Morningside Graduate School of Biomedical Sciences
Student Handbook
2023-2024
Disclaimer

The contents of this Handbook do not, in whole or part, constitute a contractual obligation on the part of the University of Massachusetts, its employees or agents, nor does any part of this Handbook constitute an offer to make a contract. While every effort has been made to ensure the accuracy of the information in this Handbook, the University reserves the right to make changes at any time. The information in this Handbook is provided solely for the convenience of the reader, and the University expressly disclaims any liability, which may be otherwise incurred.

The Student Handbook will be updated annually, with the new version available by September 1 each year. Edits for clarity or accuracy that do not constitute policy or practice change may be made during the academic year.

The student body will be informed by email of any substantive policy or practice changes.
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Section One: Degree-granting programs

The Morningside Graduate School of Biomedical Sciences has five degree-granting programs:

1. PhD in Biomedical Sciences
   Within the PhD in Biomedical Sciences degree program, there are academic plans:
   
   Biochemistry and Molecular Biotechnology
   Bioinformatics and Computational Biology
   Cancer Biology
   Immunology and Microbiology
   Interdisciplinary
   Millennium PhD
   Neuroscience
   Population Health Sciences
   Translational Science

   Quantitative Computational Bioscience and Bioengineering*
   *This academic plan has a separate admissions pathway and can only be accessed by students who have been admitted to this academic plan.

2. MS in Biomedical Sciences

3. MS in Clinical Investigation

4. MS in Medical Science

5. MD/PhD*
   *This program is also called the Medical Scientists Training Program (MSTP).
Section Two: Technical Standards, Core Competencies, Accommodations, the Honor Code and Professionalism

Technical Standards

Technical standards refer to non-academic proficiencies that are essential for meeting the academic requirements of the Morningside Graduate School of Biomedical Sciences. Students must demonstrate proficiency in intellectual and physical tasks that together represent the fundamentals of biomedical research.

Students must possess abilities and skills that allow for observation, intellectual and conceptual reasoning, motor coordination, and communication.

Students must meet the prescribed technical standards, with or without accommodations that may be prescribed by the Academic Accommodations Committee (see below). A student's judgment must be based on their own powers of selection and observation. Service animals, as defined by the Americans with Disabilities Act, are allowed in campus facilities in accordance with federal law and institutional guidelines.

Observation
Students must be able to acquire and assimilate knowledge by direct observation (visual, auditory, and tactile) of experiences within the research and instructional settings.

Intellectual/Conceptual Abilities
Students must be able to measure, calculate, analyze, reason, integrate and synthesize information to solve problems.

Motor Skills
Students must possess sufficient postural, neuromuscular, and eye-to-hand control to independently use standard equipment and to execute standard procedures in their field.

Communication
Students must have the ability to observe, comprehend, and participate in classroom and laboratory instruction and discussion. Students must be able to effectively analyze and present literature and research data in large and small group settings and to individuals. During presentations and in other educational settings, students must be able to process and respond to questions in a manner that demonstrates adequate comprehension.
Students must be able to communicate, verbally and/or in writing, in a professional manner to meet timelines.

Behavioral and Social Attributes
Students must possess the emotional and mental proficiency required for full utilization of their intellectual abilities, the exercise of good judgment, the socio-cultural interactions required for collaborative teamwork, the ability to follow timelines and meet deadlines—and the ability to understand and comply with ethical standards for the conduct of research.

Core Competencies of the Morningside Graduate School of Biomedical Sciences

The Morningside Graduate School of Biomedical Sciences has specified competencies are central to successful doctoral training. These competencies describe the knowledge, skills and attributes students will develop through our curriculum and research training programs. Proficiency in these competencies and their related objectives is assessed in individual required courses for each academic program, Qualifying Exams, thesis-mentor Research Evaluations, annual TRAC meetings, and at the Dissertation Defense. Graduating students will have attained all the following competencies.

#1. Knowledge-based problem-solving ability and critical thinking: identify important biomedical and/or population health problems and conduct original research.

Demonstrate knowledge mastery; integrate information from prior research experiences and the literature to identify novel, unanswered biomedical and/or population health questions as the basis for one’s original thesis research project.

Design a research strategy, including appropriate quantitative, analytical, qualitative, or theoretical methodologies, to explore components of the problem and begin to address the question.

Independently analyze, assess, and critically evaluate one’s own scientific work and the work of others to determine research directions.

Demonstrate mastery and appropriate application of a range of research approaches and techniques used in their field.

Generate original research outcomes that meet dissertation standards.

Demonstrate the ability to conduct and lead research efforts in a productive and efficient manner.
#2. Communication: successfully engage in written and oral scientific discourse

Describe scientific information accurately; articulate the outcomes, progress, limitations, and challenges of one’s own scientific work.

Compose and deliver accurate, organized oral and written communications of scientific ideas, analyses, and arguments.

Articulate the background, significance and impact of one’s research and place it in the context of their field as well as more broadly in the context of scientific advancement.

Demonstrate the ability to respond to and address scientific inquiries and constructive criticisms from others, including from colleagues, peers and members of the scientific community.

Exhibit proficiency for listening to and considering others’ views, including views from diverse backgrounds and/or that may appear different from their own.

#3. Responsible Conduct of Research: students comprehend and apply ethical standards to research and decision-making

Adhere to ethical principles and recognize potential sources of bias applicable to research, free from scientific misconduct.

Demonstrate an understanding of and compliance with appropriate regulations and institutional policies regarding lab biosafety protocols, and protection of animal and/or human subjects.

Adhere to the highest ethical standards related to honesty, integrity, and transparency.

Identify and use appropriate attribution in in both oral and written communications, including but not limited to presentations and publications.

Conduct research with scientific rigor and ensure reproducibility.

#4. Professionalism and career advancement: students exhibit professional behavior and attitudes

Demonstrate the ability to work in collaborative and team settings involving colleagues with expertise in other disciplines.

Recognize the value of diverse teams and engage in efforts that support a diverse, equitable and inclusive environment.

Demonstrate professional and organizational skills including time management, setting and meeting deadlines, and project management.
Apply leadership principles including creating a vision, planning strategies to determine and achieve short- and long-term goals, fostering collaboration, empowering others, and guiding decision making.

Seek and leverage mentorship and professional networks to advance one’s professional development and career goals.

