AN INSIDER’S GUIDE

TOP TIPS FROM DEV BIO & GENETICS STUDENTS & ALUMNI

Stanford Medicine
All content written by Genetics & DB PhD students and alumni. No opinions should be viewed as official statements or endorsements by either department. We’re pretty sure getting the entire Genetics Department to agree on anything would be close to impossible.

Except for sequencing. We all generally agree on that. Sequence all the things!

Edited by A. Thompson.
August 2020
Grad school looks a little different this year. Normally the first few weeks would be full of events, happy hours, retreats, seminars, and other opportunities for the new first years to meet their new departments. We — a group of current and former Genetics/DB students — wanted to at least share some info you would have otherwise absorbed organically. Just the important stuff. Like where to get the best boba. It’s not meant to be an exhaustive guide, and we’ve missed a lot of important things. But hopefully this gives a tiny bit of useful information about your new home. Welcome to Stanford. We’re glad you’re here!

2  MEET YOUR COHORT

Get to know your classmates in Genetics and Dev Bio.

6  MEET THE STAFF

Get to know the admins, staff, and PIs who will help you in grad school, both in your department and in the Office of Graduate Education. For real. Email them. They can often help you!

10  TRANSPORTATION

We really hope you have a car. But even if you are stuck on campus, you have some options.

12  RESTAURANTS

A selection of local favorites, ranging from food that dominates the seminar scene to places you may only go for special occasions.

16  GROCERY

Probably more places than a single person really needs. What can we say? We love our grocery stores.

18  SOCIALLY DISTANCED FUN

In case you weren’t aware… there’s a pandemic. Seeing lots of people in a small space? Ill-advised. Luckily the Bay Area is full of open spaces!

21  NON-SOCIALLY DISTANCED FUN

Maybe someday we can do normal things again?

23  WELLNESS RESOURCES

Your mental and physical health are very important. Grad school can be tough, so never hesitate to find the support you need.
MEENAKSHI CHAKRABORTY
Lexington, MA | MIT | she/her

I graduated from MIT in 2019 with a BS in Computer Science and Molecular Biology. Over the past year, I have been pursuing an MPhil in Genetics at the University of Cambridge in the UK. Though COVID has put a bit of a damper on things, I am super excited to move to sunny California, and to eventually meet everyone in person :)

BEN DOUGHTY
Brookline, MA | Brown University | he/him

I went to Brown University, where I studied biochemistry (and some computer science/statistics on the side) and worked on DNA re-replication and origin mapping with Susan Gerbi. After graduating, I spent 3 years at the Broad Institute with Jesse Engreitz in Eric Lander’s lab, where I developed experimental and computational tools for mapping enhancers at single-cell resolution and editing GWAS variants in high-throughput. In my spare time I enjoy reading, riding my bike, and swing dancing, and I really love feta cheese!

USMAN ENAM
Karachi, Pakistan | Johns Hopkins University | he/him

Will forever be content investigating the regulation of any arrow on the revised central dogma of biology (which I guess is a roundabout way of saying I like RNA biology). Wet lab more than dry lab. Hope to study archaeal molecular biology one day. Background: Ribosome/translation. (Very) amateur theatre actor. Favorite TV show: The Wire. Sitcom: tie between It’s Always Sunny and The Office. Twitter: @UsmanEnam
MINGXIN GU
Beijing, China | Cornell University | she/her

Hi! My name is Mingxin and I am an incoming first-year in Genetics. I am originally from Beijing, China and I graduated from Cornell this May. I have worked on polyglutamine diseases during undergrad, but I also hope to learn more about immunology, cancer, and developmental biology. I enjoy music (very into Kpop), handcraft and food in my free time. Hope to explore some good food places and fun outdoor activities in the next couple of years!

TANNER JENSEN
Victorville, California | Brigham Young University | he/him

Tanner graduated from BYU in 2018 with a B.S. in Bioinformatics and minors in math and computer science. He then worked as a research tech at the Mayo Clinic both in Florida and in Arizona. Tanner is particularly interested in cutting-edge technologies such as Long-read and Single-cell sequencing and their potential to be used for personalized medicine. Outside of science Tanner enjoys traveling, staying active, Spanish poetry, and music.

