

Food Science and Technology

Graduate Student Orientation
Advising Office

foodscience.tamu.edu



Teaching Assistantships

Minimum Requirements

- Completion of a criminal background check
- Full time registration as a graduate student (9 credit hours in fall and spring; 6 credit hours in summer)
- Continued satisfactory academic performance towards your degree
- Satisfactory completion of assigned duties, including timely completion of all required trainings
- International Students assigned to teaching duties are required to meet English Language Proficiency Certification
- Maintenance of your immigration status and work authorization
- Fulfillment of all departmental obligations



FSTC Graduate Student Advising



Evelyn Quinones
Academic Advisor IV
evelynquinones@tamu.edu
(979) 458-2221
Room 114 – Kleberg Center Building



Ashton Klinker
Program Coordinator I
Ashton.klinker@ag.tamu.edu
(979) 314-8034
B130 – Centeq Building



Lindsey Naufal
Administrator I
Lindsey.Naufal@ag.tamu.edu
(979) 321 5386
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Dr. Suresh Pillai
Associate Department Head
s-pillai@tamu.edu
B130 – Centeq Building



Dr. Joseph Awika
Department Head
awika@tamu.edu
B130 – Centeq Building



Before we begin

This orientation is a guide and may not answer all of your questions. Be sure to ask questions afterwards.

Your homework:

Read the [department handbook](#)

Read the [graduate catalog](#)



OGAPS Graduate and Professional School
(GPS) orientation: <https://ogaps.tamu.edu/New-Current-Students/New-Graduate-Student-Orientation>

Contacting an advisor



- When emailing use your full name and UIN.
- Appointments are recommended, but feel free to stop by my office any time my door is open.
- Make an appointment if you have a long or complicated question.
- Need paperwork filled out?
Complete student section first before you bring it to advisor.

Departmental Listservs

Advisors in the department use the listservs to send emails to our students to communicate job opportunities, scholarships, internships, award opportunities, and other relevant information.

- To join a departmental listserv send an email to listserv@listserv.tamu.edu and in the body put:

SUBSCRIBE ifsgraduatestudents firstname lastname

Example: SUBSCRIBE ifsgraduatestudents Kyle Field



Graduate Student GPA

- Scholastic Requirements
 - All graduate students have two GPAs and both must be at least 3.0 to be in good standing, to conduct any type of exam, and to graduate; Degree Plan GPA & Cumulative GPA
- A,B,C,S



Scholastic Probation

Failure to maintain a GPR above a 3.0 will result in graduate students being placed on probation.

Students can be dismissed from the program if academic standards are not followed.

Students on probation are generally given one semester to make up deficit in GPR.

Registration

- **Continuous Enrollment**
Students in graduate degree programs requiring a thesis, dissertation, or internship, who have completed all graded coursework on the degree plan are required to be in continuous registration until all requirements for the degree have been completed. Non-thesis students must be in continuous enrollment until all degree plan courses are completed.
- **Full time (for assistantship, scholarship, and fellowship purposes)**
 - 9 hours spring/fall
 - 6 hours summer
- **Half time (for financial aid purposes)**
 - 5 hours spring/fall
 - 3 hours for 10 week summer
 - 2 hours for 5-week summer



Residence Requirement

MS

Student must complete 9 resident credit hours during one regular semester or one 10-week summer semester in resident study at Texas A&M University.



PhD

-Student who enters the doctoral degree program with a *baccalaureate degree* must spend one academic year plus one semester in resident study at Texas A&M University.

-A student who holds *master's degree* when he/she enters doctoral degree program must spend one academic year in resident study.

-One academic year may include two adjacent regular semesters or one regular semester and one adjacent 10-week summer semester. The third semester is not required to be adjacent to the one year. Enrollment for each semester must be a minimum of 9 credit hours each to satisfy the residence requirement.



Course Add/Drop

- The academic calendar can be found at registrar.tamu.edu.
- You can make changes to your schedule until the 5th class day.
- Your advisor can assist with changes through the dean's office until the 12th class day each semester.
- After the 12th class day the only way to add/drop is to withdraw or Q-drop (no refund) and pay tuition/late fees for any added courses.



Lab Safety Acknowledgment

Must be completed EVERY semester!

