

## Instructions and Helpful Information for M-3 Form

### Preliminary Approval of Thesis and Request for Oral Defense (M-3)

#### 1. DEADLINES

- M-3 must be submitted to the UGS at least **3 WEEKS BEFORE** the date of the defense or by the UGS deadline (whichever date is the earliest).
- The Defense will be **delayed** if the announcement format does not conform to the UGS standard.
- Deadlines for submission of forms to the UGS are available at: <http://gradschool.fiu.edu/calendar-deadlines/>.
  - Submit forms to the Academic units well before the deadline to allow sufficient time for approval and signature.
  - Ultimately, it is the student's responsibility to make sure forms are received by the University Graduate School on time and that all deadlines are met.

#### 2. CONTINUOUS ENROLLMENT REQUIREMENTS

- Master's students are **required** to be enrolled in at least 1 thesis credit hour in the term in which they submit M-3.
  - The M-3 form will not be processed without proof of current enrollment.
- Further information regarding the UGS continuous enrollment policies is available at: <https://policies.fiu.edu/files/783.pdf>.

#### 3. INSTRUCTIONS

- All information must be **typed**.
- The final examination committee will consist of all members of the thesis committee and any other members of the Graduate Faculty as may be appointed by the Dean of the UGS.
- Type the names of the committee members and obtain their original signatures.
  - If one of the committee members is unavailable to sign, he/she can give a departmental Faculty/Staff (proxy for a person) written authorization to sign on his/her behalf.
- It is expected that all committee members will be present for the thesis defense. It is possible for one committee member to attend via video conference or teleconference technology, however prior approval must be obtained from the UGS through a Petition for Exception to Graduate Requirements. Please contact your academic unit to initiate this process.
- Prior to defending a thesis, your major professor must run the document for content, excluding bibliography and preliminary pages, through Turnitin. The similarity report from Turnitin is required as part of the checklist items below. The major/co-major professor(s) will confirm that the content is original work by signing below.
- Complete checklist and attach documentation as needed.
  - Provide a hard copy of class schedule to show proof of current enrollment in thesis credit hours:
    - Access: [my.fiu.edu](http://my.fiu.edu) > Choose the Manage Classes tile > Choose Class Schedule
  - Attach written authorization if one of the committee members has authorized a departmental Faculty/Staff (proxy for a person) to sign on his/her behalf.
  - Provide a hard copy of the entire Thesis in standard UGS format. This hard copy is typically used by your academic deans to make any content suggestions they may have.
  - Provide an electronic version to the UGS of the same Thesis submitted with your M3 in standard UGS format.
    - This electronic version is used for formatting review. To submit your electronic version, you will receive instructions via email to upload to Digital Commons once your M3 and pertinent documents are received by the UGS.
    - Regarding UGS format guidance, please refer to Regulations for Thesis and Dissertation Preparation Manual available at: [http://gradschool.fiu.edu/documents/Manual\\_Regulations.pdf](http://gradschool.fiu.edu/documents/Manual_Regulations.pdf)
    - Be sure to include the following in the thesis copy:
      - Signature page (unsigned). Be advised that you must use one of the thesis approval page templates at <http://libguides.fiu.edu> (see example signature page below).
      - Title Page (mandatory), Abstract (mandatory), Table of contents (mandatory), List of tables (mandatory for 5 or more tables), List of figures (mandatory for 5 or more figures), References (mandatory), Copyright Page (optional and only include if paying for this service), Dedication (optional), Acknowledgments (optional), Appendices (optional).
  - Provide a hard copy of the Thesis Defense Announcement in standard UGS format. (See Additional Information and example)

- Provide an electronic version of the thesis defense announcement to the UGS as a Word document. Send to [ugs@fiu.edu](mailto:ugs@fiu.edu)
- OPTIONAL: Attach the first page of the Similarity report ran by your major professor. This first page only includes the title of your dissertation, name of your major professor, submission date, etc.
- OPTIONAL: Attach the page titled “originality report” which is found within the Similarity report ran by your major professor. This page of the originality report shows the percentage ranges of the Similarity Index, Internet Sources, etc.
- Submit M-3 form and required documentation to Chair/Program Director and the Dean of the College for approval.
- Submit hardcopy form to the UGS for final approval.

