Welcome to UNC-Chapel Hill!

This newsletter contains important information that will help you navigate through your first year in the Department of Allied Health Sciences.

1. Applying for Residency
   “If you are an out-of-state student planning on applying for in-state tuition, start getting your documentation together as soon as possible! This includes, but is not limited to, changing your license/vehicle registration from your previous state to NC, registering to vote in NC, establishing a permanent address in NC, filing taxes independently, and so forth.”

   “For more information on the residency application process and additional steps you need to take, check out the Graduate and Professional Student Federation website. Keep in mind that you have to be living (“establish domicile”) in NC for 1 year before applying for residency. [A different form is used by the Medical School and thus the disciplines of AuD, MCLS, MRS, and PT - so don’t use the one on the GPSF website!]

   Website: http://gpsf.unc.edu/student-resources/residency-for-tuition-purposes/"

2. Asking Questions
   “If you are unsure or are having trouble with something, don’t hesitate to email the professor before getting frustrated with the material. Most of them are really good about replying in depth and in a timely manner.”

   “Don’t be afraid to talk to teachers and peers: they will understand and will be willing to help you. If you have a problem and wait too long, there may not be anything they can do. Reach out and ask for help as soon as possible.”

   “Don’t be afraid to ask questions, talk to professors, or other students if you are unsure about anything, whether it’s about school or just things to do in the area. People are always open to someone who has the courage to come up and ask.”

3. CertifiedBackground
   “Get started on CertifiedBackground asap! It can be quite time consuming :)

4. Computer Software
   “Microsoft Office through the school is free as well as the newest Windows and any other updates you need.”

5. Financial Aid
   “Apply for as many scholarships as possible and definitely fill out the FAFSA annually. Also, don’t forget to apply for the departmental scholarships.”

Continue to next page for more advice...
## Food

“Bring your lunch if you can. The Beach Café gets really busy during lunch (11:30AM to 12:30PM). Also, keep snacks in your locker as The Beach Café closes early and you’ll want them during the night classes.”

“If The Beach Café is particularly busy, try the microwaves in Koury dental building (the one right beside the Health Sciences Library – if you keep walking past the library towards Manning Drive). They have 3 microwaves and less people.”

## Listserv Emails

“Double check your “to” address when you reply to listserv :)”

“Don’t worry if you accidentally send a message to the whole listserv (partially kidding)”

## Resources

“Remember you are ALL in this together. If it’s hard for you, chances are it’s hard for someone else too. You are not alone!”

“Make use of the library’s services as much as possible. They’re awesome!! And be friendly to your classmates – they will become one of your most valuable resources for everything from scheduling to studying to finding ways to spend your (very limited) free time.”

## Words of Encouragement

“You can do it! There will be days when you find it hard but take a night off, eat some ice cream, spend some time with your friends and you will feel better.”

“Always take time to relax and do fun things. Graduate school is not 100% about work. Take care of yourself!”

## Discipline Specific Advice From Experienced Students

### Labs

“Bring an old t-shirt and pants (or scrubs!) and some very old shoes for gross anatomy lab. You are going to want to throw these away at the end of the course : ) (DON’T buy a labcoat.)”

“You’ll need disposable exam gloves for the first day of lab. Most drug stores sell them. Big buddies tend to pass on their lab exam kits to their little buddies, so ask your big buddy if you can have theirs before you spend your money on a new one. If you need new scalpel blades, the bookstore sells them.”

### Lectures

“Do an audio recording of the lectures. Gives a way to review if you have a commute or something to refer to if you need help with a topic.”

### Parking

“Only buy the August-May parking pass for Park-and-Rides instead of the August-August. It’s less expensive since you don’t need to be on campus both summer sessions.”

### Muscle Library

“You may get an email about memorizing a muscle library in advance of the anatomy course. If you look at the muscle library and it is overwhelming, don’t stress! Dr. K will help you make sense of it all! Also, look at lower and upper extremity equally.”

