

DUAL DIGEST NEWSLETTER

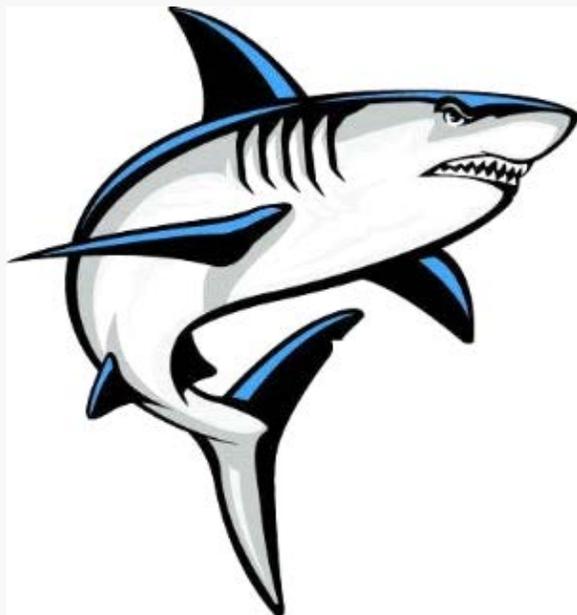


VOLUME 4 ISSUE 8 WINTER 2022



WELCOME BACK, SHARKS!

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LETTERS FROM DUAL ADMISSIONS



Dr. Saul Sztam, Ed.D.

Dear Dual Admission students. We expect that you are having a strong semester, that you had a successful midterm week and an enjoyable spring break! As the winter semester progresses, some of you will be completing your undergraduate experience at NSU and will embark on your graduate/professional careers, here at NSU or elsewhere. We look forward to recognizing our transitioning students during our upcoming dual admission pin ceremony and wish future success to all of our graduating students. The rest of you will finish off the academic year with a focus on continued success and improvement. We are also excited to see you at our upcoming end of the year event, which will be primarily managed by our outstanding Dual Admission Student Ambassadors! More details will follow. In the meantime, keep excelling inside and outside of the classroom, and making an impact on the community around you. Your passion and commitment to the program, to the university and to your profession, is inspiring – continue making us proud!



DESIREE RIVERA, M.A.

Hello Dual Admission Sharks!

Hope you had a relaxing and well-deserved Spring break week. Can you believe you are half-way through with the semester?! Your commitment and hard work is commendable. Keep it up and please make a point to join us at our upcoming dual events this term. More details can be found throughout this newsletter. If you don't already, make sure you follow us on Instagram ([nsu_dualadmission](#)). Looking forward to seeing you around campus... Go Sharks!!



JAVIER MORAGA-TRUJILLO

Hello Dual Admission Students!

As the semester progresses, please continue to use all the free resources we have on campus, including SI sessions, one-on-one tutoring, Academic Success Coaches, the Center for Student Counseling and Well-being By Henderson Behavioral Health, office hours, and the Writing and Communication Center. I have used several of these resources myself, and I would be happy to share my experience with you and connect you with those resources. I also encourage you all to take advantage of opportunities available at NSU, including joining a pre-professional organization, volunteering in the community, and shadowing professionals in your future career. Please do not hesitate to reach out to schedule a time to meet with me. I wish you the best of luck with the rest of the semester!



Dr. Andrew Ozga

Professor of Biology, Halmos College of Arts & Sciences (HCAS)

I'm originally from just outside of Chicago. I took a long path to get to NSU, I did my bachelors at Marquette in Milwaukee, masters at Ball State in Indiana, doctorate at University of Oklahoma, and postdoc at Arizona State. I've been incredibly lucky to work with some of the brightest and most generous minds in science. I started at NSU in fall of 2019 so I still feel pretty new but I'm very happy to call South Florida home.

Can you tell us about your research experience in South America?

It was indescribable. The people of Peru were so welcoming and incredible to work with. My advisor and I very much tried to avoid what's called 'helicopter research' where outsiders float in and collect samples and leave, never to contact those communities again. I'm very happy that my work in Peru and with the indigenous peoples of Oklahoma has been a mutualistic one. We had protracted discussions about health and their concerns. I learned a lot from them and hope that they learned a bit about biology from us.

Compared to other research that you have completed in the past, was this one different and if so, how?

