

Nova Southeastern University
Professional Doctor of Physical Therapy

Information Packet 2019



Congratulations on your acceptance to Nova Southeastern University's Doctor of Physical Therapy program! This is a Welcome Packet created for you by the Class of 2021's student ambassadors. It is intended to help you stay organized in your preparation for some of the most educationally challenging, but amazing and rewarding, three years of your life. On behalf of the entire Class of 2021 and the physical therapy program, welcome to NSU! We can't wait to meet you!

Sincerely,
Class of 2021 Ambassadors



(Picture: Class of 2021 First Week of Class)

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Meet your Class of 2021 Student Ambassadors

Carly Jones: Vice President



Hello Class of 2022! Congratulations on your acceptance to NSU! My name is Carly Jones and I'm the Vice President of the Class of 2021 and leader of the ambassadors. I'm 23 years old and was raised in the great state of Michigan. So if you're from out of state, I'm your girl! I graduated with an Associates in Exercise Science in May 2017 from Washtenaw Community College, and a Bachelor of Science in Exercise Science in December 2017 from Eastern Michigan University. I chose PT because my mother, a PTA, inspired me to look into the profession. I've always wanted to help people and PT was right up my alley. I am also happy married, so I understand the struggle of balancing a healthy relationship with the stress of grad school. I'm so excited for you guys to be starting your grad school journey and I look forward to meeting all of you. If you have any questions before you get to know your mentor, feel free to contact me by email, Facebook or text. The ambassadors and I are here to help in any way we can, so let us know what we can do for you! Welcome to NSU class of 2022 and Go Sharks!

Email: CJ1118@mynsu.nova.edu
Phone: 734-474-7032

Haley Brown: Student Ambassador



Hey guys, welcome to the family! Congratulations on your acceptance to NSU. My name is Haley Brown and I am 23 years old, from a small town in northern Indiana called Goshen. I graduated from my undergrad with a degree in Exercise Science and played volleyball, which was an awesome experience and helped encourage my decision to pursue a career in physical therapy. I am also a person who loves serving others, and when you combine that with the unique patient interaction we get as physical therapists, and the satisfaction of helping others do things they never thought they would be able to again, it is clear why I chose this amazing profession. You're in for the biggest journey of your life, and lucky for you, there are plenty of resources and people out there who want and are able to help you along the way, including me! I am here because I want to assist you in anyway that I can, so please feel free to contact me by email or phone whenever you need. I can't wait to meet you all and congrats again on your decision!