“I was advised to NOT look at the muscle library ahead of time, and to enjoy my “free time” for as long as possible before starting school. Wise words! Didn’t look at it once prior to starting school and did just fine in the class.”

### Shadowing

“Take advantage of opportunities to shadow in different physical therapy practices with different specialties. It’s a big field and it helps to know what’s out there!”

### Sakai

“Be aware that different teachers handle Sakai differently. They put their assignments, outlines, reading and slides in different types of Sakai folders. Take some time, not only to get to know Sakai, but to get to know how each teacher uses Sakai differently.”
Online Classes

“Online classes can be quite different than regular classes and are often demanding in different ways. If you are having trouble keeping up with the work or deciding how best to study, here are some tips:

Make a schedule of which classes you will work on each day. For example, Mondays and Tuesdays I will focus on class 1, Wed and Thurs on class 2, and so on. A lot of people in this program also have other jobs, which makes it hard to keep up with the material. Be organized and keep to the schedule.”

“Sometimes there will be a lot of objectives/readings for one module. For me, it worked best to take notes by answering each module question. This will help you focus on what is important and will take less time than taking notes on everything in the readings.”

“For your second semester, there will be a lot of forums (sometimes as much as 3 at once). I suggest setting aside a day early in the week (or early in the forum period) to answer all forums. Then, after a couple of days revisit the forums and answer your classmates’ posts. This will keep you organized and will ensure that you post often.”

“Peruse the forums in each class twice weekly to make sure you haven’t missed a new one, especially second semester.”

“Except for choosing the days on which you take the tests, this program offers NO more flexibility than any other program. Keep up.”

“Study hard and have fun, molecular diagnostics is a great field to be in right now!”

Questions Via Email

“When you need to ask questions via e-mail, make them as specific as possible, referencing the contradictory readings or ambiguous definitions, for example. If you say, “I don’t understand this,” you will get the answer, “Read it again.””

Readings/Textbook

“Your classes consist of a list of expectations, readings and slides without further explanation or scheduled office hours. Skim first to get an overall idea of what is being talked about, and then read in depth. Frequently, terms in one reading are defined in other readings. Occasionally, in a field that moves so fast that knowledge is obsolete by the time it is published, the readings will contradict each other. The readings will make more sense when you have all the terms and an overall sense of what is going on, something that occurs in traditional classes during lecture.”

“Buy a magnifying glass to read the Coleman and Tsongalis book, the font is tiny!”

Breaks

“Know that it is important to take a break every now and then and get some sleep!”

Coursework

“DO YOUR CLASS & LAB OBJECTIVES and UNDERSTAND WHY THE ANSWERS ARE THE ANSWERS!”

Resources

“Go to office hours! Don’t be afraid of the professors! They are extremely nice and are there to help you! Once you go to office hours, you will always go to office hours!”

“Learn to take feedback from professors and understand it is to shape you into a better healthcare professional.”

Your Focus

“Come into the program with a mindset to learn and work hard because it will be extremely difficult to succeed in this program without that drive and determination.”

“Understand that this program is not a competition between your classmates. Make friends because you will need them for help and support throughout your 2 years.”

DON’T WORRY, THERE’S MORE...
Advice to AuD Students

1 Clinic and Summer Registration
   “For the summer, you must be enrolled in at least 1.5 hours to receive financial aid. You have the option to increase your summer course load from 1 to 1.5 credit hours in order to be eligible. This is just an option, not a requirement.”

2 Buddy Program
   “Make use of your buddy!”

3 Resources
   “Every student gets an allotted amount of money for printing in the Health Sciences Library (HSL).”
   “Study groups are awesome. Get to know your classmates and work together!”
   “Don’t be shy about getting in touch with "upperclassmen" about questions you may have regarding directions, books, etc.”
   “Get the NextBus app for your smartphone and/or check out the Chapel Hill Transit website to familiarize yourself with the bus schedule if you will be using the bus to get to and from campus. It is a great system but does take some getting used to. Leave plenty of extra time early on in case you misread the schedule or miss a bus.”

