

Year 1 Roadmap

By the end of the spring term of your first year, you should have:

- Read the [Graduate Handbook](#) and the [Graduate Manual](#)
- Formed your Dissertation Advisory Committee (DAC)
- Finished your Professional Skills coursework (HPHY 611, 612, 613)
- Finished your Systems Physiology coursework (HPHY 621, 622, 623)
- Finished at least 27 units of coursework (min 9 per quarter) consult primary advisor and/or DAC
- Fulfilled GE assignments (instructional and/or research) for ~20 hrs/week for three terms

Sample coursework schedule, Year 1

	Fall	Winter	Spring
Professional Skills	HPHY 611	HPHY 612	HPHY 613
Systems Physiology	HPHY 621	HPHY 622	HPHY 623
+4 credits	HPHY 601 (Research, 4 cr)	PSY 607 (Grant Writing, 1 cr) HPHY 601 (3 cr)	HPHY 523 (Physiology of Aging)

Milestones by term, Year 1

	Fall	Winter	Spring
Beginning of term (Weeks 1-4)	Orient yourself (to Eugene, the various teaching teams, the HPHY graduate program, etc.)	Initiate acclimatization to graduate school life	Initiation of graduate student work/life balance
Middle of term (Weeks 5-8)	Orientation ongoing	Ongoing acclimatization	Ongoing work/life balance practice
End of term (Week 9-10)	Completion of your first term of graduate school and GE responsibilities	Email DGS and Grad Coordinator if you intend to pursue a MS-in-passing	<ul style="list-style-type: none"> • DAC formed • Professional Skills and Systems Physiology sequences finished

Frequently-needed administrators, their roles, and how to contact them:

- Department Head: Andy Karduna; karduna@uoregon.edu
 - Everything related to the department
- Director of Graduate Studies: Andy Lovering; lovering@uoregon.edu
 - Everything related to graduate students and graduate employees (GEs)
- Graduate Program Coordinator: Lisa Knox; lisaknox@uoregon.edu
 - Graduate student and GE record-keeping, tracking departmental and college-level requirements and policies

- For more information about the specifics of their roles, check the Graduate Manual.
- Everyone can also be messaged on Teams—use to your advantage!

Purpose of the DAC

- Guide you on coursework options, research questions, requirements, etc. from the earliest days in the program
- (at least) Annual check-ins about your progress, any obstacles encountered, etc.
- A collection of perspectives and knowledge in addition to your primary advisor
- Serves as your program, candidacy and dissertation committees – your all-in-one committee

How to officially form your DAC:

- With your primary advisor, decide which faculty members are the best options for the roles in the DAC
 - Chair (Cannot be your advisor)
 - At least two core members (one of them is your advisor)
 - May be from HPHY or another department—or another university
 - Need additional approvals if from another university
 - Institutional representative
 - Must NOT be from HPHY
- Email the Director of Graduate Studies (Andy Lovering, lovering@uoregon.edu) and the Graduate Coordinator (Lisa Knox; lisaknox@uoregon.edu) with the names of the members and the roles they fill

Important Paperwork & Forms

- Can be found on the Grad Students Teams page (O365_HPHY Graduate Students > Documents > General > Forms for Students with a Dissertation Advisory Committee)
- Generally need advisor approval/signature, then need to be sent to the Director of Graduate Studies for approval/signature. Graduate Coordinator should be CC'd so they can file the paperwork once it's approved.
- For a different stats class or sequence, download and fill out the [Statistical Analysis Course Request](#) form
- To have a non-HPHY course count for the 600-level HPHY course requirement, download and fill out the [Non-HPHY 600-Level Course Request](#) form
- To have a faculty member outside of UO on your DAC, download and fill out the [Dissertation Committee Service Nomination Form](#), and send that, the faculty member's CV, and a rationale for them being on your committee to the Grad Coordinator and Department Head for approval