Email: hb672@mynsu.nova.edu

Phone: (574)312-4640

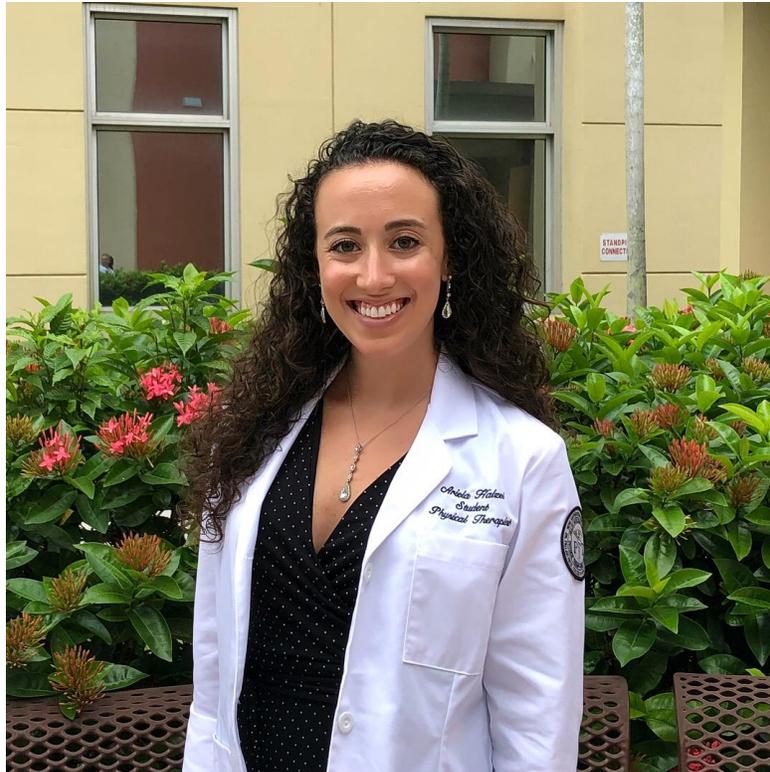
Hayley Davis: Student Ambassador



Hey guys, welcome to NSU! My name is Hayley Davis and I am 23 years old! I am from Greenville, SC and went to Anderson University for my undergraduate degree. I received my BS in Kinesiology and also have my Massage Therapy license. I live in an apartment complex right by campus and would not change a thing! I'm involved in the PEDS club and some intramurals! I took a year off after graduation to work and then moved down to Ft. Lauderdale to attend NSU. I love Physical Therapy because I love the idea of watching patients progress and improve their daily life and function. I am excited for you to start this journey and hope you love it just as much as we have! Feel free to contact me with any questions!

Email: hd362@mynsu.nova.edu
Cell: 864-704-6381

Ariela Halzel: Student Ambassador



Welcome to the NSU PT family! My name is Ariela Halzel. I am 23 years old and I am from Denver, Colorado. I graduated from the University of Colorado Boulder in 2017 with a Bachelor of Science in Integrative Physiology. I was a competitive gymnast for many years of my life, which influenced my decision to go into PT. My experiences during my shadowing hours solidified my decision to pursue PT, as I loved the patient interaction and was amazed by how much of a difference we can make in patient's lives. I am here to help you guys with any questions you may have as you transition into PT school. Please don't hesitate to contact me!

Email: ah2216@mynsu.nova.edu

Cell: 720-470-1661

Kelsey Ulrich: Student Ambassador



Hi Class of 2022! Congrats on your acceptance into the DPT program at Nova Southeastern University! My name is Kelsey Ulrich and I am 28 years old. I grew up outside of Philadelphia, Pennsylvania. My undergraduate degree was from Penn State University in Athletic Training. I also have my Master's in Athletic Training from West Virginia University. I love the health care field and how it is always adapting to new and exciting ways to help people. I enjoyed athletic training, but I chose to switch my profession to physical therapy to be able to help a greater population of individuals. Physical therapy allows you to have a hands-on approach and become creative when developing treatment plans! Please feel free to ask me any questions, especially about housing or moving to a new state, because I know it can be very overwhelming! I look forward to meeting everyone soon 😊

Email: kmu5028@gmail.com

Cell: 484-794-0969 (call or text is fine).

Kayla Williams: Student Ambassador



Hello new Sharks!! Congratulations on your acceptance, it is a great accomplishment. My name is Kayla Williams and I am from Pembroke Pines, FL. I graduated from Nova Southeastern University with my Bachelor of Science degree in Biology. After fracturing my knee, I knew I would want to help others mentally and physically recover from their injuries. Physical therapy is the perfect combination of helping others, problem-solving, and promoting a healthy lifestyle. I love to interact with people and witness patients progress from being functionally limited, to fully capable individuals. These next 3 years will certainly be challenging, but the goal we are working towards is more than worth it. Do not forget to keep the people who helped you get this far in your life close...you will need them! I am a commuter and went to NSU for undergrad, so any additional questions you have about the school feel free to ask! Welcome to NSU's Doctor of Physical Therapy Program Class of 2022!! Fins up!!

Email: kwl324@mynsu.nova.edu
Cell: 954-663-5625

Before Summer 2019 To Do List

- ✓ Join the Class of 2022 Facebook page and add your Student Ambassadors as friends!
 - Nova Southeastern University DPT Class of 2022:
<https://www.facebook.com/groups/713807325647400/>
- ✓ Secure seat by submitting deposit (\$1,000 → this will be credited to you later). Refer to your acceptance letter for details and due dates.
- ✓ Financial Aid and Scholarship → <https://www.nova.edu/financialaid/index.html>
- ✓ Look into Grad PLUS Loans (<https://www.nova.edu/financialaid/graduate-professional/loans/gradplus.html>)
 - Financial Aid Office: (954) 262-3380
 - The Chancellors Office: Sue Peake, (954) 262-1518

To do in January:

