

New Student Packet

2014



Office of Student Services & Alumni Affairs

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About the University of Arizona Mel & Enid Zuckerman College of Public Health

The University of Arizona Mel and Enid Zuckerman College of Public Health (MEZCOPH) was established in January 2000 and accredited by the Council on Education for Public Health in 2003.

Under its administrative roof are academic programs that lead to five degrees:

Bachelor of Science (BS) with a major in public health

Master of Public Health (MPH) with concentration areas in Biostatistics, Environmental and Occupational Health, Epidemiology, Family and Child Health, Health Behavior and Health Promotion, Health Services Administration, Public Health Policy and Management, and Public Health Practice

Master of Science (MS) degrees in Biostatistics, Environmental Health Sciences and Epidemiology

Doctor of Philosophy (PhD) degrees in Biostatistics, Environmental Health Sciences and Epidemiology

Doctor of Public Health (DrPH) degree with concentration areas in Maternal and Child Health and Public Health Policy and Management

Our graduates have established careers locally, nationally, and internationally. Of note, they include the 17th United States Surgeon General, Dr. Richard Carmona, as well as a state public health veterinarian, an assistant commissioner of the Chicago Department of Health, a program manager for an intertribal council, a Fellow in the Centers for Disease Control, a research director for violence-prevention program, and a health educator for a local AIDS program, to name just a few.

We are proud of the contribution we are making to build and maintain a competent public health workforce!

Mission Statement

MEZCOPH is dedicated to promoting the health of communities in the southwest and globally with an emphasis on achieving health equity through excellence in education, research & service.

Values Statement

MEZCOPH acts with respect and integrity to continuously advance health and well-being for all through knowledge, collaboration, empowerment, advocacy and sustainability. Our core values are: Fairness, Trust, Equity, Social Justice, Excellence, Innovation, Commitment, Collegiality, Diversity, Open Communication, Participation, Consensus and Enhancement. We strive to foster an educational community that values innovation and excellence in teaching, creation and dissemination of knowledge, practice-based research and research-based practice to address the health needs and interests of individuals and communities.

Advising & Mentoring

All students are assigned a faculty mentor to work with during their time at the College of Public Health. The <u>Office of Student Services</u> also has student services professionals to assist you with your progression through your program. Below is the way we parse out these duties.

MPH Students

The College of Public Health utilizes a centralized model for advising MPH students. What this means is that you will receive advising regarding your plan of study, course sequencing of core and required courses, internship forms and process, and general programmatic policies and procedures from the student service professionals in the Office of Student Services and Alumni Affairs. Specifically, Tucson students work with <u>Judy Williamson</u>, MPH Coordinator, who can be reached at <u>judyg@email.arizona.edu</u> or 520.626.3204. Phoenix students (Public Health Practice, Health Services Administration Phoenix, and Phoenix MD/MPH students) work with <u>Kim Barnes</u>, Phoenix Coordinator, who can be reached at kim.barnes@arizona.edu or 602.827.2070.

After accepting your offer of admission, you will be assigned a Faculty Mentor. Your faculty mentor will help you conceptualize and plan your internship project, discuss elective coursework, and offer you career mentoring. You can keep this mentor or switch to another. Faculty are happiest when you get your specific needs met, so please feel free to switch to the faculty member with whom you have the greatest rapport.

MS, PhD, and DrPH Students

Upon admission to the program, a Faculty Advisor is appointed for each incoming student by the Section Chair. You may schedule a meeting with the Section Chair at any time during your time in the program to discuss which faculty member would best suit your interests and needs.

Students benefit greatly from frequent communication with your faculty advisor. You will want to set up a meeting via phone or e-mail with your faculty mentor at some point before classes start or shortly thereafter.

During the first two semesters in the program, you are encouraged to acquaint yourself with faculty members and their research interests. By doing this, you will be able to select a faculty member appropriate for each stage of your graduate career. As a student advances and more precisely defines your direction, you may ask a different faculty member to serve as Dissertation Director.

In addition to your faculty mentor, <u>Stephanie Springer</u> is our Doctoral/MS Programs Coordinator, and she can be reached at <u>stephks@email.arizona.edu</u> or 520.626.2112. Stephanie will help you with program, college, and university policies and procedures.

Arizona Residency

Are you an Arizona state resident? If you're an Arizona state resident, or might become one soon, you should become familiar with the <u>Residency Classification</u> Office!

If you are incorrectly classified as an out-of-state student when you are an Arizona resident, you will need to follow the <u>UA Procedures for Establishing Arizona</u>
Residency. You will fill out the <u>Domicile Affidavit Form</u> and return it to their office.



If your status changes during your time at the U of A, you can apply for a review of your status during certain times of the year. Please contact the <u>Residency Classification Office</u> at 520.621.3636 or <u>REGroo@email.arizona.edu</u> if you have any questions.

Books

So, you're registered and you're ready to go! You visit the big, beautiful <u>UA Bookstore</u> in the Student Union. You ask where the public health books are. They look at you like you just took a one-way trip from Pluto. "Hmmm," you think, "there must be more to this book-buying thing than meets the eye."



There is! Our books are sold at the <u>Arizona Health Sciences Center (AHSC) Bookstore</u>. The AHSC Bookstore is located in Room 1116 on the ground floor of the <u>Arizona Health Sciences Center</u>, near the <u>Arizona Health Sciences Library</u>, just a bit north of the College of Public Health. See the picture above for an outside view of the bookstore.

In addition, some books may be on reserve at the <u>Arizona Health Sciences Library</u>. Many books can also be purchased through <u>Amazon</u> or <u>Half.com</u>. Required ooks may be listed on <u>UAccess Student Center</u> and/or <u>D2L</u>, as well as on the syllabus on the first day of class.

Phoenix Students

If you're a Phoenix-based student, you may want to buy your books during a trip to Tucson, or you can buy books online through vendors such as <u>Amazon</u> or <u>Half.com</u>.

Campus Health

<u>UA Campus Health Service</u> promotes health, wellness, and safety at the University of Arizona by providing quality medical and mental health care and outstanding health education.