YANNICK LEE-YOW
Boulder, CO | CU Boulder | he/him

I have a cat named Sakamoto. I also have a dual citizenship; I’m American and Canadian. My parents are from Mauritius (an island in Africa). I started my undergrad as a jazz piano major, but switched before classes started. I then proceeded to play with worms for the entirety of my undergrad career and blasted them with X-rays.

VINCENT LIU
Walnut, CA | Columbia University | he/him

Hello! I’m from Walnut, CA, a southern CA suburb, although I currently live in Corona, CA (unfortunate name). I graduated from Columbia in 2019 with a degree in CS and worked at Memorial Sloan Kettering for a year with a focus on single-cell technologies and cancer. I enjoy hiking, jogging, photography, visiting art museums, and eating fresh fruits, among other things. I have raised a puppy who is now a rambunctious one-year-old. Some of my favorite shows are House of Cards, Bojack Horseman, American Vandal, and One Punch Man.

MICHAEL MONTGOMERY
Moorpark , CA | CA State, Long Beach | he/him

Hello everyone! I am a California native returning from a 3-year stint working in a respiratory disease genetics lab in Denver, Colorado. I am a first generation college graduate and was a microbiology major and track & field athlete during my time at Cal State Long Beach. My hobbies include skateboarding, bicycling, and backpacking. I have a cat named Tim that I take on adventures with me sometimes, and I listen to entirely too much music from the 90’s and early 2000’s.
RAHUL NAGVEKAR  
Sugar Land, Texas | Yale University | he/him

I grew up near Houston and my research interests are mainly about epigenetics. In college, I worked with long non-coding RNAs, and also enjoyed being a writer and editor for a political magazine. I briefly worked in Zimbabwe in 2018 and while there became fascinated with a controversy - a conspiracy theory, almost - related to the country’s elections that year; you’ll probably hear me talk more about that than you want to.

MICAIAH OLIVAS  
Hanford, CA | CA State, Fresno | he/him

2020 marks my 22nd consecutive year living in California; I spent High School and College in the San Joaquin Valley and have shuttled between the Central California Coast and Bay Area periodically. I love finding new (and often pointless) graphic design projects, listening to live music and being outdoors. I’m excited to meet everyone in the coming weeks!

ALANNA PYKE  
Akwesasne | Yale University | she/her

My name is Alanna Pyke and I’m from Akwesasne, a Mohawk reservation that straddles the US-Canada border in Northern NY / Ontario / Quebec. I graduated from Yale in 2019 with a degree in Molecular, Cellular, and Developmental Biology, but my thesis research was in the Ecology and Evolutionary bio department on the adaptive variation of tsetse flies in Uganda. Then I spent a year doing a post-bac at Harvard and focused on intratumoral heterogeneity in breast cancer metastases. I am also interested in working with Native tribes to close health disparity gaps and improve access to science.

RAELINE VALBUENA  
San Dimas, CA | UC Berkeley | she/her

Born and raised in LA, I moved to the bay area for my undergrad at UC Berkeley. After graduating, I have been working in biotech and am trying (emphasis on trying) to learn personal finance. My background is largely in embryology, and I am interested in virology and the virus-derived non-coding genome. Outside the lab, I love reading anything, playing badminton, making a fool of myself on a pair of skis, and shooting the breeze over a drink or two. Excited to make some new friends and start this wild journey through grad school together.

RONGHAO ZOUH  
Nanjing, China | Wellesley College | she/her

I came to the US for high school, then went to Wellesley College with majors in Chem and Math. After I graduated, I worked in Keith Joung’s lab at MGH on CRI-SPR off-target detections and base editor engineering.
MIRIAM SUN
Diamond Bar, CA | Caltech | she/her

Hi! I’m Miriam, one of 3 incoming DevBio first-years. I’m excited to be making the -incredibly far- move from SoCal to NorCal, and hope to get involved in science education outreach, music extracurriculars, and intramural sports as I further explore my scientific interests throughout my PhD. I aspire to mirror my last name and brighten others’ days, be it through research or anything else during everyday life. Looking forward to meeting everyone!

