Welcome to WHOI
Getting Started

Before you Arrive

- **Confirm Start Date with Advisor and Education Coordinator**

  Communicate and discuss start date with advisor(s) and education coordinator

- **Confirm Start Date and Schedule Check-in Session with Lea Fraser**
  
  (lfraser@whoi.edu)

  *If COVID-19 restrictions prevent an in-person check-in session, a pre-recorded check-session will be provided.

- **Accessing Your WHOI Email Account, Wireless Network, VPN, and DUO**

  Lea Fraser will email you a password-protected document with your email account, passwords, and instructions. Please call the WHOI IS Technical Assistance Center (TAC) if you have questions or difficulty accessing your credentials. You should have access to your WHOI accounts on your check-in date. If you have any trouble accessing your accounts, call or email the WHOI TAC at 508-289-2439 or helpdesk@whoi.edu (and copy Lea Fraser lfraser@whoi.edu) for assistance. Please note that email and ticket requests submitted after-hours or on weekends will be responded to during normal business hours. Two Factor Authentication is required to access WHOI resources remotely. The first time you attempt to login to a resource, you will be asked to set up DUO. Follow the on-screen instructions. Use your email username and password to access WHOI web-based (LDAP) restricted areas. Use your VPN account to access the wireless network.

- **Establish Employee Online to set up Direct Deposit**

  Establish an Employee Online account to set up direct deposit, view pay stubs, change your personal information, address, access W-2s, etc. Connect to the WHOI network via VPN first, then access Employee Online. Enter your email username and your email password.

- **Complete All Check-in Forms**

  Forms are available on the JP website under current students, academic resources and should be submitted by at least 1 week prior to your start date to accommodate remote processing.

  *If the COVID-19 restrictions prevent an in-person check-in session, all forms will be submitted as a password protected PDF, Google Drive, or other secure method.

---For Foreign Nationals Only---

- **Complete Foreign National Information Form (FNI F)**

  The FNIF is available on JP website under current students, academic resources. You will need to submit your passport, I-20/DS-2019, VISA, and a copy of your electronic I-94 at least 1 week prior to your start date.

  *If the COVID-19 restrictions prevent an in-person check-in session, submit the above documents in a password protected PDF, Google Drive, or other secure method.
---For Foreign Nationals Only---After you Arrive in the US

□ Complete MIT’s International Student Office (ISO) Online Check-in Forms

All incoming international students must complete MIT ISO’s pre-arrival and after arrival tasks. This is required, or you will not be able to request your MIT ID card or complete enrollment registration for your term until you have completed the Online Check-In. You must complete the check-in forms before arriving at WHOI and before participating on the SEA cruise (if applicable). MIT ISO recommends that students set up multiple DUO Authentication methods (other than text message) prior to arrival at MIT. For more information, please contact MIT Information and Systems Technology.

Your First Three Days at WHOI

*If COVID-19 restrictions prevent tasks 1-3 from being completed. A pre-recorded check-in session will be provided to address item 1. Item’s 2 and 3 can be done when it is safe to do so.

□ Check-in with Lea Fraser (lfraser@whoi.edu)

Attend check-in session with Lea Fraser. You must bring completed check-in forms and appropriate identification to your appointment.

□ Check-in with Housing Coordinator

If staying in WHOI housing, check-in with the Housing Coordinator (housing@whoi.edu).

□ Obtain WHOI Identification/Library Card

Call the MBL Swope Center at 508-289-7247 to arrange a time to have the card issued. Bring a driver’s license or other photo identification with you and tell them your WHOI ID number. The ID card allows you to check materials out and access the library and WHOI buildings after hours.

*Once the MBL campus is open, follow their guidelines for obtaining an ID card.

□ Complete Environmental Health and Safety Training

All new arrivals are required to complete the online trainings below:

   General Safety Awareness training
   Cybersecurity Awareness training (4 separate components)
   Respectful Workplace and Anti-Harassment training

https://www.inspiredlms.com/whoiTMS/AdditionalPages/Page/762

Talk to your advisor about other required trainings.
□ **Set up Electronic Internal Revenue Service Tax Form W-2 (If Applicable)**

If your stipend is paid by WHOI, WHOI does not withhold tax on Fellowships (unearned income); therefore, you will not receive a year-end tax statement. WHOI fellowships are; however, taxable and individuals must determine if they should pay estimated quarterly taxes. Your final check stub shows year-to-date earnings in order to file your annual tax return. GRA's (earned income) receiving a salary from a particular grant is taxed and a form W-2 is provided at year-end. Access form W-2s [Employee Online](#) by completing the consent form, click W-2 Consent (under Pay Information heading) and check the box to receive an electronic copy of you a form W-2, and click 'Save'. Contact Dena Richard, WHOI’s Payroll Manager at [drichard@whoi.edu](mailto:drichard@whoi.edu) or at 508-289-2377.

□ **Set Up WHOI’s Campus-Wide Emergency Notification System**

E2Campus is an early notification system that can send you email and text alerts when there is an emergency on campus. [Register](#) for WHOI’s campus-wide emergency notification system.

**Your First Week at WHOI**

□ **Unanet Training Video for Travel Reimbursement**

At WHOI, requests for reimbursement are submitted on a monthly basis using [Unanet](#). Review this 5-minute training [video](#) and [guide](#) for instructions on using UNANET.

□ **Complete Conflict of Interest Form**

It is required that you complete WHOI’s [Conflict of Interest form](#). You will need your WHOI email username and password to access the form.

□ **Parking Pass**

A temporary parking pass (valid for two weeks) may be obtained from your WHOI department or at the Academic Programs Office. After you have received your WHOI ID number, you will be able to apply for a parking permit on-line through the facilities department and will need to upload a copy of your registration.

□ **Review your Discipline’s [Handbook](#)**

□ **Review and Discuss Faculty/ Student [Responsibilities](#)**

□ **Office/ Lab Keys**

If needed, contact your supervisor and/or department administrator to obtain office and/or lab keys.
Academic Programs Office (APO) Contacts

<table>
<thead>
<tr>
<th>NAME</th>
<th>EMAIL</th>
<th>TOPIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meredith Bittrich</td>
<td><a href="mailto:meredith.bittrich@whoi.edu">meredith.bittrich@whoi.edu</a></td>
<td>Registration, Grades, Transcripts, Class Scheduling, Class and Seminar Video Links, Conference Travel Reimbursement, Health Care, Computer Loan</td>
</tr>
<tr>
<td>Christine Charette</td>
<td><a href="mailto:ccharette@whoi.edu">ccharette@whoi.edu</a></td>
<td>Financials, Tuition, Stipend, OVF, Gym Membership, Title IX, Childbirth Accommodations</td>
</tr>
<tr>
<td>Lynne Ellsworth</td>
<td><a href="mailto:lynne@whoi.edu">lynne@whoi.edu</a></td>
<td>Housing Maintenance</td>
</tr>
<tr>
<td>Janet Fields</td>
<td><a href="mailto:jfields@whoi.edu">jfields@whoi.edu</a></td>
<td>Postdoc Information</td>
</tr>
<tr>
<td>Lea Fraser</td>
<td><a href="mailto:lfraser@whoi.edu">lfraser@whoi.edu</a></td>
<td>Student Affairs, Meeting Video Links, Thesis Preparation and Defense Scheduling, Student Center Oversight, JP Website, Room Reservations, Check-ins/Check-outs, Admissions, Open House</td>
</tr>
<tr>
<td>Tricia Gebbie</td>
<td><a href="mailto:Guest-student-coordinator@whoi.edu">Guest-student-coordinator@whoi.edu</a></td>
<td>Guest Student Appointments, Intercampus Travel Reimbursement for JP students</td>
</tr>
<tr>
<td>Delia Oppo</td>
<td><a href="mailto:doppo@whoi.edu">doppo@whoi.edu</a></td>
<td>Academics, Advising, Concerns, Career Advice</td>
</tr>
<tr>
<td>Kama Thieler</td>
<td><a href="mailto:kthieler@whoi.edu">kthieler@whoi.edu</a></td>
<td>Summer Student Fellow and Semester at WHOI programs</td>
</tr>
<tr>
<td>Meg Tivey</td>
<td><a href="mailto:mktivey@whoi.edu">mktivey@whoi.edu</a> <a href="mailto:mbridgets@whoi.edu">mbridgets@whoi.edu</a></td>
<td>Academics, Advising, Concerns, Career Advice</td>
</tr>
<tr>
<td>Tatiana Resende</td>
<td><a href="mailto:housing@whoi.edu">housing@whoi.edu</a></td>
<td>Housing Requests, Dean’s Calendar</td>
</tr>
</tbody>
</table>

Academic and Personal Support Resources

There are many academic and personal support resources available to you, and some may be accessed remotely. A listing of these services is available on the Joint Program website: https://mit.whoi.edu/campus-life/student-resources/support-resources/

Here is a partial listing:

- [MIT Office of Graduate Education (OGE)](
- [MIT Graduate Student Support (GPS)](
- [MIT Mind and Hand Book](
- [MIT Ombuds Office](
- [MIT Personal Support & Wellness](

Page 4 of 9
• **MIT Resources for Easing Friction and Stress (REFS)**

• **Advisor/Supervisor**

• **Education Coordinator**
  Each discipline has an Education Coordinator at WHOI to strengthen department education efforts and who are available to students during office hours

• **Joint Committee**
  Each Joint Committee has academic oversight responsibility for your progress from admission to approving your thesis

• **MIT-WHOI Joint Program Administration**
  The Dean, the Associate Dean, or anyone else with whom you feel comfortable are available for consultation. The Academic Programs Office has an “open door” policy and will hold issues discussed in confidence at the student’s request; the exception to this would be if we believe there is a danger to anyone or if it may be a case of harassment or discrimination where we are required by law to report.

