



Robert Stempel College  
of Public Health  
& Social Work

# Stempel College New Student Orientation

Spring 2024

# Agenda

- Welcome
- Office of Student and Alumni Affairs Overview
- Library Services
- Student Organizations Introduction
- Program Breakout Sessions

Link to Orientation page:

<https://go.fiu.edu/stempelnewstudentorientation>

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# Academic Programs at Stempel College

## *Department of Dietetics and Nutrition:*

Bachelor's  
Master's  
Ph.D.

## *Public Health Programs (MPH and PhD):*

- Biostatistics
- Epidemiology
- Infectious Disease
- Environmental Health Sciences
- Environmental Toxicology
- Health Promotion & Disease Prevention
- Maternal & Child Health
- Health Disparities
- MPH Online Generalist

## *School of Social Work:*

Bachelor's  
Master's  
Ph.D.

## *Academy for International Disaster Preparedness:*

Bachelor's  
Master's

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# Office of Student & Alumni Affairs

## Meet the OSAA Team

Dr. Susy Gómez – Assistant Dean of Student & Alumni Affairs

Isabel Capella – Career Specialist

Irene Abad – Manager of Academic & Student Success

Jose Candelaria – Admissions Manager & Recruiter

Zoraya Arguello – Sr. Coordinator of Public Health Programs

Fiorella Suyon – Public Health Admissions Coordinator

Sandhya Appunni – Data Analyst

Candela Giacchino – Student Assistant

# Student Success



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# Office of Student & Alumni Affairs Overview

Located in AHC5 Room 145 | 305-348-7783

- Important Dates
- University Resources and Activities
- College Resources and Activities



## Student Success

- Professional Development
- Funding and Access to On-campus Resources
- Student Engagement
- Outreach and Staying Connected

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# IMPORTANT DATES:

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## New Graduate Student Orientation University Graduate School

Thursday, January 11, 2024

12:00pm to 2:00pm

MARC Pavilion, 2<sup>nd</sup> floor

Livestream: <https://webcast.fiu.edu/>

## International Student and Scholars Services

### Welcome International Student Session

Friday, January 5, 2024

2:30pm

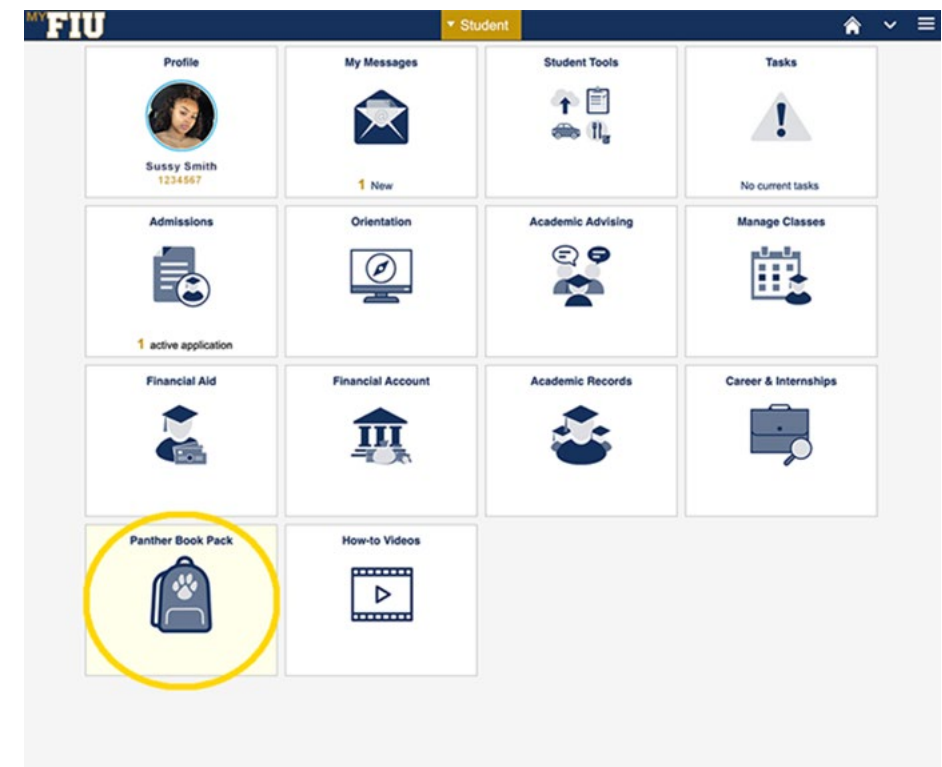
Student Academic Success Center (SASC) 160



# PANTHER BOOK PACK

The Panther Book Pack is an affordable course materials rental program providing all **undergraduate** students with their required course materials by the first day of class at a fixed rate of \$20 per credit hour. Students are estimated to save as much as \$375 on course materials per semester with the Panther Book Pack program.