ALICIA WILKENING
Boise, ID | Washington University in St. Louis | she/her

I just graduated from Washington University with a degree in Computational Genomics. There, I leveraged epigenetic data to look for novel transcription factors driving iridophore (shiny cell) fate in zebrafish. I enjoyed learning about the drivers of cell fate and how to push cells into different fates, and I hope to apply similar methodologies to understand the mechanisms of evolution. Outside lab, I like to ride my horse, Chewbacca, swing dance and play board games. Chewy will move down to Palo Alto with me this fall and we’re both excited to meet new people and explore the area!

SHERRY ZHENG
Davis, CA | UC San Diego | she/her

Hi everyone! My name is Sherry and I’m 1/3 of the incoming Developmental Biology cohort. I grew up in Davis, CA and recently graduated from UC San Diego with degrees in molecular biology and music performance (harpsichord and piano). My undergraduate research was centered around extracellular matrix development and patterning in C. elegans, but I’ve done research in ecology and sociology as well. Outside of research, I am passionate about writing, increasing access to education/academia, and (recently) Formula 1 auto racing. Looking forward to meeting everyone!
GENETICS SUPPORT TEAM

MEET THE STAFF

DAWN BILLMAN
Events Manager | Dbillman@stanford.edu | she/her

I oversee the department events and website, and I am a staff liaison to the Diversity, Equity and Inclusion Advocacy student led group. I joined the Genetics Department last October, but have volunteered or worked professionally on campus since 1998. I am always happy to help plan an event, update the website with new student information, or be a resource for who to contact in Palo Alto.

ANITA BIVENS
Human Relations Manager | asalter1@stanford.edu | she/her

I started working at Stanford in 2011 and joined the Department of Genetics in 2015. My background is in Clinical Psychology and I specialize in employee relation matters. However, Khoa Tran (our Assistant HR Manager) and I are also here to assist with your HR needs including job postings, staff appointments, on/off boarding, performance management, compensation, compliance, trainings, leaves/accommodations, documentation, visas, and career development opportunities. Please feel free to reach out to us, we’re happy to help!

ADA (YEE KI) CHEN
Associate Director of Finance | adaychen@stanford.edu | she/her

I started in Stanford Internal Audit in 2008 and joined Genetics in 2012. I have a background in audit/accounting/finance and manage Dr. Snyder’s finances and all matters (big and small) related to his lab. In addition, I oversee the department’s finances/budget and also supervise 3 accountants, who provide finance/grant support for our Genetics faculty. Ask me anything related to finance/compliance/research administration/Stanford/campus resources! Say hi to me on Slack or via email! (@adaychen )
WENDY CHRISTENSEN
Student Services Coordinator | wjsierra@stanford.edu | she/her
I have been with the Department of Genetics for over 18 years. I support both
graduate students and postdocs. I am a good place to start for most things: Fun-
ding & Stanford billing questions, course requirements, degree progress, cam-
pus resources. If you have a problem and just don’t know where to turn, start
with me. If you have tried to resolve something on your own and have hit a
roadblock and don’t know what to do next. Let me know. I can help.

BILLY LI
Director of Graduate Studies | jin.billy.li@stanford.edu | he/him
I have served as Director of Graduate Studies of the Genetics PhD Program since
2014. While students may view my job as being a supervisor to set standards
and check progress, I would like to see myself as a cheerleader of our students as
they navigate through their graduate career. Hardship in graduate school is of-
ten inevitable, or maybe even required, for your long-term success. Please take
advantage of the resources around you (including myself and other faculty) to
make your Stanford experience a rewarding one. We are always here to help and
support!

RANDY SOARES
Director of Finance and Administration | rsoares@stanford.edu | he/him
I’ve been the DFA in Genetics since 2010, and the DFA for ITI since 2018. That me-
ans I help advise the chair, pay the bills, balance budgets, file grant reports, hire
and oversee staff, ensure facilities are safe, and generally keep the department
running smoothly. I basically run the “business side” of Genetics. My virtual door
is always open — feel free to email me anytime! While I direct finances and ad-
ministration for Genetics by day, at night I hang with my 130-pound Neapolitan
Mastiff, Dinah. Follow her on Facebook @DinahSoaresNeo

LARS STEINMETZ
Director of Graduate Admissions | Larsms@stanford.edu | he/him
I have been the Genetics Director of Graduate Admissions since 2013. I have also
overseen the EMBL PhD training course in Germany for a decade. In that time,
I’ve had the pleasure of seeing hundreds of talented students graduate and I
have admired the diversity of ways that they handled the “peaks and pits” of the
PhD life cycle. Feel free to reach out for advice as you progress or with any ideas
for how we could improve admissions, the Genetics community is here to help.

