

A detailed microscopic image of biological tissue, likely a cross-section of an organ. The tissue is stained with various dyes, resulting in a complex pattern of pink, purple, and dark red colors. The structure shows numerous small, rounded cells and larger, more elongated structures, possibly representing different types of cells or tissues. The overall appearance is highly textured and intricate.

BioSciGuide

**A zine guide to catalyze the start
your Stanford Biosciences
graduate career**

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Cover image by Elisa Caffery 

Welcome to Stanford Biosciences!

The current students, faculty, and staff of the Stanford Biosciences community know that starting your graduate career during a pandemic is not ideal. Navigating campus, classes, resources, and rotations can be challenging and overwhelming, but we want to make sure that you have the information you need to start your graduate program off with confidence.

In the following pages, you'll find essential information, like a full campus map and a map of the School of Medicine campus, descriptions of offices and student-led programs that are here to help you succeed during your time at Stanford (and beyond!), and lists of other info, like transportation options and the best places to grab a bite on campus. This is just the beginning of the different opportunities and resources you can access here at Stanford, though. Use this guide to help you settle in, but don't be shy to ask other grad students, post docs, and your department about what they'd recommend, too!

You're about to join an amazing community, and I want to remind you that you absolutely deserve to be here. There will be moments during your first year where you might feel like you have to continue to compete with your peers (you don't, let that behavior go) or you feel overwhelmed by all the opportunities here (try new things but also learn to say no!), or that you may doubt your ability to keep up (stop, take a breath, and ask for help). All these feelings are normal, and we are here to support you.

Whether you've lived in the Bay Area your whole life, or you've just traveled around the world to get here, let me be one of many to welcome you to campus, and to your program within Biosciences. Make the most of it!

Elysse
2021-2022 Orientation & Recruitment Chair
SBSA and BioAIMS



Office of Graduate Education (OGE)

OGE aims to help train and empower the next generation of leaders and innovators within and beyond academia and industry. Our office offers programs and services to support graduate students and sustain the level of excellence achieved by the Stanford Biosciences.

Some friendly faces of the OGE team that are available to be resources for you:



Sheri Krams, PhD – Senior Associate Dean for Graduate Education and Postdoctoral Affairs and Professor of Surgery



Tony Ricci, PhD – Associate Dean for Graduate Education and Postdoctoral Affairs and Professor of Otolaryngology



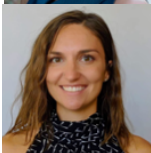
David Schnieder, PhD – Advising Dean for Graduate Education and Postdoctoral Affairs and Chair and Professor of Microbiology and Immunology



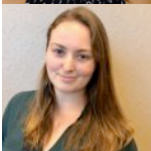
Ayodele Thomas, PhD – Associate Dean for Graduate and Career Education and Diversity



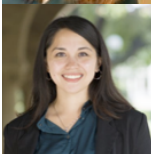
Jennifer Cohen, PhD – Associate Director for Biosciences Diversity Programs, Director of ADVANCE



Shelly Rasnick – Associate Director for Biosciences Student Life and Wellness



Michileen Oberst – Administrative Associate, Programs and Courses



Miranda Stratton, PhD – Assistant Director for Biosciences Diversity Programs

Need to get in touch with OGE?

Email oge-helpme@stanford.edu or visit

<https://biosciences.stanford.edu/contact/office-of-graduate-education>



Stanford Biosciences Student Association

SBSA strives to build a cohesive and inclusive community that promotes student belonging, wellness, and happiness. To do so, we facilitate student-led programming and mentorship, interface with Stanford leadership, and advocate for the graduate student community. Find out more about SBSA by visiting our linktree:

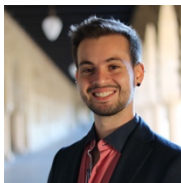
https://linktr.ee/SBSA_official



2021-2022 SBSA Co-Presidents:



Youlim: SBSA is driven by the desire to feel a sense of belonging within the Biosciences community. It is my support network – a resource of mentors, administrators, wellness advocates, and friends. I hope that SBSA can be what people need it to be for them, whether it is to host social interactions, be a voice for graduate students, or just be a source of free food!