• **WHOI’s Employee and Student Assistance Program (ESAP) service is provided by KGA, Inc.** KGA, offers free, confidential consultations, counseling and targeted referrals at no cost to you and your household members. Contact the ESAP 24/7 for convenient, expert and confidential support, by calling 800.648.9557 or visiting [www.kgreer.com](http://www.kgreer.com). Here are some ways KGA can help:
  - **Counseling:** Face-to-face, phone or video session to help resolve emotional issues
  - **Crisis Counseling:** Grief counseling and immediate intervention for suicide and violence prevention
  - **Legal Assistance:** Legal consultation with an attorney and referrals for most legal issues
  - **Financial Consultation:** Help with debt management, budgeting and financial planning
  - **Parenting Resources:** Research and referral for all types of child care needs and parenting questions
  - **Elder/Adult Care Resources:** Research and referral to meet the needs of elders and older adults
  - **Stress Reduction:** Assessment of stress level and techniques/tips for managing stress
  - **Work-life Resources:** Targeted research and referrals for everything from pet sitting and relocation services to college planning
  - **Nutrition Consultation:** Support from a nutritionist on weight management, allergies and other dietary concerns
  - **Career Assessment:** Interest testing and career exploration services

KGA will provide up to five (5) free counseling services in person or via telephonic counseling appointments. When you contact KGA, an ESAP counselor will conduct an assessment to determine the proper course of treatment. If appropriate, treatment through the ESAP counseling center is available for up to five (5) sessions at no charge to the individual. Depending upon the diagnosis and insurance coverage, the ESAP can continue treatment beyond the initial five sessions or refer the individual or family member to other qualified practitioners and community agencies.

Additional resources are available on the [current student webpage](http://currentstudentwebpage) under General Information and Student Resources.

**MIT-WHOI JP Diversity, Equity, and Inclusion**

Increasing representation, having a diverse student body, and advancing inclusion are critical to the MIT-WHOI JP’s mission, and to the missions of both MIT and WHOI.

“A diverse student body is and has long been critical to the educational mission of MIT. We are committed to providing our students “with an education that combines rigorous academic study and the excitement of
discovery with the support and intellectual stimulation of a diverse campus community.”” From MIT's Diversity Statement

Increasing representation and advancing inclusion is critical to WHOI’s core mission of exploration and discovery in a diverse and connected world. “It is not enough to state that we believe in diversity, equity, and inclusion. We need to take action to create a culture in which the voices of all people are fully heard and fully included, because it is the right thing to do. There are many barriers facing people from traditionally marginalized groups. At WHOI, we are committed to identifying and removing those barriers for richer academic discussion and a healthier research community.” From WHOI's Diversity, Equity and Inclusion Hub

Diversity, Equity and Inclusion Resources at MIT and at WHOI include:

At MIT

- MIT Statement on the Role of Diversity
- Institute Community and Equity Office
- GradDiversity
- Diversity Initiatives
- Grad Diversity Ambassadors
- Graduate Student Council DEI Committee
- Graduate Womxn
- LGBTQ Resources
- Native American Student Association
- Black Graduate Students
- American Indian Science & Engineering Society
- LatinX Students
- Asian American Students
- Affinity Groups/Centers for Student Support

MIT Dept. DEI Support

- Aeronautics and Astronautics
- Biology
- Biology Community Diversity Seminar
- Civil and Environmental Engineering
- Electrical Engineering and Computer Science
- Mechanical Engineering
- Earth, Atmospheric and Planetary Sciences
- Towards Inclusion and Diversity in EAPS (TIDE)

At WHOI

- WHOI Diversity, Equity, and Inclusion
- Committee for Diversity, Equity, and Inclusion
- DEI Resource Library
- Diversity Hub
- International Committee
- Women’s Committee
- Gays, Lesbians, and Others in Woods Hole (GLOW)
Registration

Summer Registration
- Students register for research each summer, fall, and spring term.
- June – WHOI Registrar approves registration for WHOI-based students (summer research); student receives email notification and must submit registration to complete the process.
- A math refresher is offered in July and August – noncredit, not on registration.

Preregistration
- Students should make sure to preregister for any subjects they plan to take in the fall.

Fall Registration
- Student discusses subject selection with advisor
- During last week of August, student sends email with proposed registration to advisor and asks advisor to send approval to registrar.
- Registration is approved by Registrar when advisor’s permission is received.
- Student receives notification of approval and must submit by September 3 to complete the process.
- For the first few weeks of the term, the schedule is called the “WHOI first-day class schedule” because changes may happen with instructors and students finding the optimal time to meet.

Full instructions regarding registration can be found on the JP registration web page.

Many JP subjects are linked via videolink (VL) between WHOI and MIT. Those subjects are recorded, and the recordings are available on the Canvas (MIT’s course management system) website accessible to students registered for that subject.

Student Extended Health Insurance

- Basic health insurance (covering services at MIT Medical) is included in the tuition payment; extended insurance (which covers hospitalization and more) is also required.
- Extended insurance through MIT will be paid by APO, MIT department, or the student’s funding agency each term when tuition is paid.
- If covered under another form of insurance (parent, partner, Navy, etc.), students are requested to waive the extended insurance to save the Joint Program an unnecessary expense.

More information about health insurance is available on the JP website.

Anytime Fitness Gym Membership

WHOI’s Academic Programs Office offers JP students subsidized access to Anytime Fitness (AF) on Main Street in Falmouth. The AF program is only for JP students who are based at WHOI, i.e. JP students who are based at MIT are ineligible since they have regular access to the MIT facility. We offer 2 options: a full year membership for $150 (new or renewal) or a 3-month membership for $50 (new or renewal). See Christine Charette for information.
Stipends

MIT’s stipend rates can be found at https://gradadmissions.mit.edu/costs-funding. Students funded at MIT are paid twice per month; students funded at WHOI are paid bi-weekly.

Tuition

MIT’s tuition costs are covered by the Joint Program, but can be found at: http://odge.mit.edu/finances/tuition/

Title IX Offices

Both MIT and WHOI are committed to fostering an educational and working environment free from gender-based discrimination. Gender-based discrimination, including sexual misconduct (a term used to describe a range of behaviors including sexual harassment, non-consensual sexual contact/sexual assault, non-consensual sexual penetration/rape, and sexual exploitation), intimate partner violence, and stalking committed by MIT or WHOI students, staff, or faculty will not be tolerated.

MIT’s Title IX Office
120 Massachusetts Ave.
W31-223
617-324-7526
titleix@mit.edu

WHOI’s Title IX Office
508-289-2848
titleix@whoi.edu

Tick Safety

Ticks have the potential to carry harmful diseases. Learn about tick-borne diseases, prevention and identification. Tick-Borne Disease Information for the Public

ORCID Open Researcher & Contributor ID

An ORCID ID is a persistent digital identifier that distinguishes each researcher across national boundaries and workplaces. ORCID IDs are free for individuals.

Google Drive Training

To request a Google Drive account, please visit the Staff Training and Development web page to register for Google Drive training. All users must attend training prior to having their account activated. https://whoi-it.whoi.edu/google-drive/

Social Media

Make sure you follow WHOI on our social media platforms
www.whoi.edu
Facebook.com/WoodsHoleOcean
Twitter: @WHOI
Instagram: woodshole_ocean
Use #MIT_WHOI for the MIT-WHOI Joint Program
Corporate Credit Card
Card assignment is at the discretion of your Department Chair/Administrator or Group Manager. Discuss with your advisor. [https://www.whoi.edu/procurement/one-corporate-card](https://www.whoi.edu/procurement/one-corporate-card)

Computer Loan
*Interest-free loans* from $300 to $2500 for the purchase of personal computers are available during their first two years of enrollment.

Loans are repayable through either biweekly payroll deduction or monthly payments over four years.

WHOI Committees
*WHOI Student Organization (Student Reps)*
*Workplace Climate Committee (WCC)*
*Committee for Diversity, Equity, and Inclusion*
*Gays, Lesbians, and Others in Woods Hole (GLOW)*
*Woods Hole Diversity Advisory Committee (WHDAC)*
*Women’s Committee*
*Safety Committees*
*Broader Impacts Group (BIG)*
*International Committee*
*Sustainability Task Force (STF)*
The following is a list of some of WHOI’s important policies and where they can be found on WHOI’s internal web page. The Institution, in accordance with government regulations and policies and Institution policy, expects all employees, students, postdocs, fellows, guests, and those with visiting appointments to be familiar with these policies. Therefore, please take the time to review these policies and also the benefits of the Employee and Student Assistance Policy at your earliest convenience.

If you have any questions regarding this memo or the policies stated below, please contact the Academic Programs Office. Thank you.

Margaret K. Tivey
Vice President for Academic Programs and Dean

WHOI Policies available to view on the WHOI network or the VPN.
https://www.whoi.edu/website/institution-policy/index

In particular, please read the following:
- Code of Conduct
- Computer Software Use
- Consensual Relations
- Drug-Free Workplace
- Environmental Health and Safety Policy
- Grievance
- Harassment (Policy Against)
- Misconduct in Science
- Respectful Workplace and Violence Prevention
- Smoke-free and Vape-free Workplace Policy
- Substance Abuse

WHOI’s Diversity, Equity and Inclusion: https://www.whoi.edu/who-we-are/about-us/diversity-equity-and-inclusion/

Employee and Student Assistance Program (ESAP) services provided by KGA, Inc.
https://www.whoi.edu/HR/page.do?pid=166536

KGA, offers free, confidential consultations, counseling and targeted referrals at no cost to you and your household members. Contact the ESAP 24/7 for convenient, expert and confidential support, by calling 800.648.9557 or visiting www.kgreer.com and entering company code: WHOI
Faculty/Student Responsibilities* WHOI

https://mit.whoi.edu/academics/responsibilities/

1. Advisors and students should be familiar with appropriate discipline handbook(s) and with the Joint Program housing policy.

2. When a student first arrives, the advisor and student should discuss what courses the student should take, and when. Advice is also available from the education coordinator and the student’s academic advisory committee.

3. When a student first arrives, the advisor and student should discuss what research project(s) the student should undertake, including expectations of when and how that research will be carried out (e.g., during first summer, semesters when classes are in session, during IAP, during subsequent summers), and balance between coursework and research. They should also discuss any upcoming fieldwork (timing and duration), and whether it is optional or required.

4. Advisors should make expectations clear to the student, including how frequently the advisor and student should meet. The advisor should make him/herself available to provide advice to the student, and clarify with the student how best to set up meetings – e.g., regular weekly meetings, or meetings as needed with some amount of lead time so that the advisor can set aside time, etc. Likewise the student should feel comfortable communicating with the advisor regarding the frequency of meetings.

