



Department of Food Science

New Graduate Student Welcome & Orientation Packet

Fall 2023-Spring 2024



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Welcome to Penn State's Department of Food Science. This guide is designed to help incoming graduate students become familiar with tools and resources available in the department, Penn State, and the State College area. We hope you find the information helpful in your successful journey at Penn State.

ABOUT THE DEPARTMENT

The Department of Food Science at Penn State is one of the premier food science departments in the country.

The outstanding faculty, state-of-the-art building and laboratory facilities, and friendly and dedicated staff members make the Food Science Department a pleasant place to study and conduct research.



Our undergraduate program offers students hands-on science dealing with real-world applications; small, friendly atmosphere; world-class internship experiences; excellent scholarship opportunities, and 100% job placement.

Our graduate program offers graduate study leading to Master of Science and Doctor of Philosophy degrees. Collaborative research in the food science department is primarily conducted in the context of graduate education. Graduate students receive in-depth training in the core disciplines of food chemistry, food microbiology, food engineering/processing, and sensory science.

Research is encouraged and facilitated in the core disciplines and across disciplines, particularly in the areas of Functional Foods, Food Safety, the Material Nature of Foods, and Food Choice. Research and extension faculty work closely with members of the food industry and encourage their graduate students and other visiting scholars to participate in these important activities.

The relatively small-college atmosphere within the department enables faculty, staff, and students to have close contact in an intellectually stimulating and professional environment. I invite you to come, meet our faculty, staff, and students, and see why we are one of the premier food science departments in the country.

Robert Roberts
Professor and Head

First-year Food Science Graduate Student Orientation

All incoming students are **required** to attend a program Orientation on Friday, August 18th from 1:00-5:00pm in room 252 Food Science Building. Any questions, please contact Dr. Greg Ziegler, grz1@psu.edu.

Graduate School New Student Orientation

Information can be found here: <https://gradschool.psu.edu/graduate-student-life/new-graduate-student-orientation/>. Please watch your email for information.

The Graduate School has moved the [New Graduate Student Orientation](#) to an online format as a Canvas course that contains a wealth of useful information for incoming students.

All new graduate students have received an email asking them to self-enroll in the course. If you have trouble accessing the modules in Canvas, please [contact the Graduate School](#).

The [Orientation course](#) will remain in a student's Canvas dashboard for the remainder of their time at the University.

The [Orientation Canvas course](#) has a wealth of information about the University, tips on how to be successful as a graduate student, and information about the many resources available to graduate students from health insurance to student support offices.

International Graduate Student Orientation Events

Please watch your email for information from the Global Office.

Penn State Global and The Graduate School will invite all international graduate students at University Park to attend a **virtual International Graduate Student Welcome on either June 13 or July 18**. These welcome events will include sessions led by The Graduate School, International Student and Scholar Advising (ISSA), and a Global Engagement/Orientation Leader session.

All incoming international graduate students at University Park are expected to attend an in-person Graduate International Student Orientation in person on August 15 and August 16.

International Graduate Students **must attend the in-person orientation dates** where they will complete immigration document check-in, meet with orientation leaders, and learn about life in the United States and at Penn State. Students who are transferring from one Penn State program to another (e.g. graduating B.S. in May 2023 entering M.S. in August 2023) are exempt from the orientation requirement, but are still encouraged to attend.

Questions about the International Graduate Student Orientation Events should be directed to SEIL@psu.edu.

DEPARTMENT CONTACTS:

Below is a list of the administrative contacts primarily located within the Food Science office suite. Office hours are from 8:00 a.m.-5 p.m. from Monday – Friday and closed on weekends.

