Graduate School Orientation at the John A. Burns School of Medicine

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Office is in BSB 211B, Lab is in BSB 203

AUGUST 27, 2021
Schedule for Today’s Orientation

I. Introduction: Mariana Gerschenson, Ph.D. and Jerris Hedges, M.D.
II. UH Cancer Center: John Shepherd, Ph.D.
III. Parking: Elwyn Watkins
IV. Safety: Lisa Johns

BREAK- 5 minutes

V. CMB- Michelle Tallquist, Ph.D.
VI. CSD - Kathy Maemori, M.S., CCC-SLP
VII. DRB - Hongwen (Winnie) Wu will introduce 1st year students
     Hayden Holmlund will give 5 min research presentation
VIII. TRMD - Sandra Chang, Ph.D.
IX. QHS - Eunjung Lim, Ph.D.
Office of the Dean

About

The University of Hawaii Mānoa (UHM) John A. Burns School of Medicine (JABSOM) is led by Dean Jerris R. Hedges, MD, MS, MMM. He is also the Barry & Virginia Weinman – Endowed Chair.

The Office of the Dean directs activities, personnel, and curricula in the School of Medicine and affiliated community hospitals and health centers. It is responsible for the direct liaison with other Schools of the College of Health Sciences and Social Welfare, the Graduate Division, community colleges and community agencies for collaborative instruction, research and community service. It establishes policies with the Schools’ Executive Committee to develop and implement the academic programs and coordinate continuing medical education, conducts accredited graduate medical education programs in community hospitals, and is responsible for general program development in accord with Legislative mandate and University of Hawaii policies.

Reach Dean Hedges’ assistants April McConnell at (808) 692-0881 and Nuela Mead at (808) 692-0889.

Executive Team

Jerris Hedges, MD, MS, MMM
Professor and Dean

Lee Buenconsejo-Lum, MD
Professor, Associate Dean for Academic Affairs
Designated Institutional Officer (DIO) and Director of Graduate Medical Education

Nancy Foster, MA, CPA*, CGMA
Executive Director of Administration, Finance & Operations, and Chief Financial Officer

Mariana Gerschenson, PhD
Professor, Associate Dean for Research
Graduate Dean

Graduate Dean, Krystyna Aune, is in charge of the overall management of the Graduate Division. She oversees the proposal and implementation of improvements in graduate education, including the development and supervision of graduate programs and courses, the appointment and evaluation of graduate chairs and faculty, as well as the appointment of graduate assistants and the monitoring of graduate fellowships. Dean Aune chairs the Graduate Council and advises the officers of the Graduate Student Organization.

Associate Graduate Dean

Associate Graduate Dean, Julienne Maeda, reviews all proposals for new or revised graduate programs, courses and curricula and consults, advises and assists departments in preparing proposals for programs. She organizes and/or facilitates annual reviews of graduate faculty and reviews of all graduate programs on cycle. She advises the officers of the Graduate Student Organization, providing leadership in the area of student support and faculty support as it relates to the effective operations of the Graduate Division in the administration of graduate educational programs. Associate Graduate Dean serves as Vice Chair of the Graduate Council.

https://manoa.hawaii.edu/graduate/graduate-division/
What does the JABSOM Research Dean do for Graduate Students?

- Responsible for graduate student enrollment and academic goals
- Problem Solving:
  - Academic
  - Financial
  - Human Resources: Title IX, Hostile Work Environment, Microaggression, Implicit bias
JABSOM Graduate Programs

• Cell and Molecular Biology: MS and Ph.D.
• Developmental Reproductive Biology in ABP: MS and Ph.D.
• Tropical Medicine: Certificate, MS, and Ph.D.
• Communication Science and Disorders: MS
• Clinical and Translational Research in QHS: Certificate and MS
• Non-JABSOM programs: MBBE (Molecular Bioscience and Bioengineering): MS, Ph.D.
JABSOM Students and Faculty

**Students (AY 2016-17)**
- Graduate Medical Education Residents and fellows: 226
- MD Students Total Enrolled: 289
- Approximate Annual MD applicants: 2,300
- MD New Entrants First-Year Class: 77
- Medical school alumni (MD and Resident): > 4000
- ‘Imi Ho’ola Post-Baccalaureate Program: 12
- Master of Science (MS) or Doctor of Philosophy (PhD) in:
  - Biomedical Sciences (Clinical Research)
  - Cell & Molecular Biology
  - Developmental & Reproductive Biology
  - Tropical Medicine
- Master’s Degree (MS) in Communication Sciences Disorders
- Bachelor of Science (BS) degree in Medical Technology
- Certificate in Tropical Medicine Program
- Doctor of Medicine Early Acceptance Program
- Postdoctoral Scholars