5. Full-time Graduate Research and Teaching Assistants (and students on Fellowships and Scholarships as well) are expected to devote at least 50 hours per week on average to academic activities, including time devoted to classes, research activities, and any activities specific to Research or Teaching Assistant duties. If supported as a Graduate Research Assistant, 20 hours per week on average should be devoted to work on the grant/contract. Specifics of how the 20-hour per week obligation is to be satisfied should be agreed upon by the advisor and the student (e.g., less time devoted to grant/contract activities when classes are in session, more time during IAP and summer). It is good to have an understanding between the student and advisor about this balance (the education coordinator is another resource to provide advice about balance). If supported as a Teaching Assistant, the student is expected to devote 20 hours per week to Teaching Assistantship activities (10 hours/wk for half-time TA).

6. Students are entitled to two weeks of vacation per year and should clear vacation schedules in advance with advisor(s). It is useful for students and advisors to discuss expectations given that many oceanography students spend considerable time in the field. Information about terms of appointments is at http://odge.mit.edu/gpp/assistance/rata/terms-of-appointment/

7. Advisors and students should discuss authorship protocol (e.g., when is someone an author vs. acknowledged; when is someone first author; etc.), and scientific conduct. Training in scientific conduct is now required by some funding agencies. Ethics training is available, and advisors should encourage students to take advantage of such training.

8. Advisors should make best efforts to fund students fully, and encourage (and assist as needed) students to submit fellowship applications. If the student has his/her own
funding through a fellowship, and wishes to pursue research not covered by existing grants, the student needs to have the advisor’s permission and support. The student and the advisor then need to openly discuss possibilities and how other costs (e.g., lab supplies and analyses) will be covered. The burden of funding the student and his/her research costs falls on the advisor, thus the need for the advisor being in agreement that the student should pursue this research.

9. Regular feedback should be provided to the student about progress, and if the student is not fulfilling the advisor’s expectations, the advisor should bring that to the student’s attention in a timely manner so that the student can address the concern (rather than waiting until the semester’s end or as part of the annual review).

10. Advisors and students should discuss progress at annual review time and go over any issues or concerns. On all submitted memos/paperwork, copy Kris and Lea (who will print the correspondence and place it in the student’s file).

11. As the student’s research progresses, the advisor(s) should encourage participation in scientific meetings and assist with writing and submitting abstracts, choice of sessions and travel costs, and encourage and assist with networking at meetings. Both MIT and WHOI offer funding to help with student travel to conferences when they are presenting. See http://mit.whoi.edu/policies. Advisors should introduce students to colleagues and program managers from funding agencies at meetings, as well as when colleagues or program managers visit the home institution.

12. Each year students and advisors should discuss career goals (which may evolve). Advisors should offer advice to students on postdoc and job opportunities, and encourage the student to think broadly about his/her career.

13. Advisors should encourage and assist with publication of results including advice on appropriate journals; structure, length and content of articles; appropriate analyses and graphics; and guidance in responding to reviewers.

14. Advisors should provide timely feedback (e.g., within a week or two, with an idea of the timing provided by the advisor) as students write up results for their theses.

15. Students are expected to use "MIT-WHOI Joint Program in Oceanography/Applied Ocean Science & Engineering, Cambridge and Woods Hole, MA, USA" as their affiliation in all publications and products stemming from their research in the Joint Program. Additional student affiliations (e.g. MIT or WHOI department) are up to the authors.

16. In addition to the Educational Coordinator, Associate Dean, Dean, MIT Director of the Joint Program, and Joint Committee members, the Department Chair at WHOI and Department Head at MIT are go-to people for graduate students who need advice or assistance on important professional matters such as resolving conflicts or other issues with their advisors or others in the department. MIT also has an Ombuds Office http://web.mit.edu/ombud/.

*There may be some discipline-specific variations to these general guidelines – see discipline handbooks

May 6, 2020
WOODS HOLE – ACADEMIC PROGRAMS OFFICE (Clark 223)
From a cell phone/landline dial 508-289-(extension) to reach staff below. We are working remotely so it may be best to contact us by email first to arrange a phone call.

Christine Charette, Ext. 2848; ccharette@whoi.edu
Budget Manager/Title IX Coordinator

Lynne Ellsworth, Ext. 2498; lynne@whoi.edu
Housekeeper

Janet Fields, Ext. 2950 (Carriage House); jfields@whoi.edu
Postdoctoral and Geophysical Fluid Dynamics Programs Coordinator

Leanora Fraser, Ext. 2225; lfraser@whoi.edu
Graduate Admissions and Student Affairs Officer

Tricia Gebbie, Ext. 2207; tgebbie@whoi.edu
Guest Student Coordinator

Delia Oppo, Ext. 2681; doppo@whoi.edu
Associate Dean

Kama Thieler, Ext. 2766; kthieler@whoi.edu
Summer Student Fellow and Semester at WHOI Coordinator/Scientific Outreach Coordinator

Margaret (Meg) K. Tivey, Ext. 2200; mktivey@whoi.edu
Vice President for Academic Programs and Dean

Julia Westwater, Ext. 3379; jwestwater@whoi.edu
Registrar/Graduate and Undergraduate Administrator

MIT – JOINT PROGRAM OFFICE

Edward A. Boyle, 617-253-3388; eaboyle@mit.edu
MIT-WHOI Joint Program Director
MIT E25-619

Phil Gschwend, 617-253-1638
MIT-WHOI Joint Program Associate Director

John Leonard, 617-253-5305
MIT-WHOI Joint Program Associate Director

Kris Kipp, 617-253-7544; kipp@whoi.edu
MIT-WHOI Joint Program Administrator
MIT 54-820
<table>
<thead>
<tr>
<th>Committee Name</th>
<th>Chair Name</th>
<th>Chair Email</th>
<th>Chair Address</th>
<th>Ext. Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joint Committee for Applied Ocean Science &amp; Engineering (JCAOSE)</td>
<td>Dave Ralston</td>
<td><a href="mailto:dralston@whoi.edu">dralston@whoi.edu</a></td>
<td>Bigelow 212</td>
<td>2587</td>
</tr>
<tr>
<td></td>
<td>Gordon Zhang*</td>
<td><a href="mailto:wzhang@whoi.edu">wzhang@whoi.edu</a></td>
<td>Bigelow 211</td>
<td>2345</td>
</tr>
<tr>
<td></td>
<td>Britt Raubenheimer</td>
<td><a href="mailto:braubenheimer@whoi.edu">braubenheimer@whoi.edu</a></td>
<td>Bigelow 206</td>
<td>3614</td>
</tr>
<tr>
<td></td>
<td>John Leonard</td>
<td><a href="mailto:jleonard@mit.edu">jleonard@mit.edu</a></td>
<td>MIT 5-214</td>
<td>253-5305</td>
</tr>
<tr>
<td></td>
<td>Pierre Lermusiaux</td>
<td><a href="mailto:pierrel@mit.edu">pierrel@mit.edu</a></td>
<td>MIT 5-428</td>
<td>324-5172</td>
</tr>
<tr>
<td></td>
<td>Heidi Nepf</td>
<td><a href="mailto:hmnepf@mit.edu">hmnepf@mit.edu</a></td>
<td>MIT 48-216D</td>
<td>234-8622</td>
</tr>
<tr>
<td></td>
<td>Gordon Zhang*</td>
<td><a href="mailto:wzhang@whoi.edu">wzhang@whoi.edu</a></td>
<td>Bigelow 212</td>
<td>2345</td>
</tr>
<tr>
<td></td>
<td>Brit Raubenheimer</td>
<td><a href="mailto:braubenheimer@whoi.edu">braubenheimer@whoi.edu</a></td>
<td>Bigelow 206</td>
<td>3614</td>
</tr>
<tr>
<td></td>
<td>John Leonard</td>
<td><a href="mailto:jleonard@mit.edu">jleonard@mit.edu</a></td>
<td>MIT 5-214</td>
<td>253-5305</td>
</tr>
<tr>
<td></td>
<td>Pierre Lermusiaux</td>
<td><a href="mailto:pierrel@mit.edu">pierrel@mit.edu</a></td>
<td>MIT 5-428</td>
<td>324-5172</td>
</tr>
<tr>
<td></td>
<td>Heidi Nepf</td>
<td><a href="mailto:hmnepf@mit.edu">hmnepf@mit.edu</a></td>
<td>MIT 48-216D</td>
<td>234-8622</td>
</tr>
<tr>
<td></td>
<td>Gordon Zhang*</td>
<td><a href="mailto:wzhang@whoi.edu">wzhang@whoi.edu</a></td>
<td>Bigelow 212</td>
<td>2345</td>
</tr>
<tr>
<td></td>
<td>Brit Raubenheimer</td>
<td><a href="mailto:braubenheimer@whoi.edu">braubenheimer@whoi.edu</a></td>
<td>Bigelow 206</td>
<td>3614</td>
</tr>
<tr>
<td></td>
<td>John Leonard</td>
<td><a href="mailto:jleonard@mit.edu">jleonard@mit.edu</a></td>
<td>MIT 5-214</td>
<td>253-5305</td>
</tr>
<tr>
<td></td>
<td>Pierre Lermusiaux</td>
<td><a href="mailto:pierrel@mit.edu">pierrel@mit.edu</a></td>
<td>MIT 5-428</td>
<td>324-5172</td>
</tr>
<tr>
<td></td>
<td>Heidi Nepf</td>
<td><a href="mailto:hmnepf@mit.edu">hmnepf@mit.edu</a></td>
<td>MIT 48-216D</td>
<td>234-8622</td>
</tr>
<tr>
<td></td>
<td>Gordon Zhang*</td>
<td><a href="mailto:wzhang@whoi.edu">wzhang@whoi.edu</a></td>
<td>Bigelow 212</td>
<td>2345</td>
</tr>
<tr>
<td></td>
<td>Brit Raubenheimer</td>
<td><a href="mailto:braubenheimer@whoi.edu">braubenheimer@whoi.edu</a></td>
<td>Bigelow 206</td>
<td>3614</td>
</tr>
<tr>
<td></td>
<td>John Leonard</td>
<td><a href="mailto:jleonard@mit.edu">jleonard@mit.edu</a></td>
<td>MIT 5-214</td>
<td>253-5305</td>
</tr>
<tr>
<td></td>
<td>Pierre Lermusiaux</td>
<td><a href="mailto:pierrel@mit.edu">pierrel@mit.edu</a></td>
<td>MIT 5-428</td>
<td>324-5172</td>
</tr>
<tr>
<td></td>
<td>Heidi Nepf</td>
<td><a href="mailto:hmnepf@mit.edu">hmnepf@mit.edu</a></td>
<td>MIT 48-216D</td>
<td>234-8622</td>
</tr>
<tr>
<td></td>
<td>Gordon Zhang*</td>
<td><a href="mailto:wzhang@whoi.edu">wzhang@whoi.edu</a></td>
<td>Bigelow 212</td>
<td>2345</td>
</tr>
<tr>
<td></td>
<td>Brit Raubenheimer</td>
<td><a href="mailto:braubenheimer@whoi.edu">braubenheimer@whoi.edu</a></td>
<td>Bigelow 206</td>
<td>3614</td>
</tr>
<tr>
<td></td>
<td>John Leonard</td>
<td><a href="mailto:jleonard@mit.edu">jleonard@mit.edu</a></td>
<td>MIT 5-214</td>
<td>253-5305</td>
</tr>
<tr>
<td></td>
<td>Pierre Lermusiaux</td>
<td><a href="mailto:pierrel@mit.edu">pierrel@mit.edu</a></td>
<td>MIT 5-428</td>
<td>324-5172</td>
</tr>
<tr>
<td></td>
<td>Heidi Nepf</td>
<td><a href="mailto:hmnepf@mit.edu">hmnepf@mit.edu</a></td>
<td>MIT 48-216D</td>
<td>234-8622</td>
</tr>
<tr>
<td></td>
<td>Gordon Zhang*</td>
<td><a href="mailto:wzhang@whoi.edu">wzhang@whoi.edu</a></td>
<td>Bigelow 212</td>
<td>2345</td>
</tr>
<tr>
<td></td>
<td>Brit Raubenheimer</td>
<td><a href="mailto:braubenheimer@whoi.edu">braubenheimer@whoi.edu</a></td>
<td>Bigelow 206</td>
<td>3614</td>
</tr>
<tr>
<td></td>
<td>John Leonard</td>
<td><a href="mailto:jleonard@mit.edu">jleonard@mit.edu</a></td>
<td>MIT 5-214</td>
<td>253-5305</td>
</tr>
<tr>
<td></td>
<td>Pierre Lermusiaux</td>
<td><a href="mailto:pierrel@mit.edu">pierrel@mit.edu</a></td>
<td>MIT 5-428</td>
<td>324-5172</td>
</tr>
<tr>
<td></td>
<td>Heidi Nepf</td>
<td><a href="mailto:hmnepf@mit.edu">hmnepf@mit.edu</a></td>
<td>MIT 48-216D</td>
<td>234-8622</td>
</tr>
<tr>
<td></td>
<td>Gordon Zhang*</td>
<td><a href="mailto:wzhang@whoi.edu">wzhang@whoi.edu</a></td>
<td>Bigelow 212</td>
<td>2345</td>
</tr>
<tr>
<td></td>
<td>Brit Raubenheimer</td>
<td><a href="mailto:braubenheimer@whoi.edu">braubenheimer@whoi.edu</a></td>
<td>Bigelow 206</td>
<td>3614</td>
</tr>
<tr>
<td></td>
<td>John Leonard</td>
<td><a href="mailto:jleonard@mit.edu">jleonard@mit.edu</a></td>
<td>MIT 5-214</td>
<td>253-5305</td>
</tr>
<tr>
<td></td>
<td>Pierre Lermusiaux</td>
<td><a href="mailto:pierrel@mit.edu">pierrel@mit.edu</a></td>
<td>MIT 5-428</td>
<td>324-5172</td>
</tr>
<tr>
<td></td>
<td>Heidi Nepf</td>
<td><a href="mailto:hmnepf@mit.edu">hmnepf@mit.edu</a></td>
<td>MIT 48-216D</td>
<td>234-8622</td>
</tr>
<tr>
<td></td>
<td>Gordon Zhang*</td>
<td><a href="mailto:wzhang@whoi.edu">wzhang@whoi.edu</a></td>
<td>Bigelow 212</td>
<td>2345</td>
</tr>
<tr>
<td></td>
<td>Brit Raubenheimer</td>
<td><a href="mailto:braubenheimer@whoi.edu">braubenheimer@whoi.edu</a></td>
<td>Bigelow 206</td>
<td>3614</td>
</tr>
<tr>
<td></td>
<td>John Leonard</td>
<td><a href="mailto:jleonard@mit.edu">jleonard@mit.edu</a></td>
<td>MIT 5-214</td>
<td>253-5305</td>
</tr>
<tr>
<td></td>
<td>Pierre Lermusiaux</td>
<td><a href="mailto:pierrel@mit.edu">pierrel@mit.edu</a></td>
<td>MIT 5-428</td>
<td>324-5172</td>
</tr>
<tr>
<td></td>
<td>Heidi Nepf</td>
<td><a href="mailto:hmnepf@mit.edu">hmnepf@mit.edu</a></td>
<td>MIT 48-216D</td>
<td>234-8622</td>
</tr>
</tbody>
</table>