Plan a visit to campus

- https://maps.nova.edu/#!UMAP_2012102441057
- ✓ Start working on immunizations and titers (**no physical & TB yet!**)
 - A titer is a blood draw that is tested to see if you have immunity (See page 14)
- ✓ Start looking into housing options (See page 15)
- ✓ Ensure you will have health insurance coverage, if you are planning on using NSU's student health insurance, contact NSU's Student Health Office with questions. If you are using your own insurance make sure to fill out a Health Insurance Waiver (Waiver available to fill out May 1st).
- Student Health Insurance Contacts:
 - General Information: studenthealth@nova.edu
 - <https://www.nova.edu/bursar/health-insurance/index.html>

To do in February:

- ✓ Check your NSU Facebook page or reach out to see if a fellow classmate is in need/looking for a roommate
 - NSU Roommate/Housing finder Facebook page:
<https://www.facebook.com/groups/471227912956012/>
 - NSU Roommate/Housing Finder
<http://nsu.renthello.com/>
- ✓ Secure Housing
 - <https://www.nova.edu/housing/graduate/graduate-housing-unavailable.html>
Grad housing may become available for you class
 - Local Realtors, who specialize in students:
 - Jill Sivert, (954)-562-0430; Shriniwas Ganediwal (954)-675-3055
- ✓ Obtain NSU log in and email account (see instructions on the new student orientation page at <https://healthsciences.nova.edu/pt/orientation/orientation-overview.html> → This is your MAIN mode of communication with NSU faculty and staff. Get in the habit of checking it at least twice daily.

To Do in March:

- ✓ At some point, ensure you will have reliable transportation while you live down here; there is limited public transportation and a car is essential during your time at NSU (not only to get to and from class, but for clinic days, clinical internships, and APTA/FPTA conferences)

To Do in April:

- ✓ Access NSU's PT Program Orientation page to receive specific information about orientation (date, time, tentative summer schedule, etc.) <https://healthsciences.nova.edu/pt/orientation/orientation-overview.html>
- ✓ Begin to plan how you will make the move down here
- ✓ Start purchasing things that can travel with you to your new home
- ✓ Purchase nitrile gloves (pack of 50), protective eye goggles, and isolation gowns (Pack of 25)
- ✓ Purchase pewter grey scrubs and have your first and last name embroidered on the left-side chest (**0.5 in height, white block letters**). They can be ordered from the Campus Bookstore or anywhere that sells scrubs and there are lots of places near campus that do embroidery. You will wear scrubs **everyday**, so make sure you pick scrubs that are comfy, well-fitting, and that you have enough pairs. Most of us have 3-5 pairs. Make sure you have them ready for orientation week, because that's when you will start wearing them!

Immunization Form Links: **Only complete page about immunizations before beginning school, NO physical or PPD/TB until JUNE**

- https://healthsciences.nova.edu/studentaffairs/orientation/forms/immunization_form.pdf
- <https://www.nova.edu/smc/immunization-forms/index.html>
- ✓ You will receive an email about registering for classes. Follow the directions!
- ✓ After you register for classes, you can apply for your Shark Card to be mailed to you.
 - Shark Card registration: <https://www.nova.edu/nsucard/apply/index.html>

To Do in May/Upon First Arrival:

- ✓ Complete background check on Castle Branch: you will receive an email from Castle Branch to set up an account in order for the background check to be completed. Do not panic if you do not hear from Castle Branch right away. The program waits until the class is finalized to start the compliance process.
- ✓ Complete your immunizations (minus your physical and PPD/TB) and upload them to Castle Branch (**DO NOT complete your physical exam or PPD/TB screening until June or later**, this ensures that it is valid through the duration of your Clinicals), Castle Branch pins will be emailed to your **NSU email!**

Castle Branch: <https://www.castlebranch.com> (you will receive many emails from them but make sure to pay attention to the due dates placed by NSU)

- You can upload the same immunization form for MMR, Varicella, Tdap etc.
- ✓ Furnish apartment (you will hit the ground running, avoid trying to put together your apartment after classes start!)
- ✓ Check out the bookstore (you will need the Anatomy book first day of class) and equipment list
 - ✓ Try on and order White Coat (done by the first or second day of orientation)
 - ✓ Buy NSU PT Shorts and NSU PT Shirts
- ✓ Schedule physical exam with Nova Clinic or your own local physician for a **date in June**
- ✓ Plan on getting your Shark Card (if you didn't order it ahead of time) and NSU Parking Pass from the One Stop Shop in the front of Terry Building on your first week of orientation

Parking Pass: <http://www.nova.edu/publicsafety/parking/permits.html>

Shark Card: <http://www.nova.edu/nsucard/index.html>

To Do Once the Program Starts

- ✓ Purchase APTA and FPTA memberships
- ✓ Purchase PT Kit by the end of summer semester

What your uniforms will look like:

Lab Clothes



You will be wearing them once or twice a week for your first two semesters. Shorts and shirts are available in the Campus Bookstore. Shorts come in different styles for men and women, but ladies, feel free to wear the long shorts if that's more comfortable. Additionally, women will need to wear sports bras as we take our shirts off in lab sometimes. These are the program shirts, but there will be numerous shirt sales throughout the summer for you to purchase additional lab shirts.