Log in to MyFIU using your FIU credentials and locate the Panther Book Pack tile toward the bottom of the page.



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# OneStop

Phone/Chat Hours

Monday – Friday: 9am – 5pm

[onestop.fiu.edu/contact/onestop/](https://onestop.fiu.edu/contact/onestop/)

Last day to enroll without incurring a late enrollment fee: [January 7<sup>th</sup>](#)

Last day to Add/Drop: [January 16<sup>th</sup>](#)

Enrollment cancellation for non-payment: [January 19<sup>th</sup>](#)

First day of class? [Monday, January 8<sup>th</sup>](#)



# University Resources & Activities

## Professional Development

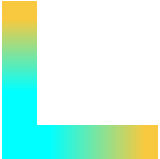

- Career & Talent Development: <https://career.fiu.edu>
- Center for Leadership and Service: <https://studentaffairs.fiu.edu/get-involved/leadership-and-service/>
- Workshops for Graduate Students: <https://gradschool.fiu.edu/events/>

## Other Resources

- Student Government Association
- Graduate & Professional Student Committee (GPSC)



# University Resources

- Counseling & Psychological Services (CAPS)
    - Individual, group, online, and couples counseling
  - Student Health Services- Healthy Living Program
    - Chair Massages
    - Aromatherapy oils
    - Dietitian Consultation
  - Wellness & Recreation Center (AKA: Gym)
    - FREE classes and Fitness Assessment
  - FIU Food Pantry
    - 8 pounds of food per week- currently located in GC 319
    - <https://dasa.fiu.edu/all-departments/student-food-pantry/>
  - Tutoring Services
- 
- 



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# FIU CAPS: Counseling and Psychological Services

Offers many services for students including online self-help, counseling, workshops, resources, anxiety/depression help, and a variety of other services! We are here to help you succeed!

Website: [caps.fiu.edu](https://caps.fiu.edu)

## Contact

To make an appointment with us, please call the offices at MMC or BBC.

Appointments will be held over the phone or by videoconference (through a HIPAA-compliant platform).

## Modesto A. Maidique Campus

Student Health Center (SHC) 270  
[305-348-2277](tel:305-348-2277) (CAPS)

Monday - Friday: 8 AM - 5 PM

## Biscayne Bay Campus

Wolfe University Center (WUC) 320  
[305-919-5305](tel:305-919-5305)

Monday - Friday: 8 AM - 5 PM

Follow us!



Counseling & Psychological Services (CAPS) currently offers the following on-campus services:



Group Counseling



Individual and couples counseling



Psycho-educational testing



Biofeedback



Medication management



Trauma and victimization



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# FIU Student Health Center

- Affordable and accessible student-focused medical care
- Pharmacy
- Healthy Living Program
- Stress Management
- Massage therapy/acupuncture
- Free aroma therapy oils
- And MORE!!!

Currently seeing students by appointment only. In-person and telehealth meeting options are available. In order to protect the well-being of students and our staff, they are not accepting walk-in appointments. Please call 305-348-8385 or use the **MyHealthInfo Portal** to schedule an appointment.

Location: Student Health Center (SHC)

Phone: 305-348-8385

Website: [studenthealth.fiu.edu](http://studenthealth.fiu.edu)





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# FIU Food Pantry

The student food pantry provides non-perishable food items including canned proteins, fruits, dairy, vegetables, and soups, along with grains, oils and condiments. Toiletry items are also provided in our pantry.

The pantry is available to all currently enrolled FIU students. Proof of need is not required, and students can visit once a week, taking 8 pounds of food per visit. All you need is your FIU Onecard!