4 Your Time
   “During the lulls of the semester, get projects and papers done/started. Don’t wait until you have all your finals to start working on them.”
   “The first several weeks are a whirlwind of meetings and orientations. Be flexible early on and know that your schedule will come together soon.”

Advice to MS-SDL Students

1 CertifiedBackground
   “Do not stress about CertifiedBackground at first. It will get figured out in the second semester.”

2 Class Participation
   “Speak up and make meaningful comments in class discussions. The professors really do grade your participation and if you are adding to the conversation.”

3 Master’s Paper/Thesis
   “Get started working on your Master’s paper/thesis as soon as possible.”

RCP continued on next page...

1 Deadlines
   “I wish that I had paid more attention to registration dates and deadlines. If you put these on your radar, I promise you that you will avoid unnecessary stress.”

2 Organization
   “Use a planner and sticky notes with to-do lists and deadlines. Fall semester won’t be too busy, but you’ll need it in the Spring.”

3 Research Hours
   “I wish I would have got my 50 research hours completed in the Fall semester. Spring semester is very busy!”

4 Time Savers
   “Once you hit second semester, you might be a little pressed for time. Time-saving tips: move in properly and make sure everything has a "place" (so you don’t stress and waste time [like I did] looking for things/getting ready); crockpots cook for you while you’re at school/practicum (best $12 I ever spent).”
Advice to MS-OCCT Students

1. Balance
   “Make time for yourself – occupational balance!”
   “Read for fun. I know it sounds crazy to suggest, but sometimes, you need to take a break from reading out of necessity and remember what it is like to read for fun and let your imagination flow. It worked for me and a lot of my classmates.”

2. Curriculum Change
   “There will be no more Level II fieldwork during the first summer. You incoming students, unlike myself and my class, will have your first summer off to yourselves. That being said, I would strongly suggest you use that time to refresh on some of the things you weren’t able to get into depth as much as you would have liked the first time – and you may even consider setting up shadowing times with local OTLs to keep the information fresh for the following semester.”

3. Grades
   “Try not to stress about grades too much. I know it’s a hard thing to do, but everyone in the department wants you to pass.”

4. Organization
   “Look ahead and organize for the semester, but then focus on one week at a time.”
   “I’d suggest maintaining some sort of schedule and trying to stick to it. It can be a mental schedule or written planner, either way, don’t put off ‘to-do’ items too frequently. Before you know it, you’ll be spending late nights and large amounts of money on caffeine the rest of the week (well, for some students, this is inevitable anyway).”

5. Resources
   “Reach out to others students, faculty, and doctoral students. They have endless knowledge and expertise!”
   “All of our teachers are very approachable and I would encourage you to take advantage of that.”

6. Time Management
   “Take advantage of your weekends. Schedule express time for the same day each weekend to tackle homework. Don’t let Sunday night creep up and have all of the week’s reading still left unread.”
   “It’s easy to get caught up with the rigorous course work of school. While you’ll spend a lot of time on readings, group projects, etc., make sure you find time for yourself. Otherwise, you could get overwhelmed quickly. The Triangle area has a lot to offer -- so be sure to explore with family and friends!”

“Talk to your professors! They are extremely knowledgeable about occupational therapy and enjoy getting to know you. They’re a great resource so be sure to email/meet with them if you have any questions or just want to chat. And with that, feel free to talk to any of us second years -- we know what it’s like to be in your shoes!”

“I’d recommend keeping in touch with family/friends as well as making time to make new ones in your program. You’ll spend a lot of time with these people in class, and sometimes it’s great to spend time unwinding with each other outside of class. That being said, I urge you to make an effort to plan activities and start conversations that are different or can escape from school stressors. You really will find that you will need a break from constant school/assignments/reading.”

DID WE FORGET ANYONE?