#### 4. ADDITIONAL INFORMATION

- THESIS DEFENSE ANNOUNCEMENT
  - The announcement should be prepared in accordance with the template available on the next page and at: <http://gradschool.fiu.edu/thesis-dissertation/>.
  - It should include the date, time, and venue and should be no longer than one page.
  - The abstract, part of the announcement, should be written in a scholarly style appropriate to the discipline.
  - See example announcement on following page.
- AFTER APPROVAL OF YOUR DEFENSE
  - Thesis hard copy – You will receive an email instructing you to pick up your hard copy thesis draft from the UGS office. This email will also include confirmation that your defense was approved.
  - Thesis electronic copy – After the formatting review of the electronic version of your dissertation has been completed, you will receive feedback regarding formatting edits via email. This email will contain a Common Error Checklist with a list of formatting edits that must be corrected. Furthermore, you will receive a copy of your electronic dissertation file with the formatting edits marked throughout your document.
- If your GPA is below 3.0, see your academic advisor in order to make a plan to raise your GPA above 3.0.; you **cannot** graduate with a GPA below 3.0
- To check the status of your form, please log on to [my.fiu.edu](http://my.fiu.edu), and check under the “To Do List” Section.

#### REMINDER:

- ❖ You must apply for graduation in the same semester in which you anticipate graduating. Please refer to <https://onestop.fiu.edu/> for graduation deadlines.

**UNIVERSITY GRADUATE SCHOOL BULLETIN  
ANNOUNCEMENT**

**Florida International University**  
*University Graduate School*

Master's Thesis Defense

**Abstract**

Coping with Life Events through Possible Selves

by

**Michelle L. Barreto**

The purpose of this thesis was to explore the ways in which a stressful life event incorporates into the sense of self. This research supports the notion that individuals are producers of their own development by exploring the individualized use of possible selves towards coping with life events. Through possible selves, the role of the self in coping with a stressful life event was examined. Specifically, the purpose of this study was to determine what types of life events and experiences become integrated into the self-system in the form of possible selves, how those life events and experiences shape one's possible selves, and whether the integration of life events and experiences is positive for developmental and psychosocial outcomes such as coping and well-being.

A total of 198 participants between the ages of 18 and 84 were included in this study (mean age was 43.78; 48.5% male, 51.5% female; 53.5% Hispanic, 27.3% White). The majority of the sample had some degree of integration of a stressful life event into their possible selves repertoire ( $n = 151$ ).

The most common life events to be integrated into the possible selves repertoire were within the domains of family, bereavement, and lifestyle. The most significant life event to be integrated into the possible selves repertoire was the death of a parent (8.6%). Integrated life events were found to be, on average, more stressful than those that were not integrated:  $t(65.6) = 2.675, p = .009$ . As expected, coping scores were found to be higher for those with integrated selves:  $t(51) = 2.502, p = .016$ . This result indicates that more effective coping behaviors are associated with integrated selves.

Findings suggest that stressful life events that are integrated into the possible selves repertoire promote effective coping behavior. Findings indicate pathways for promoting better adaptation to life transitions in adulthood.

**Date:** April 5, 2020  
**Time:** 12:00 p.m.  
**Place:** MMC, DM 258

**Department:** Psychology  
**Major Professor:** Dr. Leslie D. Frazier

To: Dean Michael Heithaus  
College of Arts, Sciences and Education

This thesis, written by John A. Smith, and entitled The Perceived Effects of Fast-Food Consumption on Body Weight of Miami, Florida College Students, having been approved in respect to style and intellectual content, is referred to you for judgment.

We have read this thesis and recommend that it be approved.

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Jane E. Garcia

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John P. Doe

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Mary A. Brown, Major Professor

Date of Defense: August 8, 2020

The thesis of John A. Smith is approved.

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Dean Michael Heithaus  
College of Arts, Sciences and Education

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Andrés G. Gil  
Vice President for Research and Economic Development  
and Dean of the University Graduate School

Florida International University, 2020