Scrubs



We live in our scrubs. Purchase pewter grey scrubs and have your first and last name embroidered on the left chest, half inch height, white thread, and block font (not cursive!) We wear scrubs almost every day so most of us have 3-5 pairs.

Clinic Attire



This is what we wear when we do service learning or head to clinics. Our class will be involved with ordering navy polo shirts and name tags for you. We suggest having at least two polo shirts and an extra name tag if you're prone to losing things. Khaki pants need to be full length (no capris). Men will tuck their shirts in so they need to wear belts. Women can tuck in their shirt if they want to, but not necessary. Shoes should be non-canvas slip-resistance (like boat shoes).

| Printable Checklist | |
|---|-----------|
| Task | Completed |
| Acquire Health Insurance | |
| Join NSU DPT Class of 2022 Facebook Page | |
| Obtain NSU Login and Email Account | |
| Access NSU PT Orientation Page | |
| Purchase Pewter Scrubs with name embroidered in white 0.5 inch and block lettering (before classes in May) | |
| Purchase nitrile gloves, isolation gowns and goggles for anatomy lab (before classes in May) | |
| Purchase books for Summer Term. You will need the anatomy textbook for the first week of classes. | |
| Purchase full size bed sheet and pillow case (before classes in May) | |
| NSU Shark ID Card | |
| NSU Parking Pass | |
| Try on and order your white coat | |
| Get Lab attire before classes; may be purchased in bookstore (navy Nova gym shorts and Nova approved lab shirt) | |
| Complete Immunization prior to classes (Upload documents to Castlebranch) | |
| Complete Physical and PPD/TB (<u>to be done in June</u>) | |

| Immunization and titer Check list | | |
|---|--|-----------|
| Name | Vaccine or Titer | Completed |
| MMR OR Measles Immunity Mumps Immunity Rubella Immunity | BOTH Vaccine and titer | |
| Varicella | BOTH Vaccine and titer | |
| Hep B series (3 part)* | BOTH Vaccine and titer | |
| Tetanus-Diphtheria (Tdap) | Vaccine | |
| Flu Shot | Vaccine (Wait until September if you didn't get one this year) | |
| PPD/Tuberculosis | WAIT UNTIL JUNE | |

* If your titer results come back negative for immunity, you will need to get revaccinated.

Near-Campus Housing Options

This is not an exclusive list of housing options near campus. It is a list and description of the most popular apartment complexes amongst the Class of 2020 and 2021

AMLI Toscana Place:

Toscana Place is less than two miles from NSU's campus. It is one of the pricier options in Davie but offers modern, updated, and spacious luxury apartments. There is a resort-style pool and fully equipped gym offered to residents. <https://www.amli.com/apartments/south-florida/southeast-florida/davie/toscana-place>

Centro at Davie:

Centro is a great apartment option. It is right next to NSU's HPD campus (where you will be spending, literally, all of your time). It is a five minute walk, tops, and offers a fitness center and a beautiful pool. This is one of the pricier options but if you do not have a car or prefer to walk to class, this is a great place to live!

<http://www.centroatdavie.com/?keyword=centro%20at%20davie&gclid=Cj0KEQjA5bvEBRCM6vypnc7QgMkBEiQAUZftQlwwT1vSnbcjb7qs8gKbXoYtt0Zqc9yfKzat8nTRg1UaAknZ8P8HAQ>

Courtyards at Davie:

Courtyards at Davie is an apartment complex that is around a mile away from NSU's University Center. Apartments in this complex are reasonably priced and spacious. A pool and hot tub are offered to residents! http://www.realtor.com/realestateandhomes-search/Courtyards-At-Davie-Davie-FL?cid=sem_google_desktopdsasale_cpc_google&gclid=Cj0KEQjA5bvEBRCM6vypnc7QgMkBEiQAUZftQGAtuipiS_kO9D1m2QUbTQMx-3Mp3GbquUGneZfY8vMaApBF8P8HAQ

The Palms at Davie:

The Palms at Davie is a plush oasis about a 15 minute drive from campus. These resort-style apartments are nestled around a secluded lake with fountain views. Scenic walking trails, fitness facility, BBQ's, sand volleyball courts and a relaxing lagoon pool. Super dog friendly with an agility course and amazingly friendly staff with 24-hour emergency maintenance.

