz.bcbsfl.com/stuenroll/GatorGradCare.do>