<u>Name</u>	<u>Room #</u>	<u>Phone</u>	<u>e-mail</u>
Dr. Bob Roberts, Department Head	206	863-2959	rfr3@psu.edu
Dr. Gregory Ziegler, Director of Graduate Studies	341	863-2960	grz1@psu.edu
Beth Tepsic, Manager of Department Operations	211	863-8668	eak173@psu.edu
Karen Mullen, Administrative Assistant to the Department Head	207	863-4827	kjs15@psu.edu
Christine Andrus, UG/Graduate Program Assistant	217	863-8667	cma18@psu.edu
Suzy Watson, Proposal and Award Specialist	208	865-5006	sbs6489@psu.edu
Jodi Butler, Financial Assistant	212	867-5947	jub41@psu.edu
Wai Fun Leong, Teaching Laboratory Support	218	867-1378	wul24@psu.edu
Thomas Dimick, Outreach & Computer Support Coordinator	215	865-3360	tsd3@psu.edu
Peter Hanchar, Facilities & Safety Coordinator	216	863-2965	pah232@psu.edu

Please contact the staff below for assistance in the following areas:

- **Beth Tepsic** leads and directs departmental staff, oversees daily operations, and serves as Human Resources representative; manages department budgets, funds, grants, and salary distributions; coordinates new hiring of faculty and staff.
- **Karen Mullen** provides support to the department head to include calendar/meetings, travel arrangements, and drafting communications; coordinates Promotion & Tenure processes, sabbatical leaves, and annual faculty reviews; assists department head with faculty recruitment; coordinates seminars; provides support to various committees.
- **Christine Andrus** maintains undergraduate and graduate student records, monitors student progress, assists students with registration, and processes Graduate Assistantships; assists faculty with course and room scheduling, final exam scheduling, and advising; assists with student recruitment and career placement initiatives.
- **Suzy Watson** focuses on pre and post grant award activities within the Department; facilitates more efficient grant submissions; monitors spending; ensures conformance to agency and university requirements; facilitates timely submission of salary savings requests; and enhances our ability to comply with unique requirements from sponsors.
- **Jodi Butler** oversees department financial accounting processes; helps faculty, staff and students navigate through Penn State's purchasing and travel policies and procedures; manages wage payroll appointments; maintains department office supplies inventory and resolves all direct bills for the department.

- **Wai Fun Leong** provides scheduling and logistic support for department teaching laboratories and pilot plants. Assists students with laboratory techniques and equipment operating procedures.
- **Thomas Dimick** coordinates the department's outreach and external communication activities; assists with marketing initiatives; liaison with FIG group; assists faculty, staff, and students with questions regarding computer access and wireless connectivity.
- **Peter Hanchar** oversees facilities, lab safety, equipment usage, and pilot plant training. He can assist students with facility issues, safety issues, and scheduling pilot plant use.

Getting Started

The next steps will help US and international students gain access to many University resources:

Step 1 Graduate School – Please ensure that you respond to all emails from the Graduate School regarding any documentation they may need to complete your admissions process. They require official transcripts with conferral of degree directly from your school(s). International students should also follow any directions given by the Global Office to ensure Visa and Social Security processes are completed in a timely manner.

Step 2 Human Resources – Please ensure that you respond to all inquiries by Human Resources including completing background checks. **You must also make sure to update your Local Address in LionPATH for Graduate Assistantship taxation purposes.**

Step 3 Penn State id+ Card - Each graduate student has been assigned a Penn State ID number during the graduate application process. The Penn State id+ Card is the official University identification card. Information about the card and its many uses is available at: <https://idcard.psu.edu/>. Without it, you cannot obtain Penn State computer access which is Step 4 below. To obtain a PS id+ card, apply online or visit 020 HUB-Robeson Center from 7:30 a.m.-5:30 p.m. (M-F) and 12:00 Noon-3:00 p.m. (Sat./Sun.). Contact: 814-865-7590.



Step 4 Penn State Access Account - The Penn State Access Account, which you created when you applied (e.g., xyz1234) enables Penn State students, faculty, and staff to use the full range of Internet services on or off campus, at computer labs or on personal computers. It also allows you to use the ITS student computing labs (<https://lat.tlt.psu.edu/home/labs/>). Make note of your user ID and password when they are displayed on the screen. Your account should be active within one business day. Info can be found here: <https://security.psu.edu/services/penn-state-accts/>.

Step 5 **Multifactor Authentication** – Students must enroll in Microsoft MFA to register for classes, retrieve grades, and access any secure University-affiliated sites and services such as Outlook email, Canvas, and LionPATH.

Enrolling in Microsoft MFA is easy and takes about 15 minutes. Go to accounts.psu.edu/mfa and click on the “Enroll in MFA” button to access the enrollment form and begin the enrollment process. Once you start the process, you will need to complete it, or you will be prompted to do so the next time you try to sign into your Penn State Account.