*WHOI Education Coordinator
WHOI HOUSING

HOUSING CONTACT – COMMUNICATION FROM THE HOUSING OFFICE IS BY EMAIL

- TBD – Housing Coordinator; housing@whoi.edu; ext 2389
- Lynne Ellsworth – Building Caretaker lynne@whoi.edu

JP HOUSING LOCATION

- 85 Oyster Pond Rd., Quissett Campus, Falmouth, MA

HOUSING TERMS - You will need to be familiar with the following terms for WHOI Housing:

- **TRANSIENT HOUSING**
  - During the first two years in the Joint Program, students usually establish a residence near MIT. Students may request Transient Housing if they need to be in Woods Hole for 2 to 3 nights a week on a regular basis during the fall or spring term.
  - Call for fall term transient housing requests are made in August

- **ON CALL HOUSING**
  - For JP student trips to Woods Hole for an occasional night or two. On-call beds are always available if you really just need an occasional night.
  - Please contact Housing no less than 48 hours prior to on-call date needed.

- **COMMUNITY HOUSING**
  - After the first two years in the program, most students live in the community of their Institution of Residence. WHOI maintains a Community Housing website listing rental opportunities local to the Woods Hole campuses.

- **IAP HOUSING**
  - MIT Independent Activities Period is roughly the month of January when there are no formal classes. Call for IAP Housing requests is sent in November.

- **SUMMER HOUSING**
  - All students who require summer housing in Woods Hole must make a formal request in March and provide the required documentation.
  - There is a charge for all summer housing. After the first summer in the program, JP students may apply for Summer Rent Assistance.

PLEASE CONSIDER YOUR REQUESTS FOR HOUSING CAREFULLY.

- Beds are limited, especially in the summer. But, if you request a bed, and one is available, it will be held for you;
- Notify housing if your plans arrival or departure dates.

OCCUPANCY AGREEMENT

Everyone in WHOI Housing signs an Occupancy Agreement. It is your license to occupy WHOI Housing. Failure to abide by Housing policies and procedures will result in permanent revocation of occupancy license.

HOUSEKEEPING

Day-to-day housekeeping of the unit is the responsibility of the occupants.
PICKING UP KEYS
Housing keys are always sent to the security desk at Smith Lab for new arrivals to pick up. The desk is staffed 24/7, so arrival after hours or on the weekend is not a problem. Smith Lab is in close proximity to the Bus Stop at the Steamship Authority where the Peter Pan bus from Boston, the MIT/WHOI shuttle, and the local CCRTA buses arrive and depart.

KEY RETURN ENVELOPE
Upon departure, keys are left on the bed in the unit from which you are departing. PLEASE USE THE KEY RETURN ENVELOPE provided in your arrival packet. There is a $50 per key non-refundable replacement charge for lost or unreturned keys.

NO OVERNIGHT GUESTS
Overnight guests are not allowed. Unassigned beds are ‘on-call’ beds and must be kept available for occupancy on short notice.

NO PETS
Refer To “Animals in WHOI Housing” Policy.

HOUSING BINDER
There is a Housing Binder in each unit. Please review for:
- Emergency Procedures and Assembly points in case of fire;
- Information on responsibilities of housing occupants;
- Shuttle schedule and other helpful local information;
- Information for Foreign Nationals.

PARKING
Parking permits are required for all WHOI lots, including Housing, and must be properly displayed. Cars without properly displayed permission to park in WHOI lots, or parked illegally will be towed at the owner’s expense.

FIRE/SMOKE/CO DETECTION
Housing units are hard-wired for fire, smoke, and CO detection. If an alarm sounds, evacuation is mandatory.
- Do not tamper with detectors, as this could cause an alarm and call the fire department, as well as damaging the system.

IN AN EMERGENCY
- If there is a fire or other emergency, call 2911 from your WHOI phone, or 911 from a cellphone; IF IT IS A FALSE ALARM, NOTIFY SECURITY – we are charged by the Town for false alarms.

CONTACTING SECURITY FOR OTHER BUSINESS
- You can reach the security desk 24 hours a day, 7 days a week by dialing 0 (zero) on your WHOI phone, or by calling 508-548-1401 from your cellphone for:
  - Urgent maintenance issues overnight or on weekends (non-urgent maintenance issues should be reported to the Housing Office);
  - If you forget your key and are locked out. PLEASE DO NOT TRY TO BREAK IN. Contact Security.

BE A GOOD NEIGHBOR
All of WHOI Housing is in close proximity to private homes. You represent the Institution to our neighbors and in the community. Please be a good neighbor.
- No outside activities or noise after 10PM on weeknights (Sunday through Thursday) and midnight on weekends (Friday and Saturday).
Welcome to KGA, your Employee Assistance and Work-Life Program provider. This program provides practical support for everyday challenges. Our goal is to help you maintain focus at home and at work. It is a benefit provided by your employer available 24/7 to you and your adult household members. Through the EAP you have free and confidential access to:

- **Counseling** Support for addiction, anxiety, depression and everyday stress
- **Crisis Support** Expert help for dealing with grief and the trauma that comes with upsetting events
- **Career Support** Consultations on career moves, job search strategies, interviewing skills and resumes
- **Eldercare Resources** Consultations and referrals for all types of eldercare needs and caregiving support
- **Financial Consultation** Help with debt management, budgeting and financial planning
- **Legal Assistance** Consultation with an attorney and referrals for legal issues
- **Parenting Resources** Referrals for all types of childcare needs and parenting support
- **Convenience Services** Referrals for family/home needs from pets and contractors to continuing education and transportation
- **Nutrition Consultation** Consultations with a nutritionist on weight management, allergies and other dietary concerns

Who will assist me?
KGA licensed counselors and work-life specialists are highly skilled professionals with deep experience. Beginning with your initial contact, the same KGA staff member will work with you to ensure continuity and quality.