Services Offered

- Acupuncture
- Animal Hazards Program
- Counseling and Psych Services (CAPS)
- General Medicine
- Health Promotion & Preventive Services (HPPS)
- Immunizations, Allergy & Travel Clinic
- Laboratory
- Massage Therapy
- Medical Withdrawal
- Nutrition
- Oasis Program Against Sexual Assault and Relationship Violence
- Occupational Health
- Orthopedics
- Pharmacy
- Physical Therapy
- Psychiatric Medication
- Smoking Cessation
- Sports Medicine
- Urgent Care
- Women's Health
- X-Ray

Campus Recreation

Thinking about joining a fitness club? Look no further than <u>Campus Recreation!</u> Campus Rec offers a variety of programs, including:

Classes like spinning, yoga, zumba, and boot camp
Personal training
Outdoor adventures
Intramurals
Sports clubs
Aquatics

U of A students taking one or more units in the current semester are automatically Campus Recreation members, so take advantage of the opportunities!



In addition, the Health and Wellness Center at the University Medical Center (UMC), located on the northeast corner of the hospital's second floor, a short walk from Drachman Hall, is fully equipped with cardiovascular and strength training equipment, locker rooms, showers, and an aerobics room. There is a nominal monthly fee to use this facility; please call 520.694.2487 for further information!

Phoenix: Phoenix-based students will have access to Gold's Gym or the YMCA for a discounted monthly fee.

CatCards

The <u>CatCard</u> is the official University of Arizona identification card. CatCards feature a digitized photo, digitized signature, SmartChip, and magnetic strip.

To obtain your CatCards, visit the <u>CatCard Office</u>, located on the second floor of the Student Union. Make sure to bring a government or state issued photograph identification such as a driver's license, state identification card, or passport, as well as your student ID number. There is a \$25 charge for your CatCard. Prior to obtaining your CatCard, you must be enrolled in at least one class.

Phoenix: Public Health Practice and Health Services Administration - Phoenix students will have their CatCard photo taken during the Phoenix orientation, and then their CatCard will be given to them two to three weeks later. In addition, Phoenix students will Obtain a PBC (campus access card) at orientation for a fee.

Some cool elements of the CatCard! The CatCard might be used for:

- Library card
- Building access
- Campus Recreation Center access
- Link with your Wells Fargo checking account
- Accessing Arizona athletic events
- Photocopying and printing services
- And more!



Child Care

UA Life Work Connections has resources for students searching for child care: http://lifework.arizona.edu/cc/learning about cc

In addition, UA has had a small child care subsidy for students, depending on income: http://lifework.arizona.edu/cc/student-child-care-subsidy-program

Computer Lab & Wireless

The MEZCOPH Computer Lab, equipped with 20 personal computers and a printer, is located on the third floor of Drachman Hall in Room A319. The Computer Lab is available for general use on Monday

through Friday from 8 am to 5 pm, unless the lab has been scheduled for a class or other College activity.

Check out the computer lab schedule by dropping by the computer lab or looking under Drachman Hall, Room A319 for the day you're interested in at: https://resource-scheduler.pharmacy.arizona.edu/s/index

Each system has Stata, SPSS, SAS, and MS Office installed on it. Three computers also have the ESRI GIS suite installed on them. The systems revert to their initial state after a reboot, so you will need a flash drive to save any work. Students must provide their own paper for printing. There are also computers available for student use in the Arizona Health Sciences Library.

Phoenix: Phoenix-based students have access to student computers and printing and STATA capabilities in the COPH Suite space in Building 4. There is also an AHSC library branch on campus with student computer access.

Wireless Internet Access

Wireless access is available throughout and around Drachman Hall and the Phoenix Biomedical Campus via connection to the UAWiFi network. UAWiFi is a secure and fast wireless network that covers most of campus. Partially funded by the Student Technology Fee, it provides roaming wireless access for all students, staff and faculty on campus.

Counseling Services

Graduate school can be a stressful time for students, both academically and personally. Students at the University of Arizona are fortunate to have <u>Counseling and Psych Services (CAPS)</u>, which offers psychological counseling and psychiatric services to students to help them cope with personal problems so that they can successfully achieve their educational goals. Licensed professionals provide brief treatment for anxiety, depression, difficulties with relationships, family problems, food/body image concerns, alcohol and drug concerns, ADHD, life crises, and other issues.

Call 520.621.3334 for more information or for an appointment (walk-in hours are also available).

Clinical Services

- Counseling & Brief Therapy
- Relationship/Couple Counseling
- Oasis Program Against Sexual Assault and Relationship Violence
- Eating Disorders
- Substance Abuse
- Psychiatric Medication
- ADHD

Other Services & Classes

- Gender Spectrum
- Grad Student Support Group

- Healthy Mind, Healthy Body
- Learning To Cope
- LGBTQA Support Group
- Mind-Body Stress and Anxiety Management
- Question, Persuade, Refer (QPR) (pdf)
- Self Compassion Group
- Sexual Assault Survivors Support Group
- SMART Recovery®
- Student Vets
- Tackle Test Anxiety

Courses

Course Schedule

The College of Public Health course schedule is listed online at: http://www.publichealth.arizona.edu/students/course-schedule

Course descriptions and prerequisites are listed under CPH at: https://uaccess.schedule.arizona.edu/psp/uazsaprd2/UA CATALOG/HRMS/h/?tab=DEFAULT

Which Classes to Take?

MPH Students

For MPH students, we have outlined a Recommended Course Sequencing for full-time students, which is listed below the curriculum on each of the concentration pages. This course sequencing ensures that you take courses in the proper order, that your courses will not overlap, and that you will be able to complete the program in two years. If you will be a full-time student, we strongly recommend that you follow the Recommended Course Sequencing.

Biostatistics

Environmental and Occupational Health

Epidemiology

Family and Child Health with tracks in Global Health and Maternal & Child Health

Health Behavior and Health Promotion

Health Services Administration (Phoenix and Tucson)

Public Health Policy and Management

Public Health Practice (Phoenix-based program)

If you will be a part-time student or if you took classes prior to starting in the program as a nondegree student or a certificate student, you will want to talk with your advisor about your course schedule.

Judy Williamson, MPH Coordinator

judyg@email.arizona.edu or 520.626.3204

Kim Barnes, Phoenix Coordinator (for Public Health Practice, Health Services Administration – Phoenix, and Phoenix MD/MPH students)

kim.barnes@arizona.edu or 602.827.2070

MS, PhD and DrPH Students

Students in the MS, PhD, and DrPH programs will talk with their faculty advisor regarding their course schedule. Please contact your faculty advisor by phone or e-mail to schedule an appointment to discuss your course schedule. Please view the required curriculum for your program via the following links:

MS Biostatistics

PhD Biostatistics

MS Environmental Health Sciences

PhD Environmental Health Sciences

MS Epidemiology

PhD Epidemiology

DrPH Maternal and Child Health

DrPH Public Health Policy and Management

What are classes like?