ABBY THOMPSON
Director of Educational Outreach | athompson@thetech.org | she/her
I run the “Stanford @ The Tech” program, which in non-COVID times brings grad
students and postdocs to The Tech Interactive to run genetics activities with
museum visitors — while practicing science communication skills. I’ve been in
this role since 2018, but I joined Genetics in 2012 as a PhD student. Always hap-
py to chat about outreach, informal education, perspectives on finding a non-
traditional career, how to catch and care for your stickleback fish, or to say hi!
I came to Stanford in 1991, in large part because of the opportunity to work with outstanding graduate students. I have been active in graduate student teaching and advising for many years because I think training the next generation of scientists is one of our most important missions as a department and university. I’ve co-directed the joint GeneticsDevBio Training Grant since 2007. Check out med.stanford.edu/geneticsdevbio.html for a helpful overview of many courses, seminar series, and other activities in both Genetics and DB. Welcome to Stanford, and remember that we are here to help during the amazing, challenging, and rewarding adventure of graduate school!

MIMI (MIANMIAN) QIAN
Student Services Officer | mqian@stanford.edu | she/her

I joined the Department of Developmental Biology over 8 years ago. I am working for graduate students from admissions through graduation including degree progress, course enrollments, fund management, department events, etc. If you have questions please do not hesitate to contact me. I also support postdocs related to their appointment, visa process, fund management, award setup and closeout. It’s my pleasure working for students and postdocs.
OFFICE OF GRADUATE EDUCATION

SHERI KRAMS
Sr. Associate Dean, Graduate Education and Postdoctoral Affairs
Professor of Surgery
She/her/hers

JULIA KENNEDY TUSSING
Associate Dean for Educational Programs and Services
DFA, School of Medicine
She/her/hers

CISCO BARRÓN
Academic Information Analyst
He/him/his

JOHN BRAY
Associate Director of Admissions
He/him/his

ROSS COLVIN
Associate Director of Graduate Education – Operations
He/him/his

SHELLY RASNICK
Associate Director for Biosciences Student Life and Wellness
She/her/hers

ROBERT STRACHAN
Biosciences Programs Officer
He/him/his

DAVID SCHNEIDER
Advising Dean for Graduate Education and Postdoctoral Affairs
Chair of Microbiology and Immunology
He/him/his

AYODELE THOMAS
Associate Dean for Graduate and Career Education and Diversity
She/her/hers

HELEN BRANDON
Graduate Education Administrative Coordinator
She/her/hers

JENNIFER COHEN
Associate Director for Biosciences Diversity Programs
She/her/hers

MICHEILEEN OBERST
Administrative Associate, Programs and Courses
She/her/hers

LATISHYA STEELE
Director of Biosciences Programs
She/her/hers

MIRANDA STRATTON
Assistant Director for Biosciences Diversity Programs
She/her/hers
GETTING AROUND

01 **Biking.** If you’re trying to buy a bike, check out Facebook Marketplace, SUPost, Craigslist, or the Stanford Bike Store. Stanford PD also generally does an annual used bike sale. Though keep in mind that the pandemic has created a bike shortage and subsequently increased bike prices, even for second-hand bikes. Helmet and U-lock essential.

02 **Marguerite shuttle.** A free Stanford shuttle that helps you get around campus and to the Palo Alto Caltrain station. Especially popular on rainy days when you just don’t want to bike. Great way to get back to campus after a late night in downtown Palo Alto. While it is running during COVID, there are strict rider caps and some route changes so be sure to check their website for info.

03 **Caltrain.** The best option for getting up and down the Peninsula! Ridiculously expensive if you’re used to any normal public transit, but nevertheless a staple. Free GoPasses are available to anyone who lives off campus, so be sure to request one even if you don’t use it as part of a standard commute.
04 BART. SF’s version of a subway system, which does connect to Caltrain.