What happens to information about me?
All contact with KGA is kept confidential. No information, including your name, can be released to your employer or anyone else without your consent. The only exceptions are those required by law, such as when someone is determined to be a threat to themselves or others.

For support contact KGA at 800-648-9557 or by email at info@kgreer.com. You can find additional resources on our website, kgreer.com and log in with your employer’s username.

For easy access, download our app, KGA Mobile

*Disclaimer - No legal service, including advice and consultations, will be provided for: 1) employment-related matters, including employee or statutory benefits; 2) matters involving the employer, KGA Inc. and affiliates; 3) appeals and class actions; 4) frivolous or unethical matters; 5) matters for which an attorney-client relationship exists prior to the participant becoming eligible for benefits.

If a participant wishes to retain legal representation, KGA will refer participant to an attorney who may provide services at a 25 percent discount. This is not a guarantee of the least expensive attorney. Should the participant retain an attorney through a KGA referral, he/she is doing so outside the EAP services provided through the employer and participant is responsible for all fees and costs associated with legal services.
**EMOTIONAL HEALTH**
Counseling, Consultations & Referrals:
- Alcohol & Drug Concerns
- Anxiety
- Chronic Illness
- Depression
- Eating Disorders
- Family & Relationship Concerns
- Gambling
- Meditation
- Mindfulness
- Partner Violence
- Smoking Cessation
- Sleep Issues
- Stress Management

5 counseling sessions

**PARENTING**
Childcare Consultation & Referrals:
- Back-up Care
- Before/After School
- Childcare Centers
- Family Day Care
- Nannies & In-home Care
- Summer Camps

**ELDERCARE**
Consultation & Referrals:
- Assisted Living Facilities
- Caregiver Support
- Community Services
- Home Health Care
- Hospice
- Medicare/Medicaid
- Nursing Homes
- Respite Care
- Social Security
- Transportation

**LEGAL**
Consultation & Referrals:
- Bankruptcy
- Child Custody & Support
- Consumer Issues
- Elder Law
- Estate Planning
- Immigration
- Landlord Tenant Disputes
- Real Estate Concerns
- Restraining Orders
- Separation & Divorce
- Wills & Trusts

30 min consult with in-state attorney
*See back for legal disclaimer

**FINANCIAL**
Consultation & Referrals:
- Budgeting
- Credit Problems
- Debt Management
- Financial Wellbeing
- Homebuying Information
- Insurance Planning
- Retirement Planning
- Tax Resources

30 min consult with CFP, CPA, credit counselor

**WORK**
Consultation & Referrals:
- Career Exploration
- Interest Testing
- Job Performance Concerns
- Job Search Strategies
- Resume Review
- Time Management
- Work-life Integration
- Work Stress

30 min consult with career coach

**HOME**
Information & Referrals:
- Community Education Classes
- Fitness Programs & Trainers
- Home Cleaning
- Home Repair Services
- Moving Services
- Organizer Services
- Pet Care
- Relocation Information
- Yoga Classes

**NUTRITION**
Consultation & Information:
- Child Friendly Meals
- Diabetes
- Food Allergies
- Gastrointestinal Problems
- Healthy Eating
- High Blood Pressure
- High Cholesterol
- Lactation
- Weight Management

30 min consult with a registered dietitian

**WEBSITE:** my.kgalifeservices.com

**COMPANY CODE:** whoi

Available 24/7  800-648-9557  info@kgreer.com
*KGA general legal disclaimer:

No service, including advice and consultations, will be provided for: 1) employment-related matters, including employee or statutory benefits; 2) matters involving the employer, KGA Inc. and affiliates; 3) appeals and class actions; 4) frivolous or unethical matters; 5) matters for which an attorney-client relationship exists prior to the participant becoming eligible for benefits.

If a participant wishes to retain legal representation, KGA will refer participant to an attorney who may provide services at a 25 percent discount. This is not a guarantee of the least expensive attorney. Should the participant retain an attorney through a KGA referral, he/she is doing so outside the EAP services provided through the employer and participant is responsible for all fees and costs associated with legal services.
Locations, hours & contact

- Staffed locations:
  - Lillie Library, 2nd floor, Lillie Lab (7 MBL St)
  - Data Library & Archives, ground floor, McLean Lab (WHOI Quissett campus)
- Open:
  - Lillie: Monday-Friday from 8AM to 5PM
  - Lillie: After-hours* seven days a week, 7AM to 11PM
  - Data Library & Archives: Monday-Friday from 8AM to 5PM
- Contact
  - http://www.mblwhoilibrary.org
  - email: library@mbl.edu; call: 508-289-7002 or 508-289-2866

Library card

Issued at the MBL SWOPE CENTER
Monday-Friday, 10AM to 2PM, Phone: 508-289-7668

Use the MBLWHOI Library card/card number to:
  - Check out books
  - Request delivery of locally owned books via “Get this item”
  - Make interlibrary loan requests
  - Access e-journals and databases remotely
  - Access Lillie After-hours*

*After-hours access: complete the After-hours Access form and return it to the Library: http://www.mblwhoilibrary.org/about-library/access

Facilities

- Lillie Library
  - Public workstations
  - wifi
  - Complimentary photocopying, scanning & printing (from public workstations)
  - Self-checkout station for books (journals do not circulate)
  - Bay Reading Room for quiet study
  - Grass Reading Room for collaborative work
  - 5 floors of stacks housing book and print journal collections
  - Rare Books Room & MBL Archives, available by appt only for research and tours
- Data Library & Archives (DLA), located on the WHOI Quissett Campus, McLean Lab
  - Researcher workspace
  - Data collections, technical reports, DLA book and journal collections
  - Map Room
  - WHOI Archives
Resources

- Books
  - Use the library catalog to search holdings:
    http://library.whoi.edu/vwebv/searchBasic
  - Select “Get This Item” to have books(s) delivered to a library location, or via interoffice mail to your MBL, WHOI, or USGS lab/office

- Journals
  - Use the journal list to find and browse the journal collection:
    http://norton.whoi.edu/sfx_local/journalsearch
  - There may be both print and electronic holdings depending upon the year

- Databases
  - Use the database list to select database(s) to search for published content across a wide spectrum of topics and disciplines

Interlibrary Loan Service (for items not available in our collections)

- Request at no charge journal articles, books, and book chapters not owned by the Library
- Estimated 24-hour turnaround time for journal articles and book chapters, and 3-5 business days for books
  http://ill.mblwholibrary.org/illiad/
  - Log in using your 5 digit library card number and your last name

Remote Access to e-content (when you are away from campus)

- WHOI: (recommended) Log in to WHOI VPN before accessing a journal or database through the library website. You will remain logged in until you quit VPN. You must access the resource through the library interface.

  Proxy server:
  Initially, your username and password for the proxy server are identical, a combination of your initials and the 5-digit number on your Library card.
  Example: Pat Smith with Library card #12345
  - Username: ps12345   Password: ps12345
  You will be prompted to set a new password, which needs to be changed on an annual basis.

TWIC Card: Allows access to WHOI Docks & Vessels
For unescorted access to Secure/Restricted areas, you will need to enroll, activate and receive a TWIC* card, in addition to your ID/Access card. This includes access to the Iselin building, Alvin high bay and the machine shops. It is necessary to carry your TWIC card on you when any regulated MTSA vessel is at the dock in Active status.

*Transportation Workers Identification Credential (TWIC) applies to WHOI's dock Facilities and Vessels as a result of our Facilities and Vessels being regulated by the Marine Transportation Security Act (MTSA). We are regulated because of the size and class of our vessels, the fact that they are members of Safety of Life at Sea (SOLAS), and they make international voyages.

TWIC cards are valid for five years, and there is a cost to obtain the card. With prior approval from your supervisor, WHOI will reimburse employees for the cost of obtaining a card.
To enroll for a TWIC card, please go to WHOI's Facilities website for instructions or contact Dave Derosier at dderosier@whoi.edu for assistance.

For more information, visit the following websites:
### WHOI PASSENGER SHUTTLE SCHEDULE
runs Monday-Friday (except holidays)