**Faculty (AY 2016-2017)**
- Full-time faculty: 184
- Part-time faculty: 241
- Full-time faculty in basic sciences: 68
- Full-time faculty in clinical program: 116
- Part-time faculty in basic sciences: 21
- Part-time faculty in clinical program: 220
- Volunteer basic sciences faculty: 69
- Volunteer clinical faculty: 1334
April 15-16, 2021

The Annual Biomedical Sciences & Health Disparities Symposium attracts some of the top health science research and ideas from throughout academia in Hawaii.
Types of Support and Pay

• Graduate Research Assistant: You are doing research on a research grant/contract. You get a tuition waiver.

• Graduate Teaching Assistant: You are either teaching a course or assist in teaching a course. You get a tuition waiver. You can get summer overload.

• Research Assistant: You are a technician on a research grant/contract employed by RCUH. RCUH may reimburse you for your classes. (https://www.rcuh.com)

https://www.governmentjobs.com/careers/hawaiiedu?keywords=graduate%20assistant

https://sece.its.hawaii.edu/sece/login;jsessionid=CDE54CF978D2B60777B67AA31E93
Resources serving Kaka’ako

- Library and online resources
- Laboratory Cores
- Office of Research Services
- Grants Development Office
- Environmental Health and Safety Office
- Cafeteria
- Human Resources and Fiscal
- Counseling
- Parking and IDs
Where do you find out about Laboratory Cores?

https://jabsom.hawaii.edu/cores-infrastructure-grants/
Congratulations on your acceptance to the University of Hawai‘i at Mānoa (UH Mānoa)! Your journey to an advanced degree begins now! Graduate Division is excited to welcome you and invites you to attend our Virtual New Graduate Student Orientation (NGSO). Attending Virtual NGSO is a great opportunity to gain an understanding of our expectations of graduate students and learn ways to prepare for a successful graduate student experience. Session topics include learning about graduate-level writing, developing good relationships with faculty mentors, finding funding opportunities, and much more.

Register Here
Graduate Student Organization

The purpose of the Graduate Student Organization (GSO) is “to provide classified graduate students, through the graduate programs, with official representation at the University of Hawai‘i at Mānoa” (Constitution of the GSO). Its primary functions are:

- To provide input on policies affecting graduate students,
- To act as an advisory body to the Graduate Dean,
- To recommend graduate student representatives for service on campus-wide committees, and

ENROLL AT THE UNIVERSITY OF HAWAI‘I AT MĀNOA NOW!

Apply Here!

UPCOMING EVENTS

Fulbright Webinar: Arts Polishing Application Webinar
August 26 @ 8:00 am - 9:00 am HST

Fulbright Webinar:
GRADUATE STUDENT SERVICES

Graduate Assistantships
A graduate assistantship is a nonrenewable, part-time academic appointment. In addition to carrying out their assignments in their unit of hire, graduate assistants (GAs) also have roles as professionals, albeit of an apprentice nature, in the university community. Click HERE for more information on graduate assistantships.

Website: http://manoa.hawaii.edu/graduate/content/graduate-assistants

The Office of Graduate Education
The Office of Graduate Education (previously, Graduate Division) provides opportunities for further study, research and professional training to students who have earned a bachelor’s degree from an accredited institution of higher learning. All of the graduate programs at UHM apply rigorous academic standards. Special emphasis is placed on the cultivation of scholarly attitudes and methods of research and creative activity. Click HERE for more information.

Website: http://manoa.hawaii.edu/graduate/

Graduate Student Enrollment Policies
Once admitted to UHM, all graduate students need to be enrolled continuously (excluding summer session) until they graduate. Domestic students need to enroll in at least one credit each semester. The one credit may be for course work, thesis, dissertation or research. International students need to enroll full-time each semester, in order to maintain their visa status. Click HERE for more information about enrollment policies.

Website: http://manoa.hawaii.edu/graduate/content/enrollment-policies

Health Services
The University Health Services Mānoa (UHSM) is staffed by physicians, nurse clinicians, nurses, and other support staff. A wide range of medical services and programs are offered. Click HERE for more information about UHSM.