05 Parking on campus. Not cheap, but convenient! You can buy long-term or daily passes through transportation. stanford.edu, or find info on short term visitor parking.

06 Zipcar. Don’t have a car but want to drive? That’s okay! Zipcars are placed throughout campus, and you can rent one for a day!

07 Walking. Always a good option! Especially if you’re not in a rush. Map below has estimated walking times from School of Med. (2.5mph estimate)
01 Pizza My Heart. A staple of free food offerings. For that authentic first year experience, you should definitely make sure at least 50% of your caloric intake is from PMH.

02 Coupa Cafe. With several locations on campus and downtown that serve all the important meals (breakfast, lunch, and caffeine), Coupa is a local favorite. And as a bonus, you never know what random tech CEOs and venture capitalists you may see in the wild! Voted “Most likely to cameo in books set in Palo Alto” (see: Bad Blood).

03 Rangoon Ruby / Burma Ruby. If you weren’t taken here as a recruit, we apologize. If you were, you surely know the magic of the tea leaf salad as a starter and coconut rice as a side dish to any of the pleasurable Burmese main courses. And yes, these sister restaurants are only 2.5 blocks away from one another, they’re that good.
04 **Asian Box.** Says one recent DB grad who now lives in Boston: “It would almost be worth the two week quarantine, just to get one more chicken box.”

05 **Darbar.** A perennial favorite, which only rarely makes it into the free food scene.

06 **Zareen’s.** The place to get Pakistani/Indian street food. The free chai is limited to 3 cups because it’s that good.

07 **Paxti’s Pizza.** The fancy version of free seminar pizza! Only found at the more exclusive seminars and events.

08 **Oren’s Hummus.** Where all the alumni dine when they’re in town.

09 **Thaiphoon’s.** Try the lychee martini! FYI, their spicy scale is out of 5 -- you cannot handle 4 or 5.

10 **Tamarine.** The place to go when someone else is paying.

11 **Flea Street.** The place to go when someone else is paying and they want only the best. Or when you need to make up with your SO because you forgot your anniversary.
12. Nola. The hurricanes (aka moron bowls) are a staple of the first year experience - then never go back.

13. The Nuthouse. Cheap, and a nightmare for those who have peanut allergies. Worst bartender in town, who may or may not believe your out-of-state ID is real and threaten to call the police on you.

14. Old Pro. You may see the entire Stanford football team. Or the entire 49ers starting line up. Do not mention CTE when they ride the mechanical bull. Beer towers recommended.

15. Tin Pot. We can't find anything snarky to say about Tin Pot (except the cost). Awesome ice cream.

16. Salt & Straw. Amazing and sometimes terrifying ice cream flavors. Staff are super friendly and will let you sample every single flavor if you so desire. Pricey, as expected of the area.

17. Boba Guys. A Bay Area superstar with a location so close to campus you’ll have to keep yourself from going multiple times a week.

18. Philz Coffee. Cult favorite, where you 100% will not follow proper ordering etiquette the first time. Recurring star in HBO’s Silicon Valley.

19. Backyard Brew. If you want to impress your new friends with an outdoor hipster coffee spot, bring them here for hipster-priced coffee. You can’t go here without running into at least one person you know, so impress your new friends even more by making it look like you have lots of friends.

20. Tacolicious. See name.
21. **Pampas.** Not recommended for vegetarians.

22. **Garden Fresh.** Vegan Chinese food at great prices. Non-vegetarians love it too!

23. **Los Carnelitos Food Truck.** Serves some of the best Mexico City-style food in the area. While the menu is limited by virtue of being a taco truck, they have several traditional tortilla-based offerings, vegetarian options (squash blossoms!!), and phenomenal pastor and suadero.

24. **Palo Alto Creamery.** Take Out. Pie.

25. **Rose and Crown.** Where you can get a beer at 6am during World Cup season. And the trivia is for tech bros, so you will never win. Cheesy garlic fries are a must.

26. **The Wine Room.** For when someone else offers to buy you a drink.

27. **Curry Up Now.** Not Indian or street food, but cheap and a lot.