HomeMy RecordMy FinancesStudent LifeAdvisingEmployeeResearch

June 22, 2013

Registration

☐ Registration Time Assignment (CS)
☐ Search Class Schedule
☐ Add or Drop Classes
☐ Registration Status

- View Registration Status
- View Holds
- Registration History

☐ Distance Education Location Update
☐ Book Prices

Important Message

NOTICE:

Courses that list "Lab Safety Acknowledgment" in the "Attribute" column require you to complete a Lab Safety Acknowledgment BEFORE you can register for the course. The Lab Safety Acknowledgment can be found in the "My Schedule" channel.

HOW TO: Lab Safety Acknowledgment

**You only need to submit ONE Lab Safety Acknowledgment each semester.

Authorized User Access

Add or Edit Access

Select one of the links below to set up parent access for the related area. Access for billing must be requested separately.

☐ Academic Records & Campus Services
☐ Billing

My Schedule

☐ View My Schedule
☐ Verification of Enrollment
☐ Final Exam Schedules
☐ Change Class/KINE Options
☐ Lab Safety Acknowledgments

Purchase Optional Services

☐ Athletics Sports Pass
☐ Campus Directory
☐ Golf Course Membership
☐ MSC OPAS
☐ Parking Pass
☐ Yearbook

Class Details for PHYS & BICH MUSCLE AS FOOD NFSC - Nutrition & Food Sci 607 600

Term: 202031 | CRN: 34135

Class Details

Course Evaluation

Bookstore Links

Course Description

Syllabus

Attributes

College Station ACST
Lab Safety Acknowledgment ZLSA

Graduate Degree Options

- **The Doctor of Philosophy (PhD)** - Food Science and Technology
- **Master of Science (MS)** - Food Science and Technology (thesis)
- **Master of Agriculture (MAgr)** - Food Science and Technology (non-thesis)



Seminar (FSTC 681) is required every semester

- You must register for seminar every semester.
- 0 or 1 credit.
- Students registered for one credit must give presentation/complete assignments.
- 0 credit does not satisfy degree plan requirements.



Master of Science Food Science - Thesis

- M.S. degree candidates must complete a minimum of 32 hours beyond the baccalaureate degree (including FSTC 685 and FSTC 691 credit hours). Each student will develop a Degree Plan in conjunction with the major professor, specifying the courses that must be taken.

- *Seminar is required every regular semester. Register for 0 or 1 credit.

- Other Requirements: research proposal, thesis, thesis defense (final exam)

Curriculum		
FSTC 605	Chemistry of Foods (or equivalent)	3 credits
FSTC 606	Microbiology of Foods (or equivalent)	3 credits
FSTC 681*	Seminar	1 credit
FSTC 685	Directed Studies	will vary
FSTC 691	Research	will vary
FSTC 600+	Elective courses	6 credits
STAT 600+	Elective course	3 credits
Total		32 credits



Master of Science (MS) Food Science and Technology

Master of Agriculture (MAgr) Food Science and Technology

Curriculum		
FSTC 605	Chemistry of Foods (or equivalent)	3 credits
FSTC 606	Microbiology of Foods (or equivalent)	3 credits
FSTC 681*	Seminar	1 credit
FSTC 685	Directed Studies	will vary
FSTC 684	Internship	will vary
FSTC 600+	Elective courses	6 credits
STAT 600+	Elective course	3 credits
Total		36 credits

- Other Requirements:
 - professional internship that lasts 3-9 months and is designed to develop problem-solving skills through meaningful, applied, practical experience (usually in the food industry).
 - A professional paper must be prepared and defended during the student's final examination.

*Seminar is required every regular semester. Register for 0 or 1 credit.



TAMU MS Degree Plan Rules



Specific Thesis Option Limitations:

No more than 12 hrs may be used in any combination of the following categories:

- Not more than 8 hrs in the combination of 691 (Research) or 684 (Professional Internship) may be used.
- Not more than 8 hrs of 685 (Directed Studies) may be used.



Specific Non-Thesis Option Limitations (includes MAG):

No More than 25 percent (*9 hours if 36 hours on degree plan*) of the total degree plan hours may be used in any combination of the following categories:

- Not more than 8 hours of 684 (Professional Internship) may be used.
- Not more than 8 hours of 685 (Directed Studies) may be used.
- NO credit hours of 691 (Research) may be used.

Doctoral Program Food Science and Technology

Subject Requirements (with B.S.):

FSTC 605 Chemistry of Foods – 3 credits

FSTC 606 Microbiology of Foods – 3 Credits

*FSTC 681 Seminar (or department seminar)
3 credits

FSTC 685 Directed Studies will vary

FSTC 691 Research will vary

FSTC 600+ Elective courses** 12 credits

Statistics 600+ – 6 Credits

Total: 96 credits

Note: **Seminar is required every regular semester. Register for 0 or 1 credit.