<https://www.palmsapts.com/>

Palm Trace Landings:

Palm Trace Landings is one of the more affordable apartment options within a few-mile radius of NSU's campus, especially with two to three other roommates. It is just less than 2 miles from the HPD buildings that you will be going to every day, which is very convenient. The apartments are not extremely new like a lot of other housing options, but it is very livable. The staff is helpful and there is 24-hour emergency assistance for things like safety and lack of water/electricity. <http://www.palmtracelandings-living.com>

Royal Grand Condos:

Royal Grand is extremely close to NSU's HPD campus. It is located less than one mile away, making it a great place to live if you prefer to walk or bike or if you share a car. The condo complex offers extremely spacious apartments at an affordable price!

<http://www.royalgrandcondo.com>

First Day of Orientation

What do I wear?

Professional Dress

Ladies: Dress pants or skirt and a blouse. Flats are a better option than heels, as you will be doing a lot of walking.

Gentlemen: Dress pants, button down shirt, tie, no suit coat needed, and dress shoes.

Side Note(s) on Dress Expectations:

- *Professional attire is required on the first day of Orientation Week. The following days of orientation and the rest of your time at NSU, **pewter gray scrubs are acceptable.** When in NSU's HPD Buildings professional attire with white coat **or gray scrubs with name embroidered are mandatory Monday-Friday, 8:00am-5:00pm.***
- *Although we are in South Florida, the HPD buildings tend to be on the chillier side, we suggest bringing a jacket or sweater!!!! Note that once orientation is over, jackets/sweaters are to be worn UNDER scrub tops so that your embroidered name is visible.*

What to Bring:

- Water, coffee, and snacks: Breakfast and lunch will be served, however, it's a long day!
- Car Registration, license plate number, and driver's license (if you anticipate driving to campus, plan on going to the One Stop Shop after orientation to get your NSU parking pass)
- Questions (about anything and everything) for faculty, staff, and your student ambassadors
- A fun fact about yourself

Where to Park:

Check out the link below for a parking map of NSU's campus:

<http://www.nova.edu/locations/parking-map.html>

HPD Parking lot is where we all normally park.

What to Expect:

- Start the day with all others entering the Health Professions Division (Occupational Therapy, Physician Assistant, etc.)
- You are able to learn and explore different opportunities available to you as an NSU graduate student!
- Lunch with your fellow PT students. It is during lunch where you will be able to meet your PT professors and faculty! (Your picture will be taken at this time)
- Orientation continues with us, your student ambassadors. We will break down each class of your summer semester, give you study tips we found helpful to us and answer any questions you may have.
- We will then break off into small groups and give you a tour of campus!

First Year Extra Expenses

With the exception of books and other required equipment listed for you on the PT Orientation Page, you are expected to make a few other purchases during your first year at NSU. We have compiled a list of expenses to help you better prepare your first year's budget!