Our classes provide a rich experience for those with a variety of learning styles. Core MPH courses are our largest courses (40-80 students), whereas concentration/program-level courses typically have 20-25 students, and some electives have 5-10 students.

The 5 core MPH courses (some of which are also required for our MS and doctoral programs) are offered either in the classroom in Tucson or online. Most other classes are offered in the classroom.

As you can imagine, teaching styles are based on the content of the course. For example, Biostatistics is largely a lecture course with homework and tests, whereas Sociocultural and Behavioral Aspects of Public Health includes more discussion and paper-writing. Public Health Policy and Management offers team-based learning with discussions, papers, and quizzes completed by the small group of students with whom you work.

You will find the classroom experience to be engaging and enlightening due to the expertise of our faculty, as well as the diversity of our student body, in terms of ethnicity, age, life experience, and geographic background. The age range of our current graduate student body is 22-65, with the average age of MPH students at 28 and the average age of doctoral students at 36. The College consistently ranks in the top 5 of the 49 accredited schools of public health for American Indian and Hispanic students, and is home to a large cohort of Returned Peace Corps Volunteers.

Phoenix: Phoenix-based students take the 5 core MPH courses online and the concentration-level courses are taken in person at our downtown Phoenix campus. Some in person classes are videoconferenced with Tucson, so there will be students in both Phoenix and Tucson.

Capstone

All students in the College complete a capstone project. MPH students complete an internship, whereas MS students work on a thesis and doctoral (PhD and DrPH) students complete a dissertation.

As you progress through your academic program, you will work closely with your faculty mentor to determine opportunities for these projects. The Office of Student Services and Alumni Affairs also offers resources for you, and will help you through the paperwork and logistics of planning your project.

Registering for Classes

Steps to registering for classes

- 1. After you have been officially admitted to the University of Arizona, the UA Graduate College will send you your Student ID number by e-mail and your PIN by mail.
- 2. You will need to log into UAGradApp to accept your admission (indicate your intent to matriculate): https://apply.grad.arizona.edu/users/login
- 3. Using your Student ID and PIN number, you will obtain your UA NetID, password, and e-mail address at: https://netid.arizona.edu/
- 4. Once you have established your e-mail address, you may begin checking your UA e-mail at: http://catmail.arizona.edu All official communications from the University of Arizona and the College of Public Health will be sent to your UA e-mail address.
- 5. At that point, you will be required to meet the <u>UA immunization requirements</u> prior to registering.
- 6. Once you complete steps 2, 3, and 5, you will be able to log onto <u>UAccess Student Center</u> to register for your courses.
- 7. You will want to check out the <u>MEZCOPH Course Schedule</u>, as well as the curriculum and Recommended Course Sequencing (MPH program only) at http://www.publichealth.arizona.edu/academics/mph.
- 8. <u>UAccess Student Center</u> is the center for obtaining information on your financial aid package, signing up for health insurance, paying tuition, etc.
- 9. If you are an Arizona resident, you will need to verify your residency through the Residency Classification Office: http://www.registrar.arizona.edu/residency/aborpro.htm You will also need to meet the Prop 300 requirements to verify your citizenship status: http://www.registrar.arizona.edu/residency/prop300/documents.htm
- 10. Updated tuition rates for all MEZCOPH graduate programs will be posted in June at the <u>Bursar's</u> Office. Fall 2013 rates are listed below under Tuition.

Public Health Practice & Health Services Administration

Students in the MPH in Public Health Practice (Phoenix) and Health Services Administration (Phoenix and Tucson) programs will register through the <u>UA Outreach College</u>. To register for courses, please call 1.800.955.8632 or 520.621.7724. You will want to have your Student ID number handy, as well as the course numbers, titles, and sections you would like to register for (e.g., in person or online sections). Payment for courses will also occur through the Outreach College.

D2L is where it's at!

<u>Desire 2 Learn (D2L)</u> is the campus-wide system used for both online and on campus classes. If you're taking a class that uses D2L, you will have access to the course one week before classes start.



Questions? Concerns? Check out the D2L system requirements, Student Tool Guides, and D2L Help page.

E-mail

After you have been officially admitted to the University of Arizona, the UA Graduate College will send you your Student ID number by e-mail and your PIN by mail. Using your Student ID and PIN number, you will obtain your UA NetID, password, and e-mail address at: https://netid.arizona.edu/



Once you have established your e-mail address, you may begin checking your UA e-mail at: http://catmail.arizona.edu

All official communications from the University of Arizona and the College of Public Health will be sent to your UA e-mail address once you begin classes.

Facebook

A Facebook group has been created for new students to connect around issues such as events, housing, moving to Tucson or Phoenix, meeting up this summer, and other issues you'd like to discuss. A few current students will also be members of the group to help answer questions you might have about student life.

We welcome you to join the group!

University of Arizona College of Public Health – New Grad Students 2014 https://www.facebook.com/groups/MEZCOPHGradStudents2014/

This group is for all admitted graduate students (master's and doctoral) in the College of Public Health. This is a "closed" group, which means that others will be able to see the group and who is in it, but only members will be able to see posts.

You will need to request to join the group, and of course, you can leave the group at any time.

Happy Facebooking!

Financial Assistance

In order to be considered for financial assistance, you must complete a financial aid application (linked below) and a FAFSA (for US citizens and permanent residents only).

College of Public Health Scholarship & Teaching Assistantship Application

Financial assistance is awarded on the basis of both need and merit. Priority for funding from the College of Public Health is given to doctoral students, then master's level students, and then undergraduate students. Additionally, full-time students are given priority for financial assistance, as are students who applied by the priority application deadline.

You will be notified by April 1 if you are receiving an initial offer of financial assistance from the College of Public Health. If these award offers are declined, the funds will be re-awarded to the next student on the funding priority list. If you do not hear from us by April 1, it means that you have not received an initial offer of funding.

Ms. Chris Tisch, Assistant Dean for Student and Alumni Affairs, handles college level funding. If you have questions regarding funding, please contact Chris at cbt@email.arizona.edu or 520.626.9112.

Loans are handled by the UA Office of Student Scholarships and Financial Aid (more information below). Students are typically offered a loan package in June. Although your financial aid eligibility is based on income you earned last year, you can meet with a counselor at the UA Office of Student Financial Aid for a re-determination of your aid in consideration of your current income as a graduate student or extraordinary expenses for which you may be responsible.

