Navigating Your First Quarter

Office of Minority Recruitment & Retention
College of Education

Tuesday, September 23, 2014
Food & Coffee near Miller Hall

- Parnassus Café
  - Art Building

- Suzzalo Café
  - Suzzalo Library

- The HUB

- McMahon & By George

- The Ave

- U Village
  - University Village
Some Key Apps For Living & School

- Getting around campus
  - Myuw app

- Busing & Lightrail in Seattle
  - onebusaway

- Annotation and Note Taking
  - iAnnontate, Good Reader, Notability, Pages

- Storage Apps
  - JustCloud.com, Zipcloud, Mozy, Dropbox, Google Drive
    - [http://www.thetop10bestonlinelinebackup.com/cloud-storage](http://www.thetop10bestonlinelinebackup.com/cloud-storage)

- Reference Tools
  - Zotero, RefWorks, Endnote, Mendely
Additional Info For Living & School

- Computer Lab
  - 4th floor of Miller Hall

- Books (rent, used, & new)
  - UW Bookstore (The Ave)
  - Amazon (Amazon Prime)

- Grocery Stores & Farmer’s Markets
  - Farmer’s Markets in every neighborhood
  - Captial Hill Co-Op
  - Safeway, QFC, Trader Joe’s, Whole Foods, Fred Meyer

- General Shopping
  - University Ave, University Village, Northgate Mall, Downtown, Antique Stores, Crossroads, Buffalo Exchange, Goodwill
College of Education Listservs

- College of Education Funding Information: mailman13.u.washington.edu/mailman/listinfo/coed_funding_opportunities

- College of Education general event and program information: mailman.u.washington.edu/mailman/listinfo/edlife

- International Students Information: mailman13.u.washington.edu/mailman/listinfo/coeinternational

- Students of Color Information: mailman11.u.washington.edu/mailman/listinfo/uwcoesoc
Fall & Winter in Seattle

- It is not all that rainy
  - Mizzle—mist and drizzle

- But it is gray

- Sun sets around 4:30 pm
  - In the summer the sun sets around 9:30/10pm =]

- Seasonal Affective Disorder
Seasonal Affective Disorder (SAD)

What is SAD?
- a pattern of seasonal depression experienced by otherwise healthy and happy people. Typically, fall and winter bring “down” feelings not explained by day to day experiences.

What are typical symptoms?
- Mood changes
- Appetite changes
- Weight increases
- Sleep and activity changes
- Social and interpersonal strain

Does SAD go away?
- Mood lifts with the onset of spring!
More about SAD

- What are some treatments?
  - Vitamin D
  - Light Therapy
  - Individual or Group Therapy/support sessions

- To find out more about SAD or other mental health services please visit
  - Hall Health: [depts.washington.edu/hhpccweb/](depts.washington.edu/hhpccweb/)
  - Counseling Center: [www.washington.edu/counseling/](www.washington.edu/counseling/)
Getting Connected within the CoE and the UW

- Attend the Resource Fair
  - TODAY at 12:00pm in Miller 212

- OMRR Coffee Tuesdays
  - 1st CT is next Tues. September 30th from 3:30-5:00 pm Miller 201

- OMRR Quarter Kick Off @ Gas Works Park
  - Next Saturday October 4th 3:00 – 8:00pm

- GO-MAP “Getting Connected”
  - Thursday October 9th 4-10pm @ UW Club
Other events and program

- Join the various CoE listservs
- Attend upcoming OSS events and programs
  - Masters & Doctoral Completion Workshops
  - Funding Workshops
- OMRR Quarterly Potlucks
- Become a Diversity Ambassador
  - DA Training Monday September 29th, Miller 206, 11:00 – 12:00.
Student of Color and International Student Panel

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La’akea Yoshida

Dalya Perez

Raedell Cannie