<table>
<thead>
<tr>
<th>VILLAGE</th>
<th>QUISSETT</th>
<th>QUISSETT</th>
<th>QUISSETT</th>
<th>QUISSETT NORTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEAVE DYERS</td>
<td>OYSTER POND</td>
<td>NEW QUISSETT FACILITY (NQF)</td>
<td>CLARK</td>
<td>WHOI Stockroom</td>
</tr>
<tr>
<td>7:45 AM</td>
<td>*</td>
<td>7:50</td>
<td>7:55</td>
<td>*</td>
</tr>
<tr>
<td>8:00</td>
<td>*</td>
<td>8:05</td>
<td>8:10</td>
<td>*</td>
</tr>
<tr>
<td>8:20</td>
<td>8:25</td>
<td>8:27</td>
<td>8:30</td>
<td>*</td>
</tr>
<tr>
<td>8:40</td>
<td>8:45</td>
<td>8:47</td>
<td>8:50</td>
<td>*</td>
</tr>
<tr>
<td>9:00</td>
<td>*</td>
<td>9:05</td>
<td>9:10</td>
<td>*</td>
</tr>
<tr>
<td>9:20</td>
<td>*</td>
<td>9:25</td>
<td>9:30</td>
<td>*</td>
</tr>
<tr>
<td>9:40</td>
<td>*</td>
<td>*</td>
<td>9:50</td>
<td>9:55</td>
</tr>
<tr>
<td>10:00</td>
<td>*</td>
<td>10:05</td>
<td>10:10</td>
<td>*</td>
</tr>
<tr>
<td>10:20</td>
<td>*</td>
<td>*</td>
<td>10:30</td>
<td>10:35</td>
</tr>
<tr>
<td>10:40</td>
<td>*</td>
<td>10:45</td>
<td>10:50</td>
<td>*</td>
</tr>
<tr>
<td>11:00</td>
<td>*</td>
<td>11:05</td>
<td>11:10</td>
<td>*</td>
</tr>
<tr>
<td>11:20</td>
<td>*</td>
<td>11:25</td>
<td>11:30</td>
<td>*</td>
</tr>
<tr>
<td>11:40</td>
<td>*</td>
<td>11:45</td>
<td>11:50</td>
<td>*</td>
</tr>
<tr>
<td>12:00</td>
<td>12:05</td>
<td>12:07</td>
<td>12:10</td>
<td>*</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LEAVE DYERS</th>
<th>OYSTER POND</th>
<th>NEW QUISSETT FACILITY (NQF)</th>
<th>CLARK</th>
<th>WHOI Stockroom</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 PM</td>
<td>*</td>
<td>12:25</td>
<td>12:30</td>
<td>*</td>
</tr>
<tr>
<td>12:40</td>
<td>*</td>
<td>12:45</td>
<td>12:50</td>
<td>*</td>
</tr>
<tr>
<td>1:00</td>
<td>*</td>
<td>1:05</td>
<td>1:10</td>
<td>*</td>
</tr>
<tr>
<td>1:20</td>
<td>*</td>
<td>1:25</td>
<td>1:30</td>
<td>*</td>
</tr>
<tr>
<td>1:40</td>
<td>*</td>
<td>1:45</td>
<td>1:50</td>
<td>*</td>
</tr>
<tr>
<td>2:00</td>
<td>*</td>
<td>2:05</td>
<td>2:10</td>
<td>*</td>
</tr>
<tr>
<td>2:20</td>
<td>*</td>
<td>*</td>
<td>2:30</td>
<td>2:35</td>
</tr>
<tr>
<td>2:40</td>
<td>*</td>
<td>2:45</td>
<td>2:50</td>
<td>*</td>
</tr>
<tr>
<td>3:00</td>
<td>*</td>
<td>*</td>
<td>3:10</td>
<td>3:15</td>
</tr>
<tr>
<td>3:20</td>
<td>*</td>
<td>3:25</td>
<td>3:30</td>
<td>*</td>
</tr>
<tr>
<td>3:40</td>
<td>*</td>
<td>3:45</td>
<td>3:50</td>
<td>*</td>
</tr>
<tr>
<td>+ 4:00</td>
<td>*</td>
<td>4:05</td>
<td>4:10</td>
<td>*</td>
</tr>
<tr>
<td>4:20</td>
<td>*</td>
<td>4:25</td>
<td>4:30</td>
<td>*</td>
</tr>
<tr>
<td>4:40</td>
<td>*</td>
<td>4:45</td>
<td>4:50</td>
<td>*</td>
</tr>
<tr>
<td>5:00</td>
<td>*</td>
<td>5:07</td>
<td>5:10</td>
<td>*</td>
</tr>
<tr>
<td>5:20</td>
<td>5:25</td>
<td>5:27</td>
<td>5:30</td>
<td>*</td>
</tr>
<tr>
<td>5:40</td>
<td>5:45</td>
<td>5:47</td>
<td>5:50</td>
<td>*</td>
</tr>
</tbody>
</table>

+ All scheduled stops in the Village (Dyers), after 4pm, will be in the Shiverick Parking Lot.

updated July 2021
## 2021 Pay Period Ending and Check Dates

<table>
<thead>
<tr>
<th>FSR Period</th>
<th>PP</th>
<th>Date Begin</th>
<th>Date Ending</th>
<th>Check Date</th>
<th>Month Posted</th>
</tr>
</thead>
<tbody>
<tr>
<td>2101001</td>
<td>1</td>
<td>20-Dec-20</td>
<td>2-Jan-21</td>
<td>8-Jan-21</td>
<td>January</td>
</tr>
<tr>
<td>2101002</td>
<td>2</td>
<td>3-Jan-21</td>
<td>16-Jan-21</td>
<td>22-Jan-21</td>
<td>January</td>
</tr>
<tr>
<td>2101003</td>
<td>3</td>
<td>17-Jan-21</td>
<td>30-Jan-21</td>
<td>5-Feb-21</td>
<td>February</td>
</tr>
<tr>
<td>2101004</td>
<td>4</td>
<td>31-Jan-21</td>
<td>13-Feb-21</td>
<td>19-Feb-21</td>
<td>February</td>
</tr>
<tr>
<td>2101005</td>
<td>5</td>
<td>14-Feb-21</td>
<td>27-Feb-21</td>
<td>5-Mar-21</td>
<td>March</td>
</tr>
<tr>
<td>2101006</td>
<td>6</td>
<td>28-Feb-21</td>
<td>13-Mar-21</td>
<td>19-Mar-21</td>
<td>March</td>
</tr>
<tr>
<td>2101007</td>
<td>7</td>
<td>14-Mar-21</td>
<td>27-Mar-21</td>
<td>2-Apr-21</td>
<td>April</td>
</tr>
<tr>
<td>2101008</td>
<td>8</td>
<td>28-Mar-21</td>
<td>10-Apr-21</td>
<td>16-Apr-21</td>
<td>April</td>
</tr>
<tr>
<td>2101009</td>
<td>9</td>
<td>11-Apr-21</td>
<td>24-Apr-21</td>
<td>30-Apr-21</td>
<td>April</td>
</tr>
<tr>
<td>2101010</td>
<td>10</td>
<td>25-Apr-21</td>
<td>8-May-21</td>
<td>14-May-21</td>
<td>May</td>
</tr>
<tr>
<td>2101011</td>
<td>11</td>
<td>9-May-21</td>
<td>22-May-21</td>
<td>28-May-21</td>
<td>May</td>
</tr>
<tr>
<td>2101012</td>
<td>12</td>
<td>23-May-21</td>
<td>5-Jun-21</td>
<td>11-Jun-21</td>
<td>June</td>
</tr>
<tr>
<td>2101013</td>
<td>13</td>
<td>6-Jun-21</td>
<td>19-Jun-21</td>
<td>25-Jun-21</td>
<td>June</td>
</tr>
<tr>
<td>2101014</td>
<td>14</td>
<td>20-Jun-21</td>
<td>3-Jul-21</td>
<td>9-Jul-21</td>
<td>July</td>
</tr>
<tr>
<td>2101015</td>
<td>15</td>
<td>4-Jul-21</td>
<td>17-Jul-21</td>
<td>23-Jul-21</td>
<td>July</td>
</tr>
<tr>
<td>2101016</td>
<td>16</td>
<td>18-Jul-21</td>
<td>31-Jul-21</td>
<td>6-Aug-21</td>
<td>August</td>
</tr>
<tr>
<td>2101017</td>
<td>17</td>
<td>1-Aug-21</td>
<td>14-Aug-21</td>
<td>20-Aug-21</td>
<td>August</td>
</tr>
<tr>
<td>2101018</td>
<td>18</td>
<td>15-Aug-21</td>
<td>28-Aug-21</td>
<td>3-Sep-21</td>
<td>September</td>
</tr>
<tr>
<td>2101019</td>
<td>19</td>
<td>29-Aug-21</td>
<td>11-Sep-21</td>
<td>17-Sep-21</td>
<td>September</td>
</tr>
<tr>
<td>2101020</td>
<td>20</td>
<td>12-Sep-21</td>
<td>25-Sep-21</td>
<td>1-Oct-21</td>
<td>October</td>
</tr>
<tr>
<td>2101021</td>
<td>21</td>
<td>26-Sep-21</td>
<td>9-Oct-21</td>
<td>15-Oct-21</td>
<td>October</td>
</tr>
<tr>
<td>2101023</td>
<td>23</td>
<td>24-Oct-21</td>
<td>6-Nov-21</td>
<td>12-Nov-21</td>
<td>November</td>
</tr>
<tr>
<td>2101024</td>
<td>24</td>
<td>7-Nov-21</td>
<td>20-Nov-21</td>
<td>24-Nov-21</td>
<td>November</td>
</tr>
<tr>
<td>2101025</td>
<td>25</td>
<td>21-Nov-21</td>
<td>4-Dec-21</td>
<td>10-Dec-21</td>
<td>December</td>
</tr>
<tr>
<td>2101026</td>
<td>26</td>
<td>5-Dec-21</td>
<td>18-Dec-21</td>
<td>23-Dec-21</td>
<td>December</td>
</tr>
</tbody>
</table>

*NO SHIP DRAW*
Where we are...
We are located on Quissett Campus on the 1st floor of Clark Lab and in the Challenger building near Woods Hole Village.

Who we are...

Applications Development
Nick Symmonds
Sr. Manager

Keith Glavin
Senior Director of Information Services

Networking
John Parker
Manager

Eric Bates
Senior Network Engineer

Mike Bishop
Information Systems Associate II

Network/Telecom Engineer

Project Management
Edgar McLaughlin
Project Manager

Rodrigo Ereno
Senior Admin Assistant I

End User Technology Services
Scott Cramer
Manager

Richard Brey
Senior Systems Administrator

Kodiak Firesmith
Senior Systems Administrator

Ted Healy
Senior Systems Administrator

Betsy Lawlor
Senior Systems Administrator

Joe Messina
DBA | Programmer | Sys. Admin.

Matt Yorston
Information Systems Associate II

Software Dev

https://whoi-it.whoi.edu
**Information Services** consist of 7 groups:
- Applications Development
- Business Systems
- End User Technology Services
- Network and Telecommunications
- Project Management
- Security
- Servers/Storage/HPC

Our goal is to facilitate the scientific effort by providing technical support for information technology services to the WHOI community.

Within these teams, you will find technical resources that include:
- Advice on emerging technologies
- Telephone infrastructure and maintenance
- Data Network infrastructure and support
- Centralized services such as:
  - E-mail
  - Remote Access
  - Web Development
  - Shared File and Print Servers
  - Data Storage
- Desktop Support
  - Windows | MAC | Linux
- Mobile Device
  - Android | iOS
- Applications Development Support
- Computer Training
- Data Center Hosting
- Audio | Video Support

These and more are available to all WHOI Staff, Faculty, Students and visiting scientific staff.

Please direct inquiries via the...
**IS Self-Service assistance portal**
https://whoi.service-now.com/whoi_sp

**Getting Started**

Through the onboarding process, accounts for email, wireless | VPN, and Duo have been created for you by the IS Department.

Your department administrator or hiring manager should send you information.

Please call the IS Technical Assistance Center (TAC) at 508.289.2439 to complete the setup of your accounts.

