

PhD Program in Population Health Sciences

Welcome 2022 Cohort!



Welcome to PHS Launch!

MONDAY • August 22 • Location: Kresge G3

Morning

12:00 - 1:00 pm

1:00 - 1:15 pm

1:15 - 1:45 pm

HSPH Activities

HSPH Lunch + get your Harvard ID (if you haven't already)

Welcome to PHS Launch! 2022

Meet the PHS Office

Eric Rimm, Jarvis Chen, Claudette Agustin,
Matthew Boccuzzi, Paul Francis, Bruce Villineau

1:45 - 2:45 pm

2:45 - 3:00 pm

3:00 - 4:30 pm

Student Introductions

Values Exercise

PHS Happy Hour! (Location: Countway Community Garden)



Welcome to PHS Launch!

TUESDAY • August 23 • Location: Kresge 200

9:00 - 9:30 am

PHS Breakfast

9:30 - 10:00 am

PHS2000 Roadmap

10:00 - 11:00 am

Navigating The First Year

11:00 - 11:10 am

Break

11:10 - 11:40 am

Student Resources

Unnati Mehta, Sam Mendez,
Even Paglisotti, Bruce Villineau

11:40 - 12:00 pm

Q&A

12:00 - 1:00 pm

PHS Lunch

Afternoon

HSPH Field of Study Events

Welcome to PHS Launch!

WEDNESDAY • August 24 • Location: Kresge 200

9:00 - 9:30 am

PHS Breakfast

9:30 - 10:25am

PHS2000: Making Friends with Mathematical Notation
Jarvis Chen

10:25 - 10:30 am

Break

10:30 - 11:30 am

PHS2000: Math Review
Rienna Russo

11:30 - 11:50 am

PHS Lunch

Afternoon

GSAS Events in Cambridge

Welcome to PHS Launch!

THURSDAY • August 25 • Location: Kresge G3

9:00 - 9:30 am	PHS Breakfast
9:30 - 11:00 am	PHS2000: Probability In Plain Language Anna Siefkas
11:00 - 11:45 am	Self Care Breakout Session
11:45 am - 12:00 pm	Intro to the Museum Trip
12:00 - 2:30 pm	PHS Lunch & Museum Trip
2:45 - 3:00 pm	Scavenger Hunt Share-Outs
3:00 - 4:30 pm	PHS Student Mini TED Talks Edgar Castro, Ella Douglas Durham, Matt Lee, Emma McGee
4:30 - 5:30 pm	PHS Dinner Grab & Go
6:30 - 9:00 pm	Red Sox Game

Welcome to PHS Launch!

FRIDAY • August 26 • Location: Kresge 200

9:00 - 9:30 am	PHS Breakfast
9:30 - 11:00 am	PHS2000: Covariation & Correlation Sudipta Saha
11:00 - 11:30 am	Intro to SBS506 Dena Javadi, Audrey Murchland, Tamara Rushovich, Emily Wright
11:30 - 11:45 am	Break
11:45 - 12:45 pm	HGSU Presentation Colleen Reynolds
Afternoon	R Set-Up Office Hours (optional) (Kresge 200) Matt Lee
Afternoon	PHS2000 Office Hours with Jarvis (optional) (Kresge G10 : email jarvis@hsph.harvard.edu)



Goals of PHS Launch!

- Meet your cohort
- Get to know the PHS team and current students
- Become familiar with HSPH and GSAS resources
- Brief refreshers on mathematical and statistical concepts
- Introductions to required courses
- Tips for navigating the first year
- Begin to explore Boston

Values Exercise

- As you are about to begin a period of intensive academic pursuits, we in PHS would like to invite you to take some time to reflect on some of the values that are most important to you. Please select two of the values listed and write just a few sentences about why each of the values you chose are important to you personally. We encourage you to focus on your thoughts and feelings, rather than on focusing on how well written your response is.
- You will not be asked to share your reflections with anyone and they can be as brief or lengthy as you wish. You can seal them in the provided envelope when you are done – you may appreciate revisiting them at a later point in the semester.
- Survey [here](#)

Values Exercise

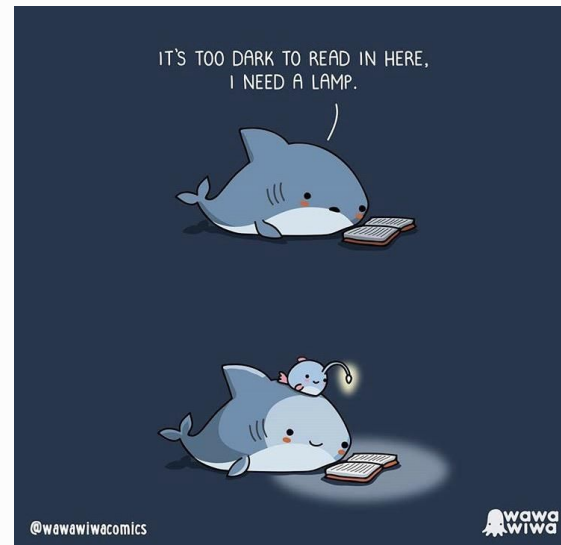
Please select two of the values listed below:

- being good at art
- creativity
- relationships with family and friends
- government or politics
- independence
- learning and gaining knowledge
- athletic ability
- belonging to a social group (such as your community, racial/ethnic group, or school club)
- music
- career
- social justice
- spiritual or religious values
- sense of humor
- other: (please specify)

Navigating the first year: Supporting Wellbeing

Group Activity:

- Thinking about all of your schooling and work experiences so far:
 - What were aspects that supported learning and wellbeing?
 - Who were some of the key contributors to a supportive environment? How?



Navigating the first year: Learning Modalities

Multiple modalities are available so you can find a combination that works for you without worrying about consuming everything all at once:

- lectures
- labs
- lab handouts
- reference text
- office hours
- homework groups
- tutoring for everyone
- Reach out to the teaching team!

Navigating the first year: Reading lists

- Questions to ask:
 - Why is this reading assigned?
 - How does it pair with my other readings (complementary or antagonistic?)
 - What is the context (timing, positionality etc) of when and where this piece was written/published?
 - What is the author's goal?
 - What am I meant to achieve in reading this?
- Prioritize readings based on connections to class material
- Chat with a partner or a group about key takeaways
- Keep reading notes
- Use margin notes to indicate central thesis, supporting evidence, innovation, methodology, data use, research questions, gap in thinking (critique the author), questions stemming from the reading, related readings or projects, etc.



Support Resources at Harvard

- Disability Access Office (accommodations needed for success): <https://aeo.fas.harvard.edu/>
- Academic resource center ARC: <https://academicresourcecenter.harvard.edu/>
- Counseling and Mental Health Services CAMHS (24/7 urgent care line):
<https://camhs.huhs.harvard.edu>
- Harvard University Health Services HUHS (24/7 on call physician line): <https://huhs.harvard.edu>
- Harvard International Office HIO (concerns re visas, pay, etc.): <https://www.hio.harvard.edu/>
- Trans and Enby Support group
- Office of Diversity and Inclusion (BIPOC/1st gen/low-income students) ODI:
<https://www.hsph.harvard.edu/diversity/>

Mental Health and Wellness Resources



Massage

Acupuncture

Meditation

Yoga

PHD Wellness Quick Tips

Social Support: Find your people! (Here or there)

Make time for a non-academic passion

Self care: Beyond bubble baths

Mental Health Resources- How to get the help you need

- **I was seeing a therapist before I moved to Boston and I would like to continue care OR I would like to start therapy:**
 - Contact CAMHS (617-495-2042) and ask to be put in touch with Alyssa Mauriello, the Community Referral Coordinator
- **I'm on psych meds and need prescription refills or would like to start psych meds:**
 - Contact HUHS (617 495-5711) and connect with your PCP (You may be referred to a psychiatrist)
- **I would benefit from having academic accommodations (flexibility with deadlines, additional time on exams, etc.) and/or coaching based on mental health and/or neurodivergence:**
 - Accommodations: Contact Glen Jobeless (gjobeless@fas.harvard.edu)
 - Coaching: Contact the Academic Resource Center (academicresourcecenter@harvard.edu)
- **I'm feeling a little overwhelmed and I would like to process or troubleshoot with someone:**
 - Contact CAMHS (617-495-2042) and ask for an urgent care appointment (often same day or next day)
 - Contact Colleen Cronin in Student Affairs (ccronin@hsph.harvard.edu)
 - Contact a Harvard Chaplain (chaplains@harvard.edu)
- **I need to talk to someone right now about my mental health**
 - Contact the CAMHS Cares Hotline (617-495-2042)

