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\$ V ZH SUHSDUH WR ZHOFRPH VWXGHQWV EDFN WR FODVV IRO SUHSDUHG WKLW JXLGH WR VXSSRUW HGXFDWRUV LQ SURYLG LQFOXGHV WLSV DQG VWUDWHJLHV WR VXSSRUW D FRQVLVWH SUDFWLFHV WKDW KHOS SUHYHQW WKH VSUHDG RI &29, ' DQ

” GHYHORS FODVVURRP DFWLYLWLHV DQG FRQYHUVDWLRQV ZHOO EHLQJ DQG

” UHPLQG VWXGHQWV RI VDIH DQG KHDOWK\ SUDFWLFHV WK WKH VSUHDG RI &29, ' DQ

, W LV LPSRUWDQW WR QRWH WKDW DV WKH SDQGHP LF UHVSRO DFFRUGLQJO\ (GXFWRUV PXVW HQVXUH WKDW DQ\ DGGLWLR SXEOLF KHDOWK RIILFHV DUH FRPPXQLFDWHG ZLWK VWXGHQW

i Q ” ã G SI ã G ” , S ã Q S Î G G A p 1 Q % S ç œ } } Z

7KH [HQWDOO\ +HDOWK\ 5HWXUQWRU](#) WR VFKRRO WROO [7RRO](#) WHORSHG E\ 6FKRRO 0HQWDOV+RDOV XOHV IRU VFKRR 2QWDULR LQFOXGHV PDQ\ UHVW DSHU DQG DWLSUH LQWHQGHO DERXW PHQWDO KHDOWK DQG ZHOVHEHD SRWKDWHW WIEO RO FO DSSO\ WR VWXGHQWV UHWXUQZHO FRRLQFJKRLQF OXWHYH DQG VD WKH ZLQWHU EUHD [YLUWW](#) PV IURPKRKO WKDW SULRULWLJHV PH ['D\ RI 6FRRO](#) EH KHOSIXO WR [DQ](#) YELQW DGGUHVVLQJ LQHT



UHODWLRQVKLS EXLOGLQJ DQG VWXGHQWVRIHHO D VHQVH RI EH
 EHORQJLQJ IRU VWXGHQWV VDDOXDQG IDPLOLHV
 \$V PDQ\ VWXGHQWV DUH OHDUQLQJ DW KRPH
 VKDULQJ PHQWDO KHDOWK DQG ZHOORHLOJ
 UHVRXUFHV ZLWK SDUHQWV DQG IDPLOLHV FDQ
 KHOS WR UHLQIRUFH WKHVV LGHDV

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,W LV LPSRUWDQW WKDW HGXFDWRUV SULRULWLJH WLPH
 IRU WKHLU RZQ VHOI FDUH &RQVSRUW (TXLW\ VRFLDO
 PRGHO DQG SURPRWH VHOI FDUH IRU FROOHDXHV
 VWXGHQWV DQG WKHLU IDPLOLHV VXSURUW %Sç"œ Q"Si
 FRQQHFWLRQV DQG UHODWLRQVKLSV DQG PRGHO
 IOH[LLELQW\ DQG HPSDWK\

7DNH FDUH RI \RXUVHOI ILUVW 6XSSRUWLQJ VWXGHQW PHQWDO
 \RX ZLOO EH LQ D EHWWHU SRVWLWRQ WR VXSURUW
 \RXU VWXGHQWV VWUDWHJLHV IRU VWXGHQWV 6
 VWUHVV PDQDJPHQW VWUDWHJ

5HVRXUFHMOOLNDUHQ <RXWK LQWURGXFHG DW DQ\ DJH LQFO
 OHQWDO +HDOWK PDVFXUKHO+SIXO
 WR VXSURUW ERWK \RX DQG \RXU VWXGHQWV
 FLUFOH EUHDWKLQJ