Clinic Hours of Operation: Monday-Friday 8am-4pm
Orientation Web Sites

- https://manoa.hawaii.edu/graduate/virtual-new-graduate-student-orientation-2021/
- https://jabsom.hawaii.edu/ed-programs/masters-phd/campus-info-resources/
- https://hslib.jabsom.hawaii.edu/grad_resources
- https://jabsom.hawaii.edu/jabsomresources-coronavirus/
JABSONM and COVID-19

Mariana Gerschenson, Ph.D.
Associate Dean for Research and Professor
JABSONM
Email: gerschen@hawaii.edu or 292-9085 or BSB 211B
COVID-19 Resources & Updates

Recent Announcements

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<td>8/22/21: JABSOM COVID-19 updates regarding:</td>
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<td>- JABSOM COVID-19 safety updates</td>
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<td>- Vaccination and testing update (begins Monday, 08/23/21)</td>
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<td>- JABSOM LumiSight UH Reminders as of 8-21-21</td>
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<td>- News of COVID-19 affecting our Kakabko bhana</td>
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8/20/21: COVID-19: To the people of Hawai‘i, we are in this together! This proclamation is signed by several of Hawai‘i’s doctors. Please read: Hawai‘i is experiencing an unprecedented disastrous surge of COVID-19 throughout the state...

8/16/21: Research Center of the University of Hawai‘i (RCUH) Human Resources Department Emergency Proclamation to Principal Investigators and Project Administrators with Supervisory Authority regarding COVID-19 vaccination and testing policies – 2021.08.16.Memo from Nelson Sakamoto to RCUH Principal Investigators and Project Admin

8/13/21: Walk-in Vaccinations at UH Mānoa campus!

View the notice here.
The University of Hawai‘i at Mānoa is offering a free, walk-in COVID-19 vaccination clinic for students and employees on the Mānoa campus. Pre-registration or appointments are NOT needed.
The clinic will administer the Pfizer COVID-19 vaccine, which requires a two-dose regimen, on the following dates:

- **Tuesday, August 17** (first dose), 9 a.m.–1 p.m. at the UH Mānoa Campus Center Dining Room
- **Tuesday, September 7** (second dose), 9 a.m.–1 p.m. at the UH Mānoa Campus Center (exact location will be announced)
Aloha, Mariana Gerschenson

Don't hesitate to spend a minute to do the daily check-in. Stay safe and healthy!

LOGIN USING WEB BROWSER

LOGIN USING MOBILE APP

Mahalo,

LUMISIGHT UH
You may report to campus / Anyone in Quarantine MUST continue to adhere to location restrictions

Vaccination: Approved
Test Result: Not Completed
Health Symptom: Clear

Disclaimer & Other Directions

Individuals should consult with their health care providers as needed for further evaluation and assessment.

- Information and resources for the UH community regarding COVID-19 is available here. Links to each of our campus COVID-19 resource web sites is located here, including campus specific contact information for health resources.

Many people are experiencing stress from the COVID-19 pandemic, and resources are available to help.

- Stress can include: Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on. Feeling anxious, overwhelmed or sad. Changes in sleep or eating patterns. Difficulty sleeping or concentrating. Feeling isolated and lonely. Feeling of loss (grief) that persists or worsens over time. Worsening of chronic health problems. Increased use of tobacco, and/or alcohol or other substances.

- If any of these issues apply to you or those you know, please see mental health resource below for further mental/behavioral health resources. You are not alone and we are here to help.

Guidance from the U.S. Centers for Disease Control and Prevention may be found here.
Safety precautions currently in effect:

- 100% mask wearing indoors and in crowded outdoors areas, regardless of vaccination status.
- Café seating reduced and spaced. **You are encouraged to only take out food and eat it outside or in an individual setting.**
- You should maintain a 6 feet physical distance between each person (regardless of vaccination status) when eating or drinking.
- ‘Imi Ho‘ōla and MD program learners, faculty, and staff should wear surgical masks or KN95s in group learning settings. **Certain activities may require N95 masks. Read your emails for details.**
- **POST-EXPOSURE TESTING:** Medical students and clinician faculty will require day 3-5 post-exposure testing even if you are fully vaccinated (see below)
SARS-CoV-2 exposure

*Exposure is considered being within 6 feet for 15 minutes or more (cumulatively over a 24-hour period, starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to the test specimen collection until the time the patient is isolated) of the individual.
Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face
Getting Tested

- [https://hawaiicovid19.com/testing-isolation-quarantine/](https://hawaiicovid19.com/testing-isolation-quarantine/)
- Contact your physician
- CVS/Longs Drugs or Walgreens
- **ONLY For Weekly Testing:** A PCR test is required (antigen tests are not accepted) if you are not vaccinated and it must be taken within 7 days of when you need to be on campus. For the fall 2021 semester, Clinical Labs of Hawaiʻi (CLH) has been contracted to provide **FREE PCR tests** at 24 locations across the state. Make an appointment with CLH.
- **IF YOU ARE SICK:** For other state-approved testing locations go to [https://hawaiicovid19.com/](https://hawaiicovid19.com/) and click on “testing.” Testing at sites other than the 24 CLH locations are not free.
What if I test positive for SARS-CoV-2?