Camilo: Being a part of SBSA, particularly during the pandemic, has been invaluable to keeping me happy, healthy, and well. Graduate school can be scary and overwhelming, but having a community like SBSA that is ready to support you – in whichever way you need it – truly allows us to do what we came to do: enjoy our time at Stanford (oh, and do stellar science 🤪).



SBSA Leadership Retreat, August 2021

Stanford
BioAIMS
Biomedical Association for the Interest of Minority Students
• Est. 2004 •

BioAIMS is an inclusive organization that provides a welcoming home for all Biosciences students at Stanford to celebrate their identities – especially those that have traditionally been marginalized in academia. We actively build this community through cultural celebrations, peer support, and career development programming. To address the issues facing our communities, we engage in social justice advocacy and local outreach initiatives.



To hear about upcoming events, regular meetings, and programs, visit our website and join the BioAIMS mailing list:

<https://med.stanford.edu/sbsa/resources/bioaims.html>



BioSci Careers

BioSci Careers empowers trainees to realize a fulfilling career that aligns with their personal interests, values, and abilities. Beyond a traditional career center, BioSci Careers fosters individualized connections among trainees, faculty, employers, and campus partners to share their stories and most useful resources. Through coaching, curriculum, and connections, BioSci Careers creates a community for trainees to explore a diverse range of careers and develop the necessary skills to achieve their definition of success.

BioSci Careers empowers trainees through:

- **Coaching:** 1:1 Coaching Sessions for personalized academic and career planning.
- **Curriculum:** Awareness panels, preparation coursework, mini-courses, and events to help you learn and identify career-of-choice options including academia, biotech, communications and media, consulting, healthcare, policy, and data science.
- **Connections:** Meet alumni, employers, and other professionals across myriad sectors at career fairs, connect with employers and get insights into company technology, culture, and professional opportunities at Industry Insights/Onsites sessions, and participate in our specialized mentoring program, BioSci Connect, a platform for connecting students and trainees with alumni (biosciconnect.stanford.edu).

Meet the BioSci Careers Ambassadors!



Check out our website to schedule an appointment and subscribe to our newsletter to get updates on events and opportunities!

Instagram: [@biosci_careers](https://www.instagram.com/biosci_careers)

LinkedIn: [@BioSci Careers Community](https://www.linkedin.com/groups/BioSci-Careers-Community)

Twitter: [@bioscicareers](https://twitter.com/bioscicareers)

Facebook: [@BioSciCareersStanford](https://www.facebook.com/BioSciCareersStanford)



Upcoming Orientation Events

Upcoming events to help you get situated! Please note: all events, locations, and dates are subject to change.

Biosciences “Appy-Hours”

September 9th, 16th, & 23rd from 4:00-6:00 PM

Join OGE, SBSA, and BioAIMS for heavy appetizers and drinks!

Locations TBA, check Socio for final location and details!

New Grad Student Orientation with the Graduate Life Office

September 12th – 19th, includes both in-person and virtual events

A great way to connect with useful campus resources and services!

SBSA 1st Year Camping Trip at Lake Chabot Regional Park

Meet fellow incoming Bioscience grads on a fun camping weekend!

Check the SBSA website or social media for dates and sign-up info.

PhD Orientation Dinner and Lab Coat Ceremony

September 20th from 4:00-7:00 PM on the Alumni Lawn and in Berg Hall in Li Ka Shing Center (LKSC)

Enjoy speakers and dinner while you get your official white coat!

Biosciences Activities and Resource Fair (BARF)

October 6th from 11:30 AM – 1:30 PM.

Snack while you learn about programs and organizations that are here to help you make the best of your time at Stanford.