Step 6 **Course Registration** – All students must complete the Pre-registration activities (including the **Financial Responsibility Agreement every semester**) in LionPATH <https://lionpathsupport.psu.edu/> prior to being able to register for any courses. Students can find their enrollment appointment in their LionPATH student center. All students must register for classes **by the Sunday before the first day of classes** (our office is closed weekends). If you do not register before that date, you will be assessed a **late-add fee**. If you are on a half-time graduate assistantship, you must register for 9-12 credits per semester. International students must be registered full-time (9 credits minimum) to maintain their visa status. It is not necessary to register in the summer unless you need to take a specific course only offered in the summer or, in the case of doctoral students, if you are taking your oral comp exam or final defense in the summer in which case you do need to be registered. In this case, you should apply for STAP to cover the summer tuition (info will be shared with you). Students should contact their advisors regarding course scheduling and contact Christine Andrus (cma18@psu.edu) for assistance with scheduling departmentally controlled courses.

Step 7 **Health Insurance** – The Student Health Insurance office is responsible for administering the health insurance plans for Penn State students. As part of your assistantship or fellowship, Penn State provides insurance premium subsidies for the Graduate Assistant and Graduate Fellow medical, dental and vision plans for you and any eligible dependents you want to cover. US students who wish to decline coverage or are still covered by their parents’ insurance will need to submit a Declination of Coverage form at the beginning of the semester. All international students must carry health insurance on themselves and dependents to maintain their visa status.

The Student Health Center is located adjacent to the Eisenhower Parking Deck and the Bank of America Career Services Building off Bigler Road. For more information at: <https://studentaffairs.psu.edu/health-wellness/health-insurance/graduate-assistant-fellows-and-trainees>.

Step 8 **AEOCPT Exam** – All International Students whose first language is not English must take the AEOCPT exam to TA for the program (<https://aplng.la.psu.edu/programs/about-the-aeocpt/>). Christine will schedule this for you during the two weeks prior to the beginning of the semester.

Step 9 **Safety Training** – Pete Hanchar is the lead for on-site trainings. Students must do an online EHS training <https://ehs.psu.edu/training> (Laboratory & Research Safety and Hazard Communication trainings). Students must first create an account on the Learning Resource Network (LRN) <https://lrn.psu.edu/> before having the ability to log into the EHS training site.

BUILDING ACCESS & KEYS:

Graduate students will be issued Card Access to the outside entrances of the Food Science Building and/or keys to his or her office and laboratories that are used regularly in his/her research. Students will be notified via email when their keys are available to be picked up in **Room 112 Ag. Administration Building**.

The Food Science Building has a Card Access system using the **PSU ID+** card for exterior doors (east and west), the elevator near the Creamery salesroom, the Pilot Plants (134, 135, and 416), and the Chemistry Teaching Lab (132) as follows:

- **Exterior Doors** - To access the building at night (after 6:00 p.m.) and on weekends, faculty, staff, and students need to use their PSU ID+ card on the card swipes located on the east and west entrances. The card swipe will not open any creamery doors or the door near the loading dock.
- **Creamery Elevator** – The West elevator near the creamery is open during the day and can be used from the 1st floor. However, during nights and weekends, to call the elevator from the 1st floor, you must use the Elevator Card Swipe.
- **Pilot Plants, Rooms 134, 135** - To gain access to the Pilot Plants through the Card Access system, students must first arrange to complete Pilot Plant safety training through Peter Hanchar. After training has been completed, students will be added to specific Pilot Plant Card Access systems.
- **Food Chemistry Teaching Lab, Room 132** – Teaching assistants are permitted card access to the Chemistry Teaching Lab.

In addition to building card access, office, and lab keys, graduate students are permitted to have a **GS** key which will open the following doors: West interior stairwell (locked nights and weekends), 202, 249 Food Microbiology teaching lab, 323 and 424 break rooms, 417 Micro prep room, and 422 graduate student computer room.

ALL KEYS must be returned to 112 Ag. Admin. before graduating and/or leaving the Department of Food Science and/or Penn State.