**Accommodations for Disabilities**

In accordance with Section 504 of the Rehabilitation Act, the Americans with Disabilities Act (ADA), the ADA Amendments Act, and UMass Chan Medical School policy, no qualified individual with a disability shall, on the basis of that disability, be excluded from participation in UMass Chan Medical School programs or activities. UMass Chan Medical School will provide reasonable accommodation to a qualified individual with a disability.

All admitted students who are seeking accommodations in order to successfully fulfill program requirements are entitled and encouraged to initiate, prior to matriculation or at any time after matriculation, discussions with the Director of Student/Learner Accommodation Services and to apply for accommodations via UMass Chan Medical School procedures. Accommodations cannot be applied retroactively, and do not supersede academic policy.

Only the Academic Accommodations Committee can approve academic accommodations. Neither course directors, program directors, thesis mentors, thesis research advisory committee members, nor the Dean nor any member of the Morningside Graduate School of Biomedical Sciences administration or staff can grant accommodations. Course directors, program directors, thesis mentors, thesis research advisory committee members, and the Dean and their designees are obligated to honor all accommodations granted.

**Honor Code**

All students accepting appointment to the Morningside Graduate School of Biomedical Sciences agree to follow the guidelines of the Honor Code. Procedures for and consequences of violations of the Honor Code are detailed in the policy.

**Professionalism**

All standards of civil, state, and federal law governing professional conduct are required to be upheld by all persons on the UMass Chan Medical School campus. A list of resources, policies, procedures, and guidelines is provided by the Morningside Graduate School of Biomedical Sciences. Additional policies are available through the Diversity and Inclusion Office (DIO). Unprofessional conduct related to any policies will be handled in accordance with those policies.
Section Three: Academic Policies and Regulations

Statute of Limitations / Expected Graduation Term

The Statute of Limitations (SOL) is the period within which all PhD degree requirements must be completed.

The Expected Graduation Term is the last term during which a student may register before their Statute of Limitations expires.

Implementation of SOL for completion of the PhD degree

For PhD students starting in Fall 2021 and MD/PhD students starting in Fall 2020, the SOL is set at five (5) years once candidacy is achieved.

Candidacy for the PhD Degree

Advancement to Candidacy for students in PhD research is expected by the end of the fourth (4th) semester and is required by end of the fifth (5th) semester.

Advancement to candidacy is achieved upon passing the qualifying examination (QE).

Failure to achieve candidacy by the stated deadlines results in withdrawal from the Morningside GSBS.

Statute of Limitations Extensions

The SOL may be extended by one semester if all the following conditions are met:

- The student provides an academic justification for extension. This justification includes only specific information about what remains to be accomplished to complete degree requirements, and a proposed expected graduation term. This justification does not include non-academic information or information about past events.

- The thesis advisor agrees to provide continued financial support through completion of the work plan through proposed completion date.

- The TRAC approves the plan.

- The Program director approves the plan.

- The Dean approves the plan.
A maximum of two extensions is permitted.

Requirements for Academic and Research Activities

Morningside Graduate School of Biomedical Sciences students who are appointed as GRA100 are non-benefitted employees.

The cost of a Health Insurance premium, and tuition and educational fees, are not charged to students appointed as GRA100.

Students appointed as GRA100 are entitled to 20 academic break days per year, in addition to all University holidays (https://www.umassmed.edu/hr/hrdirect/holiday-pay-calendars2/). It is the responsibility of the student to ensure that all academic requirements and professional obligations to the research group are met.

Students with GRA100 appointments are allowed no more than four hours per week of additional UMass Chan Medical School employment (example: teaching assistantships, etc.).

International Students

Administrative responsibility for UMass Chan Medical School student visas rests with Immigration Services (IS). It is the responsibility of the Morningside Graduate School of Biomedical Sciences and the student to work with IS to complete the necessary documentation for issuing, maintaining, and renewing a visa. Loss of visa status will automatically result in being placed on Leave of Absence.

Tuition Waiver

Students appointed as GRA100 receive a tuition waiver.

Stipend

Students appointed as GRA100 receive an annual stipend. The stipend is paid bi-weekly through the standard UMass Chan Medical School payroll process. It is subject to federal and state withholdings unless the individual is a citizen of a country that has a tax treaty with the United States government. A student should contact Immigration Services to determine whether they are subjected to a tax treaty.

Fees

Fees are assessed of all graduate students and are paid by the Morningside Graduate School of Biomedical Sciences, the Thesis Advisor, or the Thesis Advisor’s Department.
Curricula

Students experience a set of common, required classroom and research courses, as well as academic plan-specific elective requirements. Students must adhere to the requirements of their degree program and academic plan.

Grading

All courses are required to have a grading policy presented by the course director at the start of the semester. Grading policy for each course is reviewed by the Curriculum Committee and approved by the Morningside Graduate School of Biomedical Sciences Assembly. All courses use the following designations for grades:

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>GPA</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>4.0</td>
<td>Above proficient</td>
</tr>
<tr>
<td>A-</td>
<td>3.7</td>
<td>Above proficient</td>
</tr>
<tr>
<td>B+</td>
<td>3.3</td>
<td>Proficient</td>
</tr>
<tr>
<td>B</td>
<td>3.0</td>
<td>Proficient</td>
</tr>
<tr>
<td>B-</td>
<td>2.7</td>
<td>Below proficient</td>
</tr>
<tr>
<td>C</td>
<td>2.0</td>
<td>Unsatisfactory</td>
</tr>
<tr>
<td>F</td>
<td>0</td>
<td>Unsatisfactory</td>
</tr>
<tr>
<td>P (pass)</td>
<td>N/A</td>
<td>Above proficient/Proficient</td>
</tr>
<tr>
<td>MP (marginal pass)</td>
<td>N/A</td>
<td>Unsatisfactory</td>
</tr>
<tr>
<td>F (fail)</td>
<td>N/A</td>
<td>Unsatisfactory</td>
</tr>
<tr>
<td>I (incomplete)</td>
<td>N/A</td>
<td>See policy</td>
</tr>
<tr>
<td>W (withdrawn)</td>
<td>N/A</td>
<td>See policy</td>
</tr>
</tbody>
</table>

Research Courses

All PhD students must be registered for one of four types of Research Courses during each semester of every academic year.
**Research Rotations**
Following matriculation, students register for Research Rotations with Morningside Graduate School of Biomedical Sciences Faculty each semester until a dissertation advisor is approved.