Well for one, two weeks in the very remote jungle of Peru is pretty life changing. I went back a couple more times but stuck to less remote areas (Lima, Puno) for some other aspects of the research project. I had half the research team with me and we got stranded in a little swampy delta in the Amazon because the boat was late. We were stuck there for two days but thankfully a Peruvian family was kind enough to feed us. At one point I went to bed in my tent and woke up the next morning to find myself surrounded by 200 chickens that had just been dropped off for the family.

What can you tell us about your findings in the Micro-Biology research experience?

I've been lucky enough to be involved in some really amazing projects over the years, probably my favorite of which was examining the bacteria present in the fossilized dental plaque (calculus) of chimpanzees from Gombe National Park in Tanzania where Jane Goodall worked. Wild chimps obviously don't have dental care so I was interested to see if the common microbes associated with dental caries in humans are also present in our closest evolutionary cousins. Turns out there are a lot of similarities in microbial types but when we reconstructed an entire *Porphyromonas gingivalis* genome from a wild chimp we saw that it was pretty far removed genetically from the kind we see within humans. So as you'd suspect, they're similar but not identical to us.

How can students get involved in your lab?

I'm currently doing some lab work with a couple of students and a resident in the College of Dental Medicine and planning out a few more grants to get funds. The tricky thing with what I do is that it isn't cheap and sometimes funding can be tough to come by. I do have a small temporary lab space but (fingers crossed) I'll bring in some bigger money and move to a larger one, giving me the ability to take on more students. A lot of what I've done recently has been computational, so dealing with DNA fragments and genomes that are publicly available to everyone. I tell students interested in research that lab space might be limited but if you have any interested in computer coding, there are a multitude of projects to work on. It's a great skill to have upon graduating and actually pretty rewarding. I teach a graduate bioinformatics course here so I'd like to think I'm a pretty decent coder!

What advice do you have for students?

One thing I mention to my general biology course is that you're here at college to learn, yes, but you're also here to learn HOW to learn. It's okay to try new things and make mistakes and research topics you have no knowledge on. If you're here to become a doctor or a dentist or a marine biologist that's awesome but if you realize that might not be your path, that's ok too. NSU has a lot to offer and you shouldn't feel trapped by your initial decision. I took a weird roundabout way to get to be an Assistant Professor at NSU but I'm very glad I did. These are some really great formative years that allow you to figure out who YOU are.





Dr. James Doan

Professor Literature and Humanities, Dept. of Humanities and Politics, HCAS

Where are you from and where did you go to school?

I grew up in Palo Alto, CA. After completing high school at Bellarmine College Preparatory in San Jose, I went to U.C. Santa Cruz for my B.A. in Literature; UCLA for an M.A. in Folklore and Mythology; and Harvard for an M.A. in Celtic Languages and Literatures and a Ph.D. in Folklore and Celtic Studies. I've been at NSU since 1988 and teach courses in Literature (e.g., Studies in Drama, History and Structure of English), Humanities (e.g., The Vampire, King Arthur), and Genetics and Genealogy in the Farquhar Honors College (along with Dr. Schmitt Lavin).

What made you choose your career path?

In choosing my career path, I had a strong interest in my family background (predominantly Irish, British, German and Finnish) and became interested in Folklore partly as a result of the stories I heard from my grandparents while growing up. I had the opportunity to work and study in England and Wales for about 9 months in 1972-73, which confirmed my interest in Celtic and other European languages, literatures, history, etc. I think I always wanted to teach: I wasn't sure until then in what areas.

What type of research do you conduct?

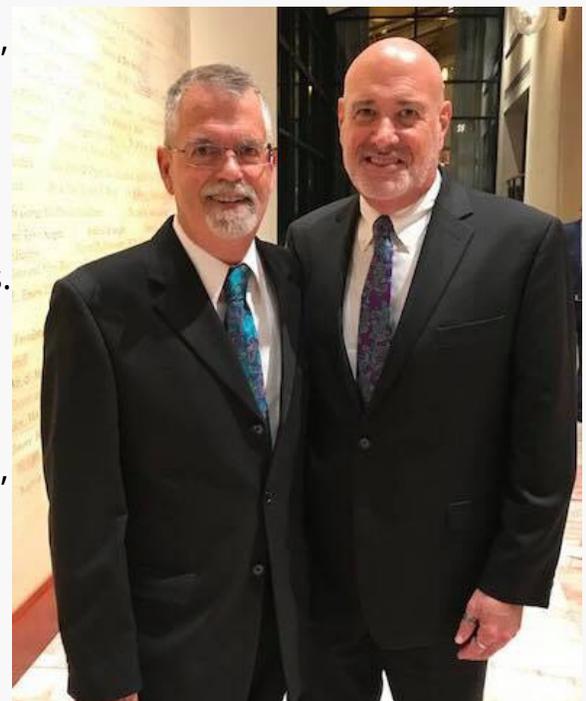
I still do research on genetic and genealogical projects, including tracing the origins of the Doan family in Europe and in Great Britain. I organized an Irish theatre group in South Florida in 2018, and we conduct readings and productions of Irish plays when possible. I look at this project as connected to both research and community outreach.