28. **Back A Yard / Coconuts.** Very tasty Caribbean food, pretty big servings, and pretty cheap! Limited seating. Coconuts in downtown Palo Alto is Caribbean food by the same owners! Slightly pricier, but bike-able/walkable from campus and more vegetarian-friendly.

29. **Ramen Nagi.** For when you have an hour to stand in line for extremely good ramen. Some carnivores say their vegan ramen is perhaps even better than their regular ramen.
GROCERY

THE ESSENTIALS

01 **Trader Joe’s.** Located at El Camino and Galvez, a short bike ride from grad housing.

02 **Secret Safeway.** Located at Sand Hill and Sharon Park Drive. Also within biking distance from grad housing, but beware, there’s a hill involved. Or choose the Safeway in Menlo Park, which has a larger selection. And rumor has it that Safeway has a 10% student discount that isn’t advertised...

03 **Costco.** Take your pick between the Costco in Redwood City (has gas!) or the Costco in Mountain View (no gas). Both are a ~20 min drive.

04 **Cal Ave Farmer’s Market.** Sunday mornings. Officially opens at 9, but vendors will start selling things around 8:20. Get there early if possible, it can get crowded. Produce is definitely a little pricey, but you’re in California already, might as well splurge for the good fruit. The bahn mi sandwiches are possibly the best in the world.

05 **Downtown Palo Alto Farmers Market.** Saturday mornings. Smaller and less crowded than Cal Ave. Tragically just as expensive.
THE INSIDE SCOOP

06 Sprouts Farmer’s Market. Located in Mountain View. An affordable cross between Trader Joe’s and Whole Foods.

07 Sigona’s. The cheapest high-quality produce you can get on the Peninsula (in one genetic student’s humble opinion). There’s a small outpost in the Stanford Shopping Center, but you should just make the trip to Redwood City if you’re craving some good stone fruit.

08 Madras Groceries. Small but exhaustive South Asian grocery store in Sunnyvale. The attached cafe makes the best dosas on the Peninsula.

09 99 Ranch. Chain of large grocery stores selling Asian (largely Chinese) staples. Closest location in Mountain View. Many options for fresh seafood!

10 Hankook Market. Large Korean supermarket, near the border of Sunnyvale and Mountain View.

11 Nijiya Market. Small Japanese grocery store. Has most of the staples for a Japanese pantry. Produce and meat can be on the more expensive side. For a larger, but further, grocery store, Mitsuwa Market in San Jose is a great alternative – and has a great food court and often houses pop-up stores too.

12 Grocery Outlet. A place to find great deals! Be sure to check the expiration date, but a great place to get staple foods.

13 Mi Rancho. Mexican market in Redwood City. Great for Mexican ingredients, snacks, and staples.
SOCIALLY DISTANCED FUN BECAUSE PANDEMIC

01 Local parks. Anywhere on campus is a good spot for a picnic, but if you're looking for a nice grassy spot for a Saturday afternoon, check out nearby Peers Park, Kite Hill near campus, Johnson Park in downtown Palo Alto, or Burgess Park in Menlo Park. If you're looking for a gorgeous park and willing to go the distance, Golden Gate Park in SF has ample grassy lawns, botanical gardens, museums, tulip gardens, buffalo, and more. If you're looking for that SF vibe, Dolores Park has views of downtown and is right next to Tartine Bakery (it will be crowded, so not the best during these times of social distancing).

02 The Dish. If you don’t have a car, don’t worry! Walkable from campus, with plenty of bike parking, you must walk this classic trail and see this “dish” everyone keeps talking about.

03 Palo Alto Baylands Nature Preserve. Get up close and personal with the Bay, just a 10 minute drive or an easy 30 minute bike ride from campus!

04 Purisima Creek Redwoods Open Space Preserve. A beautiful redwood forest with forest and ridge trails. The park has a few loops and out-and-back hikes of various lengths/incline, so there's ample opportunity to choose your own adventure. The closest trailhead (North Ridge Trailhead) is a 30 minute drive from campus. Get there early on weekends, because the parking lots will fill up fast! Best place for seeing banana slugs.
Point Reyes. If you’re up for a drive and can tolerate windy roads, Point Reyes is full of hikes and gorgeous views. Consider hiking out to Alamere Falls in the Phillip Burton Wilderness via the Coast Trail from the Palomarin trail. 14 miles round trip, with a beautiful up-close view of a waterfall that cascades right onto the beach.