| First Year Extra Expenses | | |
|---|-------------------------|--|
| Item | Predicted Price | Notes |
| Clinic Day Needed Purchases: | | |
| NSU DPT Program Navy Polo | \$30 each | Class of 2021 will facilitate order of both NSU PT Program polo and name tag. Most of us bought 2 or more. |
| NSU DPT Program Name Tag | \$7.50 each | N/A (People who tend to lose things, should buy 2) |
| Khaki Pants (no capris) | \$20 | Many of us got nice, inexpensive, and appropriate ones from Old Navy. Guys – no sagging. Girls – Shouldn't ride down when you bend over. |
| Non-skid Comfortable Dress Shoes (i.e. boat shoes) | \$50+ | Depends on what you chose and prefer. You will need non-canvas shoes for clinic |
| Wrist Watch with a second hand (smart watches are acceptable) | \$10+ | You will need this while in the clinic assisting patients, as well as, during some practical examinations, many of us ordered an inexpensive one from Amazon |
| Miscellaneous Needed Purchases: | | |
| FPTA/APTA Student Membership | \$90 per year | Membership is required and a great way to support the profession |
| FPTA/APTA Conferences | ~\$100 per conference | Conference attendance is required for graduation. Specific requirements will be presented to you in Introduction to Physical Therapy course |
| FPTA/APTA Conference Extras | ~\$100 per conference | You will be expected to provide your own transportation, food, and housing for the conference requirements. (You only have to attend one full day of the conference) |
| Gas & Transportation | N/A | You will be expected to provide your own transportation to get to and from clinic days; this is also why it is so important to have your own car or form of transportation |
| Background Check(s) | \$50/year | Different level background checks are required before being cleared to go out on any clinical internship. Each year a new background check will be completed. |
| Lab Clothes | ~\$20 each (\$40 total) | Dress Code for Lab: blue NSU shorts and NSU t-shirt (Both can be purchased at the bookstore) |
| Miscellaneous Optional Purchases: | | |
| NSU PT T-Shirts | ~\$12 | Lab clothes are blue NSU shorts and an NSU t-shirt. Each class will design new t-shirts every couple of months for purchase. |

Be sure to also check the orientation page for the summer semester book list as well as the required equipment list (goggles, gloves, gown, bedsheet and pillowcase set for summer; PT kit for fall). This will help you plan for those expenses. The PT kit is approximately \$350 and you must have it by the first fall semester. You will also need to buy a sphygmomanometer and a stethoscope (you can buy them together) for the first fall semester. Littmann is a good brand and is an investment that will last you for years (cost \$100-\$200); there are more affordable brands such as Omron (\$25-\$50) or American Diagnostic - ADC (\$30-\$90). All these can be purchased online at Amazon or similar online retailer.

Frequently Asked Questions

1. *What should parents/spouses expect?*

As with any major commitment, such as enrolling in a full time graduate program, parents/spouses should expect their student to undergo periods of stress, particularly during their first few weeks of class while students are still acclimating. Graduate school has been compared to having two jobs. One job would be going to class five days a week, followed by their second job of preparing ahead of time for classes and studying at home. So for those individuals planning to have a job outside of class or who are taking care of a family, the dedication required would be comparable to having three or more jobs. Parents/Spouses should try their best to provide whatever support they can! Finding a healthy balance between study time and recreational time is vital to both keeping up grades and coping with the stress of being in the Doctorate of Physical Therapy Program.

2. *Do I need Medical Insurance?*

Yes, all NSU Health Professions Division students are required to provide proof of current health insurance coverage because you will be working with patients. You are automatically enrolled in the University Insurance Plan unless you fill out the online insurance waiver within the first 30 days from the beginning of the period in which you have enrolled (the University Insurance brochure and waiver form can be found online at www.nova.edu/smc under "Health Insurance"). To waive NSU's coverage and use a different provider instead, your plan must comply with the following: maximum plan coverage of at least \$300,000 per incident; is accepted in the State of Florida and/or at the NSU Health Clinic; coverage will be in effect for the entire academic year.

3. *Where can I buy textbooks?*

Many people choose to buy their textbooks at the NSU bookstore. A few websites to buy books online are amazon.com, half.com, textbooks.com, and chegg.com (this site often has very inexpensive rental options). You will be given the ISBN # when you get your textbook list, so you can type that into the search area on each website and compare prices. The bookstore will price match with amazon!

4. *What is an N#?*

The N number is your student ID number. It is used to identify each student in different settings, such as exams and signing up for exercise classes at the rec plex.

5. *APTA membership overview & what to sign up for (FPTA).*

We are all required to become members of the American Physical Therapy Association (APTA) as this is our professional organization that represents us nation-wide. The APTA provides a place for you to network with PTs that are already practicing, and it also keeps you updated on the newest trends and topics in the physical therapy world. There are also opportunities for scholarships through the APTA. The cost is \$90 for the student membership, which is a discounted rate from the professional membership. When you become a member of the APTA you must also register what chapter you are in. We are in the Florida chapter; this is an additional \$10. You also have the option to add different interests you may have such as pediatrics or sports medicine. They have different costs, but the majority is an additional \$10 as well.

