Grad 101

NEW GRADUATE STUDENT ORIENTATION
SEPTEMBER 12 – SEPTEMBER 19
2021 Student Coordinators

Kwamina Nyame  
Biochemistry  
(PhD)

Grace Han  
Art History  
(PhD)

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Materials Science & Engineering  
(PhD)
Meet your Grad 101 Panelists
Community Associates (CA)

Graduate students living in residences and working closely with GLO to support students and foster a sense of community

- Event planning
- Community building
- Check your emails!
- On-campus and off-campus events
Topics

- About Stanford
- Living on and off campus
- Transportation
- Shopping and eating
- Things to do on campus and in the Bay Area
- Life as a student
- Campus Resources
About Stanford
The Stanfords

Leland

Jane

Leland Jr.

Stanford University
Stanford Then and Now
Stanford Graduate Programs

Schools

- Business
- Earth, Energy, and Environmental Sciences
- Education
- Engineering
- Humanities and Sciences
- Law
- Medicine
New Grad Stats 2021

2,920 New Incoming Grad Students
- 46% Masters
- 27% Doctorial
- 26% Professional

International:
- 639 international students*
- 88 countries represented

Breakdown by school:
- GSB 21%
- Education 5%
- H&S 15.5%
- Law 9.5%
- Earth 2%
- Engineering 36%
- Medicine 11%
Housing
Welcome to Stanford, CA

On Campus Graduate Housing
- Escondido Village (EV), Escondido South, EVGR, Kennedy, Lyman, Munger, Rains, Schwab, Highland Hall, Suites,
- Meet your CA!

Off Campus
- Subsidized
- Meet your CA!

Housing Assignments
- Talk to housing assignments office for questions on reassignment, priority etc.
  - https://rde.stanford.edu/studenthousing/assignment-guarantee-and-priorities
Couples/Families

• Talk to CA about getting on mailing list and for programming
• Courtesy ID Cards Available
  › Visit the Stanford Campus Card Office at Tresidder with photo ID, payment ($25), and spouse/domestic partner
  › Due to the COVID-19 restrictions, the ID Card Office is available by appointment only.
• Reach out to student’s department/school for partner resources
• Bechtel has English classes, exercise, art and parenting classes to attend and be taught by partners of international students
French castles cheaper to rent than San Francisco apartments.

nbcbay.com/0ywV9sG Via @Zumper

7:30 PM - 9 Sep 2015
Question

Where do you live?
What do you like about it?
Transportation
Transportation

• Have a car? Useful but not essential…

• Bicycle
  o Registration Required ($5.00)
    ▪ For duration of times at Stanford
    ▪ Online registration at https://transportation.stanford.edu/bicycle/learn-about-bike-safety/register-a-bike
  o Lock your bikes with a U-Lock.
  o Wear a HELMET!!!
Bike Safety
Parking on Campus

Parking Permits required on campus

- Residential/Special Permit (‘ES’, ‘EA’, …): Enforced 24/7
- Commuter (‘A’, ‘C’, ‘Z’): Enforced M-F 8 AM – 4 PM
- Only one permit per student (and one for partners if living in couple’s housing)
- Residential permits at $35/month
- Can be purchased online/linked to license plate

Commute Club (currently suspended)

- For students who live off campus
- Incentive to not drive alone to campus (Up to $300/year)
- Purchase daily scratchers for days you need to drive
- transportation.stanford.edu/commute-club
Alternative Transportation

Marguerite Shuttle
• Free shuttle: Campus, shopping, Downtown PA, eating etc.

Public Transit (transportation.stanford.edu)
• Caltrain runs from SF to Gilroy (caltrain.com)
• BART runs from Millbrae to SF and to the East Bay (bart.gov)
• VTA

Vehicle Rental
• Enterprise and Zipcar on campus
• Subsidized memberships and prices for Stanford students
Shopping and Eating
Where to Shop

Grocery Online Delivery/Apps
- Instacart
- Shipt
- Amazon Fresh
  - Whole Foods

Grocery Stores
- Safeway
- Trader Joe’s
- Whole Foods
- Mollie Stone’s
- Cal Ave. Farmers Market
- Market @ Munger
- Marketplace at EVGR
- Grocery Outlet
- 99 Ranch

Furniture Store
- Ikea (East Palo Alto)
- Target
- Crate & Barrel
- Walmart

Shopping Malls
- Stanford Shopping Center

Second Hand
- Facebook Marketplace
- SU Post
- craigslist
Where To Eat on Campus

9 Dining Halls
• [https://rde.stanford.edu/dining/locations-hours](https://rde.stanford.edu/dining/locations-hours)
• $5.90 Breakfast (25 Meal Block)
• $9.40 Lunch (25 Meal Block)
• $11.90 Dinner (25 Meal Block)