Other Requirements: research proposal, preliminary exam, dissertation, dissertation defense (final exam)

*Seminar is required every regular semester. Register for 0 or 1 credit.

Subject Requirements (with M.S.):

FSTC 605 Chemistry of Foods – 3 credits

FSTC 606 Microbiology of Foods – 3 Credits

*FSTC 681 Seminar (or department seminar)
2 credits

FSTC 685 Directed Studies will vary

FSTC 691 Research will vary

FSTC 600+ Elective courses** 12 credits

Statistics 600+ – 6 Credits

Total: 64 credits

Note: **Seminar is required every regular semester. Register for 0 or 1 credit.

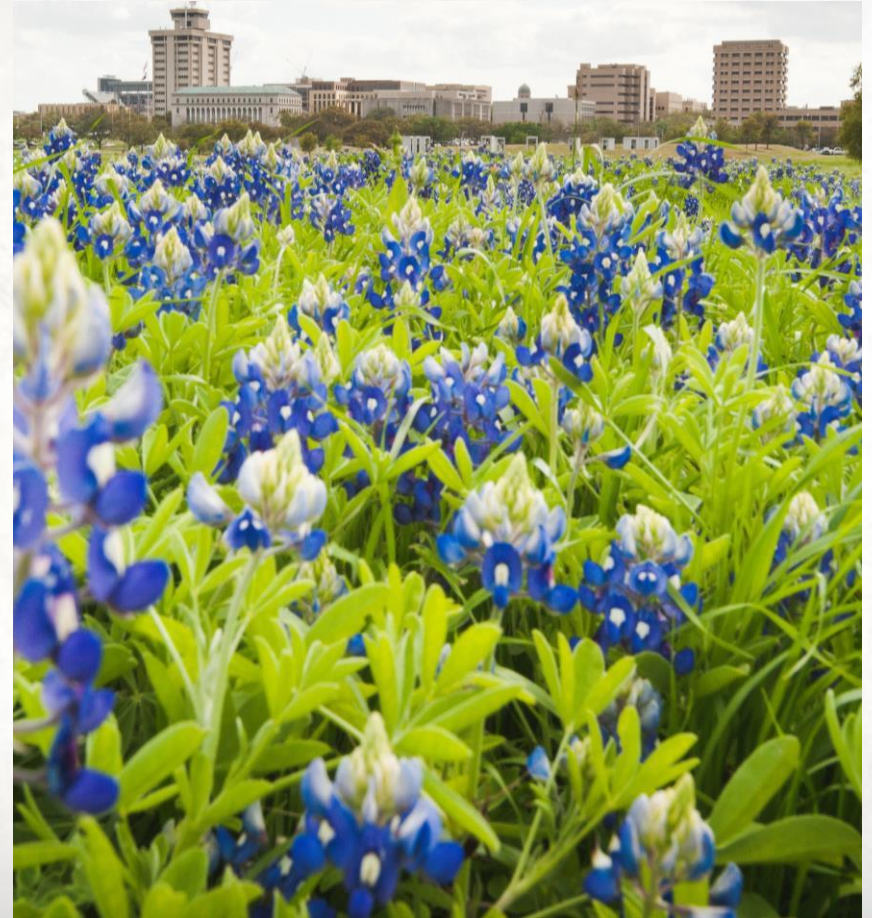


Want to add a certificate?

Example:

Graduate Certificate in Food Safety

- See Animal Science Department for details
- See graduate advisor to enroll



684/685/691 Courses

- 685 Directed Studies
 - 691 Research
 - 684 Professional Internship
- Need help enrolling?
Email Evelyn or come
to the advising office.



Grade Mode:

691: S/U

685: G

684: S/U

OGAPS Dates and Deadlines

- Degree Plan
- Proposal
- Prelims for PhD students
- Request for Final Exam
- Final Exam
- Thesis/Dissertation

Be sure to check dates and deadlines on OGAPS website

<http://ogaps.tamu.edu/Buttons/Calendars> and read the graduate catalog.

Be responsible for your education.

Failure to meet deadlines can delay graduation. Have questions? Ask.