Do you allow undergraduate students to work with you for research projects?

I encourage students to conduct research and projects with me, and in fact, have co-directed two Honors theses while at NSU. I have also mentored students in Literature, Humanities and Theatre projects. My years at NSU have encouraged me to diversify my own interests, helped build self-confidence, and promoted working collaboratively with students and colleagues.

What advice do you have for students?

I would make use of all the resources NSU has to offer, including study-travel, attending and presenting at conferences, pursuing more than one major and/or multiples minors. Don't be afraid to challenge yourself!



For Your Information...



DAYLIGHT SAVINGS

Daylight Savings is coming soon. Don't forget to turn your clocks forward an hour on March 13th. Go to bed an hour early to combat the loss of time.



TAO
www.taoconnect.org

TAO CONNECT

NSU has partnered with TAO Connect to provide free online access to more than 150 self-guided interactive digital sessions on anxiety, depression, and more. 24/7 access to TAO is available to students via the mobile app or web page through the NSU Center for Student Counseling and Wellbeing by Henderson Behavioral Health.

Tips for self care



1. Get your eight hours of sleep.
2. Practice daily self-reflections
3. Learn how to say "no"
4. Keep organized
5. Engage healthier eating habits
6. Make time for your hobbies and likes
7. Balance your time



Dual Ambassador Highlight



Alexandra Lens

**Dual Osteopathic Medicine
Program (D.O.)**

I'm from Lake Worth Florida and I plan on staying in South Florida after I graduate because I'm emotionally attached to where I grew up. I am a Biology major with minors in Honors Transdisciplinary Studies, Music, and Pre-Health. I will start medical school next year, and I plan on becoming a dermatologist specialized as a Mohs surgeon. I am passionate about biology because I have always found the mechanisms and capabilities of life to be fascinating, especially in a clinical context. I also love music because it has been a good "escape" for me my whole life, as music can express feelings that words often cannot.

Some of my involvements at NSU I am a senator in Undergraduate Student Government, and I am also the president and founder of the Pre-Medical Dermatology Association. I am also involved in clubs/organizations such as Pediatric H.E.R.O.E.S., Shine, the Diversity Student Council, TriBeta Honors Society, and several others. Before I graduate, I'd like to spend my last few months writing more legislation for my constituents in student government. I'm also excited about launching a Dual Admission social event some time in March-April with the other Dual Admission Ambassadors. I think it's important to leave NSU a better place than when I first came.

My goal is to successfully transition into medical school, which will be a whole new ball game. I hope to meet new friends and learn more about what I am passionate about. I also hope to publish a novel and possibly another research study in the future. Your college journey is just as unique as you are. Create an academic timeline that is tailored to your strengths, weaknesses, goals, finances, and unexpected road blocks. Avoid comparing yourself to others or making decisions solely based on "what everyone else has done". The only person we should be "competing" with is ourselves. With that being said, still pay attention to other people's successes and failures to learn from them. It's good to be friends with people in your year, a year above you, and a year below you as well to form a strong support group.

Madeleine Cameron

**Dual Physician Assistant
Program (M.M.S.)**



I'm a Public Health major with a minor in pre-health and global engagement and I want to be a Physician Assistant in the future. I'm from Kennett Square, PA but in the future, I'm open in staying in South Florida.

I like my Global Engagement minor because I am passionate about learning about different cultures and gaining a cultural perspective. I am interested in my Public Health major because I want to learn about how to make my community a healthier place. Some of my involvement at NSU are I'm a Dual Admission Ambassador, I'm on the Razors Edge Global Leadership Council, and I'm in the International Students Organization.