Roles Related to Financial Processes and Information

There are a number of individuals and offices within the University whose jobs relate to your financial bottom line. They include:

- The UA Bursar's Office which provides student account and billing information; receives
 payments for tuition, fees and miscellaneous campus charges; provides collection of delinquent
 accounts; delivers refunds and financial aid residuals after disbursement.
- The UA Office of Student Scholarships and Financial Aid is the institutional office that distributes federal loans, grants and miscellaneous scholarships. Information from your FAFSA is processed by this office. The UA Financial Aid Office has informed us that the maximum Stafford loan per year for graduate public health students is \$33,000 and the maximum aggregate is \$224,000. There is a listing of scholarships on their website. If you have specific questions for the Office of Student Scholarships and Financial Aid, you are encouraged to email askaid@email.arizona.edu to get your concerns addressed.
- Mel and Enid Zuckerman College of Public Health Office of Student Services In addition to managing the support activities related to applicants, students and alumni, we handle the application and disbursement processes for our limited College scholarships, Graduate College

Scholarships and our teaching assistantships. A College Scholarship Committee oversees the scholarship award process. Our Student Services Office does not assess charges to your tuition bill, take payments, or have any access to the Bursar's Office process. We also do not play any part in releasing loans to you. The Scholarship and Teaching Assistantship Application is related to funding that is connected to the College of Public Health only.

Initial Recruitment Awards

A certain percentage of our funding is reserved for the top applicants to each program. These students will be notified of a financial award shortly after their offer of admission. If these awards are declined by these applicants, the funds will be re-awarded to the next student on the funding priority list.

General Scholarships, Graduate Tuition Scholarships, and Teaching Assistantships

Awards of general scholarships, graduate tuition scholarships, and teaching assistantships are based on need, merit, and experience (in the case of teaching assistantships). Priority for these types of awards is given to doctoral students, then master's level students, and then undergraduate students.

Named Scholarships

There are several named scholarships within the college. These scholarships are reserved for continuing students. Students may apply for them following their first semester in their degree program.

Teaching and Research Assistantships

Graduate students in the College of Public Health are eligible to apply for teaching and research assistantships across campus. Most teaching assistantships are 10 hour per week appointments. Research assistantships are either 10 or 20 hours per week. The benefits are as follows:

- A small stipend approximately \$3,500 per semester for a 10 hour/week appointment or \$7,000 per semester for a 20 hour/week appointment
- A waiver of out-of-state tuition
- A percentage off of base in-state tuition (50% off of base in-state tuition for a 10 hour/week appointment or 100% off of base in-state tuition for a 20 hours/week appointment). Please note that mandatory university fees and public health differential tuition are the responsibility of the student.
- Campus healthcare benefits are included
- 10% discount at the University of Arizona bookstore

Note: The benefits of assistantships vary for Public Health Practice and Health Services Administration students.

Peace Corps Fellows

The University of Arizona Peace Corps Fellows program is a great opportunity for Returned Peace Corps Volunteers. The University of Arizona has a thriving Peace Corps community, and the College of Public Health is proud to have a large cohort of RPCVs. The application process for this fellowship is outlined at http://grad.arizona.edu/peacecorp/

Western Regional Graduate Program

The College of Public Health participates in the <u>Western Regional Graduate Program (WRGP)</u>, which makes high-quality, distinctive graduate programs and healthcare-related programs available to

students of the West at the resident tuition rate. If you are a resident of Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, North Dakota, Oregon, South Dakota, Utah, Washington, or Wyoming, you may be eligible to enroll in the MPH and DrPH programs at Arizona resident tuition rates. You may need to provide proof that you are a resident of one of these states, typically in the form of a state-issued ID.

In order to apply for the WRGP program, please complete the College of Public Health Scholarship & Teaching Assistantship Application above.

International Students

If admitted to a graduate program within the College of Public Health, International Students will need to complete the <u>Financial Guarantee</u> and submit it to the UA Graduate College so that they may process your visa. Financial need of international students is generally much greater than our available resources are able to provide. For this reason, we are unable to provide full financial guarantees. You will be considered for the same level of aid as domestic students.

Other Sources of Support

Since it's not possible for the College of Public Health to provide scholarships to all of our students, you are encouraged to consider and search out other avenues of funding your education. First, remember that graduate assistantships exist all over campus and provide the same monetary benefits to the student no matter where he or she is employed. Faculty members are your best source of information about research assistantships. In the College of Public Health, if you look in the <u>Directory</u>, you can determine what research interests particular faculty members have. If they match yours, send the faculty member an email expressing your interest in their research and inquire whether they have research assistantships or can refer you to others who might have these opportunities.

If we have been informed of these opportunities, the Office of Student Services and Alumni Affairs sends this information to incoming and current students via e-mail. Other departments and colleges have similar directories, etc. Periodically check the Human Resources site of the University for part-time classified staff jobs. If you are employed in a half-time or greater classified staff position, you would receive benefits, including a significant tuition break. Employment in student positions (non assistantships) does not provide benefits but does provide a salary. Finally, agencies around town often hire part time help and this is a great way to get some public health experience under your belt.

Scholarship Universe

Check out the UA <u>Scholarship Universe</u>. "We search, you apply! We've brought searching for scholarships into the 21st century so that University of Arizona students are matched to scholarships that they are eligible for. No bogus results. No wasted time. "

Health Insurance

As we all know in public health, health insurance is very important. If you don't have any other health insurance, it is highly recommended (and required for international students) that you purchase additional coverage through the U of A on <u>UAccess</u>.

Student Health Insurance

The University of Arizona offers one <u>major medical health insurance policy</u> designed specifically for eligible University of Arizona students and their dependents. This policy provides coverage nationwide and has an emergency benefit worldwide. All three State of Arizona university health centers serve as primary care providers for the enrolled student.

International Students: The University of Arizona requires that all international students on non-immigrant visas, regardless of classification or number of units, carry the Student Health Insurance unless one qualifies for an exemption. Exemptions must be requested each semester.

CampusCare Supplement

<u>CampusCare Supplement</u> is a prepaid health care option limited to services provided within the Campus Health Service. It serves as an ideal supplement for students covered by private health insurance, where one may have a high deductible, limited benefits or no coverage for charges incurred at the health center. This option also serves well for students who do not have health insurance. After a designated office visit co-payment, all laboratory tests, x-rays, medical procedures and supplies are covered providing the diagnostic work-up is initiated at the Campus Health Service.

Graduate Assistant/Associate Health Insurance Benefit

The University of Arizona will <u>pay the premium</u> for individual coverage as part of your benefits for being a Graduate Assistant/Associate, but you must register for these benefits on UAccess.