## Contact

### Modesto Maidique Campus Pantry

**Location: GC 319**

Monday: 12:30pm-5:00pm

Tuesday: 12:30pm-5:00pm

Wednesday: 12:30pm-5:00pm

Thursday: 12:30pm-5:30pm

Friday: 11:00am-2:00pm

### Biscayne Bay Campus Pantry

**Location: WUC 256**

Monday: 12:00pm-5:00pm

Tuesday: 12:00pm-5:00pm

Wednesday: 12:00pm-5:00pm

Thursday: 12:00pm-5:00pm

Friday: Closed



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# FIU Center for Excellence in Writing

Assist students in all stages of the writing process through face-to-face and online tutoring, workshops and community engagement. Whether you are brainstorming, drafting, revising or polishing, their writing consultants can assist you with papers, reports, and projects for any course in any department.



Make an appointment at:  
[writingcenter.fiu.edu](https://writingcenter.fiu.edu)

## Contact Us

Center for Excellence in Writing

MMC: 11200 SW 8th Street, GL 125

Miami, FL 33199

Tel: [305-348-6634](tel:305-348-6634)

BBC: 3000 NE 151st Street, HL Second Floor

Miami, FL 33181

Tel: [305-919-4036](tel:305-919-4036)

Engineering Center: 10555 West Flagler Street, EC 2792

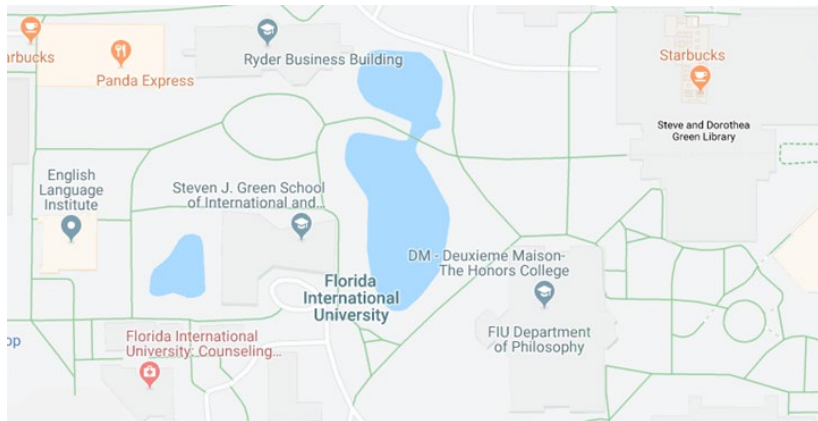
Miami, FL 33181

Tel: [305-348-6634](tel:305-348-6634)

[fiucew@fiu.edu](mailto:fiucew@fiu.edu)



# Where's Tutoring?



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**FREE!!!!**

The **Center for Academic Success** has plenty of tutors who are able available to help you with your academic needs.

Online tutoring is also available.

Book a tutoring session today at:  
[cfas.fiu.edu](https://cfas.fiu.edu)



# Stempel College Student Success Resources



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# Stempel College Career Development Overview

- One on one Career Coaching
- Career Exploration/Assessments (MBTI & Strong)
- Employment/Internship Opportunities
- Networking/Career Events
- Professional Development Workshops
- Handshake
- VMOCK

**Panther Career  
Readiness Module  
Requirement**



# Career Events



Monday, February 12, 2024

[All Majors Career Fair](#)

12:00pm-4:00pm

FIU Arena

Wednesday, March 13, 2024

[Explore your LinkedIn Brand](#)

3:00pm-4:00pm

Zoom

Thursday, January 18, 2024

[Meet Your STEMPEL Career Specialist](#)

1:00pm-2:00pm

Zoom

Wednesday, March 27, 2024

[Industry Talk: Careers in Public Health](#)

1:00pm-2:00pm

Zoom

Thursday, January 25, 2024

[Charge Your Resume with AI Magic](#)

2:00pm-3:00pm

Zoom

Wednesday, March 27, 2024

[LinkedIn Headshots](#)

11:00am-12:00pm

(SASC) 428

Thursday, February 8, 2024

[Tell Me About Yourself](#)

1:00pm-2:00pm

Zoom

Thursday, April 11, 2024

[Insider Tips on How to Communicate Like a Pro](#)

2:00pm-3:00pm

Zoom

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(No subject)