Crystal Springs Reservoir - Sawyer Camp Trail. This trail runs alongside the Crystal Springs Reservoir. It’s flat and bike path style, so it’s a great place for a casual walk, run, or bike ride.

Laurelwood Park. This small park up near San Mateo (20 minutes north on 280) has some short hiking trails and ample street parking, so no need to arrive early! BOLO for poison oak (yikes).

Henry Cowell Redwoods State Park. Hike through beautiful giant redwoods just a 45 minute drive away! While you’re there, drive the 10 minutes to Santa Cruz, walk the Boardwalk, and stop by Natural Bridges State Beach.

Point Reyes. If you’re up for a drive and can tolerate windy roads, Point Reyes is full of hikes and gorgeous views. Consider hiking out to Alamere Falls in the Phillip Burton Wilderness via the Coast Trail from the Palomarin trail. 14 miles round trip, with a beautiful up-close view of a waterfall that cascades right onto the beach.

Edgewood Park and Natural Preserve. This small preserve has hiking trails that still manage to seem isolated from the bustle of the Peninsula! The park is about 15 minutes away from campus, north on 280.

Cowell-Purisma Coastal Trail. Out by Half Moon Bay, this 7 mi relatively flat trail follows the coast alongside the bluffs over the ocean.

The San Francisco Bay Trail. This trail runs alongside the water, and will eventually form a 500 mile loop all the way around the bay. Wide and flat, this trail is ideal for walking and bike riding.
12 **Bike rides.** Check out the routes on Stanford Cycling’s website. They range from short and flat to long and hilly. Beautiful views are guaranteed, though.

13 **Wine tasting.** While not all places are open, many wineries have outdoor tasting options. Tasting fees vary, with free options more limited right now. Reservations typically required in COVID times.

14 **Wildlife watching (Monterey Bay).** Many small whale watching companies are open, with strict caps on passengers. Pretty much guaranteed to see humpbacks year round, as well as otters, sea lions, and porpoises. Locals prefer trips out of Moss Landing. Do NOT go whale watching from SF: those are tourist traps with sparse wildlife.

15 **Zoos.** Some are open with strict visitor caps! The SF Zoo is open, reservations required.

16 **Filoli.** Explore these historic gardens and feel like the fancy person you now are! Just a 20 minute drive from campus! Reservations required during the pandemic, and student prices available.

17 **Drive-in movie theaters.** Properly enjoy these blasts-from-the-past in a setting we would have sworn had gone out of business. West Wind Capitol Drive-In in San Jose is the closest classic experience, though some fairgrounds and parking lots are also hosting shows.

18 **Explore Campus.** There is really so much to see! Best spots include: cactus garden, Lake Lag trail, Red Barn, Papua New Guinea Garden, sculptures around Cantor (make sure to go to the back!), Arts Building rooftop, and the art walls at GSB. Find the avocado and lime trees on main quad! If you’re feeling spooky, check out the Mausoleum and Rodin Sculpture Garden at night, if you’re feeling adventurous find the infamous underground tunnels or Frenchman’s tower.
NON-SOCIAL DISTANCED FUN

MAYBE WE CAN EVENTUALLY GO OUT AGAIN

01 Puzzle/Escape Rooms. OMESCAPE in San Jose has several buildings, so booking a slot is never too difficult. They have a sanitization and safety protocol for COVID times; household members (so you and your roommates) are able to sign up!

02 Grimey concert venues. Who doesn’t love local venues? Check out the Fox Theatre (Oakland), The Fillmore (SF), The Independent (SF), The Chapel (SF), and the Greek Theatre (Berkeley).

03 SF MOMA. Look at all the weird, interesting, and modern art.

04 CA Academy of Sciences. Thursday nights the young people of the bay area gather to drink and look at cool science things.
05 **The Tech Interactive.** Unlock your inner Innovator! Stop by weekday mornings to see some of your classmates in action, as part of the “Stanford at The Tech” program.

06 **Exploratorium.** Check out the Thursday “After Dark” series for adults-only events.