For more events and up-to-date details,
check out the event calendar (scan QR code),
or visit the [Socio](#), [SBSA](#), [BioAIMS](#),
[BioSci Careers](#), and [BioPeers](#) websites



Important Dates:

- Autumn quarter registration opens: September 1st
- First day of Autumn quarter classes: September 20th
- Last day to add/drop classes: October 8th at 5:00 PM
- Winter quarter registration opens: December 1st
- Last day of autumn quarter classes: December 3rd

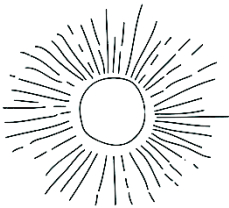
About Campus: Climate

Things consider about the weather & climate @ Stanford

Bring a hoodie

Our campus and the surrounding areas have some of the best weather in the entire country. The Bay Area typically doesn't experience seasonal extremes because we're situated on a peninsula between the ocean and the bay. Because of this, you'll see most people bringing a light jacket or hoodie with them wherever they go, year-round.

Drought



The entire state of California has been known to experience droughts because it doesn't rain here very often, and when it does, it usually isn't enough to refill our reservoirs. You'll notice things will look pretty dry and brown through the summer. Do your part! Learn how you can save water by visiting drought.gov.

Wildfires and air quality

One of the consequences of our limited rainfall and persistent drought conditions is that California can experience wildfires. Wildfire is usually during late summer and early fall, but that changes every year based on our drought conditions. Sometimes you won't notice, but if the fires are close, you may smell some smoke. Check local air quality during dry seasons before being active outside to protect your lungs (<https://www.purpleair.com/map>). N-95 masks and air filters/purifiers work best to protect against smoke inhalation.

Earthquakes

There are tons of faults running through the Bay Area. We experience minor earthquakes all the time that most people don't feel, but we are always at risk for larger ones. Consider preparing an earthquake kit for your home and car. Visit ready.gov for earthquake info and resources



About Campus: On Campus Food

Places to grab a snack or meal on campus that are close to the SoM campus! Most places are vegetarian/vegan/gluten-free friendly.



Beckman Bistro: Café and Mexican food featuring legit burritos, salads, coffee and tea, and more. Friendliest staff and super quick service. In the bottom floor of Beckman Center.

Blend @ Annette's: Customizable Filipino bowls and burgers. Outdoor seating only. Located in the North South Axis just beyond the Bass Biology building.



Coupa Café: Several locations around campus serve breakfast and lunch. Get your caffeine fix with your meal, too. Closest location is in Y2E2.

CoHo: CoHo at Tressider Student Union has breakfast, lunch, coffee, and beer! Fresh baked pastries, huge salads, green juice, and giant sandwiches. A bit of a walk, but worth it for a giant meal.



Lutticken's Deli @ CCSR: Deli sandwiches made to order. Grab and go sandwiches, too. Outdoor seating in the patio of CCSR.

Nexus Café: Food court style dining, with different stations serving different cuisines. Everything from pizza, burritos, pasta dishes, burgers, tossed salads, noodle dishes, and rotating featured meals. Offers breakfast and lunch. Full salad bar, too. In the ground floor of the Clark Center.

*Burning through your stipend too quickly from buying lunch?
Many students cook and bring their own lunches and snacks.*

Around Campus: Off-Campus Food

One of the best things about the Bay Area is that the restaurant and food scene is incredibly diverse. Here are some favorites close to campus:

Coconuts: The most delicious Caribbean food in huge, filling portions. Mixed drinks and fun desserts. Vegan friendly.

Rangoon Ruby/Burma Ruby: Burmese food at two sister restaurants that are 2.5 blocks apart. Vegan friendly.

Paxti's Pizza: Expensive, but so good. Deep dish or thin crust. Vegan friendly. Look for weekday discounts/specials on their website.

Oren's Hummus: Delicious authentic Israeli food right on University Ave. Vegan friendly.

Darbar: A go-to for multiregional Indian food. Veg friendly.

Nola: New Orleans-themed restaurant and bar made to look like its right out of the French Quarter. Vegan friendly.

Curry Up Now: Indian street food, casual with a hip fusion feel. Vegan friendly.

Garden Fresh: Fully vegan Chinese and pan-Asian dishes. Friendliest staff ever. Limited seating but so cozy.

Ramen Nagi: Hearty, customizable ramen dishes and apps. There's often a long wait. Veg friendly.

Los Carnelitos food truck: Mexico City-style food. Limited menu. Veg friendly.