OGAPS Calendar Subscriptions

<http://ogaps.tamu.edu/calendars>

Instructions on how to subscribe

Click headings to view the events

Description of each type of link

The screenshot shows the OGAPS Calendar Subscriptions page. Annotations include: a black arrow from 'Instructions on how to subscribe' pointing to a box with the text 'Click here for instructions on how to subscribe.'; two purple arrows from 'Click headings to view the events' pointing to the 'Full Calendar:' and 'Master's Non-Thesis Option Dates & Deadlines:' headings; and a yellow arrow from 'Description of each type of link' pointing to the 'Spring 2014' section. A yellow rounded rectangle on the right contains 'LINK DESCRIPTIONS' for RSS Feed, Download .ics File, Add to Calendar, and PDF Document.

Office of Graduate and Professional Studies

ATM | TEXAS A&M UNIVERSITY

Home About Prospective Students Incoming Students Current Students Faculty & Staff International Students

You are here: Home / Calendar Subscription

Calendar Subscription

Year-round Calendars

(includes Fall 2013, Spring 2014, and Summer 2014)

Full Calendar:
[RSS Feed](#) | [Download .ics File](#) | [Add to Calendar](#)

Master's Non-Thesis Option Dates & Deadlines:
[RSS Feed](#) | [Download .ics File](#) | [Add to Calendar](#) | [PDF Document](#)

Master's Thesis Option Dates & Deadlines:
[RSS Feed](#) | [Download .ics File](#) | [Add to Calendar](#) | [PDF Document](#)

Doctoral Dates & Deadlines:
[RSS Feed](#) | [Download .ics File](#) | [Add to Calendar](#) | [PDF Document](#)

Spring 2014

Master's Non-Thesis Option Dates & Deadlines:
[RSS Feed](#) | [Download .ics File](#) | [Add to Calendar](#) | [PDF Document](#)

Master's Thesis Option Dates & Deadlines:
[RSS Feed](#) | [Download .ics File](#) | [Add to Calendar](#) | [PDF Document](#)

Doctoral Dates & Deadlines:
[RSS Feed](#) | [Download .ics File](#) | [Add to Calendar](#) | [PDF Document](#)

LINK DESCRIPTIONS

RSS Feed
This option allows you to view the RSS feed page and URL that is used when adding RSS feeds to your preferred device. (Must have an application that accepts and reads RSS feeds.)

Download .ics File
This option allows you to download the file containing the calendar events. You can then choose to either:

- Open the file on your smart device and import the events into your device's native calendar application.
- Open the file on your computer and import the events into your computer's default mail and calendar application.

Add to Calendar
This option prompts you to add the calendar events to your computer's default mail and calendar application.

PDF Document
This option allows you to download a PDF document listing the calendar events of the specified group.

Degree Plans/DPSS

The screenshot shows the login page for the Degree Plans/DPSS system. At the top is the Texas A&M University logo and the text 'OFFICE OF GRADUATE AND PROFESSIONAL STUDIES'. Below this is a header 'DOCUMENT PROCESSING SUBMISSION SYSTEM'. The main area contains three login buttons: 'STUDENTS', 'FACULTY & STAFF', and 'OGAPS STAFF', each with a '- login here -' link. A disclaimer at the bottom states: 'This computer system and data herein are available only for authorized users. Use for any other purpose may result in administrative/disciplinary actions or criminal prosecution against the user. Usage may be subject to security testing and monitoring. Applicable privacy laws establish the expectations of privacy.'

Office of Graduate and Professional Studies | Search | Contact OGAPS | Privacy & Security Policy

ATM OFFICE OF GRADUATE AND PROFESSIONAL STUDIES TEXAS A&M UNIVERSITY DOCUMENT PROCESSING SUBMISSION SYSTEM

Home Degree Plan Petitions Help Logoff

Student: Kristin De Ruiter

Degree Plan

You do not have a degree plan.

[Create New Degree Plan](#)

Petition

[Create New Petition](#)

Completed Degree Plan(s)

Degree Plans are marked as graduated in the Document Processing Submission System sometime after the first month of the term following graduation.

When should I submit my degree plan/committee members to the Office of Graduate and Professional Studies?

This is where you identify your committee members.

Be sure you have submitted a degree plan to OGAPS:

Masters – 2nd regular semester

Doctoral – 4th regular semester

<https://ogsdps.tamu.edu/default.aspx>



What else is the DPSS Portal used for?

- Create and submit degree plan/committee members
- Edit graduate degree plan and committee members
- Change programs (i.e. go from MS to PhD)
- Change majors (i.e. go from NUTR to FSTC)
- Submit petitions (leave of absence, waive residency, time limits, etc.)