Mental Health Resources- What to expect when you reach out*

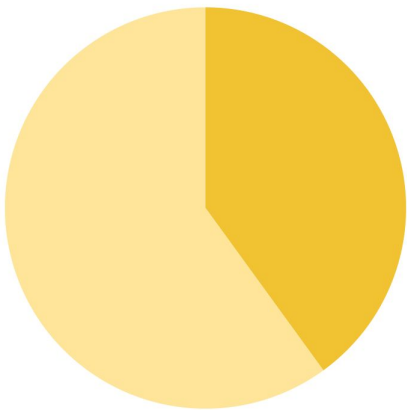
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- **Finding a therapist:**
 - You will have an intake appointment within 2-5 weeks with Alyssa or another CAMHS therapist to assess your needs. If you need long term care, Alyssa will provide you with referrals in 1-2 weeks of talking.
- **Academic accommodations:**
 - You will have an appointment with Glen within 1-3 weeks
 - You will need a letter from a doctor or mental health provider with your diagnosis and accommodation needs
 - ADD/ADHD accommodations require a neuropsychological eval, which can take several months to schedule (contact PCP for referral)
 - Glen will provide you with a letter to give to your professor documenting your accommodations (not the reason for them)
- **Scheduling an urgent care appointment with CAMHS**
 - During business hours, talk to the front desk and ask for an urgent care appointment (you may need to explain why)
 - During after hours, call the CAMHS Cares Hotline, explain the situation and ask for an urgent care appointment
- **Calling the CAMHS Cares Hotline**
 - You will be asked for your name, location, contact info, and whether or not you are in danger of being harmed, harming yourself, or harming someone else
 - A counselor will help you mitigate the crisis you are experiencing in the moment and help connect you with resources for long term care if needed

*Timelines are approximate and may vary



You are not alone



40% of PHS Student are receiving
mental health care

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Getting Involved: HSPH/GSAS Activities

- Pedagogy Fellows
- GSAS/HSPH clubs
- Student Engagement Fair: Wednesday, August 31st from 5-7 pm in Kresge Cafeteria
- Athletic centers at Longwood and Cambridge campuses
- Free and Discounted classes (art, dance, etc)

Navigating HSPH: Physical Environment

- Department-specific student workspaces
- Eating Areas
- PHS Lounge
- [Accessibility Map of Longwood Campus](#)
- [Lactation Rooms](#)
- [Gender-inclusive bathrooms](#)

Gender Inclusive Restrooms

- List of gender-inclusive restrooms at HSPH: [Harvard T.H. Chan All Gender Restroom Locations](#).
- Map of gender-inclusive restrooms across the university, via the Office of Gender Equity: [Gender Inclusive Restroom Mapping Project](#).
- Gender Equity Working Group:
Contact Lilu Barbosa (Chief Diversity, Inclusion & Belonging Officer): lbarbosa@hsph.harvard.edu

Building 1

- Floor 2 (two facilities)
- Floor 3
- Floor 5
- Floor 6 (two facilities)
- Floor 9
- Floor 11 (two facilities)
- Floor 12 (two facilities)
- Floor 13 (two facilities)
- Floor 14 (two facilities)

Building 2

- Basement Level
- Ground Level (two facilities)

Kresge

- Ground Level
- Kresge Floor 5 (one facility)
- Kresge Floor 7 (two facilities)

90 Smith

- Floor 1 (one facility)
- Floor 3 (one facility)

Links from Bruce

PHS Pulse Landing Page and/or PHS Internal Facebook Page: <https://hu.sharepoint.com/sites/PHSPulseCheck?e=1%3Ab7dbb233f1444c3aaadf9bc695a2ed39>

PHS Student Handbook: <https://indd.adobe.com/view/34217932-e31f-44fb-a884-4ffc9bbbbb21c>

(Note: PHS 'Go-To Guide' on pages 16 & 17; 'Useful Resources/Links' on pages 77 & 78)

GSAS Academic Calendar 2022-2023: <https://gsas.harvard.edu/academic-calendar-2022-2023>

GSAS Office of Student Affairs: <https://gsas.harvard.edu/student-life/harvard-resources/office-student-affairs>

GSAS Office of Student Services: <https://gsas.harvard.edu/student-life/harvard-resources/gsas-student-services>

GSAS Staff: <https://gsas.harvard.edu/about/staff>

Counseling & Mental Health Service: <https://gsas.harvard.edu/student-life/harvard-resources/counseling-and-mental-health-services>

(Note: CAMHS Cares 24/7 Mental Health Support Line: 617-495-2042)

GSAS Office of Diversity, Equity, Inclusion, & Belonging: <https://gsas.harvard.edu/student-life/harvard-resources/office-diversity-and-minority-affairs>

Office for Gender Equity: <https://oge.harvard.edu/>

Disability Access Office (formerly 'Accessible Education Office'): <https://aeo.fas.harvard.edu/>

Harvard University Health Services: <https://huhs.harvard.edu/#gsc.tab=0>

Harvard Center for Wellness and Health Promotion: <https://wellness.huhs.harvard.edu/>

Harvard Ombuds Office: <https://harvardombuds.harvard.edu/>

The GSAS Student Center: <https://harvardombuds.harvard.edu/>

Harvard 'Outings & Innings': <https://outingsandinnings.harvard.edu/Online/default.asp?>

Boston Theater: <https://www.boston-theater.com/>