RP

Roary Panther <izzyrawr@yahoo.com>

To: Isabel Capella

**Note: This message originated from outside the FIU Faculty/Staff email system.**

Hey professor,  
Are we doing anything important in class today? I have a doc appt bc im sick. I wanted to let you know that im not going to be there.  
Peace out, lol  
Izzy

Sent via the Samsung Galaxy S23 Ultra 5G, an AT&T 5G smartphone  
Get [Outlook for Android](#)



**DON'T**

Missing PHC 6601 class on Thursday

RP

Roary Panther <rpant001@fiu.edu>

To: Isabel Capella

Good afternoon Professor Capella,

I am in your 10:00 AM PHC 6601 class on Thursdays. I wanted to let you know that I am will not be able to attend class because of a doctor's appointment. I have finished the required assignments on Canvas for this week. I'll be in class next week.

Thank you,

Roary Panther  
1234567

☺ ← ↶ ↷ →  
Thu 9/7/2023 11:51



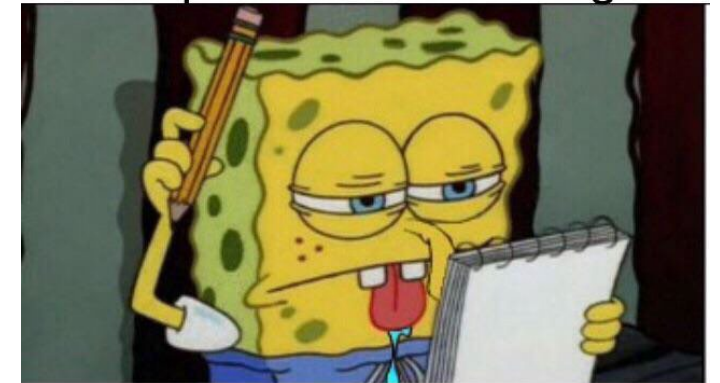
**DO**

# Career Prep Starts Today!

## Communicating with Your Professors

- Use and check your FIU email
  - Do not use your [2cute4u@something.com](mailto:2cute4u@something.com) or [McLovin@something.com](mailto:McLovin@something.com)
- Informative subject line
- Begin with a formal greeting
  - ie: Good Afternoon, Dear, Hello, or Greetings Professor \_\_\_\_\_  
(NOT: hey, what's up)
- No text-like (slang, emoticons, abbreviations)
  - ie: How r u?, Thx 4 ur help, idk what 2 rite
- Ask clear questions or provide clear statements
  - Be concise and professional
- Check your grammar (punctuation, spelling)
  - Grammarly
- Close email properly and include your name and panther ID
  - Sincerely, Best Regards, Thank you

Me re-reading my email to a teacher for the 27th time before sending to make sure I sound professional enough



# Career Development Contact Information

Ms. Isabel Capella

Career Specialist

[icapella@fiu.edu](mailto:icapella@fiu.edu)

(305) 348-2264

Stempel College Office of Student & Alumni Affairs

AHC5-142

Professional Development Workshop Calendar:

<https://stempel.fiu.edu/students/careers/index.html>

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# Financial Wellness



Irene Abad  
[iabad@fiu.edu](mailto:iabad@fiu.edu)  
305-348-4692

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- Figuring out your tuition and account balance
- Accessing your financial aid funds
- Searching and applying for scholarships
- Addressing Emergencies (Emergency Aid Fund)
- Offer *Funding Your Graduate Education* Workshop

## FIU's Financial Wellness Program

[finwell.fiu.edu](http://finwell.fiu.edu)

- Workshops
- [iGrad](#) (Financial Literacy Platform)
- Financial Wellness Coaching



# Scholarships

- Stempel College
  - <https://stempel.fiu.edu/students/funding-your-education/index.html>
- FIU Scholarships and Academic Works
  - <https://fiu.academicworks.com>
- Office of Scholarships
  - <https://scholarships.fiu.edu>
- Honors College
  - <https://honors.fiu.edu/current-students/scholarships/>
- OneStop
  - <https://onestop.fiu.edu/finances/types-of-aid/scholarships/>
- University Graduate School
  - <http://gradschool.fiu.edu/students/funding/>
- International Student & Scholar Services
  - <https://iss.fiu.edu/finances-taxes/financial-resources/>





