

The Graduate Voice

December 2013 Issue

End of the Fall 2013 Semester Wishes

Dear Graduate Students,

The end of the Fall 2013 Semester is here and it is time to wrap-up the fun and prepare for finals! On behalf of the Graduate and Professional Student Council Executive Board members, we would like to thank you, the students, for making this semester a success! Additionally, as the newly elected President, I would like to Thank GPSC's Executive Board for their hard work, contributions, and availability throughout the semester, I could have not done this without you!

We wish each and every one of you Best Wishes for Final Exams and have a safe and prosperous New Year!

P.S. We love hearing from you, so if you loved any one specific event that we held this semester and would like to see it again in upcoming semesters, drop us a line at gpsc@usf.edu

Happy Studying and Happy Holidays!!!

Sincerely,
Vishwani Persaud-Sharma
President, GPSC

Meet the GPSC Executive Committee Board 2013-2014

President: Vishwani Persaud-Sharma ("Vi")
Vice-President: Makarand Gawade (" Mak")
Secretary: Tia Claridge ("Tia")
Treasurer: Salahuddin Syed ("Sal")
Public Relations: Lillian Doerfler ("Lilli")
Advisor: Gary Oliver
Web Master: David Chapel

Some of GPSC's Fall 2013 Events



Writing Workshop Fall 2013



Fall 2013 Orientation



GPSC Picnic 2013

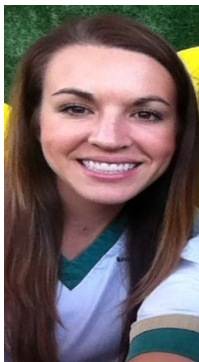


Writing Workshop Fall 2013

Graduate Student Spotlight!

Written by Emma Adams and Vishwani Persaud-Sharma

As the holiday season swings into full gear, students not only prepare for finals but are also into the spirit of giving! USF Health is no exception! Here is a snapshot of what USF College of Nursing (CON) student Emma Adams has to say about how USF CON gives back to the Tampa Bay community:



How does USF College of Nursing give back to the Tampa Bay community?

The College of Nursing provides many opportunities for the students to give back to the local community of Tampa. There are many different health fairs almost monthly that we attend that include screening individual's blood pressure, heart rate, blood glucose and cholesterol levels. We also have the opportunity to educate children on safety precautions including water safety, proper hand washing, fire safety, and car seat safety. Each year, many nursing students are involved in the Great American Teach in, educating students on proper nutrition, prematurity awareness, and how to stay healthy. We also do our best to attend local walks such as the Heart Walk, March for Babies, and Walk to Stop Diabetes. Many of the students in the College of Nursing also take the time to regularly volunteer at local churches, health clinics, and hospitals.

What projects are you involved in or leading to aid in the giving back initiative?

Currently, USF Health is hosting a friendly competition between the College of Medicine MD program, College of Medicine graduate programs, College of Nursing, College of Pharmacy, and College of Public Health in the form of a food drive during this holiday season. So far we have received foods such as pasta, canned vegetables, cereals, peanut butter, crackers, and juice. After December 5th, when the drive is over, we will be donating the food to Tampa Jewish Family Services Community Food bank, Metropolitan Ministries, San Jose Mission, and Project Downtown. The College of Nursing is also working with another on campus organization, Bulls for Babies, in order to gather supplies to donate to local Neonatal Intensive Care Units. I have been sending emails and Canvas announcements to those at the College of Nursing in an attempt to gather as many food and NICU items for these two collection drives. Soon we will be planning fundraising ideas for Relay for Life in the Spring.

How does giving back affect you and the CON students?

Being involved in community settings throughout nursing school, the students at USF's College of Nursing realize that there are many people out there that are unable to provide adequate nutrition and food for not only themselves, but in some cases their family as well. Despite lack of ability, it does not mean that these people do not deserve the same food and items that we have. It gives us great satisfaction knowing we can assist, especially during the holidays, those unable to provide for themselves. Sometimes people just need a little help, and we are more than happy to do so! The holidays are a perfect time to come together and help those and bring some joy to the community around us.

GPSC promotes USF Studying Events:

Take a look at the events taking place around USF during Finals week! Come out and enjoy these helpful stress busters before, during, and after exams!

NSF Grant Writing Workshop

Will be held on Tuesday, December 3rd in the Marshall Center
Time: 9:00 - 12:00 a.m.

For more information visit the following websites: <http://www.cas.usf.edu/research/data/grant-workshops.pdf> <http://www.cas.usf.edu/research/>

Bust the Myths and REACH the truth!

Join REACH as we bust some myths about every college student's worst enemy: STRESS!

Visit table located in Marshall Center Atrium from 1pm to 3 pm
Event will be held on Tuesday, December 3rd

FREE Relaxation Session begin December 3rd

Calm your body and mind with guided relaxation
Tues., Dec. 3rd, SHS Annex from 1:00 - 2:00 p.m. Tame the Stress
Wed., Dec. 4th

1:00 - 2:00 p.m. in Maple C, Tame the Stress

1:00 - 2:00 p.m. in SVC 2130, Mindfulness Meditation

3:00 - 4:00 p.m. in JPH 1317, Tame the Stress

Wed., Dec. 11th 2:00 p.m. in SVC 2124 Mindful Meditation

Contact Counseling Center, www.usf.edu/counsel,813-974-2831

for more info

Pet a Pup or Pony to Reduce Stress

Missing your pet from home? 'Boo' the miniature horse and crew are back!

Thursday, December 5th from 11:00 a.m.—1:00 p.m.

Location: USF Health Bookstore Lawn

Contact: Wellness Education 813-974-4936

Will return on Tuesday, December 10th at the Health Library (Shimberg) from 11:00 a.m. to 1:00 p.m.

Pancake Breakfast

Hungry? Sick of studying? Then head over to the BCM for a nighttime pancake breakfast. During the week of finals, our building is open 24/7 for studying!

Tuesday, December 10th from 9:00 p.m. to Wednesday, December 11th at 12:00 a.m.

Location: Baptist Student Center (BPT)

More info, visit: <http://www.floridabcm.com/usfbcn>

Outdoor Recreation's End of Semester –

10,000 Islands and Everglades Kayaking Adventure Trip

Come with Outdoor Recreation as we celebrate the end of the Fall Semester with a kayaking trip through the Everglades National Park. Ensure that your winter break will be anything but lame while you take in the scenery and warm weather. Your days will be spent in the water, and your nights camping on the beach. Training will be provided as well as food and transportation

Saturday, December 14, 2013 6:00 AM - 6:00 PM

Contact for more info: 813-974-5557(USF Outdoor Recreation) <http://usf.edu/CampusRec/outdoor/>