



Congratulations Anticipating Spring 2015 Graduates!

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 Gurbani Singh
 Jocelyn Stenhouse
 Catherine Sutherland
 Caroline Taylor
 Jasmine Thomas
 Vivian Truong
 Bryant Villavicencio
 Rachael Wiederock
 Jenna Williams
 Nusrat Zaman

Summer Courses

- HAPP 398 Health Care Marketing:** Paul Coakley, Session 1
 TuTh 1PM-4:10PM, Public Policy 206
- HAPP 398 Health, Environment & Conflict:** Charles Cange, Session 2
 MoWe 6PM-9:10PM, Math&Psych 010
- HAPP 405 Contemporary Issues in Long Term Care:** Paul Coakley, Session 1
 TuTh 6PM-9:10PM, Math&Psych 012
- HAPP 495 Internship:** Luis Pinet Peralta, 12 Week
- HAPP 499 Independent Study**

Internship Information

Spots in HAPP 495 are based on a first come, first served policy. You must have **all** materials submitted on time to be guaranteed a spot.

1. Make an appointment to discuss your internship placement interests and needs in the **preceding** semester with Dr. Pinet-Peralta.
2. Complete an internship application directly on the PDF and submit the application by email (as an attachment) to Dr. Pinet-Peralta at lpinet1@umbc.edu. Your adviser will not see you without this form completed. The application can be found online at: <http://happ.umbc.edu/files/2014/09/Internship-Application-2014-2-6.11.14.pdf>. Applications are due **NO LATER** than March 30, 2015 for a summer internship or May 12, 2015 for a fall internship.
3. Once your application is submitted (this is the only way we know who is doing an internship), you can then start applying to internship sites.
4. Once you have accepted an internship, provide your site preceptor with the required letter of intent information and ask them to email the letter to Dr. Pinet-Peralta at lpinet1@umbc.edu. (<http://happ.umbc.edu/files/2014/01/letter-of-intent-internship-1.14.pdf>). Letters of intent are due **NO LATER** than May 12, 2015 for a summer internship or August 3, 2015 for a fall internship. There will be **NO** exceptions.
5. You will be given permission to register for HAPP 495 after the letter of intent from your preceptor is received. The letter of intent must be sent directly from the preceptor to Dr. Pinet-Peralta at lpinet1@umbc.edu.

Deadlines to keep in mind:

- Summer 2015 Internship Applications due **March 30th.**
- Summer 2015 Internship Letters of Intent due **May 12th.**
 - Fall 2015 Internship Applications due **May 12th.**
 - Fall 2015 Internship Letters of Intent due **August 3rd.**

End of the Semester Celebration

Join us for a celebration of your accomplishments and the end of the semester! There will be great food and conversation!

Date: Wednesday, May 6th

Time: 4:30 - 5:30

Location: Fireside Room (Commons 3rd floor)

HAPPCOM Book Scholarship

The scholarship was established by the student organization to recognize outstanding academic achievement by HAPP majors. The scholarship is for the amount of \$250.

Two scholarships \$250 each will be awarded.

Applications can be found online at:

<http://happ.umbc.edu/happ-scholarships/>

Applications Due May 1, 2015

Return to Cathy McDonnell, PUP 221
or cat@umbc.edu

A Message from the 2014-2015 HAPP Council of Majors

From all of us on the HAPPCOM board, we'd like to thank everyone for a great first semester! We enjoyed volunteering for the Making Strides for Breast Cancer Walk for the second year in a row, having a great Alumni Panel, hosting a successful blood drive with Pre-Pharm, and collecting an incredible amount of donations for the Safe House of Hope in Baltimore.

This semester we are looking forward to Wearing Red to support Go Red For Women by the American Heart Association, making cards for children with Congenital Heart Defects, hosting another blood drive, putting on an even more successful Safe House of Hope drive, and improving our Alumni Panel to be even more beneficial to students in the HAPP program. We hope you will check us out for events.

We appreciate the opportunity to represent the HAPP community on campus and wish the best of luck to the new board and graduating seniors.