Dental Discount Program

The Vital Savings on <u>Dental Discount Program</u> offered through Aetna and endorsed by the Arizona Board of Regents is available to all registered University of Arizona students.

Library Resources

For writing papers, doing biostats homework, checking e-mail, having some coffee at Java City, or a bit of chatting with classmates, the <u>Arizona Health Sciences Library (AHSL)</u> is the place to be! The library, which is open Sunday through Thursday from 7 am to 12:30 am and Friday and Saturday 7 am to 7 pm, offers great access to <u>journals</u>, information services, grant support, <u>wireless internet access</u>, and computer labs. Map of location in Tucson

Phoenix Health Sciences Library hours, map, and parking information: http://www.ahsl.arizona.edu/about/phoenix/

In addition, we have our own AHSL librarian! During the academic year, AHSL librarians are available in room A208 of Drachman Hall to provide individual assistance to students, faculty, and staff. If you would like to set up an appointment, please contact Annabelle Nuñez at anunez@ahsl.arizona.edu or 626-7508.

You may also, from time to time, visit (electronically or in person) the <u>UA Library</u> on main campus (see map).

Office of Student Services & Alumni Affairs

With over 75 years of cumulative student service experience, the staff of the Office of Student Services and Alumni Affairs is well prepared and ready to assist you in your quest for a public health degree. In 2012, our team was honored with the University of Arizona Team of Excellence Award.

Our office provides centralized comprehensive student services for all applicants, students, and alumni of the UA Zuckerman College of Public Health, including preadmission counseling, guidance related to degree requirement deadlines, graduate internship implementation, career planning advisement and college-provided financial aid and scholarships.

Most importantly, the Office of Student Services and Alumni Affairs exists to help students pursue their dreams of becoming public health professionals. We look forward to working with you!

See a full list of our student services professionals, as well as their contact information and smiling faces, below:



Chris Tisch
Assistant Dean

Directs the activities and staff of OSSAA. Counsels students and serves as their advocate. Administers student scholarship awards and teaching assistantships. Provides career advisement services. Acts as the advisor to student and alumni groups. Represents MEZCOPH student interests at the college, university, local and national levels.

cbt@email.arizona.edu 520.626.9112



<u>Tanya Nemec</u> Administrative Associate

Plans and facilitates academic events. Manages the Assistant Dean's calendar. Manages locker assignments. Facilitates student travel arrangements. Tracks alumni and maintains the alumni database.

tjnemec7@email.arizona.edu 520.626.3200



Amy Glicken

Graduate Recruitment & Admissions Coordinator

Counsels prospective graduate students, applicants, and admitted students. Coordinates the College's recruitment strategies. Works with faculty admissions committees to facilitate graduate student admissions processes.

coph-admit@email.arizona.edu

520.626.3201



Stephanie Springer

Doctoral/MS and Certificate Programs Coordinator

Advises MS, PhD, and DrPH students regarding MEZCOPH and Graduate College policies, procedures, and deadlines. Provides admission and advising services those interested in and enrolled in MEZCOPH certificate programs.

stephks@email.arizona.edu

520.626.2112



Judy Goosherst Williamson

MPH Coordinator

Advises MPH students regarding course sequencing, Graduate College processes, forms, and deadlines. Assists with course registration and internship processes. Advises MPH Internship Conference Committee. Works with UA offices to resolve student issues. judyg@email.arizona.edu

520.626.3204



Kim Barnes

Phoenix Coordinator

Coordinates and supports the administrative, student, faculty, and academic activities of the MPH program in Phoenix. Assists Phoenix students regarding course sequencing, Graduate College processes, forms and deadlines. Manages admissions for Phoenix students.

kim.barnes@arizona.edu 602.827.2070



Alan Beaudrie

Assistant Director, Undergraduate Advising

Serves as the undergraduate academic advisor for public health majors and seniors who are pre-public health majors. Performs degree checks. Coordinates undergraduate internships. Serves as the MEZCOPH representative to UA regarding undergraduate student concerns.

abeaudri@email.arizona.edu

520.626.3207



Erin Trevlakis

Undergraduate Academic Advisor

Serves as the undergraduate academic advisor for freshmen, sophomore, and junior pre-public health majors. Performs recruiting/outreach functions. Represents MEZCOPH undergraduate program on various UA committees. Performs degree checks.

ems04@email.arizona.edu

520.626.3205

Orientations

College of Public Health Orientation

Information communicated at orientation is vital to your success in the program. Orientation is also your opportunity to meet fellow students, faculty, and staff who will help shape your experience over the next few years. Further information about our mandatory student orientations:

MPH

Mandatory new student orientation for MPH students will be held on Saturday, August 23. Please plan to be in Tucson for this event. More information regarding time, location, and how to RSVP will be communicated in early summer.

PhD, DrPH & MS

A 3 day mandatory new student orientation for PhD, DrPH, and MS students has been scheduled for Thursday, August 21 through Saturday, August 23. More information regarding time, location, and how to RSVP will be communicated in early summer.

GPSC Graduate Orientation

In addition to the College of Public Health New Student Orientation, the <u>Graduate and Professional Student Council (GPSC)</u> offers a <u>Graduate Orientation</u> for all new graduate students. This is a great opportunity for you, but is not required.

Learn about available UA resources, get tips on surviving graduate school, and meet your new peers. Free lunch, prize drawings, and a vendor fair featuring local businesses will wrap up the day. And of course, don't forget to pick up your free T-shirt!

Information sessions on a variety of topics to help you make the transition to graduate school will be held throughout the morning. Topics include:

- Financial Aid
- External Funding Resources
- Coping with Stress
- Campus Health Services and Student Health Insurance
- Time Management Tips
- Career Services for Graduate Students

This orientation will be held on Wednesday, August 20 in the Student Union. More information will be forthcoming!

International Student Orientation

<u>International Student Programs and Services (ISPS)</u> holds the <u>International Student Orientation and Registration</u> program for new international students at the beginning of the fall and spring semesters. The program is *mandatory* for all new international undergraduate and graduate students.

Temporary housing is available for this orientation.

Fall 2014 International Graduate Student Orientation: August 12-13 in Tucson (arrive to Tucson by August 11)

Registration, temporary housing, and more information: http://global.arizona.edu/international-students/orientation-information

Also, ISPS has a great resource manual for international students: http://global.arizona.edu/international-students/student-resource-manual

Parking & Transportation

Since some students live two blocks from campus and others live two hundred miles away, you might be wondering about parking and transportation in and around the U of A, both in Tucson and in Phoenix.