<https://ogsdps.tamu.edu/>



**OFFICE OF GRADUATE AND
PROFESSIONAL STUDIES**
TEXAS A & M UNIVERSITY



99 Hour Cap on Doctoral Degrees

PhD students who have accumulated 100 or more doctoral hours will be charged tuition at a rate equivalent to out-of-state tuition.

*Only applies to G8 status





International Student Services

- Enrollment letters
- ISS Forms (RCL, OPT, CPT)
- Do not risk falling out of status. Failure to follow ISS regulations can lead to deportation. Stay in contact with ISS.
 - Changing major or degree
 - Travel
 - Visas
 - Working/internships
 - Registration hours/last semester

Annual Review Form

- FSTC graduate students are required to meet with their committee at least once per year.
- Review form will need to be signed by your committee and turned in to Ashton Klinker by March 30.
- Form is posted on department website.

Department of Nutrition and Food Science, Texas A&M University
Graduate Student Annual Evaluation



(Deadline to Graduate Advisor, Kristin de Ruiter March 30, 2020)

Attach the Following to this Form:

1. One page summary highlighting research accomplishments of the past year. This can include data collection, research proposal writing, or any other scholarly activity. Include your goals and plans for next year.
2. Current CV

Name: _____ Date: _____

Major: _____ Committee Chair: _____

UIN: _____ Degree: _____

Semester/Year First Enrolled: _____

Academic Requirements:

1. Approved Degree Plan ☐ Yes ☐ No Date: _____
2. Research Proposal Submitted to OGAPS (if applicable) ☐ Yes ☐ No Date: _____
3. Passed Preliminary Exam (if applicable) ☐ Yes ☐ No Date: _____
4. GPR: _____
5. Credits Completed: _____

Scholarly Activities in the Past Year (March 30, 2019 – March 30, 2020)

A. Oral Presentations/Posters PRESENTED at Conference IN THE PAST YEAR. If you need more space you may attach another piece of paper to this evaluation.

1. Conference: _____
Date: _____

Paper/Poster Title: _____

2. Conference: _____
Date: _____

Paper/Poster Title: _____

3. Conference: _____
Date: _____



Department Resources/ Requirements

- Annual Review Forms
- Teaching Assistantships



Teaching Assistantships



Application made available each semester (typically in June, April, and October)



Announcement will be made on listserv



Other place to look for graduate student assistantships:

Jobs for Aggies
<https://jobsforaggies.tamu.edu/>



ELPE (English Language Proficiency Certification)

Activities

Student Clubs

- Food Science Club



Get involved!



Ombuds Officer

The Ombuds Officer serves as an informal, neutral and confidential resource for graduate students to discuss questions and concerns related to their graduate experience.

112 Jack K. Williams Administration
Building
979-845-3631
ombuds@tamu.edu



Dr. Linda Castillo
Ombuds Officer

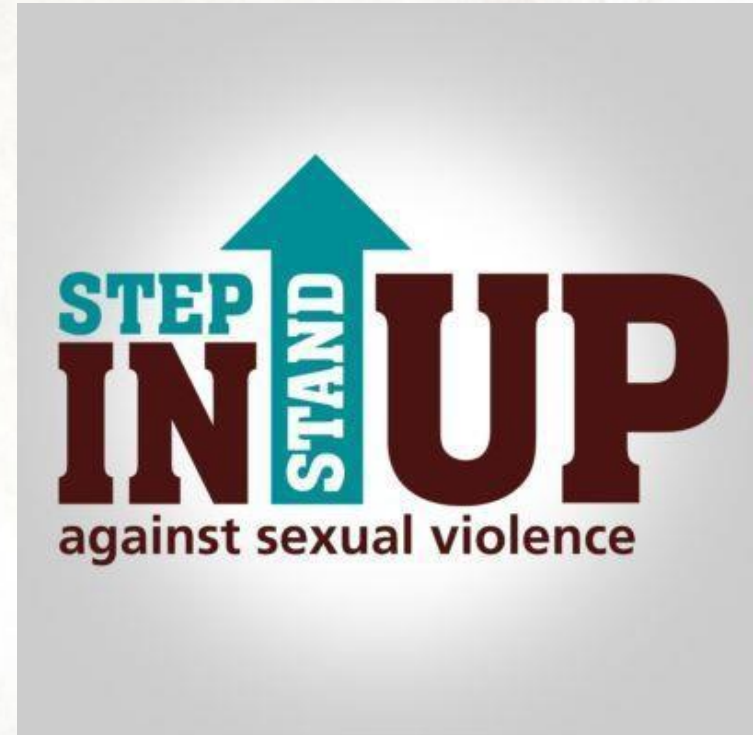
- Academic related issues (grade disputes, testing procedures, instructor/student misunderstandings, etc.)
- Intellectual property
- Interpersonal conflicts, lab politics, and problems with workplace climate
- Professional ethics
- Advice on how to have difficult conversations
- Concerns about procedural fairness or due process
- Conflicts between graduate students and their research advisors
- Concerns about inequities in work expectations and/or funding opportunities
- Disagreements with or misunderstandings of university policy/procedure
- Cultural conflicts
- Concerns about unethical or inappropriate behavior