**Pre-Qualifying Research**
Following approval to join a dissertation research group, students register for Pre-qualifying Research each semester until they have successfully completed the Qualifying Examination.

**Thesis Research**
Following satisfactory completion of the Qualifying Examination, students register in Thesis Research each semester until they accumulate 90 credit hours of training (classroom study and research).

**Graduate Research**
Upon completing 90 credit hours of training (classroom study and research), students register each semester for Graduate Research.

Research courses are graded with a Pass/Marginal Pass/Fail scale. Poor academic standing resulting from research course grades can be overcome following two semesters of passing grades in research courses.

**Academic Activities Beyond Course Curricula**
Individual academic plans may require participation in seminars, workshops, journal clubs, or tutorials that may or may not be official Morningside Graduate School of Biomedical Sciences courses.

**Attendance**
Course directors will provide an attendance policy, (including, but not limited to, mechanisms for handling absences, tardiness, deadline postponements, or assignment/participation makeup), at the start of the semester. Students are required to adhere to the attendance policy.

**Holidays**
The institution recognizes federal, state, and religious holidays when scheduling required activities. Students should consult the Human Resources list of recognized holidays and determine whether additional formal accommodations from the Morningside Graduate School of Biomedical Sciences are necessary. Students are responsible for work missed, even when formal accommodations are granted.
Drop
Each term contains a defined period of time during which a student may unenroll for a class with no record of the class on the student’s transcript. Outside of this defined time period, a student must Withdraw to unenroll. The Drop Deadline is indicated for each semester on the Academic Calendar.

Withdrawal
Students may withdraw from a course and receive a grade of withdrawn (W) if ≤ 75% of the semester is complete. The course will remain on the transcript with a grade of W. Matriculated students must carry nine credit hours of study in a semester. The Withdrawal Deadline is indicated for each semester on the Academic Calendar.

Incomplete
A student who is unable to complete a course due to unforeseen circumstances and who has completed at least 75% of the coursework with a passing grade may petition the course director for a grade of Incomplete (I). The student must complete the coursework in the time determined by the course director. The course director will change the student’s grade upon completion of the work.

Failure to complete the course work within the defined time will result in a grade of Fail (F).

Course Evaluation by Students
Courses and course instructors are evaluated by students during or upon completion of the course. These on-line, anonymous evaluations are initiated and coordinated by the Morningside Graduate School of Biomedical Sciences.

Grade Appeals

*Appeals Procedure*
The student must first seek to resolve the issue by appealing directly to the faculty member who issued the grade. If unsuccessful, the student must appeal in writing, via email, to the Morningside Graduate School of Biomedical Sciences Assembly Chair within twenty business days of the original decision. The timeline begins when the grade is communicated to the student in a documented manner, or when the grade is entered into the system of record, whichever is sooner.

A grade may be appealed only on procedural grounds. The student must identify the procedural irregularities that contributed to the decision.
The Morningside Graduate School of Biomedical Sciences Assembly Chair (convenor) reviews the appeal to make a determination as to whether the student’s grievance identifies a valid procedural deviation. The convenor does not make a determination as to whether a procedural deviation contributed to the outcome. If a valid procedural deviation is identified, an ad hoc Appeals Committee will be convened to consider the appeal. In the absence of a valid procedural claim, the appeal will be rejected and the grade upheld. The GSBS Assembly Chair must provide the Dean with a written justification for convening the committee or rejecting the appeal.

If convened, the Appeals Committee will consist of three tenured Professors who have no conflicts of interest and who are drawn from a standing roster of faculty who are eligible and willing to participate. The Assembly Chair does not take part in the appeal committee’s inquiries, review, or deliberations.

If the Assembly Chair has a conflict with the particular case, the Morningside Graduate School of Biomedical Sciences Assembly Vice-Chair will act as convener.

**Review**

The Appeals Committee will review the body of evidence to determine whether established procedures were followed in the case at hand. The appeal committee is not charged with a review or assessment of the student’s academic standing.

The Appeals Committee may request written/electronic communications pertaining to the appeal, interviews with relevant parties, and Morningside Graduate School of Biomedical Sciences records relevant to the case.

**Finding**

The Appeals Committee may recommend either to uphold or vacate the original grade. The Committee must provide written justification for their decision in a written report to the Morningside Graduate School of Biomedical Sciences Assembly Chair.

If the original decision is vacated, the Assembly Chair will notify the faculty member(s) who issued the grade. The faculty member who issued the grade must address the issues raised by the Appeals Committee and provide written description to the Assembly Chair of his/her reassessment of the grade, including justification for his/her decision to change or maintain the grade that was issued.

The Assembly Chair will report all proceedings to the Dean, who will consider the findings and recommendations and issue a decision.
If the grade is upheld, the Assembly Chair reports the committee’s findings directly to the Dean.

The Dean will provide a written summary of the final decision to the Assembly Chair, the Appeals Committee, and to the student.

**Good Academic Standing**

Good Academic Standing requires that a GPA ≥ 3.0 with no marginal pass (MP) grades. Poor academic standing resulting from research course grades can be overcome following two semesters of passing grades in research courses.

**Satisfactory Academic Progress**

Satisfactory Academic Progress status for PhD students is determined at the end of each academic year as described in the table below.

Satisfactory Academic Progress status is conferred at the end of the indicated year when

<table>
<thead>
<tr>
<th>Year of Study</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 1</td>
<td>the student has obtained a thesis advisor commitment for thesis research by June 1</td>
</tr>
<tr>
<td>Year 2</td>
<td>the student has passed the Qualifying Exam and is enrolled in Thesis Research</td>
</tr>
<tr>
<td>Year 3</td>
<td>the student has successfully completed course requirements and the annual TRAC requirement</td>
</tr>
<tr>
<td>Years 4-6</td>
<td>the student has completed the annual TRAC requirement</td>
</tr>
<tr>
<td>Years 7 +</td>
<td>No student in this category is making Satisfactory Academic Progress unless so indicated by the TRAC</td>
</tr>
</tbody>
</table>

**Review of Academic Standing**

All students who fall out of Good Academic Standing or are not making Satisfactory Academic Progress are reviewed by the Academic Standards Committee. Reviews are initiated by the Dean or the Associate Dean for Academic Affairs. Pathway or Program Directors, TRAC Chairs, or research mentors may request that a review be made.
There are two possible outcomes: continue in graduate studies with an approved remediation plan, or withdrawal from the Morningside Graduate School of Biomedical Sciences. The Academic Standards Committee is charged with developing a remediation plan in collaboration with the Pathway or Program Director, a specific course director, the research advisor and/or the Thesis Research Advisory Committee (TRAC). The remediation plan will contain specific benchmarks and expected times of completion. The Academic Standards Committee will review progress toward remediation and will advise the Dean whether it finds the remediation to have been successful.