Cafes
• Arbuckles (GSB)
• The Axe and Palm*
• Blend @ Annette’s Cafe
• Bytes Café
• CoHo
• Coupa*
  • Green Library, GSB, Golf Course
• Forbes Family Café
• Jamba Juice
• Lutticken’s
• Beckman Bistro
• Nexus
• Olives
• Peet’s Coffee & Tea
• Ray’s Grill
• EVGR Pub
• Subway
• Ike’s
• Treehouse
• Heritage Eats
• foodtrucks.stanford.edu
Question

What dining/eating/shopping recommendations do you have?
Fun Things To Do
Social Activities

- CA Programming
- Graduate Student Counsel
- VSO Events funded by GSC
- Graduate Student Programming Board (GSPB) gspb.Stanford.edu
Stanford Recreation and Wellness

- Recreation and Wellness [https://rec.stanford.edu/](https://rec.stanford.edu/)
  › FREE EVGR Group Fitness Launch Classes for the first 3 weeks (September 13 – October 1, 2021)!
Question

What do you do for fun?
What are you looking forward to this year?
Academic Life
The Stanford Community

Fundamental Standard

Students at Stanford are expected to show both within and without the university such respect for order, morality, personal honor and the rights of others as is demanded of good citizens. Failure to do this will be sufficient cause for removal from the university.

Honor Code

The Honor Code is an undertaking of the students, individually and collectively, that they will not give or receive aid in examinations; that they will not give or receive unpermitted aid in class work, in the preparation of reports, or in any other work that is to be used by the instructor as the basis of grading.

Academic Work

Departmental Orientations!

Bookmark these websites:
- canvas.stanford.edu
- axess.stanford.edu
- exploreCourses.stanford.edu
- edusalsa.com

Don’t be shy to explore.
- D-school classes are fun!
Imposter Syndrome

What is it?
• Feeling like a fraud and fearing exposure
• Feel that you are the one mistake the admissions committee made.”

Combat Imposter Syndrome!
• Know you aren’t alone.
• VPGE, Women’s Center, GLO, CAPS, and CAs

“To take risks means occasional failures. Ask for help.”

Stanford University
Question

How do you achieve work/life balance?
Campus Resources & Finding a Community
Community Centers

- Asian American Activities Center. [http://a3c.stanford.edu](http://a3c.stanford.edu)
- Black Community Services Center [http://bcsc.stanford.edu](http://bcsc.stanford.edu)
  - Black Graduate Student Association (BGSA)
  - Black Business Students Association (BBSA)
  - Stanford Black Law Student Association (BLSA)
  - Student National Medical Association (SNMA)
- El Centro Chicano y Latino [http://elcentro.stanford.edu](http://elcentro.stanford.edu)
- Queer Student Resources [https://queer.stanford.edu/](https://queer.stanford.edu/)
- The Markaz: Resource Center [https://markaz.stanford.edu/](https://markaz.stanford.edu/)
  - Arab Student Association at Stanford (ASAS)
  - Islamic Society of Stanford University (ISSU)
  - Pakistanis at Stanford (PAS)
  - Persian Student Association
- Native American Cultural Center [https://nacc.stanford.edu/](https://nacc.stanford.edu/)
- Women’s Community Center [https://wcc.stanford.edu/](https://wcc.stanford.edu/)

To learn more, check NGSO calendar and NGSO website for Community Center events!
Vaden Health Center

Your Health at Stanford

- Introduction to Cardinal Care and Access to Services at Vaden Health Center
- NGSO Sessions:
  - 9/14, 1-2:30PM at Kingscote Gardens (Open House)
  - 9/15, 9-10PM at EVGR Building B 144 (Info session)
- Virtual Wellness
  https://vaden.stanford.edu/virtualwellbeing
- Please contact Vaden for more information on testing.
Reporting harassment or discrimination

- Title IX Office
- Office of Sexual Assault and Relationship Abuse Education & Response (SARA)
- Sexual Harassment Policy Office

Creating a Culture of Respect 9/14, 12:30-1:30PM. Check Calendar & Canvas for Zoom Link
ASSU Legal Counseling

- Provides legal advice and consultation to Stanford students, their spouses and domestic partners
- Attorneys deal with wide range of issues, including but not limited to traffic tickets, landlord tenants, criminal chargers, divorce, consumer and contract questions
- Meant to be the first step for any student who thinks that he/she might have a legal problem
- Provided by qualified attorneys
- STRICTLY confidential
- Available free to students who have not requested a refund of their special fees
More Resources

• Other NGSO Events
  › Welcome and Information Table (9.13-9.17)
• Unofficial Stanford Guide
• VPGE (Academic Resources)
• Graduate Life Office (GLO)
• Office of Financial Aid
• Diversity and First-Gen Office
• Office of Accessible Education
Question

What events or resources have you found helpful while at Stanford?
What did you wish you knew about as an incoming student?
NGSO Information/Schedule

- Canvas/Grad Connect https://vpge.stanford.edu/gradconnect
- NSGO Website http://ngso.stanford.edu
  - Calendar
  - Office Hours Info

Stay Connected with GLO

- Facebook https://www.facebook.com/stanfordglo
- Instagram @glo_Stanford
- Read your emails from graduatelifeoffice@stanford.edu
  - Grad Announce
Thank you for listening