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&RQVLGHU WKH UHDOLWLHV IDFHGRPHVWKLQJHQR\DEOH WR V
 FRPPXQLWLHV :KDW LV QHHGHG":KDW DUH
 WKH\ WHOOLQJ XV" :KDW FDQ EH GRQH"
 6XSSRUWLQJ DOO VWXGHQWV EHJLQV ZLWK
 VHOI UHIOHFWLRQ DQG H[DPLQDWLRQRIWKH
 FODVVURRP FOLPDWH LQVWUXFWLRQDO VWUDWHJLHV
 SHUVRQDO ELDV DQG V\VWHPLF EDUULHUV WKDW
 VWXGHQWV PD\ EH IDFLQJ 7KLV ZKBYJKWFKBQJ VWUDWHJ
 D FODVVURRP DQG VFKRRO FOLPDWHZKHUHQDOOHJDWLYH XQI
 WKRXXJKWV



3URYLG LQJ VWXGHQWV ZLWK RDSGR UWSXQUWQWMOGR HQW ZLWK U
 ZRUN FRRSHUDWLYHO\ IHHO HPHSRZBOHGHDOVK
 DVVLVW RWKHUV FDQ DOVR VXSSRUW PHQWDO KHDOWK
 DQG ZHOO EHLQJ ,W LV IXQGDPHQWDOO\ 7KH PLQLVWU\ KDV DOVR GHYHO
 LPSRUWDQW WR FUHDWH D VSDFH ZKHUH VWXGHQWV HGXFDWRU ZHELODUV LQFOXGL
 IHHO VHHQ YDOXHG VDIH DQG PHQWDO KHDOWK DQG ZHOO EH PHQWDO KHDOWK WR
 YRLFH WKHLU FRQFHUQV FKDOOHQJHV DQG QHHGV LOIRUPDWLRQ RQ KRZ WR UHJLV
 ZHELODUV SOHDVH YLVLW
 \$Q LPSRUWDQW DVSHFW RI \RXU WZOH RYHUDLUR HGXFDWRU Z
 HGXFDWRU LV WRJQRV DQG WKH
\PSWRPV RI PHQWDO KHDOWK \$G ý"1³ S™ œ ^"1ZQ^S\$Z€Sç"œ
 QRW WR GLDJQRVH RU WUHDW ,L RX DUH DERXW WKLQJV WKDW
 FRQFHUQHG DERXW D VWXGHQWV ZHOO DPWLWLHV URXLWQ
 SOHDVH IROORZ \RXU VFKRROVV SURWRROV LQ KDW FDQ \RX
 VHHNLQJ KHOS IRU D VWXGHQW LQ WLPH IRU WKHVH WKLQJV"
 7KH HLGV +HOS 3KRQH %ODFN <RXU WZOH SOHDVH JLV GR \RX XV
/*%7 <RXU WZOHULR)HGHUDWLRQRI WR IHHO EHWWHU ZKHQ \
.QGLJHQRXV)ULHQDQFLSR&DQWUW UHVHVG RU VDG" :ULWH G
0HQWDO +HDOWK 2QWU ERU UHVRWUHQW KHOSV \RX WKDW PLJK
 VKDUHG ZLWK VWXGHQWV DQG IDPLOHLHQWRK FODVV
 VXSSRUW PHQWDO KHDOWK DQG ZHOO EHLQJ \$VNLOJ IRU KHOS LV D VNLO
 7KHUH DUH VFKRRO ERDUGV UHVRWUHQWV DQGLQVHG DGXOW L
 ZKHQ VWXGHQWV DUH LQ QHHG RI RYHUZHOPHG DQG QHHGHG
 PHQWDO KHDOWK VXSSRUW \$OO VFKRRO ERDUGV WVPQRW UHQLOJ ZHOO WKH
 KDYH D %RDUG 0HQWDO +HDOWK WUDWHJ\ DQG WDN WR \RX ERXW LW"X
 \$FWLRQ 3ODQ OHG E\ D 0HQWDO +HDOWK /HDGHU

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7KH IROORZLQJ VHFWRU KLJKOLJKWV NH\ KHDOWK DQG VDIH
 HDFK SURWRRO FRQVLGHU WKH VDPSOH VWUDWHJLV DQG U
 HQJDJH ZLWK VWXGHQWV RQ WKHVH LPSRUWDQW WRSLFV 'HY
 VKRXOG EH PDGH EDVHG RQ WKH QHHGV DQG DJHV RI VWXGHQ





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*RD@WXGHQWV DUH DZDUH RI WKH LPSRUWDQFH
 RI KDQG ZDVKLQJ RU KDQG VDQLWLJLQJ WR
 UHPRYH RU NLOO WKH &29,' YLUXV