**Family and Health Accommodation**

Students can request up to eight weeks of time for the care of a child or other family member or to manage serious medical needs. During this time, the student will remain enrolled as a full-time student with a minimum of nine credits. The student will continue to receive a stipend for up to eight weeks plus any unused academic break days. The advisor or Department paying the stipend remains responsible for the stipend during family and health accommodation time. The timing of family and health accommodation can be consecutive or nonconsecutive.

After eight weeks, the student will return to full-time student responsibilities or will initiate a Leave of Absence.

Family Accommodation may not be used to extend enrollment in the time periods post-PhD defense or post-transition to the MS completion pathway.

**Leave of Absence (LOA)**

*Initiating LOA*

Students may request a leave of absence (LOA) for a period of up to one year. All leaves of absence require a meeting with the Dean or Dean’s designee. Students may be provided with specific conditions of return set by the Dean, the Thesis Advisor, and/or TRAC.

*Types of LOA*

There are 2 types of LOA: Personal and Medical.

Personal LOA is a leave for any reason of the student’s choice.

Medical LOA requires a letter from a treating medical professional with appropriate expertise relevant to the diagnosis who (1) prior to Medical LOA being approved, attests that a medical condition prevents the student from being able to participate in their educational training, and (2) prior to approval of return from Medical LOA, attests that the medical
condition that warranted a Medical LOA has resolved to a sufficient degree for the student to be able to participate fully in their educational training.

Disclosure of the medical condition is not required.

**During LOA**
During a LOA, the student remains enrolled, but does not receive stipend. The stipend end date is the effective date of the LOA. Enrollment requires that the student show proof of health insurance coverage. The Student Health Insurance plan is available for purchase by the student if the leave of absence extends past the time covered by the annual premium.

**Return from LOA**
A student may only return from a LOA on the first day of a semester.

Four weeks prior to return from LOA, a student must indicate in writing to the Dean or the Associate Dean for Academic Affairs their intention to return. A meeting with the Dean or the Dean’s designee is also required.

If the leave of absence was initiated less than six weeks prior to the end of a semester, the LOA must extend through the following semester. For students taking a continuous, one-year LOA, the return would be the start date of the first semester following the one-year LOA period.

If the student does not return to school at the end of the one-year LOA period, the student will be withdrawn by the Graduate School. A one-time request for an extension beyond one year may be made via a written communication to the Dean that includes a proposed new enrollment date and justification for the extension.

International students wishing to take a LOA must coordinate the leave and the return with Immigration Services.

**Withdrawal and Dismissal from the Morningside Graduate School of Biomedical Sciences**
A student may voluntarily withdraw from the Graduate School at any time by informing the Dean in writing.

A recommendation for withdrawal or a dismissal can occur for continued unsatisfactory academic performance that is documented by evaluation(s) from the Academic Standards Committee and/or for Honor code violation(s).
Following review and recommendation by Academic Standards, Honor Board, or other appropriately empowered body, the Dean may request that a student withdraw or may dismiss a student from the Morningside Graduate School of Biomedical Sciences.

**Student Requests to Change Thesis Advisor**

In consultation with leadership of the Morningside School of Biomedical Sciences and relevant course directors, the student will identify potential new thesis advisors and devise a plan that will result in the student joining a new thesis advisor’s research group within six weeks. The student will be continuously funded throughout the transition process. Failure to procure a commitment from a new thesis advisor will result in withdrawal from the Morningside School of Biomedical Sciences.

**Thesis Advisor Requests that the Student Leave the Research Group**

This process is identical to the process described for students seeking to change their Thesis Advisor.

**Thesis Advisor Leaves UMass Chan Medical School**

*Pre-Qualifying Exam Completion*

If the student wishes to remain enrolled in the Morningside Graduate School of Biomedical Sciences, the student must identify a new thesis advisor. If the student wishes to join their thesis advisor at the new institution, they will be unenrolled from the Morningside Graduate School of Biomedical Sciences.

*Post-Qualifying Exam*

If the student wishes to accompany the advisor to the new institution, they may do so while maintaining their enrollment at UMass Chan Medical School. The student is required to meet all Morningside Graduate School of Biomedical Sciences and academic plan requirements, including course work and completion of TRAC requirements. A student who working at another institution is required to meet twice per year with the TRAC.

Morningside Graduate School of Biomedical Sciences students conducting thesis research at other campuses must be compensated at equal to or greater than the total Morningside Graduate School of Biomedical Sciences compensation (stipend plus full value of the Student Health Insurance Plan). The amount of compensation will be specified in a signed agreement between the Dean and the dissertation advisor at the time the student leaves campus.
Visiting Students

A student who is enrolled in another institution but is conducting thesis research in the laboratory of a UMass Chan Medical School faculty member may register as a Visiting Non-Degree student. Visiting Non-Degree students are appointed annually and are not subject to Morningside Graduate School of Biomedical Sciences academic requirements.

The conditions for Appointment and renewal are:

1. The appointment must commence at the start of an academic term, and continue
2. through at least two consecutive terms
3. The student must enroll in BBS990 each term (Graduate Research)
4. Total annual stipend level, from all sources, must meet or exceed the Morningside Graduate School of Biomedical Sciences stipend
5. Student Service Fees must be paid by the research advisor or host department
6. The Program Fee must be paid to offset Morningside Graduate School of Biomedical Sciences administration costs
7. The Morningside Graduate School of Biomedical Sciences must receive annual verification of enrollment from the home institution that the student is enrolled in a PhD program and is meeting all academic requirements of the degree program at the home institution.

Non-Degree Students

Courses may be taken by non-degree students with the permission of the course coordinator and in compliance with the Non-Degree Registration Policy.
Section Four: Academic Milestones

Research Rotations and Thesis Lab Commitment

Students matriculating through the Basic Biomedical Sciences Umbrella Pathway are required to rotate in three distinct research groups.

Students matriculating through the MD-PhD pathway are required to rotate in two distinct research groups.