HOLD ON...
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<td>“Never burn bridges. Keep your connections alive and healthy.”</td>
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<td>“Be very respectful of those who educate you and never forget to thank them for taking their time to teach you because they could simply have chosen not to.”</td>
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<td>“Help each other in the classrooms.”</td>
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<td>“Be a leader! Stay up-to-date in your field. Join professional societies like NCSRT, ASRT, and RAD-AID (they have lots of opportunities and resources).”</td>
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<td>“Be honest and talk to your teachers if you need help. They are the most understanding professors I have ever had!”</td>
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<td><strong>2 Preceptor</strong></td>
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<td>“Find a preceptor NOW, getting the paperwork moving! The clinical paperwork can delay a students’ clinical for months.”</td>
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<td>“Understand that your life is going to be put on “hold” for the next two years. There’s no time for procrastination or “I’ll do it later.” “This is an accelerated program.” “Make sure this is what you want to do. This is a big commitment and investment financially and personally.”</td>
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<td><strong>3 Your Focus</strong></td>
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<td>“I would seriously consider NOT working during the program. I know it’s difficult for most people, but the self-discipline and dedication is at a much higher level than undergrad.”</td>
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<td><strong>4 Success</strong></td>
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<td>“Success is not really based on how smart you are but how hard you work to achieve your goal.”</td>
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<td>“TIME MANAGEMENT! TIME MANAGEMENT! TIME MANAGEMENT! THE KEY TO SUCCESS!!”</td>
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<td>“Set your priorities right.”</td>
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<td><strong>5 Value</strong></td>
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<td>“One of the most valuable things this program provides to students, besides a great education, is the connection and opportunity to thrive in the medical imaging field.”</td>
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<td><strong>6 Words of Encouragement</strong></td>
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<td>“Be persistent – never give up.”</td>
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<td>“Be positive!”</td>
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<td>“All you can do is give it your best shot!”</td>
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<td>“Remember, you are already a winner!”</td>
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**WE WISH YOU MUCH SUCCESS!**
It is important to have student liaisons for each division to represent the needs and concerns of your peers when meeting with administrators and faculty. The AHS student ambassadors also plan and participate in special events throughout the year to heighten awareness of the AHS disciplines at UNC and recruit promising students.

-- Brenda Everett Mitchell, Ph.D., CCC-SLP
Associate Chair for Student Services & AHEC Operations

Why Should I Become an Ambassador?

1. Be currently enrolled in an undergraduate, graduate degree or certificate program in the Department of Allied Health Sciences.

2. Meet grade point average requirements for your specific program.

3. Furnish name of one faculty member who would be willing to recommend you to the organization.

4. Demonstrate a history of involvement in campus activities in high school or your undergraduate school.

5. Participate in an interview with the Associate Chair and/or current ambassadors.

6. Be willing to volunteer for various student functions and communicate effectively with peers when necessary.

Past Special Events

- Difference Matters: American Obesity Epidemic - How are our disciplines affected?
- Difference Matters: Reporting Child Abuse and Neglect in NC
- Financial Aid Lunch & Learn
- Allied Health Week (Yoga, AHS Jeopardy, Wellness Walk)
- Recruitment Activities (McNair Scholars, Summer Bridge, Science Enrichment Preparatory Program, UNC-Wilmington Students)
HELP IS AVAILABLE!

**Tell Us What You Need!**

- **Interim contacts:**
  - BS-CLS: Benita Burton
  - BS-RADI: Gabrielle Jones
  - MS-OCCT: Perry Studevent
  - PhD - OS: Perry Studevent
  - PhD - SPHS: Ina Diana

- **Interim contact:**
  - TBD: Benita Burton

- **Yes**
  - Health insurance enrollment?
    - Contact Benita Burton
  - Certified Background or site requirements?
  - Contact the Clinical Coordinator of your program
  - Your placement?
    - Contact your Student Services Representative
  - Class registration or changes?
    - Contact Benita Burton
  - Financial aid?
    - Contact TBD

- **No**
  - NC residency?
    - Yes
    - Contact Benita Burton
    - No
    - Visit campushealth.unc.edu