

# 2024 VSSA Orientation

Light Hall June 3, 2024



# Your VSSA Team



Stephanie Richards, Ph.D.  
Director



Angel Gaither,  
Program Manager



RC Stabile, Ed.D.  
Director of Student  
Well-being



Aaron Howard  
Program Manager

Light Hall 340 Suite

# What is the VSSA?



**AHA-SURE**  
**ASPIRNAUT**  
**BP-ENDURE**  
**Beckman Scholars**  
**CHEM-BIO REU**  
**VBISP**  
**UCRIP**

**Leadership Alliance**  
**MSTP**  
**U-RISE**  
**VDSRP (Diabetes)**  
**V-SURE**  
**Vanderbilt MARC**  
**Vanderbilt START**

# Today's Schedule

8:30 – 9:00 am

Intro: VSSA team

9:00 – 9:15 am

Radiation Safety: Karl Witte

15 min break

9:30 am – 11:15 am

Responsible Conduct of Research: Dr. Kathy Friedman

15 min break

11:30 am – 12:15 pm

Social events and support: RC Stabile  
Sexual Harassment: Project Safe Center, Cara Tuttle

# VSSA Handbook

The screenshot shows the top navigation bar of the VSSA Handbook website. On the left is the Vanderbilt School of Medicine logo. In the center is a search bar with a magnifying glass icon. On the right is a 'Your VUSM' dropdown menu. Below the search bar is a dark navigation menu with the following items: Home, Program Overview (with a dropdown arrow), Application, Leadership Team, Student Information (circled in red with a dropdown arrow), and Mentor Information. Below the navigation menu is a large banner with the text 'Vanderbilt Summer Science Academy' over a background image of a microscope.

## Current Student Information

Current VSSA students and mentors, please navigate through our VSSA Resources on the right. We hope you find these helpful as you prepare and navigate through the summer! Some of these sites may be password protected. Email [Stephanie Richards](#) or [Angel Gaither](#) if you need help with access.

[Link to 2024 VSSA Resources](#)

### Current Student Information

Current Student Information

**VSSA Handbook**

VSSA Calendar

Lou De Felice Summer Student Travel Award

Abstract Submission and Poster Printing Information

**Password: VSSAStudent**



# Registration Survey

If you have not yet filled this out, you will be getting a reminder email.

This is needed for us to send end-of-summer survey and to survey you a year from now.

It also has information about dietary restrictions.

# VSSA Survey & Evaluation

We strive to make each year a productive and fun experience

- Initial program survey,
- Survey at the end of the program
- Follow-up survey, in 1 year



# Mail and Packages

## From Amazon:

To place an order for delivery to an Amazon Hub:

1. Place an eligible item in your shopping cart and select **Proceed to Checkout**.
2. When choosing a delivery address, select **Or pick up from an Amazon Locker**.
3. Search by zip code, address, or landmark. For Vanderbilt University, enter zip code **37203**.
4. Select **Ship to this address** beside your chosen location.
5. Complete your order.

There are two Amazon Hub Lockers located on campus. These are:

- **Acquaio - Rand Hall - 2301 Vanderbilt Place, Nashville, TN 37235**
- **Umi - The Commons Center - 230 Appleton Place, Nashville, TN 37203**

**A smartphone with the Amazon Shopping app is required for pickup.**





# Mail and Packages

Other packages:

Aaron Howard

- Your name (You must list your name, or we don't know who to give the package to)

340 Light Hall

2215 Garland Avenue

Nashville, TN 37232

# Additional Training

You may be required to do additional online training:

Biosafety 201: email with link on June 4

Animal Handling: only if you are working with animals, ask your mentor. Information can be found in the VSSA Handbook

# Safety on Campus

## Vanderbilt University Police Department

<http://police.vanderbilt.edu/>

Emergency: 911 or (615) 421-1911

Non-emergency: 2-2745 or (615) 322- 2745

We encourage you to download the VandySafe App from the Apple and Google Play stores



- Contact VUPD via phone call or real-time chat
- Trigger a mobile Bluelight that shares your location instantly with VUPD
- Initiate a "Virtual Walkhome" where VUPD can monitor your walk home, to the car, or the office\*
- Submit iReports and crime tips
- View information about [VandyRide](#) (previously Vandy Vans)
- Access support resources, such as Facilities, EAP and Project Safe
- View emergency guides
- Much more!



# Summer Schedule

<https://medschool.vanderbilt.edu/vssa/calendar>

Password: VSSAStudent

## Schedule – online and in the weekly newsletter

Mondays @ 12 noon - 1pm

- Pizza/salad lunch. Bring your own water bottle!

Wednesdays @ 12N– 1 pm

- No lunch provided, so plan to brown bag it!