Students matriculating through the PHS, Millennium, or MSCI pathways do not perform research rotations.

Students who worked in paid or unpaid research settings at UMass Chan Medical School prior to matriculation, including students in the PREP program, are not permitted to rotate in the lab of their previous mentor prior to the final rotation session.

The Morningside Graduate School of Biomedical Sciences provides financial support through the entirety of their first academic year for all students matriculating in the Basic Biomedical Sciences Umbrella and Population Health Sciences Pathways, and for the first two years for students matriculating in the MD-PhD pathway, regardless of when a student commits to a thesis research group.

Thesis Research Commitment forms are due after completion of the final rotation.

Qualifying Exam (QE)

The QE is conducted in three parts:

1. Specific aims meeting
2. Creation and submission of a written proposal
3. Oral examination

PHS students have additional requirements. Please refer to the website for information. MSCI students do not have a Qualifying Examination.

QE Timeline

1. QE Committee should be formed and approved by the Program Director and the Dean or their Designee by January 31.
2. The Specific Aims page is due to the committee 1 week before the Specific Aims meeting.
3. The Specific Aims meeting must be held by March 15.

4. The written proposal is due to the committee 4 weeks after successful completion of the Specific Aims meeting.

5. The oral exam must be completed by May 1 and must be no more than 7 weeks after the Specific Aims meeting.

6. The QE committee determines the timeline for completion if revision or retest is required. If more than four weeks are granted for revision or a retest, the decision must be justified in writing, and the Associate Dean for Academic Affairs must be notified.

7. Any exceptions to the overall timeline must be communicated to and approved by the Dean or his/her Designee.

Only the student and the QEC are present for the Specific Aims Meeting.

Delayed QE
A student in Good Academic Standing who wishes to delay the QE beyond the fourth semester for PhD students, and the second research semester for MDPs, must discuss their situation with the Associate Dean for Academic Affairs and must provide the following written documentation for review:

1. A justification for the delayed QE
2. A proposed schedule for QE completion
3. A statement from their thesis advisor(s) signifying continued financial and educational support throughout the QE completion timeline

A schedule for QE completion for any student who is not in Good Academic Standing or who is not making Satisfactory Academic Progress will be determined in consultation with the thesis advisor, the program or pathway directors, and the Associate Dean for Academic Affairs.

Failure to complete the QE by the end of the fifth semester for PhD students or the third research semester for MDP students will result in withdrawal.

Selection of QE Committee Members
The committee consists of four members. Three members are chosen by the graduate program, or, if permitted by the graduate program, are chosen by the student and advisor, and subsequently approved by the graduate program. The fourth member is the General Examiner, appointed by the Dean or his/her designee.
The Thesis Advisor is not a member of the Qualifying Exam Committee (QEC).

All members of the Qualifying Exam Committee (QEC) must be primary members of the Morningside Graduate School of Biomedical Sciences faculty. Affiliate Faculty are not permitted to serve on a QEC. No QEC member can be the current or former spouse or a relative of the student or the dissertation advisor.

The QE committee Chair and the GE must be a tenured Associate Professor or Professor. Neither the Chair nor the GE may be co-advisor, co-author, or have or have had any collaborations of any kind with the student. Any collaborations between other members of the QE committee and the student must be declared at the time of committee selection.

The final QE committee selection, including the Chair, will be approved by the student’s program director and the Dean. No portion of the QE may proceed without approval of the QE committee by the Dean.

**Specific Aims Meeting Guidelines**

No Specific Aims meeting will proceed in the absence of any member of the QE committee. If a member of the Committee cannot be present, the Specific Aims meeting must be rescheduled.

During the Specific Aims meeting, the student will articulate the hypothesis or question to be investigated and the rationale for undertaking these studies. General approaches will also be discussed so that the committee can evaluate the feasibility of the proposed Aims. During this meeting, the committee may suggest revisions to the Aims, including the removal or substitutions for Aims more suitable for testing the student’s competency during the subsequent exam.

This meeting also provides an opportunity for faculty to communicate areas of investigation or concerns that the student should expect to address during the formal exam. The primary purpose of the Aims meeting is to help the student prepare for the subsequent exam.

**Format for Specific Aims and Specific Aims Meeting**

1. The student will prepare a 1-page Specific Aims page (single spaced; 11 pt NIH-approved font (e.g., Arial); 0.5” margins). References are optional, but if included must be on a separate page.

2. A student who has previously submitted an NIH F31 or grant application of similar length with substantial input from their thesis advisor is expected to develop at least one Aim not contained within the jointly developed application.

3. Previously submitted grants must be disclosed and submitted to the QE committee prior to the Specific Aims meeting.
4. The meeting must not exceed one hour in duration unless discussion of revisions requires additional time.

5. The student must prepare a brief PowerPoint presentation (no more than 10 minutes and 10 slides) to provide an overview to introduce the background and rationale for the research proposed, as well as a brief experimental outline of each Aim. Experimental details or preliminary data will not be presented. Students should expect to be engaged in discussion and to address questions throughout the meeting.

6. Transcript and letter from the thesis advisor (supporting the student’s candidacy) will be reviewed by the committee at this time.

7. The thesis advisor can have input on the Specific Aims before this meeting.

8. Only QEC members and the student are present.

9. The outcome of the meeting, including details of any substantial revisions to the Specific Aims, must be communicated to the student in writing by the QE Chair.

**Specific Aims Meeting Outcomes**

1. The Specific Aims are approved, and the student may begin preparing the full proposal.

2. The Specific Aims must be revised according to committee recommendations. Revisions must be submitted by email to committee members within one week. The Chair, in consultation with the rest of the QEC, will communicate approval of the revised Aims or requests for additional revision within the subsequent week.

3. The committee may call an additional Specific Aims meeting at their discretion if extensive revision of the original Specific Aims is warranted. If an additional Specific Aims meeting is required, the QEC will inform the student at or prior to scheduling whether the overview presentation is expected or whether a shorter overview or no overview is expected.

4. Only two revisions are permitted. After the second revision, the student proceeds to the Proposal stage.

In all cases, the student will initiate the [Specific Aims outcome form](gsbs72).

**QE Proposal and Examination Format**

1. The written exam must be in F31 (F30 for MD/PhD students) format: 1-page specific aims (single spaced), 6-page (single spaced, NIH-approved font, 0.5-inch margins) proposal, inclusive of figures but not references.