Thaiphoon: Thai food with an extreme spice scale. Goes to 5, most people can't handle a 4 or 5! Vegan friendly.

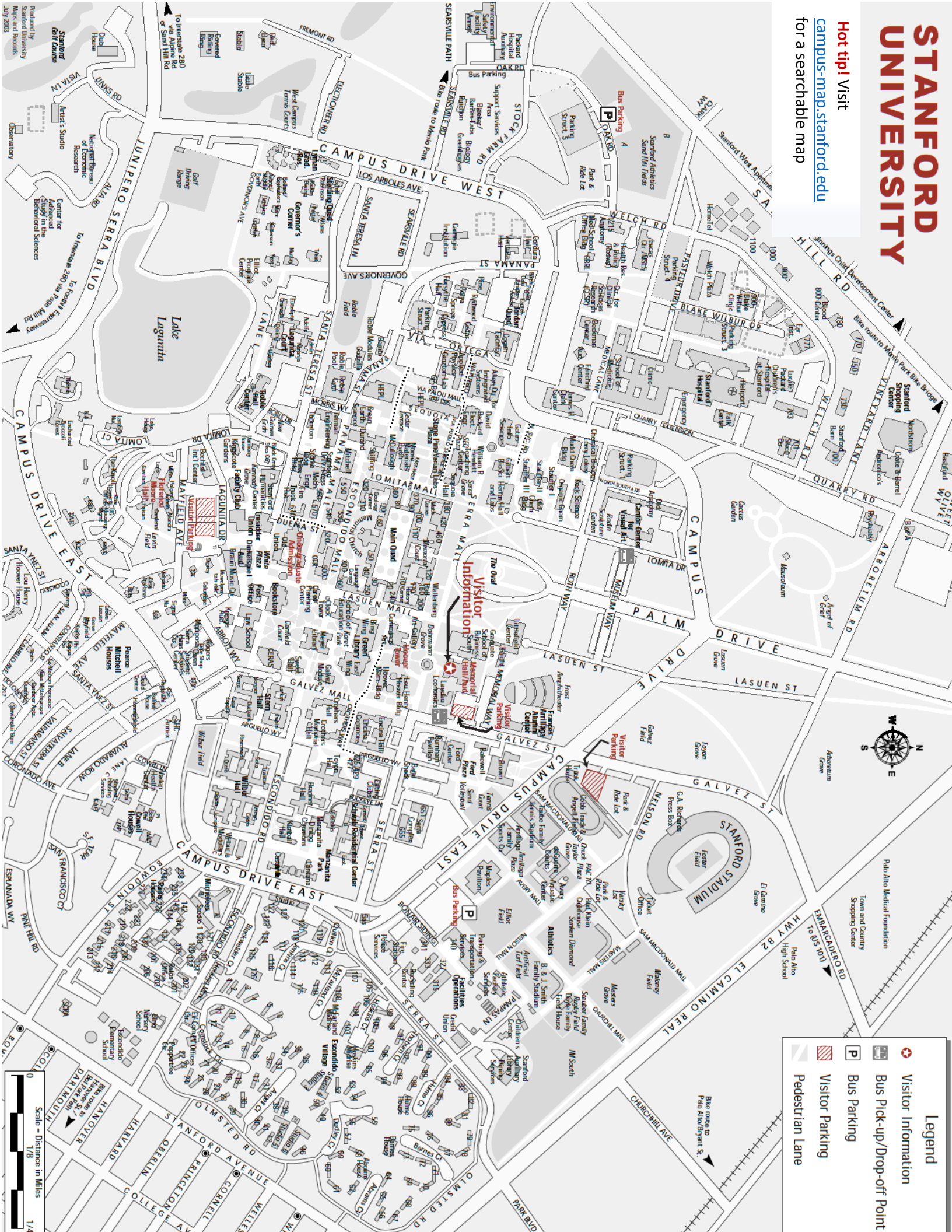
Tamarine: Modern Vietnamese food influenced by China, Cambodia, Laos, Thailand, and France. Vegan friendly.

Asian Box: Completely gluten-free and customizable Vietnamese curry boxes. Vegan friendly.