Tucson

The <u>UA Parking and Transportation Services</u> offers a number of parking options, including parking lots, garages, park & ride programs, and <u>carpool options</u>. Make sure to put your name in the hat early for parking programs, as there is often a waiting list!



Specific information on permits
Parking map

If you would like to get a permit, they're typically valid August through the following August. The cost for most permits is in the range of \$390 (Zone 1) to \$500 (street specific and lot specific) to \$600 (garage).

Our recommendations close to Drachman Hall would be:

Zone 1 (which gives you access to any Zone 1 lot on campus)

- Lot Specific 2029 or 2012
- Lot Specific 9003, which is across Campbell. It's cheaper, but is only for the academic year (August through May)
- Street Specific on Helen, Martin, or Mabel
- Highland Garage

Parking alternatives in Tucson

<u>CatTran</u> is a free shuttle service that is available on and near campus. In addition, <u>Sun Tran</u> is the Tucson bus system, which covers most of the city of Tucson and has many stops near campus. A reduced fee <u>Sun Tran U-Pass</u> is available for all UA students.

Since Tucson is known as one of the top 5 cycling towns in the US, many of our students ride their bikes to class. Check out the <u>Tucson bike map</u>! In addition, we recommend that you check out the University's bike information page. There is info there about how to register your bike or even use the free bike share program! http://parking.arizona.edu/alternative/bike.php

Phoenix

There are many choices for traveling to and from the Phoenix Biomedical Campus. Visit the following link for details on the many options: https://parking.arizona.edu/pdf/maps/fastcopy_phx_biomed.pdf
The two most popular options are the Light Rail or driving/carpooling.

The <u>METRO Light Rail</u> has two stops that are approximately a ten minute walk from campus. This is an excellent choice for students who like to use their commute time to catch up on schoolwork! To purchase a reduced rate student pass, please visit the Parking & Transportation Services website and complete the Student Bus Pass Application.

If you prefer to drive to campus, you have several choices:

- 1. You can purchase a parking permit for the academic year.
- 2. You can attempt to find free parking on the street behind our building or in the local neighborhoods (this is pretty hard to come by).
- 3. You can pay the meter to park in the 10002 Visitor Lot by Building 4 for just the hours you plan to be on campus (parking is free after 5pm). The meter costs \$2 per hour for the first 2 hours, then \$1 per hour after that up to \$8 for the day. Also, the meter usually takes both Visa/MC and cash, but is not always great with one or the other. It's best to come with both.

Option 3 is definitely the most popular choice for our continuing students as it seems to be more cost effective than purchasing a yearly permit. However, if you plan to spend a significant amount of time on campus outside of class time, it may be worth it to consider purchasing a permit. For more information on parking permits, please visit the Parking & Transportation Services website or contact them at (520) 626-PARK (7275).

Student Organizations

Public Health Student Alliance (PHSA) - Tucson

The Public Health Student Alliance (PHSA) is the primary student organization of the college. All MEZCOPH students are members of PHSA. Established in 1997 by a group of committed MPH students, the initial charge of the group was to advocate for public health issues and to promote networking of students who work or wish to work in the field of public health. Since that time, the organization has matured and has expanded its scope of interest and activities to include participation in civic health promotion events, social events, intramural sports and service projects. In addition to fundraisers, students have organized technical assistance workshops, advocacy trainings, and a student-to-student mentorship program. Although officers are elected each year, the group has chosen to govern itself in a nonhierarchical fashion, giving each officer a programmatic area to oversee and sharing the task of meeting management.

Phoenix Public Health Student Alliance (PPHSA)

The Phoenix Public Health Student Alliance of Phoenix (PPHSA) is one of the student organizations designed to involve the Phoenix-based University of Arizona students in the surrounding community. The organization was founded in 2011 in order to keep all students involved in the public health field who otherwise would not be able to partake in Tucson-based activities. All students in Phoenix-based MPH programs are members, and other MPH students have the option of joining as well. The primary mission of the group is to promote student outreach in Maricopa County. Being a new organization, PPHSA is in the process of building bonds with the community to promote not only the Phoenix-based University of Arizona programs, but also to establish connections with community members that will ultimately positively impact their health in all aspects.

American Indian & Indigenous Health Alliance (AIIHA)

The American Indian & Indigenous Health Alliance (AIIHA) is an undergraduate and graduate student organization based at the University of Arizona Mel & Enid Zuckerman College of Public Health. The club was established in 2012 by a group of MPH and DrPH students to enrich and foster the educational and professional experience of Indigenous students at the University by offering diverse avenues of support that are responsive, adaptive, and efficient to meet the needs of Indigenous students, and by so doing increase the representation of Indigenous students in public health disciplines.

American Industrial Hygiene Association (AIHA)

The American Industrial Hygiene Association (AIHA) at the University of Arizona is the local student section of the nationally recognized AIHA. As a member of the University of Arizona community, this club strives to promote interest in the profession of Industrial Hygiene, as well as create professional development opportunities for student members. The club provides networking opportunities for members of the Industrial Hygiene community through seminars, training opportunities, local tours, and roundtable discussions developed by the student group. Each year, AIHA at UA makes a strong effort to raise money and send as many members as possible to the American Industrial Hygiene Conference and Exposition held in early summer at the end of the school year.

The club has a strong focus in forging solid relationships with local and national employers with an interest in developing internships, building careers, and securing donations of equipment and money for the club. In addition to professional development, the UA AIHA chapter collaborates with UA Risk Management as a service to the university and participates in student recruitment for the Environmental Health Sciences programs.

Learning, Understanding and Cultivating Health Advocacy (LUCHA)

Learning, Understanding and Cultivating Health Advocacy (LUCHA), is a graduate student organization at MEZCOPH that connects students to community service opportunities in order to cultivate awareness for border health and human rights issues in the U.S.-Mexico border region.

MEZCOPH Student Ambassadors

To aid the University of Arizona Mel and Enid Zuckerman College of Public Health with outreach and recruitment, the Office of Student Services and Alumni Affairs coordinates an undergraduate and graduate Ambassador program. With a competitive application process, ambassadors proudly represent the College's student perspective to prospective students and their families, the University of Arizona and Tucson communities, and other groups as called upon. College Ambassadors assist with pipeline, undergraduate, graduate, and minority recruitment, with activities including the following:

- Communication with prospective and admitted students
- Volunteer for AHCS-sponsored middle school and high school events
- Outreach to campus clubs and organizations
- Staff tabling events on the UA Mall, as well as at the American Public Health Association,
 Arizona Public Health Association, and Graduate School Fairs
- Student panels for visit days
- Lots of other fun outreach/recruitment activities

Student Environmental Health Sciences Association (SEHSA)

The Student Environmental Health Sciences Association brings together students who have mutual interests in environmental health; engages member students in discovery through environmental health research and scholarship; encourages leadership in solving complex environmental health problems; and actively promotes the improved health and welfare of the campus, community, and nation trough participation and education in environmental health concepts.