Your 2014-2015 HAPPCOM Board,

Emily Ewing, Leah Lord, Stacy Mathew, Jena Chambarlis, and Clara Adjani-Aldrin

Introducing the 2015-2016 HAPP Council of Majors

President: Stacy Mathews



Vice President: Nohaa Aqeel



Secretary: Carlos Salazar



Treasurer: Safoura Kashfipour



Public Relations Chair: Sarah Fakhraei

Tips for Healthy Habits

Stress Relief

- ◆ Practice deep breathing and meditation to de-clutter the mind and lower heart rate and blood pressure.
- ◆ Set a consistent bedtime routine to ensure quality sleep.
- ◆ Spend time laughing with your friends or watching your favorite TV show.
- ◆ Put on music and blow off some steam dancing and singing along.
- ◆ Keep a journal to document trials and tribulations. Vent your frustrations but also note your blessings.
- ◆ Get lots of exercise. Go for a run, practice yoga, ride a bike, swim some laps, move around! Take a look at the UMBC group fitness schedule if you need ideas.
- ◆ Don't be afraid to ask for help!

Study Tips

- ◆ Make sure you have a study buddy in every class– someone you can contact if you fall behind or need clarification on something.
- ◆ Attend study sessions offered by your professor or TA, or create your own with classmates!
- ◆ Take plenty of detailed notes. You never know what information might come in handy later on!
- ◆ Keep highlighters and Post-It notes handy to mark important material.
- ◆ Create a color coded system to keep track of your various courses.
- ◆ Always have a planner handy to write down due dates and exam times. Think about having a wall calendar for the same information as well!
- ◆ Find a go-to study area where you know you will be comfortable and focused.
- ◆ Take breaks!

UMBC Counseling Center

If you feel overwhelmed and need someone to talk to, the counseling center is here to help! UMBC has an exceptional staff available for free and confidential personal and career counseling.

Hours of Operation: M-F 8:30 am - 5:00 pm
Student Development & Success Center, Center Rd.
(410) 455-2472

<http://counseling.umbc.edu/>



International Field Research

Are you interested in international research?

Do you want to spend a week in beautiful Switzerland?

Then the International Field Research program might be right for you!

Each Spring, HAPP offers Introduction to International Field Research (HAPP 403/SOCY 663). Students spend the semester studying research methods and performing background research on their area of interest before traveling to Switzerland in June. HAPP 403 is an upper level HAPP elective as well as a UMBC culture course. An optional Physical Education class is linked to help students condition for alpine hiking.

If you are interested in learning more about the program, please visit ifr.umbc.edu or contact Katie Birger at cbirgel@umbc.edu.

Alumni Panel

Spring 2015 Alumni Panel: Wednesday, April 8th, 12-2

Library 7th Floor

Join us for an informational networking event with 10 UMBC alumni from HAPP and the M.A. Sociology program! Joining us will be:

Sophia Acquah '09

Assistant Director of Social Work Services

Bridget Akinbobola '05

Market Research Analyst – MedStar Health

Nana Yaw Asare '13

Senior Associate Strategist – The Advisory Board Company

Ilma Imamovic '10 and '11

Program Manager – HealthCare Access Maryland

Mary Faith James '10 and '12

Market Researcher – Marketeching

Miranda Jones '08

Postdoctoral Fellow, Department of Epidemiology – Johns Hopkins Bloomberg School of Public Health

Sara Losiewski '13

Analyst – IMPAQ

David Shellem '15

Pathways Intern – CMS

Tishna Singh '94

Director of Healthcare Policy and Advocacy – Johnson and Johnson Healthcare Systems

Brian Sturm '93

Senior Director of Financial and Capital Planning – UM Medical System



Fall 2014 Alumni Panel

Left to Right: Sarah Kuznear '14, Adrienne Fulton '13,
Lauren Atkinson '08, Karen Silver '10

Advising and Facebook Information

All advising appointments are made **online** at:

<http://happ.umbc.edu/advising/>

Please make sure you sign up before your registration date!

Colette Perrine, Academic Advisor, 410-455-2342, PUP 220

Current declared HAPP majors ONLY

(no signatures for any reason will be granted with this appointment—See Ms. Birger for Declaration of Majors signatures and excess credit. All other signatures see Dr. Pinet-Peralta)

Maggie Grieves Knisley, Academic Advisor, 410-455-2342, PUP 220

Current declared HAPP majors ONLY

Luis Pinet-Peralta, Associate Director, 410-455-3817, PUP 222

Internship advising and summer/winter advising

Signatures for any reason

Katie Birger, Lecturer/Retention Specialist, 410-455-2080, PUP 251

New/transfer and change of Majors

Signatures for Declaration of Majors and Excess Credit requests

Join our Facebook pages!

UMBC HAPP Graduates:

<https://www.facebook.com/groups/98881349513/>

HAPPCOM:

<https://www.facebook.com/groups/160382655699/>

UMBC Bioethics Student Association:

<https://www.facebook.com/groups/16955809462>