GENERAL INFORMATION:

- Always refer to your *Graduate Program Handbook* which is your contract with your program and details your curriculum, program milestones, policies, and procedures.
- Students can access PDF's of necessary forms on the FDSC Graduate Program Info CANVAS page (<https://canvas.psu.edu/>) along with other helpful information.
- Each student is assigned a Graduate Advisor who they should contact for specific questions or concerns. Secondly, students should contact the Director of Graduate

Studies (Greg Ziegler, grz1@psu.edu) or Graduate Program Assistant (Christine Andrus, cma18@psu.edu) who can also assist with general questions and should always be contacted prior to scheduling any Graduate School & Program milestones.

HOUSING:

On-campus Graduate housing ranges from single dormitory rooms to two-bedroom apartments to four-bedroom townhouses.

Go to Housing at University Park (<https://housing.psu.edu/>) for information about on-campus housing.

Off-campus housing is readily available in the surrounding area. The following is a sample list of rentals geared to graduates, professionals, and families:

The Apartment Store: <https://www.apartmentstore.com/locations/state-college/>;

814-234-6860

Associated Realty: <https://www.arpm.com/>; 814-231-3333

Atlas Realty Management: <https://atlasrealtymanagement.com/>; 814-238-0741

College Town Communities: <https://www.offcampushousingstatecollege.com/>; 814-235-1377

Continental Real Estate Management: <https://www.continentalrealestate.net/>; 814-238-1598

Fairmount East Apartments: <https://www.fairmoutheastapts.com/professional-living>;

814-234-4188

Heritage Realty Group: <https://www.heritagerealtystatecollege.com/>; 814-231-0101

Morgan Properties (Briarwood): <https://www.morgan-properties.com/apartments/pa/state-college/briarwood/>; 814-699-8526

Park Forest Apartments: <https://www.apartmentsstatecollege.com/park-forest-apartments>;

814-238-3153

Property Management, Inc (PMI): <https://www.rentpmi.com/student-housing-state-college.aspx>; 814-278-7700

Southgate Apartments/Townhouses: <https://www.studenthousingstatecollege.com/>;

814-240-4401

Toftrees Apartments: <https://www.toftrees.net/>; 814-636-8270

The View: <https://www.theviewstatecollege.com/>; 814-954-2372

The Villas at Happy Valley: https://www.apartmentstore.com/building/state-college/the-villas-at-happy-valley/?s_lease=2023-2024-full-year; 814-272-1422

Off-campus housing opportunities are also listed here: <https://livingoffcampus.psu.edu/>

Off-campus Student Support can be found here: <https://studentaffairs.psu.edu/offcampus>

TRANSPORTATION & PARKING:

Who Needs a Parking Permit?

Every employee or student, including wage payroll, part-time, or Fixed Term I and II, must have a parking permit to park on campus. Individuals enrolled in classes at Penn State are classified as students and must obtain student parking through the Parking Office. All vehicles, bicycles, motorcycles, and mopeds must be registered through the Parking Office. Please refer to policies and online registration procedures at: <https://agsci.psu.edu/safety/parking>

Graduate students may purchase a base student permit through the Parking Office located at Room 1 Eisenhower Parking Deck where they will register their vehicle.

Bike Registration: Penn State has partnered with Bike Index, the nation's largest and most effective bike registration and recovery service, to provide Centre Region cyclists with this service. <https://bikeindex.org/psu>

BUS SERVICE:

Bus service on and around campus is provided by the Centre Area Transportation (CATA) (<https://catabus.com/>).

- The Blue and White Loop buses provide no-fare service along Curtin Road and College and Beaver Avenues. Buses run every 10 minutes.
- The Red Link bus provides no-fare service between Innovation Park and White Course Apartments. The Red Link runs on Park Avenue and Curtin Road, with stops at the commuter lots by the Bryce Jordan Center and Beaver Stadium.
- The Green Link bus provides no-fare service along Curtin Road between Pattee Library and the commuter lots next to the Bryce Jordan Center and Beaver Stadium.
- The Centre Line bus connects State College and the surrounding areas, including Bellefonte, Boalsburg, and Pleasant Gap.