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” +DQG ZDVKLQJ DQG KDQG VDQLWLJLQJ LV DQ
 HIIHFWLYH ZD\ WR UHGXFH WKH VSUHDG RI
 &29,'

” +DQG K\JLHQH VKRXOG EH FRQGXFWHG
 IUHTXHQWO\ DQG WKRURXJKO\ ZLWK VRDS
 DQG ZDWHU SDUWLFXODUO\ LI KDQGV DUH
 YLVLEO\ GLUW\

” ,I VRDS DQG ZDWHU DUH QRW DYDLODEOH XVH
 D KDQG VDQLWLJHU FRQWDLQLQJ DW OHDVW
 DOFRKRO UHFRPPHQGHG LQ
 FRPPXQLW\ VHWWLQJV

” \$YRLG WRXFKLQJ \RXU H\HV QRVH RU
 PRXWK

” 7LVVXH DQG OLQHG QR WRXFK ZDVWH
 EDVNHVV VKRXOG EH DFFHVVLEOH WR OLPLW
 LQWHUDFWLRQ ZLWK JHUPV

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” (VWDEOLVK UHJXODU I
 WLPHV IRU VWXGHQWV
 FODVVURRP VFKHGXOH
 KDQGV EHIRUH HDWLQ
 DQG DIWHU XVLQJ WHI
 HTXLSPHQW LQ ODEV I
 HGXFDWLRQ FODVVURR

” 6KDUH D KDQG ZDVKLC
 GLVS SDRVDLQJ FODVVUR
 VKRZ KRZ WR ZDVK \R
 KDYH VWXGHQWV FUHI
9LGHR HJDPSOH



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*RD0WXGHQWV DUH DZDUH RI KRZ WR
 SURSHUO\ XVH D PDVN

” 5HPLQG VWXGHQWV W
 WKHLU KDQGV EHIRUH
 SXWWLQJ PDV\WKHLU
 DUH UHTXLUHG
 5HPLQG VWXGHQWV KF
 PDVN SURSHUO\ E\ VK
 KDQGV VWXGHQWV
 DFFXUDWH PHWKRQ

” 6WXGHQWV IURP *UDGHV
 WR ZHDU WKHLU RZQ QRQ PHGLFD
 PDVN LQGRRUV LQ VFKRROV DQG
 EXVHV

” 6WXGHQWV IURP .LQGHUJDUWHQ WR *UDGH
 DUH HQFRXUDJHG WR ZHDU PDVN LQ
 VSDFHV DQG RQ VFKRRO EXVHV

” \$ QRQ PHGLFDO PDVN LV LQWHQGHG WR LW PDNH \RX IHHO
 SURWHFW RWKHUV IURP \RXU JHUPV DQG
 SUHYHQW RWKHU JHUPV IURP
 \RXU PRXWK RU QRVH

” <RXU PDVN VKRXOG IXOO\ FRYHU \RXU QRVH
 PRXWK DQG FKLQ

” 5HSODFH \RXU PDVN ZKHQ LW
 GLUW\

” \$YRLG WRXFKLQJ WKH IURQW RI WKH PDVN RU
 IDFH FRYHULQJ ZKLOH ZHDULQJ \RXU PDVN
 WKURXJK RWKHU WKH VFKRRO G

” 0DNH VXUH \RXU PDVN ILWV VQXJO\ WR
 FRYHU \RXU QRVH DQG PRXWK

” +RZ GR \RX SURSHUO\ KDQGO
 GLVSRVH RI RU FOHDQ D PDV
 +RZ GR \RX UHPLQG \RXUVHO
 PDVN EHIRUH HQWHULQJ WKH
 EXV”
 :KDW WLPHV VKRXOG PDVNV I
 \RXU PDVN
 +RZ FDQ \RX UHPHPEHU WR IF
 SURSHU PDVN SURWRFROV”

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VSUHDG DQG ZD\V WR DYRLG GRLQJ VR

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” &RYHULQJ \RXU PRXWK DQG QRVH ZLWK D
WLVVXH ZKHQ \RX FRXJK RU VQHH]H LV
LPSRUWDQW IRU VWRSSLQJ WKH VSUHDG RI
JHUPV

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