- You will be setup with a temporary email password and given instructions to change your password.
- Passwords must be at least 15 characters long and contain at least one uppercase letter, one lowercase letter, one number, and one special character.
- You will need to download Duo security app to your smartphone from the app store.
- Your cellphone number is required to activate and sync your Duo account to WHOI.
- You will receive instructions on how to download and install the VPN client.
- You will also receive your wireless password.

If you need to purchase a laptop or desktop or configure an existing one, please have your department administrator or hiring manager submit a General Service Request to:
https://whoi-it.whoi.edu/new-service-request-form/

**Web Resources**

**IS Quick Links**
https://whoi-it.whoi.edu/is-quicklinks

**New Employees**
https://whoi-it.whoi.edu/new-employee-checklist/

**Getting Started with IS**
https://whoi-it.whoi.edu/get-started-with-it/

**IS Policies & Guidelines**
https://whoi-it.whoi.edu/about-is/policies/

**Resources:**

**To change your password:**
https://www.whoi.edu/pwdChanger/duo/accountRead.go

You can access all the resources below using your email username and password.

- **Webmail**
  https://office.com

- **Employee Online**
  https://emponline.whoi.edu

- **Timecards**
  https://whoitime.whoi.edu

- **File Share (W | U Drives)**
  \fileshare.whoi.edu\whoi

- **MS OneDrive**
  https://office.com

- **WebEx Account:**
  https://whoi.webex.com

- **Zoom Account:**
  https://whoi-edu.zoom.us (domain name)

**To connect to WHOI Wireless Network**

Select SSID: eduroam
Username: username@whoi.edu
Password: VPN (Cisco) password

Please do not hesitate to contact Information Services with any IT related questions!

**IS Self-Service assistance portal**
https://whoi.service-now.com/whoi_sp
Local Transportation

WHOI Campus Shuttle
http://www.whoi.edu/facilities/page.do?pid=26455

Cape Cod Regional Transit Authority
508-385-1430
http://www.capecodtransit.org/

WHOOSH Trolley (summer only)
800-352-7155
http://www.capecodtransit.org/whoosh-route.htm

Peter Pan Bus
800-343-9999
http://peterpanbus.com/

Plymouth/Brockton Bus
508-746-0378
http://www.p-b.com/

Falmouth Taxi
508-548-3100
http://www.falmouthtaxi.com/

Upper Cape Taxi
508-540-1290

Cape Flyer
508-775-8504
http://capeflyer.com/#sthash.TuL9yl8z.dpbs

The Green Shuttle
866-934-6476
http://gogreenshuttle.com/

Enterprise Rent-A-Car
508-540-7784
http://www.enterprise.com/car_rental/home.do

National Car Rental
508-548-1303
https://www.nationalcar.com/
Getting Started

Login
Go to the WHOI internal page or to http://www.whoi.edu/mywhoi/
Login using your email name and password.

1. Edit your personal information
   To edit information that appears in the internal and external directory
   (and is used by applications such as grants and contract services), click
   the “edit personal info” button in the upper left column. You may edit
   contact information such as addresses and phone numbers and profile
   information such as education and research interests.

2. Manage your email account(s)
   Through MyWHOI, you can change the settings on your email account(s)
   by clicking the “email manager” button in the upper left column. Settings
   include vacation message, forwarding, and password manager.

3. Layout Preferences
   Customize the look of your page by clicking the arrows on the modules
   and changing the text size.

4. Set up bookmarks/links
   You can personalize your bookmarks/links within MyWHOI by clicking
   “edit” within the “My Links” module located in the left column.

5. Search WHOI
   Enter keywords to search the internal and external WHOI Web sites.

6. WHOI Directory
   Search the WHOI Directory by entering any part of the person’s name.
   Changes you make when you “edit your personal information” will be
   reflected in the directory.

7. Add your content
   To select content to be displayed in the middle column of the MyWHOI
   window, click the “edit” button next to “My Content.” You will be asked
   to select from from existing content including Oceanus magazine and
   WHOI news releases or to add your own content. All content is generated
   using RSS feeds.

8. Personalize your weather
   To change the default settings, click “edit” within the “Weather” module.

9. Edit your sites
   You can access your personal homepage, built with the Homepage Builder,
   or add/edit a site built using Site Builder through the “My Sites” module.

Questions? Comments? Feedback?
Contact webdev@whoi.edu.
What is MyWHOI?

MyWHOI is an intranet portal that allows you to edit your personal information, manage your email accounts, view internal and external news generated from RSS feeds, and view modules such as the WHOI directory, weather from Weather.com, quick links, and more.

1. **Edit Personal Information**
   - Add/edit/view your profile (education, research interests, etc) and contact information (telephone, address, etc).
   - Preview your internal and external directory pages.

2. **Email Settings**
   - Add/change your vacation message and view/edit your email accounts.

3. **Layout Preferences**
   - Change the layout and text size of your MyWHOI page.

4. **My Links**
   - Add your favorite internal and external links.

5. **Search WHOI**
   - Search the internal and external sites.

6. **WHOI Directory**
   - Search the WHOI Staff Directory for contact information and more.

7. **My Content**
   - Chose from pre-selected RSS feeds or add your own.

8. **Weather**
   - View your personalized weather report from weather.com.

9. **My Sites**
   - Access your personal homepage builder and other site builder sites.
WordPress How to | Self-Serve Personal Site

How to sign up for a site

https://www2.whoi.edu/staff/website-signup/

How to login

https://www2.whoi.edu/staff/XXXXX/wp-admin/

or login link in the footer of our website.

What is the Dashboard

Main section

Quick start instructions and videos. Email webdev@whoi.edu in case you have questions and ARE READY TO GO LIVE.

Starting from the top

• WHOI Sites – How to instructional videos
• My Sites – List of sites you are working on
• Your name – Link to your site
• New – where you can add new items

Left hand navigation

• Home – Link to Dashboard
• My Sites – List of sites you are working on
• Statistics – Stats for your website
• Video Tutorials – A library of wordpress videos
• Posts – this is where you add/update the News section of your site
• Media – this is where all your images and files are stored, you can organize your files in folders. There is a video about this under WHOI Sites
• Pages – this is where all of your pages are listed. Here you can add new pages, change the url of a page, make a page a draft or delete a page
• Comments – we do not use this
• Album Gallery Pro – use this to make slideshows and albums – there are video tutorials about this under WHOI Sites
• Tablepress – use this to make tables
• Appearance: Themes – change the background color – white or blue
• Appearance: Customize – change the nav from right aligned to under the banner Header
  > Header Layout – change Layout to Nav Centered and Fix Header to Fixed
• Appearance: Menus – this is where you add, remove or move pages in the menu
• Users – add new or existing users to the site
• Tools – we do not use this
• Settings: General – Under Site Title – change the banner text of your site
• Settings: General – Under Tagline – add words to explain what your site is about – good
  for search engine optimization (SEO)
• Settings: Reading – Search Engine Visibility - when you are ready to go live, uncheck
  Discourage search engines from indexing this site
• Settings: Media – this is where you can change the standard images sizes – not
  recommended

How to edit your site

To edit the pages on your site, you need to get into Page Builder

There are three ways to get to Page Builder

1. From the Dashboard, mouseover your name and click Visit Site, once in your site, you
   will see Page Builder.
2. From the Dashboard, go to Pages, in the list when you mouseover a page, you will see a
   link for Page Builder.
3. From the Dashboard, click on a page, click blue Launch Page Builder button.

To get to the Dashboard from Page Builder, mouseover your name and select Dashboard.

How to edit the Homepage

1. Click on content block or mouseover and use wrench to edit.
2. Change image – click on placeholder image and upload new image 450x300 or any size. Add alt
   text. (important for SEO).
3. Type over text to change it.
4. To change CV link if it is a pdf. go to the Dashboard, go to Media, add a folder call it pdfs, select
   Add New button, select the file, but in folder on right. If replacing the file – use button by
   Replace media. Copy url go back to front page – add link to CV.
5. To change email link – copy email address open link, paste, push enter.
6. Edit and delete modules as needed. If you delete a module and want it back, click Add Content
   on the top right. Open Saved Modules and drag the module you need back into place.
7. When finished select DONE on the top right – if you want to save your work but not publish, select Save Changes and Exit. The edits will save in the editor but will not show up on the published site.
8. If you want to edit more, select Page Builder on the top left.

Please note: Research Interests has code that shows or hides some content. This is also found other places on the site such as the Outreach page. To make this work, put this code around the text you want to hide. [expand title="Read more" swaptitle="Read Less"] hidden text [/expand].

How to edit the Project Index Page

1. Select Page Builder at the top left.
2. To edit intro click on content block or mouseover and use wrench.
3. To edit images click on content block or mouseover and use wrench, click on image and then select Add Media and upload new image, make sure the image has NO alignment selected.
4. Replace name of Project #1 and keep the style as Heading 3. Change descriptive text. Do this for all images modules that you need.
5. If you need more modules – go to Add Content on top right, select Row Layouts, 3 Columns. Copy one of the Project modules and move into one of the columns in the new Row layout.

How to edit a Project Page

1. Select Page Builder at the top left.
2. To edit content click on content block or mouseover and use wrench.
3. To change image, click on image, select Add Media, select or upload image, make sure the image has NO alignment, add caption, alt text and the large image size (1024x683).
4. Save module.
5. Edit right hand assets as before.
6. Select DONE on the top right when finished.

How to edit the Publications Page

1. Select Page Builder at the top left.
2. To edit the Accordion menu, click on content block or mouseover and use wrench.
3. Click Edit item under 2016 to add publications there. Can cut and paste from MS Word.
4. Move, copy or delete the items as needed.
5. Save module.
6. To edit the straight list of publications, click on content block or mouseover and use wrench and then paste the new content. To make the year headings, highlight the year and select Heading 3 in the wysiwig.
7. Edit right hand assets as before.
8. Select DONE on the top right when finished.
How to edit the Outreach Page

1. Select Page Builder at the top left.
2. To edit content click on content block or mouseover and use wrench.
3. To edit image, upload image to Media library and copy the url.
4. Go to image and click on the content block or mouseover and use wrench.
5. Paste url in Photo URL field.
6. OR Go to Photo Source and select Media Library from the dropdown
7. Select Replace – this will take you to the Media Library where you could select or upload an image.
8. Make sure all images on the page are the same dimension.
9. To add another Outreach Project you can duplicate a row or go Add Content, WHOI Rows, select Outreach- Project Row and drag to the place you want it on the page.