Maps and schedules are available at CATA's website, at the information desks in the HUB-Robeson Center and Kern Graduate Building, on all Loop buses, and at the desks in the residence hall area commons buildings. For schedule information, call 814-238-CATA (814-238-2282). A wheelchair-lift van service is available the same hours as the Loop bus service. For service and scheduling of this service call Office for Disability Services at 814-863-1807.

CLUBS AND SOCIAL LIFE:

The **Department's Social Committee** hosts several social events each year for faculty, staff, and students to participate. In addition, the Department, Food Science Club, and Food Industry Group host a tailgate event annually. Faculty, staff, and students are all invited to attend this event.

The Department of Food Science has an active **Diversity, Equity, & Inclusion Committee** in place to discuss diversity issues and develop actionable strategies and solutions for the enhancement of diversity, equity, and inclusion. The committee comprises volunteer members, including students, faculty, and staff at different career levels. The committee works to identify seminar speakers from underrepresented groups that serve as role models to our students who represent the next generation of leaders in food science. <https://foodscience.psu.edu/diversity>

There are many other ways for students to get involved after they arrive at Penn State:

- **Food Science Club** – The Food Science Club is a student-based group composed of both undergraduate and graduate members in Food Science and promotes interaction between Food Science students, faculty, and the food industry. Visit their website at: <https://agsci.psu.edu/students/clubs/food-science>
- **Phi Tau Sigma** – Phi Tau Sigma is the Food Science and Technology honor society. The Penn State chapter of Phi Tau Sigma celebrates academic excellence and fosters leadership and professional development for food science students. Visit their website at: <https://agsci.psu.edu/students/clubs/list/other/phi-tau-sigma>
- **Graduate & Professional Student Association (GPSA)** - <https://gpsa.psu.edu/>
- **University Activities website** - <https://studentaffairs.psu.edu/hub/>
- **University Community & Belonging website** – <https://studentaffairs.psu.edu/community-belonging>

Provided below are websites on local entertainment, lodging, restaurants, and shopping:

- **State College Online** - <https://www.statecollege.com/>
- **State College Downtown** - <https://www.downtownstatecollege.com/>
- **Daily Collegian**: <https://www.collegian.psu.edu/>

PSU Events Calendars: Diversity & Inclusion, athletic, religious, student affairs, student organization: <https://www.events.psu.edu/>.

Center for the Performing Arts: The Center for the Performing Arts is a place for Penn State students to come together to better understand arts and culture in contemporary society, be inspired in the journey of lifelong learning, and participate in the creative community. Our student engagement experiences originate with opportunities for meaning-making and social bonding. <https://cpa.psu.edu/engage/students> . Performances at the Eisenhower and Schwab Auditoriums: <https://cpa.psu.edu/allevnts> .

School of Theatre (Penn State Centre Stage): PSCS presents theatrical performances at many venues across campus and downtown State College: <https://arts.psu.edu/outreach/penn-state-centre-stage/> .

Gyms and Fitness Centers

A Penn State gym membership will allow access to the White Building, IM Building, Rec Hall, Natatorium Fitness Loft, and all indoor pools at the Natatorium and White Building. Memberships can be purchased online at: <https://studentaffairs.psu.edu/campusrec/membership-access>.

OTHER RESOURCES:

- **Registrar's Office, 112 Shields Building** – Oversees student academic records and information including: registering for courses, official transcripts, grade reporting, degree audit, graduation, and diplomas, and more: <https://registrar.psu.edu/index.cfm>.
- **Bursar's Office, 103 Shields Building** – The Office of the Bursar is responsible for maintenance of student accounts pertaining to tuition billing, acceptance fees, charges, payments, financial aid disbursements, and refunds of excess funds, when available: <https://www.bursar.psu.edu/>.
- **Office of Student Aid, 314 Shields Building** – A good place to search for financial assistance: <https://studentaid.psu.edu/>.
- **Penn State Bookstore** – Found inside the HUB. Students can buy academic regalia here. <https://psu.bncollege.com/shop/psu/home>.
- **University Libraries** – The University Libraries comprise 14 libraries at University Park and libraries at 23 other locations, including the Dickinson School of Law, the Milton S. Hershey Medical Center, and the Penn State affiliated Pennsylvania College of Technology. Their website will help students access our collections of more than 5.3 million books, 88,000 serials, 536 databases, and 100,000 E-books at all Penn State location: <https://libraries.psu.edu/>.
- **HUB-Robeson Center** is the site for multiple student services including restaurants, a copy center, a bank (Penn State Federal Credit Union), notary service, id+ office, a convenience store, the Penn State Bookstore, the Center for Arts and Crafts, Art Galleries, and the main information desk for the University: <https://studentaffairs.psu.edu/hub>
- **Student Health Services, 302 Student Health Center** – The on campus source for medical care, health and wellness, immunization, pharmacy, student health insurance enrollment & benefits, etc.: <https://studentaffairs.psu.edu/health-wellness/health-insurance>.
- **Graduate School, Kern Building** – Provides information and assistance to prospective and current graduate students on graduate policies and procedures, thesis information and calendar, and more: <https://gradschool.psu.edu/>.
- **Graduate School Deadlines Calendar** - <https://gradschool.psu.edu/completing-your-degree/important-deadlines/>
- **Graduate School Thesis Office info and calendar** - <https://gradschool.psu.edu/completing-your-degree/thesis-and-dissertation-information/> & <https://gradschool.psu.edu/completing-your-degree/thesis-and-dissertation-information/thesis-dissertation-performance-and-oral-presentation-deadlines-calendar/> .
- **The Graduate Writing Center** - Provides trained, friendly, and free peer consulting and workshops for Penn State graduate students of all disciplines and of all levels of writing

ability. The GWC is sponsored by the Pennsylvania State University Graduate School and the Department of English: <https://gwc.psu.edu/> .

- **Global Programs Office, 410 Boucke Building** – Provides answers to questions and needs that are unique to international students: <https://global.psu.edu/>.
- **EPPIC – English for Professional Purposes Intercultural Center**- Provides advanced English language support to international students and scholars and fosters engaged intercultural communication: <https://eppic.la.psu.edu/> .
- **Career Services, MBNA Career Services Building** – Can assist graduate students in the preparation of resumes and curriculum vitae and in developing effective interviewing skills. Career Services hosts a career fair that is open to graduate as well as undergraduate students: <https://studentaffairs.psu.edu/career>.
- **Counseling and Psychological Services (CAPS), 501 Student Health Center** – Can help students resolve personal concerns that may interfere with their academic progress, social development, and satisfaction at Penn State. Some of the more common concerns include: difficulty with friends, roommates, or family members; depression and anxiety; sexual identity; lack of motivation or difficulty relaxing, concentrating or studying; eating disorders; sexual assault and sexual abuse recovery; and uncertainties about personal values and beliefs: <https://studentaffairs.psu.edu/counseling>.
- **The Edwin L. Herr Clinic** –The Counselor Education M.Ed. & Ph.D. Programs work through the clinic to provide counseling services to Penn State students, State College Area School District students, and members of the community. While it is not a crisis center, anyone can be referred for services at the clinic to discuss and work through mental health struggles. The clinic is open Fall and Spring semesters, closed for summer and all University closures. To make a referral or self-refer email: herrclinic@psu.edu or call: 814-863-0048.
<https://ed.psu.edu/academics/departments/department-educational-psychology-counseling-and-special-education/dr-edwin-l-herr-clinic>
- **Student Care & Advocacy, 129 Boucke Building** – Students may experience a variety of challenges during their college career. Student Care & Advocacy is a central location that coordinates efforts with campus partners to assist students who encounter challenges or concerns in achieving success at Penn State: <https://studentaffairs.psu.edu/studentcare>
- **Basic Needs & Support** – Resources available for students facing financial challenges or unexpected life events during their college careers can find help at : <https://studentaffairs.psu.edu/community-belonging>
- **The Affirmative Action Office, 328 Boucke Building** – Committed to diversity, equal opportunity, and ensuring the University maintains an environment that is free of harassment and discrimination: <https://affirmativeaction.psu.edu/> .
- **Educational Equity Office** – Charged with fostering diversity and inclusion at Penn State and creating a climate of diversity, equity, and inclusion throughout the University's faculty, staff, leadership, and student body: <http://equity.psu.edu/about>. **Report Bias:** <http://equity.psu.edu/reportbias> .
- **Penn State Black Caucus** – The Penn State Student Black Caucus aims to promote and protect the safety and well-being of African American students, to provide, educate, bring awareness, and serve the overarching minority community through social and political means. The Penn State Student Black Caucus serves as an umbrella organization

for all the minority students, student organizations and student groups on the University Park campus of The Pennsylvania State University.