# Perks

- FIU Panther TECH
  - FREE downloads of Microsoft Office and McAfee LiveSafe Antivirus
- FIU Library- Tech Hub
  - Borrow a laptop (4 hours or up to 3 days)
  - Borrow other devices (tablets, accessories, Kindle, calculators, flipcams, etc.)
  - <https://library.fiu.edu/using-the-library/device-checkout>
- Parking & Transportation
  - FreeBee- Free on-demand door to door transportation services for our FIU community, simply download the app
  - Panther Express- from BBC to MMC
  - CATS Shuttle- from MMC to EC
  - Sweetwater Trolley, Doral Trolley, and North Miami Shuttle Bus
  - Tire inflation station, charging stations, and vehicle jump start
  - <https://parking.fiu.edu/>
- FIU One-Card Rewards
  - Earn points and get prizes
  - <https://oncard.fiu.edu/>



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# Student Discounts

- FIU Panther TECH
  - Greatly discounted software including major specific (ie: SPSS)
  - Computers, tablets, phones, repairs, etc.
- FIU Retail & Services
  - Retail- From FIU apparel to course materials, printing & shipping, optical care, and more
  - Services- From health & beauty, to automotive care, and banking
  - <https://shop.fiu.edu/>
- Public Transportation
  - Eligible full-time college students can ride transit at a 50% discounted rate as part of the College Discount Program – just \$56.25 per month!
  - <https://operations.fiu.edu/transportation/public-transportation/index.html>
- Children's Creative Learning Center
  - Must be full time student (9 cr. for undergrad and 6 cr. for grad)
  - Ages 2-5 years old
  - <https://dasa.fiu.edu/all-departments/childrens-creative-learning-center/>

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# Student Discounts

- FIU Human Resources Perks
  - <https://hr.fiu.edu/employees-affiliates/benefits/perks-services/>
- Amazon Prime Student
  - As a FIU student, you receive a FREE six-month trial!
  - After your trial period, Prime Student membership makes you eligible to receive a 50% OFF on Amazon Prime
  - [www.amazon.com/joinstudent](http://www.amazon.com/joinstudent)
- Adrienne Arsht Center
  - Enter promo code FIUPANTHER prior to selecting your seats!
  - [www.arshtcenter.org](http://www.arshtcenter.org)
- Phone Service Provider (AT&T, Sprint, T-Mobil, Verizon)
- Car Insurance (Geico)
- Tickets At Work
  - Company Code: FIUPANTHERS
  - <https://ticketsatwork.com/tickets/account.php?sub=enroll>
- Online stores via UniDays
  - <https://www.myunidays.com/US/en-US/content/about>

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# Stay Connected!

Stempel College Office of Student & Alumni Affairs

AHC5-145

Monday thru Friday 8:30 am-5:00 pm

Phone: 305-348-7783

- Study Room – May reserve up to 3-hour time slots; up to two students at a time
- Events, Funding, and Career Opportunities – Weekly Newsletter
- Student Organizations & Collaboration with OSAA
- Student Resources <https://stempel.fiu.edu/students/index.html>

**Follow Us!**



**@fiustempel**



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# Student Life at Stempel College

## Student Organizations

### Student Dietetics Association (SDA)

Yihao Chin, President  
[president.sda@gmail.com](mailto:president.sda@gmail.com)

### Association of Graduate Students in Dietetics & Nutrition (AGSDN)

Sofia Arraut, President  
[sarra010@fiu.edu](mailto:sarra010@fiu.edu)

### Student Social Work Association (SSWA)

Huston Ochoa, President  
[hocho001@fiu.edu](mailto:hocho001@fiu.edu)



### Stempel Public Health Association (SPHA)

Deidre Okeke, President  
[dokek001@fiu.edu](mailto:dokek001@fiu.edu)

### Environmental Health Sciences Association (EHSA)

Nicole Blum, President  
[nblum@fiu.edu](mailto:nblum@fiu.edu)

### Leaders in Maternal & Child Health (LMCH)

Alessandra Krause, Interim President  
[akrau010@fiu.edu](mailto:akrau010@fiu.edu)

**Panther Connect:**

<https://fiu.campuslabs.com/engage/>



# Breakout Sessions

School of Social Work –  
GL 100

Department of Public Health –  
GL 100A

Department of Dietetics &  
Nutrition – GL 165

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