***The room number will vary, so be sure to check it each week!!***



# Summer Schedule

**WEDNESDAY, JUNE 5TH**

---

**HOW TO READ A  
PAPER  
12:00 PM-1:00 PM  
LIGHT HALL 208**

**SPEAKER:  
DR. STEPHANIE  
RICHARDS**

**MONDAY, JUNE 10TH**

---

**BUILDING YOUR  
LINKEDIN PROFILE  
12:00 PM-1:00 PM  
LIGHT HALL 214**

**SPEAKER:  
DR. ASHLEY BRADY**



# JUNE

## VSSA SEMINAR SCHEDULE

**MONDAY, JUNE 3RD**

**ORIENTATION**  
8:30 AM-12:00 PM  
LIGHT HALL 214

**WEDNESDAY, JUNE 5TH**

**HOW TO READ A  
PAPER**  
12:00 PM-1:00 PM  
LIGHT HALL 208

**SPEAKER:**  
DR. STEPHANIE  
RICHARDS

**MONDAY, JUNE 10TH**

**BUILDING YOUR  
LINKEDIN PROFILE**  
12:00 PM-1:00 PM  
LIGHT HALL 214

**SPEAKER:**  
DR. ASHLEY BRADY

**WEDNESDAY, JUNE 12TH**

**RESUMES & CV**  
12:00 PM-1:00 PM  
LIGHT HALL 208

**SPEAKER:**  
KATE STUART

**MONDAY, JUNE 17TH**

**PROFESSIONAL  
HEADSHOTS**  
TIME & LOCATION  
TBA

**WEDNESDAY, JUNE 19TH**

**JUNETEENTH  
OBSERVED-NO  
SEMINARS**

**MONDAY, JUNE 24TH**

**TIME MANAGEMENT**  
12:00 PM-1:00 PM  
LIGHT HALL 214

**SPEAKER:**  
DR. RC STABILE

**WEDNESDAY, JUNE 26TH**

**STUDENT PANEL**  
12:00 PM-1:00 PM  
LIGHT HALL 512



# JULY

## VSSA SEMINAR SCHEDULE

**MONDAY, JULY 1ST**

**MD-PHD: IS IT RIGHT  
FOR ME?  
12:00 PM-1:00 PM  
LIGHT HALL 512**

**SPEAKERS:  
DR. MEGAN WILLIAMS  
& DR. CHRIS WILLIAMS**

**WEDNESDAY, JULY 3RD**

**INDEPENDENCE DAY  
OBSERVED-  
NO SEMINARS**

**MONDAY, JULY 8TH**

**IMPOSTER SYNDROME  
12:00 PM-1:00 PM  
LIGHT HALL 214**

**SPEAKER:  
DR. MAUREEN GANNON**

**WEDNESDAY, JULY 10TH**

**WRITING YOUR  
ABSTRACT  
12:00 PM-1:00 PM  
LIGHT HALL 214**

**SPEAKER:  
DR. STEPHANIE  
RICHARDS**

**MONDAY, JULY 15TH**

**MAKING EFFECTIVE  
POSTER  
PRESENTATIONS  
12:00 PM-1:00 PM  
LIGHT HALL 214**

**SPEAKER:  
DR. ALISSA HARE**

**WEDNESDAY, JULY 17TH**

**STRESS MANAGEMENT  
12:00 PM-1:00 PM  
LIGHT HALL 512**

**SPEAKER:  
DR. TAMAKI SILVER**

**MONDAY, JULY 22ND**

**DROP IN FOR POSTER  
QUESTIONS  
12:00 PM-1:00 PM  
LIGHT HALL 214**

**WEDNESDAY, JULY 24TH**

**PREPARE FOR POSTER  
SESSION-  
NO SEMINARS**

# Social Activities & Sign Up



RC Stabile, Ed.D.  
Director of Student Well-being



# Vanderbilt Programs

## Graduate programs

### Ph.D.

IGP: <https://medschool.vanderbilt.edu/igp/>

QCB: <https://medschool.vanderbilt.edu/qcb/>

Chemistry:

<http://www.vanderbilt.edu/chemistry/graduate.php>

### Ph.D. & Masters

Biomedical Engineering:

<http://engineering.vanderbilt.edu/bme/GraduateProgram/>

Computer Science:

<http://engineering.vanderbilt.edu/eecs/Graduate/Programs.php>

### MSTP (M.D./Ph.D.)

<https://medschool.vanderbilt.edu/mstp/>

### M.D.

<https://medschool.vanderbilt.edu/md-admissions/>



# Information Sessions

**For those interested in PhD programs:** Meet Dr. Michelle Southard-Smith and current PhD students on Thursday June 20, evening