<https://blackcaucus.wixsite.com/pennstate>

- **Latino Caucus** – The Latino Caucus shall dedicate its efforts to the betterment of the Latino community at the Pennsylvania State University. This organization will work towards supporting diversity, providing a unified voice to the Latino student population on campus, supporting programs that serve and meet the needs of Latino students as well as initiating and developing positive change in the policy and administration of the University as it affects Latino students. <https://latinocaucus.psu.edu/about/>
- **Asian Pacific Islander Desi American Caucus** – The mission of the Asian Pacific Islander Desi American Caucus is to advocate for and promote diversity by giving a collective and unified voice to the APIDA community at the Pennsylvania State University. Through a unified and collaborative effort, we are to serve as the voice of many, ensuring diversity remains a prevalent subject for not only our community, but our institution as a whole. <https://orgcentral.psu.edu/organization/apidacaucus>
- **South Asian Student Association** – The South Asian Student Association, more popularly known as SASA is one of the many South Asian organizations at the University Park campus. We, in association with our partner organizations, aim to celebrate the beauty of South Asian culture through active engagement within the Penn State Community. Our student leaders work with their peers, faculty, and local community members to ensure the organization of all our events. These events include cultural shows, movie screenings, festival celebrations, canning trips, and much more. We represent the Penn State Pride and work towards making Penn State a more diverse and culturally rich institution. <https://orgcentral.psu.edu/organization/sasa>
- **The Student Society for Indigenous Knowledge** – <https://sites.psu.edu/ssik/>
The Student Society for Indigenous Knowledge is a club at Penn State open to all students. We educate ourselves and others about culture, history, and current issues surrounding Native American tribes and indigenous communities around the world.
- **SACNAS chapter at Penn State** – <https://sites.psu.edu/sacnas/>
Welcome to the Penn State Chapter of the Society for Advancement of Chicanos/Hispanics and Native Americans in Science (SACNAS)! Our chapter is dedicated to increasing and promoting diversity within all STEM fields and is open to everyone!
- **Center for Sexual & Gender Diversity, LL011 HUB-Robeson Center** – Provides a comprehensive range of education, information, and advocacy services to students, faculty, staff, and alumni. Work to create and maintain an open, safer, and inclusive environment honoring gender and sexual diversity. <https://studentaffairs.psu.edu/csgd>.
- **Gender Equity Center, 204 Boucke Building** – supports students who have been impacted by sexual violence, relationship violence, stalking, harassment, and other campus climate issues. GenEq staff provide education, advocacy, referrals, and crisis intervention/support counseling which are free and confidential. <https://studentaffairs.psu.edu/genderequity>.
- **Student Disability Resources, 116 Boucke Building** – Provides information and assistance to students with disabilities: <http://equity.psu.edu/student-disability-resources>.
- **Office of Veterans Programs, 146 Ritenour Building** – Provide all military-affiliated students with unparalleled support, education and connections to university and

community resources, resulting in engaged, successful students and citizens: <http://equity.psu.edu/veterans> .