2. The exam room must be scheduled for a 3-hour time period, although the expectation is that exams will be completed within 1.5-2 hours.
3. The thesis advisor may not be present at the QE exam.

4. The student must prepare a brief overview of their entire proposal that does not exceed ten minutes and ten slides. The student will be allowed to present this overview uninterrupted for ten minutes at the beginning of the exam. Additional slides can be prepared to provide visual aids that facilitate further discussion during the exam.

No QE will proceed in the absence of any member of the QE committee. If a member of the Committee cannot be present, the QE must be rescheduled.

**Outcomes of the Qualifying Exam**

**Pass:** The proposal and exam performance meet or exceed expectations, and the student displayed proficiency in all exam competencies. This outcome requires that at least three QE committee members vote to pass the student.

**Not Passed – Revise:** The student is required to revise the QE Proposal and may not enter into doctoral thesis research until the revisions have been approved by the committee. The QEC sets the timeline for completion of revisions. If the timeline exceeds four weeks, the QE Chair will advise the Associate Dean for Academic Affairs in writing. Revisions are not complete until all members of the committee approve.

**Not Passed – Retest:** The student must retest as they did not display proficiency in exam competencies and may not enter doctoral thesis research until passing the retest. At the direction of the QE committee, this may require that some or all of the proposal be re-written. The QE committee sets the timeline for completion of revisions and the retest. If the timeline for revisions and/or retest exceeds four weeks, the Committee Chair will provide written justification for the request to the Associate Dean for Academic Affairs. Prior to or at the time of the retest scheduling, the QE committee will inform the student whether the 10-minute overview presentation of the proposal is expected or whether a shorter overview or no overview is expected.

**Fail:** The student does not meet the specified objectives of the QE upon a retake. A student fails if more than one member of the committee votes for failure. Failure of the QE will result in review by the Academic Standards Committee and may result in withdrawal of the student from the Morningside Graduate School of Biomedical Sciences.

In all cases, the student will initiate the Qualifying Exam outcome form (GSBS04).
Responsibilities of the Thesis Advisor
The thesis advisor will provide a written evaluation of the student in advance of the QE exam. Morningside Graduate School of Biomedical Sciences staff will solicit this evaluation and distribute to the QE Chair.

Responsibilities of the Student
Students are required to obtain the Dean’s approval of their QE Committee prior to initiating any part of the QE process.

Students are required to complete every QE assignment and report and any other academic communication through Blackboard.

Students are required to initiate the Specific Aims outcome form and the QE outcome form. If a revision/re-test is required at either stage, the student completes an outcome form after the initial outcome and a second outcome form at the completion of the process.

Responsibilities of the General Examiner (GE)
The GE is responsible and empowered to ensure that the examination is fair and rigorous, that the exam follows the procedures outlined here, and that student assessment is based on the approved learning objectives and is consistent with QEs of other students.

Upon completion of the exam, in the presence of and in consultation with the other members of the QE committee, the GE completes the evaluation section of the QE outcome form. If a revision or re-test is required, the GE, in consultation with the other members of the QE committee, completes a new QE outcome form upon completion of the remediation.

The GE also initiates, completes, and submits the GE checklist.

Responsibilities of the QE Committee Chair
The Chair of the QEC will require documentation of QE committee approval prior to proceeding with scheduling any portion of the QE.

The Chair is responsible for informing the student of exam procedures and assuring compliance with the expected timeline of the QE process. Prior to the start of the Specific Aims meeting, the Chair will lead a review and discussion, if necessary, of the thesis advisor’s written evaluation and the student’s transcript and will determine whether program requirements have been met. The Chair will ensure fair treatment of the student during the exam, will lead the committee’s deliberation to determine exam outcome, and will communicate the outcome and the committee’s evaluation (from the QE outcome form) to the student. The Chair also will communicate the outcome with the student’s thesis advisor upon request by the thesis advisor.
**Appeal of QE Outcomes**

An appeal of a QE outcome will follow the same procedure as described for grade appeals. The student must initiate an appeal in writing, via email, to the Morningside Graduate School of Biomedical Sciences Assembly Chair within twenty business days of the conferral of the outcome, which is the day of the QE.

**Thesis Research Advisory Committee (TRAC) Meetings**

The TRAC meeting is a formal, required course for PhD students in the Morningside Graduate School of Biomedical Sciences curriculum. Students must enroll each Fall semester and must complete the TRAC meeting by the end of the Fall semester. Failure to hold a meeting and/or complete TRAC requirements in the Fall semester will result in a grade of Incomplete, and failure to complete by the end of the academic year will result in a permanent Incomplete.

Additional TRAC meetings may be held each year at the request of the TRAC or the student.

**Selection of Committee Members**

Students will select TRAC members after successful completion of the Qualifying Exam and submit the [TRAC selection form (BBS06)](#).

The TRAC committee is composed of the thesis advisor and three additional members. The Chair of the TRAC must be a Morningside Graduate School of Biomedical Sciences faculty member holding the rank of Associate Professor or Professor. The Chair cannot be a collaborator on the student’s thesis research. If the Chair subsequently becomes involved in a collaboration with the student, the Chair may remain on the TRAC but must resign as Chair and another Chair must be selected. A Morningside Graduate School of Biomedical Sciences Faculty appointment is required for service on a TRAC.

As a member of the TRAC, the thesis advisor may be present for the TRAC meeting. However, the presence of the thesis advisor is not a requirement.

**TRAC Meetings**

No TRAC meeting will be held in the absence of at least three TRAC members.

If scheduling conflicts prevent the timely convening of a TRAC meeting, the meeting may proceed with one member absent. If the thesis advisor will not attend the meeting, then the thesis advisor must prepare a written summary of the student’s progress since the last meeting and the aims for the subsequent period. The summary must be distributed to the other TRAC members in advance of the TRAC meeting. If another member of the TRAC is
absent, the student must meet individually with the member after the meeting to review progress.

The presence of the TRAC Chair is required. If the Chair is unable to attend, another TRAC member must serve as Chair for the meeting, fulfilling all obligations and responsibilities of the Chair, or the meeting will be rescheduled.

During each meeting, the TRAC will meet separately with the advisor in the absence of the student and will also meet separately with the student in the absence of the advisor.

**TRAC Outcomes**

After the discussion has concluded and the TRAC has met separately with the student and advisor, the TRAC will determine the outcome of the meeting. The TRAC Chair will communicate the outcome to the student.