Student Aid for Field Epidemiology Response (SAFER)

Developed as part of an MPH internship in Fall 2004 and Spring 2005, the Student Aid for Field Epidemiology Response (SAFER) team has become a well established organization/course within the College. The organization's goal is to provide training and infrastructure for graduate students to work with state and county public health practitioners on short-term outbreak investigations or short-term, high need problems. Training is provided through a class that covers the basics of outbreak investigations and brings in speakers who share their real world experiences with the students. Students also attend training sessions at the state and two major county health departments. Students have assisted various agencies on multiple outbreaks since the team's creation. The SAFER experience is now offered as a 1-3 unit credit course, EPID/CPH 596D.

Student Managed Events

MPH Internship Conference

With minimal faculty and administrator guidance, MPH program student volunteers are responsible for planning and facilitating the college's MPH Internship Conference, held in the spring and fall semesters. This conference, to which public health professionals, university administrators, undergraduate students and the public are invited, showcases the outstanding accomplishments of MPH students in their internships and functions as an outreach event, as well as serves as a student recruitment strategy. The format of the Internship Conference is similar to that of a scientific meeting, with multiple sessions occurring at the same time. A good deal of event coordination and collaboration skills on the part of the student planning committee ensures that all details are effectively managed. In addition to selecting and inviting a keynote speaker (often a program alumnus or public health leader in the community), the students design a promotional poster, coordinate presentations, collect presentation abstracts from their peers, and format and print a conference program containing presentation abstracts. A larger group of student volunteers serves as session rehearsal coordinators, moderators, greeters and facilitators on the day of the conference.

The Graduate Research Poster Forum

The MS, PhD, and DrPH programs of MEZCOPH host an annual research poster forum initiated by the programs and led by students. This event provides an opportunity for the research-based students within MEZCOPH to network with public health professionals from industry and regional and state governments. The goal is to promote future collaborations such as employment and research partnerships. The student planning group invites keynote speakers, develops promotional literature, maintains a website that provides guidance for poster creation and participant registration, and produces a forum program which includes abstracts. Both students and faculty are encouraged to present posters. Posters are judged, and a cash prize is awarded to the best student poster.

Social Justice Symposium

Students of the Mel and Enid Zuckerman College of Public Health plan and host an Annual Social Justice Symposium in the spring semester. The Social Justice Symposium is designed to engage students, faculty, health professionals, and community members in dialogue to cultivate awareness and encourage action in the pursuit of equal justice for all people in every aspect of our society. The event is entirely student-driven with support from the Zuckerman College of Public Health and numerous other sponsors.

Talk with a Student

Are you interested in connecting with a current student to learn more about graduate student life at MEZCOPH? Please feel free to contact one of our student Ambassadors at coph-gradambassador@email.arizona.edu.

You can also connect with a few current students through our <u>Facebook</u> group for new graduate students.

Tucson & Phoenix

Living in Tucson

When a city springs out of the desert where everyone wears shorts and flip-flops, you may wonder what people in Tucson do. Saguaro tipping? Rattlesnake hunting? There are many great things to do in Tucson, and the city (as well as Phoenix) make the list of the Top 20 Best Cities for 20 Somethings.

From Kitt Peak National Observatory to the Sonoran Desert Museum, the UA website lists some great information on relocating to Tucson, attractions in the city, Arizona attractions, and even some miniature golfing sites. Follow this link to read more. Another great list of things to do, including hiking locations and visiting art galleries, can be found at the Tucson Visitor's Bureau.

For a great list of the best <u>art and music venues</u>, <u>restaurants</u> and <u>shopping</u>, check out <u>The Tucson Weekly's Best of Tucson!</u> This list has everything from the <u>best guacamole</u> in town (yum!) to the <u>best hike</u> and the <u>best yoga studio</u> to the <u>best local performing artist</u>.

Housing

Housing in Tucson

From southwesterny adobe guest houses to apartment complexes to fancy townhouses, Tucson has a lot of great, affordable housing (see the infographic on page 27)!

Since many of you will be moving to Tucson for graduate school (and some of you are moving around in Tucson), below is a list of resources for housing, as well as average costs.

La Aldea (on campus graduate student housing)
UA Off Campus Online
Craigslist
www.rent.com
www.tucson.apartments.com
Tucson Homes for Sale
Tucson Properties and Homes for Sale
Padmapper.com
Hotpads.com



Average Cost of Housing in Tucson

Unfurnished Apartments - Average Rent per month excluding utilities (HUD Fair Market Prices, 2013)

Efficiency: \$521 | 1-bedroom: \$651 | 2-bedroom: \$876 | 3-bedroom: \$1,286 | 4-bedroom: \$1,534

Houses Unfurnished Average Rent (includes townhomes & guest houses)

1-bedroom: \$441 | 2-bedroom: \$815 | 3-bedroom: \$1,201 | 4-bedroom: \$1,606

Average Monthly Utility Costs

Studio/Efficiency: \$100 | 1-bedroom: \$120 | 2-bedroom: \$150 | 3-bedroom: \$180

Housing in Phoenix

The MPH in Public Health Practice, Health Services Administration – Phoenix, and the Phoenix MD/MPH are offered at the Phoenix Biomedical Campus, located in downtown Phoenix (approximately 115 miles north of the University of Arizona's Tucson campus).