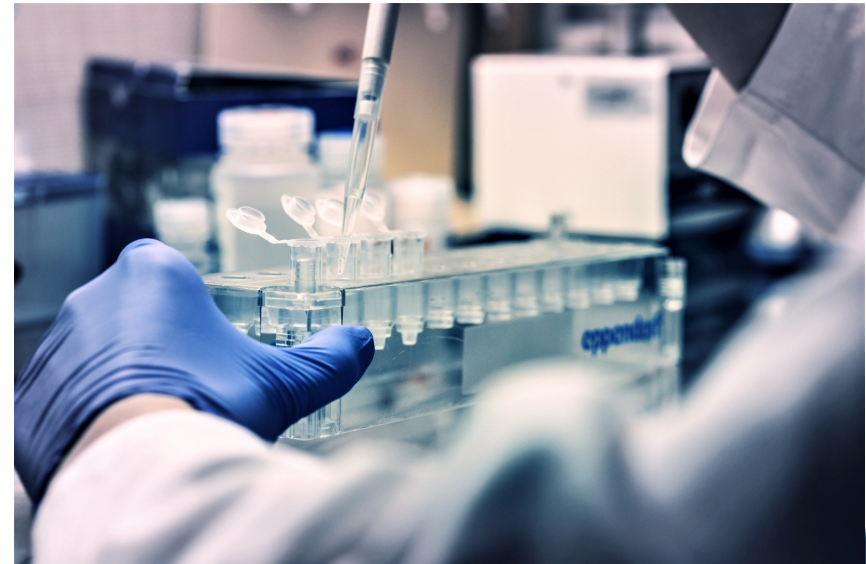
**For those interested in MD/PhD programs:** Meet with Dr. Megan Williams and current MD/PhD students, June 17 @ 5:30 pm in Eskind Medical Library

**For those interested in hearing about PhD, MD, and MD/PhD student experiences:** Student Panel on Wed June 26, LH 512 @ 12N-1pm

# Tips for a successful summer

## In the lab:

- Use the mentor/mentee form to clarify expectations
- Understand your project
- Be communicative
  - Ask questions!
  - Share your ideas
- Be organized
- Be a courteous lab mate
- Remember that science is a small world



# Tips for a successful summer

## Outside the lab:

- Be courteous and professional to all
- Participate in social events
- Explore Nashville ~ free events will be listed in our newsletter
- Be responsible and courteous in your apartment
- Be safe
- Have fun ~

If you have problems or concerns, contact your Program Director or Steph at [stephanie.richards@vanderbilt.edu](mailto:stephanie.richards@vanderbilt.edu) or RC Stabile at [rc.stabile@vanderbilt.edu](mailto:rc.stabile@vanderbilt.edu)



# Asking for a Letter of Recommendation

**If you are applying this coming fall:**

- Ask near the end of your internship
- Ask if they feel comfortable writing a strong and supportive letter for the programs you are applying to
- Follow up this fall with a list of programs, with links and deadlines
- Tell them what you learned/appreciated about your summer experience
- If you work with a postdoc or student, make sure the letter is sent by and cosigned by the lab PI.

# Asking for a Letter of Recommendation

**If you are applying in a year or more from now:**

- Ask near the end of your internship
- Ask if they feel comfortable writing a strong and supportive letter for the programs you are applying to in the future.

**Next Year:...** Follow up this fall with a list of programs, with links and deadlines

- Tell them what you learned/appreciated about your summer experience
- If you work with a postdoc or student, make sure the letter is sent by and cosigned by the lab PI.

# End of Summer Presentations

**Some Programs will organize their own presentation event**

**Some Programs will have their interns participate in the VSSA poster session**

Thursday August 1, in the afternoon in the Langford Auditorium Lobby

Check with your Program Director or PI

Poster printing resources are in the VSSA Handbook



# Lou De Felice Summer Student Travel Award

This award aims to increase diversity and inclusion in the biomedical research community. Specifically, these awards are for students and their faculty mentor to attend either the [SACNAS](#) (Society for Advancement of Chicanos and Native Americans in Science) or [ABRCMS](#) (Annual Biomedical Research Conference for Minority Students) research conference this upcoming fall.

All current VSSA students and independent research interns are invited to apply. The following materials are required, due by Friday July 26:

- An unofficial or official transcript
- One letter of recommendation (emailed from the letter write to [Felysha.jenkins@Vanderbilt.Edu](mailto:Felysha.jenkins@Vanderbilt.Edu) by Friday, July 26th)
- A Statement of Purpose detailing the following:
  - Your research interests and goals
  - Your career goals
  - How attending either SACNAS or ABRCMS will contribute to your training
  - How you contribute to diversity in the biomedical research community





# Questions?

Contact:

Steph: [Stephanie.Richards@vanderbilt.edu](mailto:Stephanie.Richards@vanderbilt.edu)

Angel: [angel.d.gaither@vanderbilt.edu](mailto:angel.d.gaither@vanderbilt.edu)

RC: [rc.stabile@vanderbilt.edu](mailto:rc.stabile@vanderbilt.edu)

Aaron: [aaron.w.howard@vanderbilt.edu](mailto:aaron.w.howard@vanderbilt.edu)

# Radiation Safety Training



# RCR Training



# Safe Space Training