Zareen's: Pakistani and Indian street food. Free chai! Vegan friendly.

STANFORD UNIVERSITY

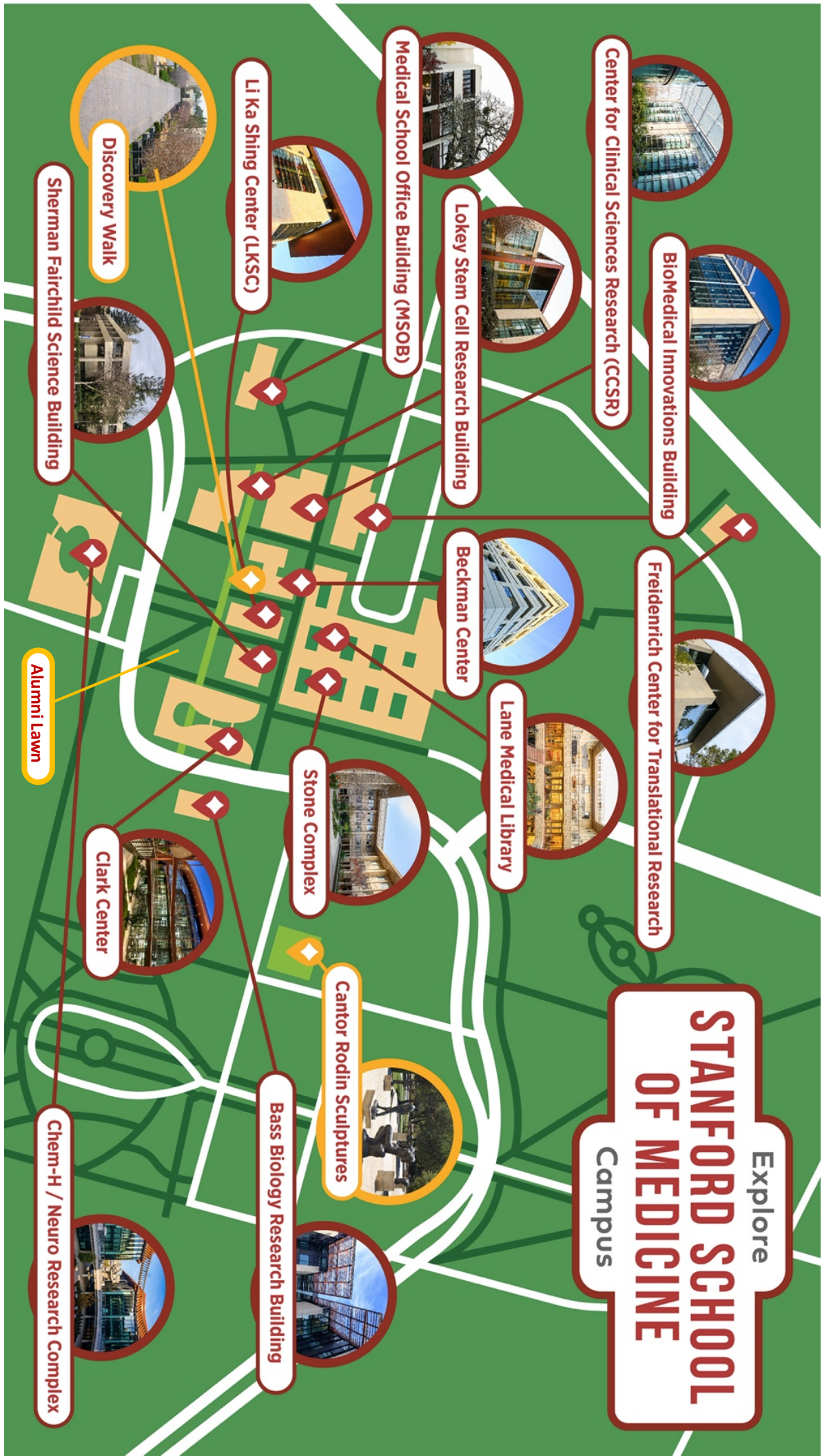
Hot tip! Visit campus-map.stanford.edu for a searchable map