07 **SHN/Curran/SF Theatre district.** From “Hello, Dolly!” to “Hamilton”, the SF theatre district located around Union Square is a fantastic place to see Broadway shows. There are also a bunch of smaller theaters in the area with fun improv comedy, community performances, and opportunities to volunteer usher to see shows for free!

08 **Silicon Valley Theatre Works.** This Tony-winning theatre company (really-they won the award for best regional theatre company in 2019!) puts on fantastic performances in Palo Alto and Mountain View. From plays to piano performances to musicals, there are amazing opportunities to see a variety of great shows. They even had the world premiere of a Pride and Prejudice musical last year!
WELLNESS RESOURCES

AN INCOMPLETE LIST

Navigating all the resources that Stanford has to offer can be tricky. Below are some resources adapted from OGE’s Bioscience quick guide for whether you’re experiencing a crisis or just want some extra support. Vaden also has a good guide to help you get started (vaden.stanford.edu/virtualwellbeing/resources) if you’re looking for more info.

**General Resources Overview/Help**

OFFICE OF GRADUATE EDUCATION (OGE)
OGE offers programs and services to support graduate students and sustain the level of excellence achieved by the Stanford Biosciences. Email oge-helpme@stanford.edu to talk to someone about accessing any resource.

**Crisis Resources**

HOSPITAL
Call 911 or go to the nearest ER:
- Stanford Hospital
- El Camino
- Palo Alto Medical Foundation

NATIONAL SUICIDE PREVENTION HOTLINE
Call 1-800-273-8255 24/7 for free and confidential support.

CAPS CRISIS ASSISTANCE
Call (650) 723-3785 24/7 to speak with a clinician for situation assessment and follow-up recommendations.

GRADUATE LIFE OFFICE (GLO)
Text the GLO pager at 25085pageme.stanford.edu with your name and reason for paging.
SEXUAL ASSAULT RESPONSE TEAM (SART)
Both SC Valley Medical and Stanford Hospital are dedicated facilities for providing collection of medical/legal evidence. Call (408) 885-6466 and/or seek transport through Stanford Public safety.

YWCA SILICON VALLEY
Confidential and anonymous crisis support. Call 1-800-572-2782.

SARA OFFICE
Sexual Assault & Relationship Abuse Education & Response: Holistic healing, education, advocacy and consultations. Email saraoffice@stanford.edu or call (650) 725-1056

TITLE IX OFFICE
To report sexual or relationship violence email titleix@stanford.edu or call (650) 497-4955. Additionally you can document using stanford.callistocampus.org

COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)
Call (650) 723-3785 to speak with a clinician, who will assess your situation and offer support/recommendations for follow up.

MENTAL HEALTH TEAM
New resource dedicated to School of Medicine students led by Dr. Moira Kessler. Appointments can be made through the Vaden portal or by calling (650) 723-3785.

OFF-CAMPUS RESOURCES
- Contact Vaden Health Center or your Primary Care Physician for a referral.
- Call Stanford Outpatient Psychiatry and Behavioral Health Clinic at (650) 498-9111.

CONFIDENTIAL SUPPORT TEAM
Call (650) 725-9955 24/7 to speak with a licensed mental health professional for emotional support and ongoing counseling.

WELL-BEING AT STANFORD
By appointment coaching to improve your overall well-being or offer support when you’re struggling. Email: yourwellbeing@stanford.edu

BIOSCI CAREERS
Provides career counseling/coaching and connections: bioscicareers.stanford.edu

BIOSCIENCE ADVISING DEAN
Prof. David Schneider is available to talk through program/academic/life concerns. Book appointments at dschneideradvising.youcanbook.me or email dschneid@stanford.edu

OFFICE OF THE OMBUDS
Confidentially assists with any academic or administrative concerns. Email ombuds@stanford.edu or jlaflin@stanford.edu (SOM only).

BEAM
Help with career pathways and job searching. Visit: beam.stanford.edu/students
If we were the College Board, you wouldn’t be allowed to write here. Luckily for you: we are not. Go crazy! Doodle! Take notes! Unleash your creativity!
Looking for Zoom backgrounds like these or the one on the front cover? Go to: med.stanford.edu/cme/zoom.html