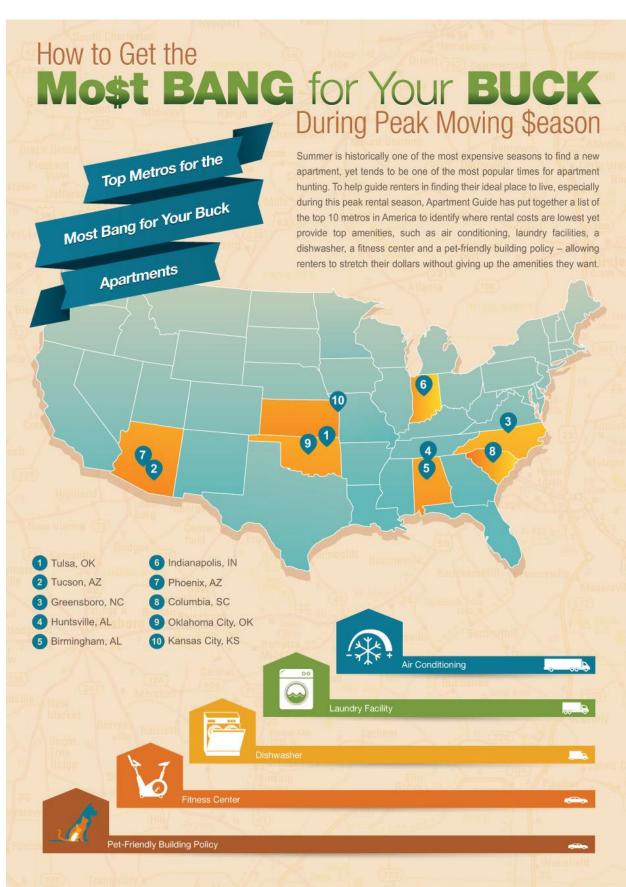
Downtown Phoenix is the heart of the valley, and has many exciting things to offer its residents. The Downtown Phoenix Partnership has a website for all things downtown:

http://www.downtownphoenix.com. This is a great resource for those considering living in downtown Phoenix. It's also a fantastic website for those who plan to enjoy all that is offered downtown, while living in one of the neighboring metro Phoenix communities.

A great resource for those looking to relocate is: http://www.azcentral.com/realestate/relocation/. This website has information about relocating downtown or to one of the many metro Phoenix communities.

The proximity of the Phoenix Biomedical Campus to the <u>METRO Light Rail</u> and <u>Bus Lines</u> makes commuting to the downtown campus simple and cheap! The bus system and light rail connect downtown Phoenix to the many neighboring communities. From Tempe to Mesa to Glendale and beyond, you can live almost anywhere in the valley and be a bus ride or two away from the Phoenix Biomedical Campus. There are also parking options for those who plan to drive to campus.

A current Phoenix MPH student recommends new students use <u>Apartments.com</u> as a resource to review housing options. She also advises new students to visit before you make your housing decision. Drive around the community you think best fits your personality and needs, check out what's available, look at the proximity to the Light Rail (or other commuting options), and then decide!



Methodology: Apartment Guide looked at their internal data for apartment listings that have the lowest rental rates for one and two bedroom units, yet also include top amenities and offerings, such as air conditioning, a laundry facility, a dishwasher, a fitness center and a pet-friendly building policy.



Tucson Festivals

Tucson has many festivals! Here's a list of our favorites.

Fall

Oktoberfest in Ski Valley > Weekends in September & October Head up Mt. Lemmon for beer, brats and polka!

Tucson Meet Yourself > October

Lovingly known as "Tucson Eat Yourself" this festival showcases authentic food, arts, song and dance of the Old Pueblo. http://www.tucsonmeetyourself.org/

All Souls Procession > November

Over 20,000 participants on the streets of downtown Tucson participate in this two-mile long human-powered procession that ends in the finalizing action of burning a large urn filled with the hopes, offerings and wishes of the public for those who have passed. http://www.allsoulsprocession.org/

El Tour de Tucson > November

Over 9,000 cyclists participate in this scenic and sometimes treacherous ride through Tucson. Participants may choose to cycle 109, 80, 67 or 35 miles. Cheaper rates & lots of fun for volunteers. http://www1.perimeterbicycling.com/el-tour-de-tucson/

4th Avenue Street Fair > December

This street fair happens twice a year! Tucson shuts down 4th Ave. from Ninth Street to University Blvd to make room for art, food and other vendors. http://www.fourthavenue.org/

Winterhaven Festival of Lights > December

For 60 years, the residents of a neighborhood called Winterhaven have hosted the Festival as their gift to the community and used the event's popularity to host a fundraiser for the Community Food Bank. http://www.winterhavenfestival.org/index.html

Spring

Tucson Gem and Mineral Show > February

Thousands of exhibitors from around the world take over Tucson for 2 weeks every year showing off the most prized gems from their countries. African Village is great to practice your dialect. http://www.tgms.org/

Tucson Festival of Books > March

This is now the 4th largest book festival in the country with 80-100,000 people, authors, and community members. Something for everyone! http://tucsonfestivalofbooks.org/

4th Avenue Street Fair > April

This street fair happens twice a year! Tucson shuts down 4th Ave. from Ninth Street to University Blvd to make room for art, food and other vendors. http://www.fourthavenue.org/

Year-Round

Southern Arizona Roadrunners

SAR hosts race events throughout the year, and is your link to informal running groups. http://www.azroadrunners.org/

Meet Me at Maynard's > (Every Monday)

Meet on Mondays nights in downtown Tucson to run or walk, enjoy downtown, and meet active adults and families. http://www.meetmeatmaynards.com/

Tuition

Below are the tuition and fees *per semester* for the Fall 2013. Fall 2014 tuition rates will be posted by the university in June of 2014.

Graduate Programs (MPH, MS, PhD, DrPH)

For more information, please visit the following links:

- Bursar's Office
- Outreach College
- Office of Scholarships & Financial Aid
- Student Health Insurance Premiums
- Estimated Costs of Attendance

Why MEZCOPH?

Some highlights of the College:

FOCUS ON CHRONIC DISEASES including diabetes, obesity, and cancer

HEALTH DISPARITIES and COMMUNITY-BASED PARTICIPATORY RESEARCH with expertise in Hispanic and American Indian health

GLOBAL HEALTH with projects along the US/Mexico border, Nepal, China, Kenya, and other parts of the world

OUTSTANDING SERVICE LEARNING OPPORTUNITIES with intensive, week-long courses on border health, rural health, urban health, and maternal and child health

DIVERSITY The College consistently ranks among the top 5 of the 49 accredited schools of public health for American Indian and Hispanic students, and is home to a large cohort of Returned Peace Corps Volunteers

ACTIVE STUDENT GROUPS including the Public Health Student Alliance, LUCHA, and the Student Environmental Health Sciences Association

STATE OF THE ART FACILITIES Drachman Hall was built in 2006 and features high-tech, comfortable classroom space

SMALL SCHOOL OF PUBLIC HEALTH with intimate, discussion-based classes and strong faculty mentoring

TUCSON and PHOENIX have 350 days of sun each year and outstanding opportunities for hiking, cycling, and other outdoor activities

Please contact Amy Glicken, Recruitment and Admissions Coordinator, at coph-admit@email.arizona.edu if you have any questions or if we can help in any way.

We look forward to seeing you in August!