- Legend**
-  Visitor Information
 -  Bus Pick-up/Drop-off Point
 -  Bus Parking
 -  Visitor Parking
 -  Pedestrian Lane

Scale - Distance in Miles
 0 1/8 1/4

Explore STANFORD SCHOOL OF MEDICINE Campus



Campus Resources and Activities

Whether you're looking to find some peace, sweat out some stress, take in some art, or explore some nature, Stanford has it:

- **Li Ka Shing Center, 4th floor:** quiet study areas, social areas, a gym, and much more – only available to SoM students!
- **Cactus garden:** Take a stroll through this quiet, drought-tolerant garden located a short walk from the SoM campus.
- **The Dish trail:** Bright, sunny, and hilly, the Dish is great for those looking to get some outdoor activity. Don't forget your sunscreen, water, and a hat! Looking for more hikes? There are tons of regional hiking trails that are accessible from campus.
- **Windhover Contemplation Center:** This spiritual refuge features a reflection pool and a labyrinth to inspire and promote personal renewal.
- **Rock climbing room @ Arrillaga:** Take a class or get some free climbing in between classes.
- **Frost Amphitheater:** From outdoor movies to live concerts, the Frost Amphitheater offers on-campus entertainment.
- **Stanford Theater:** Located on University Avenue, this theater features films from Hollywood's Golden Age. Don't miss their double features and themed weeks!
- **Rodin sculpture garden @ Cantor Arts Center:** 20 sculptures by Rodin make the perfect backdrop for an outdoor picnic date.
- **Stanford Memorial Church:** Escape the campus in this architectural crown jewel. Keep your eye out for the return of events like "Om" under the Dome – Yoga in memorial church.
- **Student Organizations:** There are currently 650 active student orgs available to help you build your community at Stanford. Check out https://cardinalengage.stanford.edu/club_signup.
- **Stanford Live:** Performing arts on campus, featuring world renowned performers and your fellow Stanford students. Everything from ballet to musical performances, and more.
- **O'Donohue Family Educational Farm:** Hands on learning in sustainable agriculture! Volunteer or take a class.
- **Community Gardens:** Grab a garden plot and grow your own food! More info at <https://bewell.stanford.edu/community-gardens/>

Getting Around Campus: Transportation

The Stanford campus sits on the ancestral land of the Muwekma Ohlone Tribe, occupying 8,180 acres, making it one of the largest university campuses in the US! There are lots of ways to get around campus, whether you're out for a leisurely exploration or rushing between meetings and classes.



Biking: If you own a bike, it's a great way to get around campus. Register your bike with the transportation office, and don't forget your helmet, lights, and bike lock. Bike repair stands are situated around campus to help you fix a flat or give your bike a tune-up. Free bike safety classes are also offered through the transportation office.

Pick up a **free bike helmet** at the Biosciences Activities and Resource Fair (see page 7).

Marguerite shuttles: These free shuttles move throughout campus and to the Palo Alto Caltrain station. Check out transportation.stanford.edu/marguerite for schedules.



Walking, running, or rolling: Going by foot, skateboard, or wheelchair is perfect for taking in the details of Stanford's architecture and design. Campus is very pedestrian friendly, but always look both ways before crossing a street or path to avoid a collision with a cyclist!



Parking: Cars aren't essential, but many students, faculty, and staff use them to get to and from campus. If you're planning on parking a car on campus, make sure you have the right parking permit for you. Single day or long term permits available through parking.stanford.edu.

Getting Around the Bay: Transportation

If you live on campus but want to figure out how to get out and explore the greater Bay Area, there are lots of options. Cars do make things easier, but they aren't the only way to get around.

Caltrain: Caltrain run from San Francisco (walking distance to Oracle Park, the home of the SF Giants), all the way down to San Jose. Express trains are available during commute hours. Check caltrain.com for schedules.

Bay Area Rapid Transit (BART): The Bay Area's large scale, all electric subway system that runs all over the Bay Area, even into the East Bay and South Bay. Check out BART.gov for schedules and maps.