Quarantine

Quarantine if you have been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been fully vaccinated. People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms. However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don’t have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

What to do

- Stay home for 14 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19.

After quarantine

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.

You may be able to shorten your quarantine

Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. Options they will consider include stopping quarantine:

- After day 10 without testing
- After day 7 after receiving a negative test result (test must occur on day 5 or later)
Report all positive and suspected cases of COVID-19 on the JABSOM Kakaʻako campus to Dr. Buenconsejo-Lum or Dr. Jill Omori. For positive or suspected cases on the main UH Manoa campus, report to the University Health Services Manoa COVID-19 Resource Team at uhsm.covid@hawaii.edu or (808) 956-8965. The information will be kept confidential. Information on reported positive cases on UH campuses can be found at http://go.hawaii.edu/xy3.
Would you like to speak with a psychologist? Complete the following: **JABSOM Faculty/Staff Wellness Check-In Form** (must be signed into your UH email) (New Window)

- **Health & Wellness resources for COVID-19 related stress updated August 6, 2021. Includes:**
  - Kognito, a free online program offered by the UHM Counseling and Student Development Center. The program will equip you with the knowledge to recognize trauma or distress.
  - **KO Makani by Hawai`i CARES**, offering COVID crisis counseling support by phone (808) 832-3100 or toll-free (800) 753-6879 or free online virtual group sessions.

- Managing Screen Time During the Coronavirus (New Window)
- Domestic Violence Action Center (New Window)
- HMSA Online Care (New Window)
- Physician Support Line (New Window) or call (888) 409-0141.
- UH Mānoa Counseling and Student Development Center (CSDC) Resources List (New Window)
- Faculty Wellness Guide (New Window) prepared by Jeanelle Sugimoto-Matsuda, DrPH and Deborah Goebert, DrPH
- Resources for staying mentally well in distressing times (New Window)
- Self care for those on the frontlines of the COVID-19 pandemic (New Window)
Updated 8.16.2021

Fall 2021

The CSDC offers support to UH Mānoa students to assist with mental health, personal, or academic concerns. Our approach is encouraging, collaborative, goal-focused, and culturally sensitive. We provide support to develop more personal awareness and skills to cope with challenges and achieve personal and academic goals.

We offer a variety of services to students, including short-term personal counseling, couples and career counseling, workshops, support groups, and peer fellow services. During the Fall 2021 semester, our office will continue to deliver primarily remote services, using video and/or phone. While this changes the way many of our services look, we remain committed to supporting and helping students address their mental health and well-being. In most cases, services at the CSDC begin with a phone screen. This is a brief call with one of our mental health counselors to assess and recommend next steps to support students with mental health and well-being concerns. Learn more about our Phone Screens here.

CSDC Hours and Availability
The CSDC is currently open during normal business hours (Monday-Friday, 8:30 a.m. - 4:30 p.m.). In order to prevent the spread of infection, the CSDC also encourages students who are sick or not feeling well to avoid coming into the CSDC for services. Rather, students are encouraged to contact the CSDC by phone and our staff will help them arrange for appropriate services if they are unable to come in. Students who need to come in person to the CSDC office will be asked to comply with UH regulations regarding on-campus contact. Please see our Guidelines for Visiting CSDC.
Counseling Services

Please go to our [home page](#) for Fall 2020 counseling services.

As a multifaceted Center, we embrace an integrated philosophy which links counseling, testing, psychiatric and training services, as well as collaboration with other campus and community resources. To this end, the Center works as a team of professionals using a variety of approaches, styles, methods, and programs designed to empower students to accomplish their developmental tasks in a positive learning environment. We recognize that our ability to be responsive to the needs of the UH community is based on a continuous commitment to organizational integrity, professional development, and personal growth.

CSDC offers a variety of counseling services – personal counseling, couples, group counseling, career counseling, peer mentor services, psychiatric consultation and emergency / crisis services to meet the needs of students in support of their academic, career, and personal goals.

All matters discussed in counseling are confidential and will not affect your academic standing.

If you are interested in counseling, please call CSDC at (808) 956-7927 or walk into the Center to set up an intake appointment.
Thank you! Questions?