My goals are to have more shadowing experiences and join more clubs. This summer I'm going to do a medical fellowship abroad in Spain. After I graduate I want to travel and precede my career as a physician assistant. I would tell other undergraduate students to make sure that they have an organized calendar detailing all their assignments and responsibilities.

PREPPING FOR ENTRANCE EXAMS

Lending Library

Check-out study guides for 2 weeks to prep for your exam.

Workshops

Join workshops held each semester that help you prepare for the exams.

Practice Exam Proctoring

The best way to take a timed practice exam is to have it proctored in TTC. This will give you the experience of taking it in a realistic testing environment that is free from distractions. Call to reserve a seat.

Academic Success Coaching

Academic Success Coaches are available to help students with time management, building a study schedule, goal-setting, study skills, and organization. Set up an appointment on Navigate.

UPCOMING WORKSHOPS

Preparing for the MCAT

Tuesday, March 15th • 12:30pm-1:30pm

Zoom Meeting ID: 918 6034 7819



GENERAL JOB SEARCH TIPS

Shadowing and Internships

- Reach out to your professors.
- Introduce yourself to companies and organizations to find out if they're hiring.
- Work with your Edge Adviser to find opportunities.
- Attend campus recruiting events, such as the Recruit a Shark Career Expo.
- Search openings on Handshake.
- Reach out to the NSU Career Development team.

Part-Time Job

- Polish up your resume and cover letter.
- Practice how to be the best candidate for the job with mock interviews.
- Use digital career development tools like LinkedIn Learning.
- Check JobX for NSU on and off campus jobs.
- Search openings on Handshake.

JOB IDEAS FOR PRE-HEALTH STUDENTS

Become a Medical Scribe

1. Obtain a Medical Scribe Certification: Some of the most popular medical scribe certification programs include Advanced Clinical Medical Scribe (ACMS,) Certified Medical Scribe Specialist (CMSS,) Medical Scribe Certification and Aptitude Test (MSCAT,) Certified Medical Scribe Professional (CMSP,) and Apprentice Medical Scribe Professional (AMSP.)
2. Prepare your Resume: NSU students can meet with a CAPS Advisor who will partner with them in this process. Students can schedule an appointment in Navigate or by calling (954) 262-7790.
3. Search for Job Opportunities: The best places to look for Medical Scribe positions include ScribeAmerica, local medical facilities, online job boards like Handshake, your network.

Become a Certified Pharmacy Technician

1. Get certified by national and regional certification bodies (timeline varies). Although not all states require pharmacy technicians to be certified, many employers prefer it. Alternatively, some major pharmacy chains, such as CVS, have Pharmacy Technician Training programs that train students prospective candidates under the supervision of a Pharmacist and pay for their certification exam and often leads to a full time position with the pharmacy.
2. Maintain active certification (every two years). Certifications typically must be renewed every two years. This traditionally requires completion of 10-20 continued education (CE) hours.



Gear up for Success event

Hosted Fall 2021 by Dual Admission & the Dual Admission Ambassadors

The Gear up for Success event was a huge hit. Participants got the chance to hear from current graduate students and get tips on how to best prepare for your graduate entrance exam....we hope to see you at our next event coming up in April 2022 (see events page for more details)!



GEAR UP FOR SUCCESS 2021





UPCOMING EVENTS

Career Fair Prep Workshop #2: Marine Biology and Environmental Science

Thursday, March 10, 2022 • 12:00 p.m.–1:00 p.m.
<https://nova.joinhandshake.com/stu/events/961989>

Wonder Women Nominations

Close Sunday, March 13, 2022 • 11:59 p.m.
nova.edu/wonderwomennominations

Marine Biology and Environmental Science Fair

Wednesday, March 16, 2022 • 3:00 p.m.–6:00 p.m.
NSU Guy Harvey Oceanographic Research Center, Dania Beach, FL

Graduate and Professional School Fair

Wednesday, March 23, 2022 • 11:00 a.m.–2:00 p.m.
Don Taft University Center, Spine at the NSU Fort Lauderdale/Davie Campus

Career Fair Prep Workshop #3: Business, Arts, Humanities, Social Sciences and Education

Thursday, March 10, 2022 • 5:00 p.m.–6:00 p.m.
<https://nova.joinhandshake.com/stu/events/962014?ref=events-search>

Business Operations Fair

Tuesday, March 29, 2022 • 2:30 p.m.–6:00 p.m.
Carl DeSantis Building, Atrium at the NSU Fort Lauderdale/Davie Campus

Arts, Humanities, Social Sciences, and Education Fair

Wednesday, March 30, 2022 • 3:00 p.m.–6:00 p.m.
Carl DeSantis Building, Atrium at the NSU Fort Lauderdale/Davie Campus

Business Professional Attire Required for all.