How to update or edit news items on the News Page

1. Go to Dashboard.
2. Select Posts from the left nav.
3. Add or edit a post.
4. To edit a post, mouseover post title, you will see option to edit.
5. Click edit.
6. Edit the text.
7. Add an image by selecting Add Media.
8. To have an image show up on the main News page, add a Featured Image

How to add video to a Page

There are two ways to add video to a page

1. Copy a Vimeo or YouTube link, go to the page you want the video, click on content block or mouseover and use wrench, once in the wysiwig, click the Text tab on the top right and paste the link. This works but the video is small.
2. To add a full width video, go to the Vimeo link and copy the embed code. Go to the page where you want to add the video. Click the Add Content button, Basic Module, Video. Drag that module to the place you want the video to appear in the page. Under Video Type select Embed. Paste Vimeo embed code here.

How to add a new Page to your site

- Go to the Dashboard, go to Pages, select Add New
- Give the page a title and push Publish
- Click on Page Builder tab and select a Layout Template closest to the layout you want.
- Edit as before
How to remove a Page from your site

1. Go to the Dashboard, go to Pages, All Pages and select the page you want to remove. On the right side, you will see a link in red Move to Trash.
2. If you want to remove the page from your site but get back to it at a later date, on the right side where it says Status, click the Edit link, from the dropdown, select Draft.
3. To remove the page from the navigation, Go to Appearance, Menus, open the page you want to remove, click the Remove link in red at the bottom.

Please note: Even if you remove a page from the menu, it is important to put the page in the trash or in draft form so they don’t show up in search engines.

How to change the Page url

Go to the Dashboard, go to Pages, All Pages and select the page you want to change the url. Near the top of the page, select the Edit button near the Permalink.

How to make a Gallery

• You can edit the existing galleries by changing the photos in the templates.
• To make a new gallery
  1. Go to Dashboard
  2. Select Album Gallery Pro
  3. Select Add Album Gallery
  4. Add a title, on the bottom Select Gallery Images – upload images
  5. Select Add to Gallery
  6. Add a Featured image for the callout image
  7. Publish
  8. Select Album Gallery Pro
  9. Copy the longer short code - [aigpl-gallery-slider id="274"]
  10. Go to Gallery page – Click Page Builder
  11. Edit the html text module
  12. Paste shortcode
• To make an album, change the word slider to album [aigpl-gallery-album id="288"]
• To make a simple gallery without using Album Gallery Pro
  1. Go to Add Content, Row Layouts, 1 Column
  2. From Basic Modules, drag over Text Editor, click on content block or mouseover and use wrench to get to the wyswig.
  3. Click Add Media, upload or select images for the gallery, click Create Gallery on the right, then Create Gallery button. Next, you will get to the Edit Gallery screen, where you can change the Gallery Setting such as the number of column of pics and the size. Link to Media file will open a larger version of the image.
4. To edit the gallery, click on content block or mouseover and use wrench to get to the wysiwig editor and then double click on the gallery image.

What to do when you are ready to go live

- Email webdev@whoi.edu. IS will make a url without the www2.whoi.edu for your site and redirect your old personal site to the new personal site.
- Go to Settings: Reading, at Search Engine Visibility, uncheck Discourage search engines from indexing the site.
- Add a link to the site on your WHOI Profile page.

Sample Sites

https://www2.whoi.edu/staff/afrese/
https://www2.whoi.edu/staff/wzhang/
https://www2.whoi.edu/staff/pzigah/
The Fitness Trail is located along 1.5 miles of wooded paths encompassing over 60 acres in the most beautiful and peaceful walking areas of WHOI’s Quissett Campus. The trail consists of a 20-station exercise system with instructional signs and exercise structures. The self-guided, self-paced system combines the three essential elements of total fitness (stretching/flexibility, muscle toning, and cardiovascular conditioning) into a balanced exercise routine. You can perform the recommended exercises at each station and proceed through the routine with warm-up, conditioning, and cool-down exercises. Heart-rate guides allow you to gauge exertion levels and properly pace your workout.

Water is available at a fountain near Station 15, at 85 Oyster Pond Road.

Our fitness trail represents a continued commitment on the part of the Institution to employee wellness. It is also an excellent addition to our recreational complex. We hope you’ll find it an ideal resource to improve your health and a fun way to reach your fitness goals. Proper footwear is recommended.

Watch out for poison ivy and ticks!
**Tick Facts**

- Tick habitat is in shady, damp, brushy, wooded areas including shrubs and gardens.
- Ticks cannot jump or fly. They attach to people, pets, or other animals that brush up against them.
- Nymph stage ticks are found mostly at ground level. Adult stage ticks can be found up to a couple of feet off of the ground on vegetation.

**Tick Bite Prevention**

- Do a tick check after coming inside and tumble-dry clothes for 20 minutes.
- Wearing light-colored clothing makes it easier to see ticks.
- Use repellents; read and follow all label instructions. There are two types of repellent:
  1. Products containing DEET may be used on skin.
  2. Products containing Permethrin may be used on clothing, not skin. Use Permethrin to treat clothing (active through six washings), or purchase pre-treated clothing (active through seventy washings).

**Tick Removal**

- **REMOVE TICK IMMEDIATELY and CORRECTLY**
  - Using pointy tweezers, grasp tick by the head (as shown) and pull straight up. Avoid twisting.
  - **DONOT USE:** matches, cigarettes, petroleum jelly, gasoline, nail polish remover, etc.
  - After removing tick, apply antiseptic to bite area.
  - Note date when tick was removed.
  - Save tick for identification and testing.

**Tick Testing**

Laboratory or Medical Zoology: www.TickReport.com

Testing can be performed for all major diseases.

**Useful Resources**

- Cape Cod Cooperative Extension: www.capecodextension.org
- MA Department of Public Health: www.mass.gov/dph
- University of Rhode Island: www.tickencounter.org
- Barnstable County Department of Health and Environment: www.barnstablecountyhealth.org

Larry Dapsis, Entomologist
ldapsis@barnstablecounty.org
508.375.6642

---

**Understand Your Risk**

Cape Cod Cooperative Extension can identify ticks for you and discuss prevention recommendations. Call 508-375-6690 for information.

**Nymph Stage Deer Ticks**

- Are active from early May through early August
- Are about the size of a poppy seed
- Due to their small size pose the highest risk of getting a tick-borne disease
- About 1 in 4 nymph stage deer ticks carry Lyme disease.

**Adult Stage Deer Ticks**

- Are active from September through May
- Are about the size of a sesame seed
- About 1 in 2 adult stage deer ticks carry Lyme disease.

The risk of getting a tick-borne disease is year round.

**JFMAMJJASOND**

Ticks can be active, even in winter, when temperatures are above freezing.
Shining Sea BIKEWAY

Legend

- Shining Sea Bikeway
- Bike Routes on Roadways
- Highway
- Roadway
- Mile Markers (S>N)

Points of Interest

Distance in miles

10.7 0.0 1 North Falmouth. Northern end of bikeway; main parking area.
8.8 1.9 15 Cranberry bog, privately owned. Cranberries have been harvested here each fall for over 100 years.
8.5 2.2 14 Bourne Farm. The cattle tunnel is a main trail crossing to 49 acres owned by Salt Pond Bird Areas Sanctuaries, Inc.
7.4 3.3 13 West Falmouth. Scenic West Falmouth Harbor.
6.7 4.0 12 Deck overlooking West Falmouth's Oyster Pond and the glacial moraine to the east.
6.4 4.3 11 Great Sippewissett Marsh, important salt marsh habitat for the Buzzards Bay ecosystem. The Town of Falmouth, Salt Pond Bird Areas Sanctuaries, Inc., and the Massachusetts Audubon Society protect 140 acres of the marsh.
5.4 5.3 10 Little Sippewissett Marsh, protected by the barrier dunes at Woodneck Beach. The name Sippewissett comes from the Wampanoag language, meaning "little cove" or "little river."
4.8 5.9 9 At about 50-ft elevation, you cross the glacial moraine separating the Buzzards Bay and Vineyard Sound watersheds.
4.5 6.2 8 Trail connection to Goodwill Park/Grew's Pond/Long Pond and Moraine Trail. Please be extremely careful crossing Rte. 28/Palmer Ave.
3.6 7.1 7 Falmouth Village. Main parking area; go uphill on Depot Ave. to Highfield Hall and trail connection to Beebe Woods.
3.3 7.4 6 Locust Street. Original northern end of bikeway when dedicated in 1975. Limited parking. Visit the 300 Committee (a Falmouth land trust) office to obtain maps of conservation lands in Falmouth.
2.8 7.9 5 Salt Pond. Trail connection to access paths at Salt Pond Area Reserva (40 acres).
2.2 8.5 4 Oyster Pond, formed from a glacial kettle hole; stewardship of this watershed is provided by Oyster Pond Environmental Trust.
2.0 8.7 3 Monument to Katherine Lee Bates, author of “America the Beautiful.”
1.8 8.9 2 Trunk River, the outlet from Oyster Pond into Vineyard Sound; seasonal alewife herring run.
0.0 10.7 1 Woods Hole. Southern end of bikeway; metered parking; research institutions, public aquarium, ferry to Martha's Vineyard

Scale

0 0.5 1 1.5m

Legend Map

- Point of Interest
- Water
- Bus Station
- Restroom (seasonal)
- ATM/Bank
- Ferry Station
- Visitor Information
- Bicycle Shop
- Hospital
- Food
- Swimming Beach
- Picnic Area
- Trail Connection

Notes:
- Please be extremely careful crossing Rte. 28/Palmer Ave.
- Oystre Pond, formed from a glacial kettle hole; stewardship of this watershed is provided by Oyster Pond Environmental Trust.
- Monument to Katherine Lee Bates, author of “America the Beautiful.”
- Trunk River, the outlet from Oyster Pond into Vineyard Sound; seasonal alewife herring run.
- Woods Hole. Southern end of bikeway; metered parking; research institutions, public aquarium, ferry to Martha's Vineyard

Legend:
- Shining Sea Bikeway
- Bike Routes on Roadways
- Highway
- Roadway
- Mile Markers (S>N)