- **University Police & Public Safety** – Sign up for PSUAlert: <https://www.police.psu.edu/>.
- **Penn State Escort Service** – Is operated under the auspices of Police Services and will provide an escort for students walking on campus after dark. They may be reached at 5-WALK (865-9255): <https://transportation.psu.edu/walking>.
- **Pasquerilla Spiritual Center, Eisenhower Chapel** – Home to more than fifty spiritual organizations. The center, administered through the Center for Ethics and Religious Affairs, is non-denominational and provides students with opportunities to explore ethical and spiritual issues: <https://studentaffairs.psu.edu/spiritual>.
- **Office of Student Conduct, Division of Student Affairs, 135 Boucke Building** – Judicial Affairs serves as a valuable resource for the university community by promoting a safe living and learning environment. The office is responsible for dealing with violations of the Code of Conduct including sexual assault, harassment, stalking, and physical assault. The phone number is 863-0342: <https://studentaffairs.psu.edu/conduct>. The Code of Conduct is available at: <https://studentaffairs.psu.edu/support-safety-conduct/student-conduct/code-conduct> .
- **Academic Integrity** – The University does not tolerate violations of academic integrity, which includes but is not limited to: plagiarism, cheating, falsification of information, misrepresentation or deception. More info can be found at the Office of Research Protections: <https://www.research.psu.edu/orp>.
- **Plagiarism** – Plagiarism is often a confusing concept. At Penn State, plagiarism means taking someone’s words, presentation, or information and presenting them as your own. Cutting and pasting from a web site is considered plagiarism. Copying verbatim from any source without using quotation marks and the full reference is plagiarism. Plagiarism is a serious violation of academic integrity regardless of whether it is a homework exercise, an exam, a thesis, or a manuscript for publication.
- **Student Legal Services** – If you are seeking legal assistance, the Office of Student Legal Services can point you in the right direction. While they cannot assist Respondents directly, they do maintain an updated list of legal representation in the area willing to work with students, and they may be able to refer you to someone on that list. 814-867-4388; <https://studentaffairs.psu.edu/legalservices>.

Crisis Services for Penn State Students (<https://studentaffairs.psu.edu/counseling/crisis-intervention>)

If you are experiencing a mental health crisis or need immediate support:

- Call Counseling and Psychological Services (<https://studentaffairs.psu.edu/counseling>) 814-863-0395 (Monday – Friday, 8:00 a.m.-5:00 p.m.)
- Call the 24/7 Penn State Crisis Line at 1-877-229-6400
- Text the 24/7 Crisis Text Line: Text “LIONS” to 741741
- Go to the Mount Nittany Medical Center Emergency Department (<https://www.mountnittany.org/home>)
 - 1800 E Park Ave; State College, PA 16803
 - Phone: 814-234-6110
- **Call the Penn State Police at 814-863-1111 or call 911**

The Penn State Crisis Line can also be used for consultation if you know someone or are with someone who is experiencing a crisis. The Penn State Crisis Line can be used at all campuses. However, the caller must be in the U.S.

Community Crisis Services

- **Centre County CAN HELP Line (1-800-643-5432)**
This is a 24-hour crisis hotline available to students. Counselors who staff the hotline will help people manage a crisis; a mobile team is available when needed. They refer to Centre County hospital facilities if hospitalization is needed.
- **Centre Helps** (814-237-5855 or 800-494-2500) (specialized LGBT Switchboard 814-235-4650) (<https://www.centrehelps.org/>)
Located at 410 S. Fraser Street in State College, this is a local agency that provides both telephone and in-person crisis intervention services. Walk-in hours are from 9:00 a.m. to 6:00 p.m., Monday through Friday. The crisis hotline is available 24/7/365.
- **Centre Safe** (814-234-5050 or 1-877-234-5050) (<https://www.centresafe.org/>)
The Center, located at 140 W. Nittany Avenue, State College, is the local rape crisis and domestic violence center. Trained volunteers provide crisis intervention for victims of rape and relationship violence on their 24-hour hotline. They also operate a shelter for women who are currently in abusive relationships and need safe housing temporarily.
- **The Meadows Psychiatric Center** (1-800-641-7529) (<https://themeadows.net/about-us/>)
The Meadows is a private hospital 10 miles from State College and provides free consultations on their 24- hour Mental Health Crisis Line.

Drug and Alcohol Resources

- **The Centre County Mental Health/Intellectual Disabilities and Drug & Alcohol Office**
814-355-6786 (<https://centrecountypa.gov/329/MHIDEI---Drug-Alcohol>)

This office coordinates mental health and drug and alcohol services throughout the county. If you feel that you may be suffering from an addiction or uncontrollable behavior related to your mental health or your interactions with substances, they may be able to help.

- **Alcoholics Anonymous** (<http://www.district43.com/>)

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

- **Narcotics Anonymous** (<https://www.na.org/>)

Narcotics Anonymous is a group that helps people striving to detach themselves from substance abuse, particularly non-tobacco and non-alcohol substances.

QUESTIONS?

Please contact the department if you have questions about coming to Penn State. Our main number is (814) 865-5444. The Graduate Program Assistant's number is (814) 863-8667.

We look forward to seeing you in the fall!