6. *Tell me about the NSU clinical education program.*

Nova's PT program is one of the few that implements in-clinic learning experiences to its students **each** semester. Beginning your second semester of PT school you will have assigned clinic days in which, depending on your level in the program, you will shadow or actively participate in treatment. Clinic days will begin at the NSU PT/OT Clinic where professors who you see in the didactic setting daily put their words into action and give you hands-on learning experiences. Clinic days will continue every semester you are not actively out on a clinical internship. Each clinic day is designed to help prepare you for clinical internships and is not limited to the NSU PT/OT Clinic. For example, in preparation for your first 4-week clinical internship you have a number of scheduled clinic days at Broward Health and Pinecrest. The first clinical internship will be at a skilled nursing facility. The second clinical internship is after your second year of classes and will be another 4-week rotation at an orthopedic setting. During the third year you will go out on 3 different rotations, one in acute care, one in rehabilitation, and another in an outpatient setting. These internships allow you to explore different fields within physical therapy, as well as providing the opportunity for hands on experience.

7. *Do I need a background check? What if my background check does not clear?*

Level I and Level II background checks are required for clinical practicum and internship placement. Some citations on the background checks may prevent a student from being assigned to or result the student being denied placement at clinical sites. A student who cannot be placed at required clinical sites due to information of concern on his/her background check(s) may not be able to complete the program.

8. *What is "Sharklink"? What is "Webstar"? What is "Canvas"?*

Sharklink needs to be set up before beginning the program. You will need to request your Nova Southeastern University email username online. Go to www.nova.edu. Under the Resources For tab click on Current Students. Scroll down to the Technology section. Click on My NSU Identity. Read the guidelines to retrieve your email address. Sharklink needs to be set up in advance in order to receive email from the Physical Therapy Department as well as from financial aid.

Webstar can be accessed through Sharklink. This is where you will register for classes, pay your bill and apply for work studies.

Canvas can also be accessed through Sharklink. It is the online portal where you'll find all your class materials, homework, grades and assignments.

9. *Is there a mentor program where students are paired with a faculty member or with 2nd or 3rd year students?*

During your first semester you are paired with a second year PT student that will act as your mentor. You will also be assigned a faculty advisor at that time to help out with anything you may need.

10. *Are there any resources offered by the University such as easily accessible tutoring or 24-hour open lab, which you have found helpful?*

Tutoring is available through the HPD program among students for many classes such as Anatomy and Physiology. The second and third years will often create study and tutoring sessions for the

first years to help with PT specific classes.

The professors are also always available for assistance in understanding material. During finals the HPD library stays open for extended hours, and recently the Assembly building (full of study rooms and a computer lab) has been staying open throughout the night for studying. The Physical Therapy lab is also open after hours and on weekends for any physical therapy students that would like to come in and study or review skills.

11. *Is there anything I should study ahead of time to get a head start for my classes?*

The answer to this question will vary depending on the person, but it is 100% up to you as a student what you want to do. There will be two different answers: “Yes, study general anatomy and physiology, especially muscles, their origins, insertions, actions, and innervations, and your first few classes will be less stressful.” or “No, use your final few months to do anything but study, because it will be your last few months of freedom from schoolwork.” Both answers are valid, so it is up to you to decide what you want to do. But remember, you don’t NEED to know a single thing before you start the program because everything you need to know will be taught to you. Introduction to Physical Therapy is a course completed in the summer semester. This class requires a completion of an online medical terminology course hosted through the University of Des Moines. An exam will be given to you in the middle of the semester in Introduction to Physical Therapy covering the material covered throughout the online course.

Link to Medical Terminology Course: <https://www.dmu.edu/medterms/>

12. *Do we get free parking on campus?*

Yes, parking is free in all student lots and parking ramps on campus, as long as you obtain a parking decal from the One-Stop Shop at either the Health Professions Division (HPD) Terry Building or Horvitz Administration Building. A parking decal application and copy of your current vehicle registration must be submitted to the One-Stop Shop in order to receive your decal. The application can be found here: http://www.nova.edu/publicsafety/forms/parking_permit_application.pdf

13. *Are there resources available to stay active/fit?*

NSU has a great recreational complex within the Don Taft University Center located in the middle of campus. It houses indoor and outdoor basketball courts, volleyball courts, tennis courts, racquetball courts, a fairly large pool, and a gym with relatively new equipment. The gym, like any other, gets crowded at peak hours (5-6pm), but is often empty in the early morning and late at night. Along with that, there are many intramural leagues hosted by the school throughout the year, as well as paid local leagues located throughout the area.