**Pass:** Continue with research, meet again in one year.

**Pass:** Continue with research, meet again in a time frame less than one year (time must be specified)

**Pass:** with the recommendation to Change program to “Complete with MS in Biomedical Science”

**Marginal Pass:** continue with research, meet again in a specified time of less than 6 months

**Marginal Pass:** with the recommendation to Change Program to “Complete with MS in Biomedical Science”

**Fail:** A review by the Academic Standards committee will be initiated.

**Responsibilities of the Student**

Students are required to complete every TRAC assignment and report and any other academic communication through Blackboard. Students are required to distribute their pre-TRAC meeting summary to each member of the TRAC at least three days prior to the TRAC meeting. Students are required to distribute their post-TRAC meeting summary to the TRAC within one week of the TRAC meeting.

**Appeal of TRAC Outcomes**

An appeal of a TRAC outcome will follow the same procedure as described for grade appeals. The student must initiate an appeal in writing, via email, to the Morningside Graduate School of Biomedical Sciences Assembly Chair within twenty business days of the
conferral of the outcome, which is the day of the TRAC meeting at which the outcome was determined.

Completion of Graduate Studies with a Master of Science (MS) in Biomedical Sciences degree

Completion with a MS degree may be initiated by the student, or a recommendation for completion with an MS degree may be an outcome of a TRAC meeting. Approval for MS completion is contingent on:

1. Completion of at least 55 credits
2. Successful completion of the qualifying exam
3. Meeting with the Associate Dean for Academic Affairs
4. Research accomplishments that can be presented in a thesis formatted as directed by the Guidelines for MS thesis Preparation (GSBS24).

If a student wishes to complete the program with a MS degree, a TRAC meeting will be convened to review and approve the student’s proposed pathway for completion of the MS. If the student has not yet formed a TRAC, the student’s QE Committee will substitute. If the committee does not approve the proposal for MS completion, the student will withdraw with no degree.

Upon approval, the student will form a MS thesis committee to review the MS thesis. The committee will consist of three members:

1. A member of the current TRAC (or QE committee) who is a member of the Morningside Graduate School of Biomedical Sciences faculty.
2. Two other Morningside Graduate School of Biomedical Sciences Faculty members.
3. One committee member shall be designated Chair and will assume responsibility for all communications with the student pre- and post-submission of the MS thesis.

Thesis mentors/co-mentors are excluded from the committee.

The student is granted sixty days of stipend support from the time of approval of the program change date for MS completion, during which time it is expected that a thesis is completed and approved by the committee for final submission to the Morningside Graduate School of Biomedical Sciences. The stipend ends in sixty days regardless of whether the student has completed the requirements for the MS degree. If the stipend is terminated before the MS thesis is approved, the student will be placed on LOA and will have until the start date of the first semester following the one-year LOA period to complete all MS
requirements, including those requirements that are post-thesis approval. Failure to complete the MS dissertation will result in withdrawal with no degree.

Dissertation Defense Examination

Approval of Proposed Dissertation Timeline by the TRAC
A student who has concluded that their dissertation research is nearly complete must propose a timeline for completion and meet with the dissertation advisor and the TRAC for review and approval of the proposed timeline.

At the TRAC meeting, the student must present:

1. A draft of the dissertation abstract
2. An outline of the dissertation, including a detailed outline of the Introduction and Discussion
3. A summary of published work that will be included in the dissertation
4. Any data that are unpublished or previously unseen by the TRAC, that will be included in the dissertation. These data should be presented in publication-ready form.
5. A proposed date range for the dissertation defense
6. A proposed list of external examiners

The TRAC will Approve or Defer to a later timeline.

Approval of the student’s proposed dissertation timeline indicates that:

1. The student is not required to complete additional research or data analysis
2. There are no outstanding obligations defined as required by the thesis advisor or the TRAC, that would prevent the student from focusing entirely on dissertation completion
3. The student has presented a draft of the dissertation abstract and a detailed outline, and the TRAC has provided feedback
4. The student has identified potential external examiners, and the TRAC has deemed these appropriate

If the TRAC Approves, the student must return the completed TRAC approval of proposed dissertation timeline form (GSBS70) to the Morningside Graduate School of Biomedical
Sciences office as soon as approval has been granted. Providing the form to the office will NOT initiate any actionable deadlines.

If the TRAC Defers to a later date, the TRAC must communicate the expectations for completion to the student, including research or analyses that remain to be completed, and the expected status (submitted or accepted) of publications authored by the student before the defense timeline can be set. The TRAC may recommend an expected timeline. The TRAC must also communicate to the student whether a TRAC meeting will be required for approval of the revised timeline, whether approval can be achieved via email, or whether a meeting with the TRAC chair is sufficient.

The student should submit a regular TRAC Meeting report (GSBS07) with a brief post meeting report that outlines the TRAC’s expectations for completion. When the student has completed the assigned work and approval from the TRAC is obtained, the student must submit a TRAC approval of proposed dissertation timeline form (GSBS70).

**Formation of Dissertation Exam Committee**

The Dissertation Examination Committee (DEC) consists of five members. Four members must be Morningside Graduate School of Biomedical Sciences Faculty Members. One of these must be designated as the DEC Chair. The DEC Chair must be appointed with the rank of Professor or Associate Professor. Affiliate faculty members are not eligible to serve on the DEC unless they have been in continuous TRAC service for the defending student. The dissertation advisor is not a member of the committee.

An External Examiner must be selected and approved by the TRAC and the Dean. The purpose of the External examiner is to represent the academic community at large in upholding the standards of the PhD degree. Therefore, the External Examiner must:

1. Hold a doctoral degree
2. Be currently engaged in research in the field
3. Be primarily appointed as a faculty member at a PhD-granting institution or appointed at a government or other non-profit institution with a secondary appointment at a PhD-granting institution.

Co-authorships and Conflict of Interest exclusions

1. The DEC may consist of no more than two members who are current or intended future co-authors with the student.
2. Neither the DEC Chair nor the External Examiner can be a current or intended future co-author with the student regardless of whether the coauthored work is related to the dissertation.

3. No DEC member can be the current or former spouse or a relative of the student or the dissertation advisor.

4. Post-qualifying students who move to a different institution with their advisors may not choose a DEC member who is affiliated with the new institution.