Zipcar: Don't have a car but want to drive? Zipcar is a short-term car rental service where you can rent a car for a few hours or multiple days. Zipcars are placed throughout campus, so you can easily grab one when you need. Student rates are available! Visit zipcar.stanford.edu.



Vaden Health Care: Quick Start Guide

[Vaden Health Services](#) is your main, on-campus health center, but you can use your [Cardinal Care insurance](#) to be seen by an off-campus physician with Health Net of California. The [VadenPatient portal](#) is where you can manage your Vaden appointments, prescriptions, and test results, and log your immunization records to satisfy [campus health requirements](#).

Some details about using Cardinal Care and Vaden:

- To use Cardinal Care, you must acknowledge your Cardinal Care enrollment annually on [Axess](#). You'll see a notification on Axess before the start of the academic year asking you to commit. All graduate students are required to have health insurance coverage.
- To use Vaden services on campus, you must pay the Health Service Fee annually through your account on Axess.
- Most services are covered, but some services may have additional fees. Usually there is a \$25-35 copayment.
- If you have prescriptions to be filled, they will order them to a nearby pharmacy of your choice (Walgreens is the most common option close to campus).
- Basic dental services are offered through Cardinal Care, but not through Vaden. Use the Health Net website to find a dental provider that takes Health Net insurance.
- Some specialist services, like vision services, sports medicine, dermatology, and physical therapy are available through Vaden, but you can ask your primary care physician to a referral to an off-campus specialist as well.



BioPeers

BioPeers (Biosciences Peer Mentors) provide **free and private peer-to-peer support** for the Biosciences graduate student community.

BioPeers are your graduate student peers who are available to help you navigate things that are commonly experienced during graduate school. BioPeers are trained to provide nonjudgmental support through listening, informal counseling techniques, and campus and community referrals.

Some common reasons to make an appointment with a BioPeer:

- To cope with feelings of stress, inadequacy, or uncertainty
- To get help navigating difficult personal or professional situations
- To explore transitions to grad school or career
- To discuss health and wellness
- To discuss identity or imposter syndrome
- To get help finding your community on campus
- To find a personal cheerleader or accountability buddy
- To discuss personal or professional goals

Meet the BioPeers



Visit the [BioPeers website](#)
or a BioPeers workshops or pop-up event for more information!

Mental Health & Wellness Resources

Taking care of your mental health and overall wellbeing during graduate school is essential for your success. In addition to BioPeers (see page 18), there are a lot of resources available to you to use at any time during your graduate career.

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.

CAPS crisis assistance is available to you 24/7. Call (650) 723-3785 to speak with a clinician. Walk-in crisis appointments also available.

Mental Health Team (MHT) for SoM students:

The MHT is dedicated to School of Medicine students. Make an appointment by calling CAPS at (650) 723-3785, and mention the MHT team. Sessions with the MHT are completely **free**.

Weiland Center: Weiland prides itself in centering queer experiences within all its clinical services – be it collaborative individual therapy, consults for gender based-care such as hormones or surgery, issue-specific group programming, or drop-in community hours. Appointments can be made online through VadenPatient.

Well-Being at Stanford: By appointment coaching to improve your overall well-being or offer support when you're struggling. Email yourwellbeing@stanford.edu.

**In need of immediate support?
Call CAPS for crisis assistance at (650) 723-3785,
or reach out to one of these crisis resources:**

National Suicide Prevention Hotline: 1-800-273-8255
Free and confidential support available 24 hours a day.

Hospital support: Call 9-1-1 or go to the nearest emergency room:
Stanford hospital
El Camino hospital (Mountain View)
Palo Alto Medical Foundation

Campus Resources for Support

In addition to the Mental Health and Wellness resources offered at Stanford, the following is a quick guide to give a starting place for some of the many available resources – whether you’re experiencing a crisis or just want some extra support:

Academic or Administrative Concerns:

Office of the Ombudsperson provides a neutral, confidential, and independent resource for dispute resolution for faculty, postdocs, and students. General Stanford University Ombudsperson (ombuds@stanford.edu) or School of Medicine Ombudsperson (jlafin@stanford.edu or 650-498-5744).