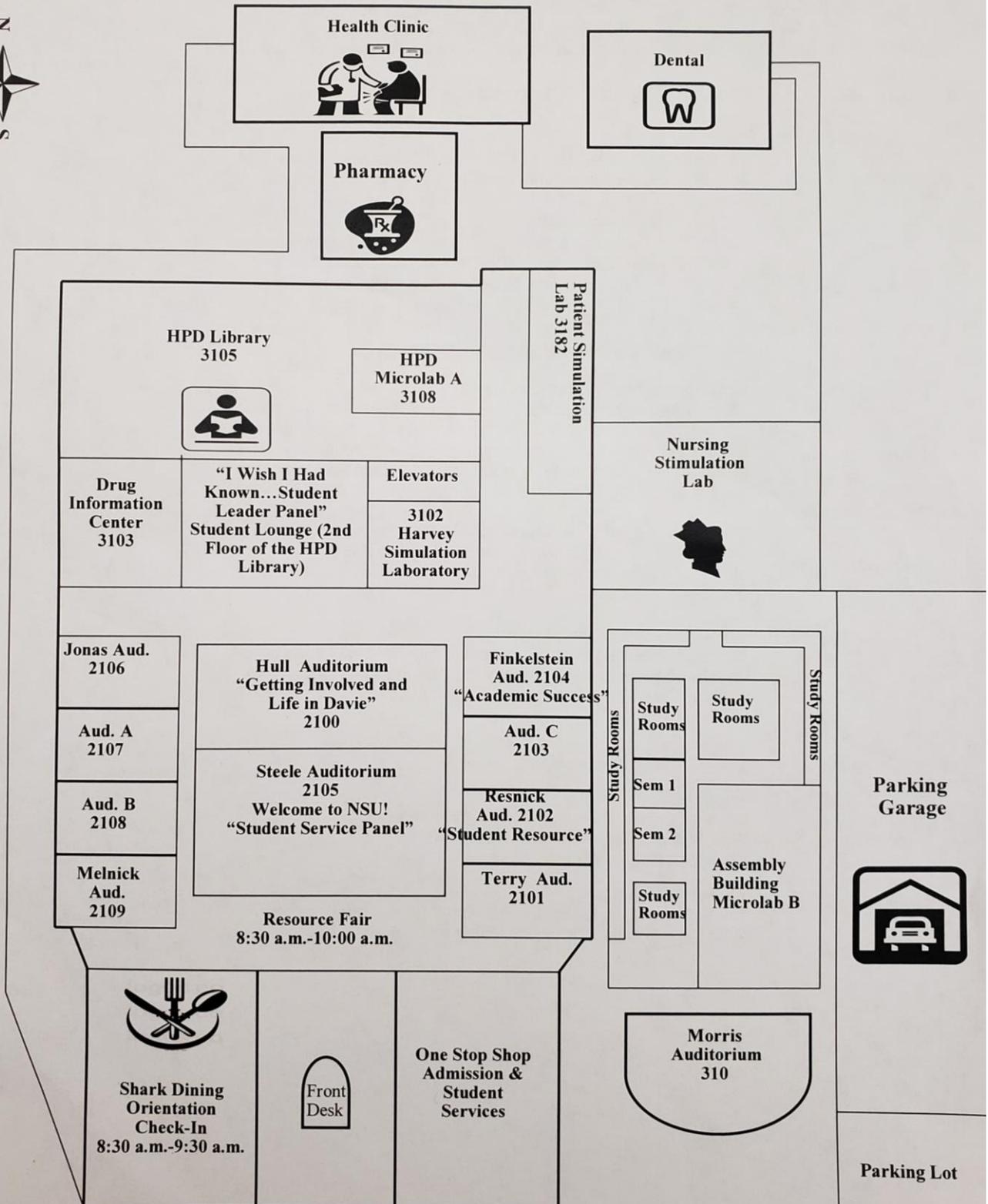
14. *What does the class above me want my class to know?*

That we are so excited to meet you and help guide you into your start of graduate school. You are no longer in competition with your classmates, so help each other along. Your professors all want you to do well and will help you if you need it. This program can be hard, but you aren’t struggling alone. Lead on your professors, your mentors, and your classmates to help you. We want to see all of you walking across that stage in 2022!

Nova Southeastern University College of Health Care Sciences Orientation



University Drive



(Terry Building)