For more information and details contact: (954) 262-7990 • careerfair@nova.edu

CONGRATULATIONS to all of our 2022 transitioning Dual Students. Eligible students have received an invitation to our Pin Ceremony & Reception via email by now. If you haven't already submitted your RSVP, please do so by **3/11/22.**

Transitioning students must be in attendance to receive their official dual admission pin.

We look forward to seeing you on **March 30th!**



Meet and Mingle
GRADUATE SCHOOL EDITION

Carl DeSantis Building - 1st Floor

Join us and network with your program's graduate faculty, current graduate students, and your dual admission peers from NSU

April 2022

Email will be sent to all dual students with more details on date and time

Save the Date



6th Annual Pin Ceremony and Reception

Wednesday, March 30, 2022
4:30 - 6:00 p.m.
Rick Case Arena at the Don Taft University Center, North Court

NSU Florida

Please join us for our Meet & Mingle, Graduate School Edition Event in mid-April from 4-6pm in the Carl DeSantis 1st floor atrium. Students can expect to network with dual peers, NSU faculty, and have some fun while your at it.



RESOURCES

As a Dual student, utilizing NSU resources is critical for your success. Below are a few of NSU resources frequently used by our students.

Academic Success Coach

Student Affairs Building, 2nd Floor
Contact Information: (954)-262-8350

- Guidance with goal setting, time management, study skills, testing taking strategies etc.

Alvin Sherman Library

(954)-262-4600

- Reserve study rooms
- Academic workshops

Writing & Communication Center

Contact Information:
wcc@nova.edu (954)-262-4644
nova.mywconline.com

- Assistance on writing assignments, communication project, presentation, and much more.

Center for Academic and Professional Success

Horvitz Administration Building
Contact Information: (945)262-7990

- Meet your advisor and cover a range of items from academic planning to career exploration
- Appointment scheduled via Navigate

Tutoring & Testing Center

Student Affairs Building, 2nd Floor
Contact Information: (954)-262-8350

- One-on-One, in person appointments
- Appointments scheduled via Navigate

Henderson student counseling services

Student Affairs Building, 3rd Floor
(954)-424-6911

- Guides with academic concerns & Career development
- Help with adjustment to student life.

SI Sessions

- Supplemental Instruction organize group study sessions for various courses.

Did You Know?

NSU has a Shark Pantry for students?

2nd floor of Don Taft University Center

11am-3pm



NSU SHARK FOOD PANTRY

OPEN TO ALL UNDERGRADUATE, GRADUATE & PROFESSIONAL NSU STUDENTS

TUESDAYS & THURSDAYS:
11AM - 3PM

(WINTER SEMESTER HOURS)

Don Taft University Center
2nd Floor, South Side Concession Stand

*Must present NSU ID

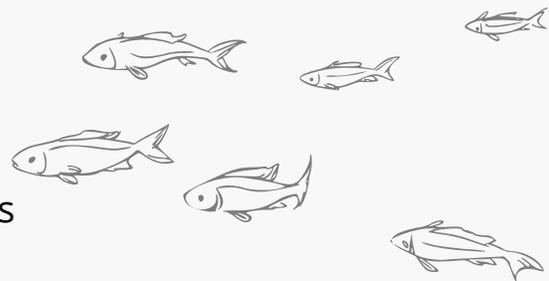
For questions or to learn about volunteering and donating contact foodpantry@nova.edu.





NSU FUN FACTS

- By square footage, the Broward County Library system is the largest library system in the state of Florida. This library system includes our Alvin Sherman Library!
- One of NSU most popular courses is Scuba Diving.
- Basketball was NSU's first athletic program.
- A stingray was almost NSU's mascot.
- NSU's mascot is named Razor.
- There are over 100 on-campus clubs and organizations



A big "Thank you" to our 2021-2022 Dual Admission Ambassadors for all of your hard work and commitment to our dual students this year.



Applications to become a Dual Admission Ambassador for the 2022-2023 will open in August 2022 and be sent via email to all dual students.