Ombuds officer can help find information, identify options, facilitate communication among people in conflict, and refer you to formal grievance/appeal procedures.



Sexual Harassment

- Complaints against students
 - Dean of Student Life
 - studentlife@tamu.edu
 - 979.845.3111
- Complaints against faculty
 - Dean of Faculties
 - dof@tamu.edu
 - 979.845.4274
- Complaints against staff
 - Director of Organizational Consulting and Resolution Management
 - OCRM@tamu.edu
 - 979-862-4027
- Title IX Coordinator
 - TitleIX.Coordinator@tamu.edu
 - 979-845-0977



A GROWING CONCERN IN GRADUATE EDUCATION

2010

Prevalence of mental illness in graduate students may be similar to the general population but help-seeking behavior has increased

(Hunt & Eisenberg, 2010)

2014 - UC Berkeley Report

43-46% of graduate students in the biological/physical sciences were depressed

(UC Berkeley Graduate Assembly, Grad Student Happiness and Wellbeing Report, 2014)

2015 - University of Arizona Report

Majority of PhD students reported “more than average” or “tremendous” current stress

- Biggest contributors to stress were school and education-related issues

(Smith & Brooks, Grad Student Mental Health, 2015)

March 2018

Evidence for a mental health crisis in graduate education

Teresa M Evans¹, Lindsay Bira², Jazmin Beltran Gastelum³, L Todd Weiss⁴ & Nathan L Vanderford^{4,5}

With mental illness a growing concern within graduate education, data from a new survey should prompt both academia and policy makers to consider intervention strategies.

There is a growing cry for help from graduate students across the globe who struggle with significant mental health concerns¹. Despite increased discussion of the topic, there remains a dire need to resolve our understanding of the mental health issues in the trainee population.

Recent research on mental health in the trainee population has focused on within-institution cohorts, such as the 2014 UC Berkeley report², which found that 43–46% of graduate students in the biosciences were depressed, and the 2015 University of Arizona report³, which found that a majority of doctoral students reported “more than average” current stress

with perceived work–life balance and mentorship quality. The transgender and/or gender-nonconforming population faces an increased risk of depression and anxiety⁶. Further, women consistently are more likely to suffer from mental health disorders than men⁷. Our results corroborate these findings within the graduate trainee population; both transgender/gender-nonconforming and female graduate students are significantly more likely to experience anxiety and depression than their male graduate student counterparts (Fig. 1b). Our study found that the prevalence of anxiety

with perceived work–life balance and mentorship quality.

The transgender and/or gender-nonconforming population faces an increased risk of depression and anxiety⁶. Further, women consistently are more likely to suffer from mental health disorders than men⁷. Our results corroborate these findings within the graduate trainee population; both transgender/gender-nonconforming and female graduate students are significantly more likely to experience anxiety and depression than their male graduate student counterparts (Fig. 1b). Our study found that the prevalence of anxiety

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Counseling &
Psychological Services
DIVISION OF STUDENT AFFAIRS

Student Services
Building, 4th Floor

471 Houston St. | 1263



- Online:
<http://scs.tamu.edu>
- Call: (979) 845-4427
- In person: SCS ***If it's a crisis, let someone know!***
 - Life-threatening or life-altering situations or severe distress
 - Can't wait 2-3 days
 - Crisis counselors available Weekdays 10am-12pm and 1-4pm



Group Counseling

- Embracing Your Self-Worth
- Managing Anxiety
- International Students
- **Thesis/Dissertation Support**
 - This group is for graduate students struggling with the process of writing a thesis or dissertation. Group topics include issues of competence, procrastination, anxiety, goal-setting, and bureaucratic struggles.

*Groups may change each semester





Questions?