Sexual Harassment/Assault and/or Domestic Violence support:

On-Campus Resources

SHARE Office, or Sexual Harassment/Assault Response & Education office provides holistic healing, education, advocacy, and consultations. Call (650) 725-1056 for support.

Title IX Office is available to receive reports of sexual or relationship violence. To report, email titleix@stanford.edu, call (650) 497-4955, or at <https://stanford.callistocampus.org/>

Confidential Support Team is available 24/7 to connect you with a licensed mental health professional for emotional support and ongoing counseling. Call (650) 725-9955.

Sexual Assault Response Team (SART) uses dedicated medical facilities at Santa Clara Valley Medical and Stanford Hospitals for providing collection of medical/legal evidence. Call (408) 885-6466 or seek transport via Stanford Public Safety (650) 329-2413.

Off-Campus Resources

National Sexual Assault Hotline provides free, confidential support 24/7. Call 1-800-656-4673.

YWCA Silicon Valley provides confidential and anonymous crisis support in Silicon Valley. Call 24 hours a day 1-800-572-2782.

BAWAR provides a place where survivors of sexual violence can receive immediate support, counseling, and advocacy. Visit <https://bawar.org> or call the support hotline at (510) 345-1056.

Grad Student Taxes

Grad student taxes can be really complicated. *In a majority of graduate student cases*, if you are living in California (CA) and receiving a stipend from Stanford, you are required to file taxes with CA and the US Federal government.

Your federal and state taxes are typically NOT automatically deducted or withheld from your stipend checks, so you should get in the habit of paying your estimated quarterly taxes instead of doing your taxes once a year in April. This is true for both CA state taxes and Federal taxes.

Forms: You'll need to fill out a Federal Form 1040 and a CA State Form 540. When you pay online, it's recommended to have these forms filled out and saved for your records. Audits are extremely rare, but it's always nice to be prepared.

Deductions and Credits: Look into the American Opportunity Credit, the Lifetime Learning Credit, and Student Loan Interest Deductions. These credits are only available to US citizens, unfortunately.

Payments: Quarterly tax payments can be made online or through the mail (checks or money orders, not cash). There are free online services that the CA State and Federal IRS systems use for payments.

Resources: Stanford University isn't allowed to give individual tax advice, but there are some offices that can help you navigate your tax situation. The Student Financial Services office has a Mind Over Money series of learning modules, including one on "Taxes 101 for Students" that you can access anytime. Visit <https://sfs.stanford.edu/tax-info>.

SBSA has also organized some tax resources in the SBSA Handbook. Visit <https://med.stanford.edu/sbsa/resources/sbsa-handbook.html>

International students: The Bechtel International Center offers tax guidelines, videos, and tutorials on their website. Visit <https://bechtel.stanford.edu/practical-matters/taxes>

For more info on CA State Taxes, visit <https://www.ftb.ca.gov/>

For more info on Federal Taxes, visit <https://www.irs.gov/>

Sage Advice from Seasoned Biosciences Graduate Students

**We asked current Bioscience graduate students for
their advice for incoming first year students.
Here's what they had to say:**

“Take time to read broadly and work with a number of labs to learn a variety of research techniques and approaches.”

“LISTEN TO YOUR GUT (even though it's not “scientific”, the evolutionary trait hung out so it might be for a reason, lol).”

“Take more time off.”

“Relax and have fun. The most important thing is finding a lab and a social support system that's going to last and build you up for the next 5 years through the ups and downs of your project.”

“PIs often want you more than you want them, so ask around about PIs before rotating, and don't be afraid to end a rotation early if it's not a good fit.”

“Get to know other first-year students, even beyond your cohort!”

“Try to meet as many ‘upper year’ grad students as possible. They have lots of good advice.”

“Your cohort isn't your competition. Actually, no one is. Focus on what's right for you and don't worry about anyone else.”

“Take time to try something new and explore the area. The Bay Area has lots to offer, so don't miss out!”

“Don't be afraid to ask for help, whether in the lab or for your health. Asking for help won't make you look stupid or incompetent. Asking for help is actually a strength.”

“Enjoy it!”