**Preparation for the Defense Examination**

1. The student will schedule the defense examination (DE).

2. The student will submit the DE Committee Selection Form (GSBS14) at least 30 days prior to the DE.

3. The student will submit the Request for Posting of Dissertation Defense (GSBS11) along with an ~250-word research summary at least 21 days prior to the defense.

4. The student will distribute the final copy of the dissertation to the DEC at least 21 days prior to the DE.

5. Within 7 days of receipt, the DEC Chair will review the thesis for general acceptability. Graduate School staff will query the DEC Chair about the suitability of the Dissertation document for oral examination.

If acceptable, the defense notice will be posted and electronically distributed by the Morningside Graduate School of Biomedical Sciences within 2 weeks of the defense. The defense notice will not be posted until confirmation that the defense can move forward has been received from the DEC chair.

In the event that the Dissertation document is unacceptable, the DEC Chair will inform the student and the dissertation advisor and will provide a written summary to all members of the DEC and the Associate Dean for Academic Affairs detailing the deficiencies. The Dissertation Examination will be cancelled.

In consultation with the DEC, the Associate Dean will set a new and final deadline for the student to submit an acceptable thesis document.

**Enrollment Status and Stipend During Preparation for and after the DE**

During the TRAC-approved timeline for dissertation preparation, the student remains enrolled and supported by stipend. After the defense exam, the student can receive up to three weeks of stipend. Up to six weeks of stipend may be approved with academic justification and agreement of the thesis advisor, however, the stipend cannot be extended
beyond six weeks post-defense. A student remains enrolled until all requirements, including post-defense requirements, are completed.

If a student takes a Leave of Absence (LOA) after TRAC approval of the dissertation exam timeline, but prior to the defense, the defense examination must be completed prior to the expiration of the LOA. If the dissertation exam is not successfully completed within this timeframe, the student will be withdrawn, and no degree will be issued.

**The Defense Exam**
The defense exam consists of a public seminar followed by a closed defense examination. The public seminar is a 45–50-minute summary of the dissertation, followed by questions from the audience. The closed defense examination will take place immediately after the public seminar. The dissertation advisor cannot be present during the closed defense. All DEC members must be present for the exam. The absence of one or more members requires rescheduling of the exam. No others may attend the exam.

**DE Outcomes**
**Pass:** A student earns an outcome of Pass when the DEC unanimously decides that the defense examination is satisfactory, and the written dissertation is acceptable as presented.

**In Progress - Minor Revisions:** A student earns an outcome of Minor Revisions when a majority of the DEC decides that the defense examination is satisfactory, and the written dissertation requires only minor revisions that do not materially affect the content of the dissertation.

**In Progress - Major Revisions:** A student earns an outcome of Major Revisions when a majority of the DEC decides that the defense examination is satisfactory, and the written dissertation requires substantial revisions to the text. Major revisions include any revisions that materially affect the content of the dissertation, including the addition of significant content to the Introduction or the Discussion.

**In Progress – Retest:** A student earns an outcome of Retest when a majority of the DEC decides that the oral examination is unsatisfactory. The dissertation may be acceptable or may require minor or major revisions. Only one retest is permitted.

**Fail:** A student earns an outcome of Fail when the DEC unanimously decides that the defense examination and/or written dissertation is unacceptable and cannot be improved to the point where the DEC could find both acceptable.
Upon approval of the DEC, a student who has failed the dissertation examination will change programs to the MS exit pathway and may submit the written dissertation in partial fulfillment for the degree of MS.

**Post-Defense Completion of Dissertation**
The DEC Chair, in consultation with other DEC members, is responsible for approving a revised dissertation, though the DEC may require approval from all members.

The student has 120 days post-defense to retest, if necessary, to submit the revised and approved dissertation, and to complete all degree requirements. If all degree requirements are not completed within 120 days of the defense, the student will be withdrawn from the Morningside Graduate School of Biomedical Sciences and will receive no degree. Extensions will be considered only with documentation of extreme extenuating circumstances.

**Completion of Degree Requirements**
All requirements for degree completion must be completed by the student before a degree will be conferred.

**Degree Conferral**
UMass Chan Medical School confers degrees four times each year (the Sunday after Memorial Day (Commencement), August 31, December 31, and March 31). A student’s degree will be conferred on the first date following completion of all requirements.

**Dissertation Completion and Commencement**
The preparation for the annual Commencement ceremony introduces deadlines that are not controlled by the Morningside Graduate School of Biomedical Sciences. If a student wishes to participate in Commencement, each of the following requirements must be satisfied without exception:

1. The student must submit their Dissertation Examination Committee selection form to the Morningside Graduate School of Biomedical Sciences office no later than March 1
2. The student must submit their Dissertation Defense Notification form to the Morningside Graduate School of Biomedical Sciences office no later than March 10
3. The student must submit their Dissertation to their DEC no later than March 15
4. The student must successfully defend their Dissertation no later than April 1
5. The student must complete their Dissertation edits, have them approved by the DEC Chair, and deliver the appropriate signed defense outcome form indicating this
approval to the Morningside Graduate School of Biomedical Sciences office no later than May 1
Section Five: Awards and Recognitions

Incentives for Individual, Competitive External Funding

All students who are awarded a qualifying external award (administered through the University, includes stipend and educational costs) will be awarded an Incentive Award.

The Incentive Award is a payment of $5500 per year in the form of an Ad Comp (additional compensation). Funds will be provided by the pre-award funding source.

The Incentive Award will terminate when the fellowship terminates.

Students supported by non-individual fellowships are not eligible for this incentive award.
Section Six: Academic Student Resources

Center for Academic Achievement
Coaching Program for Academic Success & Student Well-Being
Section Seven: Student Health and Wellness

Health Insurance
The Bursar’s Office is responsible for assisting students with health/dental insurance enrollment. Please contact the Bursar Office at (508) 856-6612 with any questions related to enrollment in the BC/BS plan offered.

Student Health Services

Student Counseling Services

Mental Health Emergencies
If a mental health emergency arises during business hours, please call the Department of Psychiatry Clinical Services office first at 508-856-3220. In the event of an emergency at any time, call Emergency Mental Health (EMH) at 508-856-3562, your local ER or 911.

Employee Assistance Program (EAP)
The EAP provides services to our UMass Chan Medical School community, including students, in the areas of personal concerns (family, financial, legal, etc.), mental health concerns, workplace concerns, and wellness and work life balance.

Fitness Center