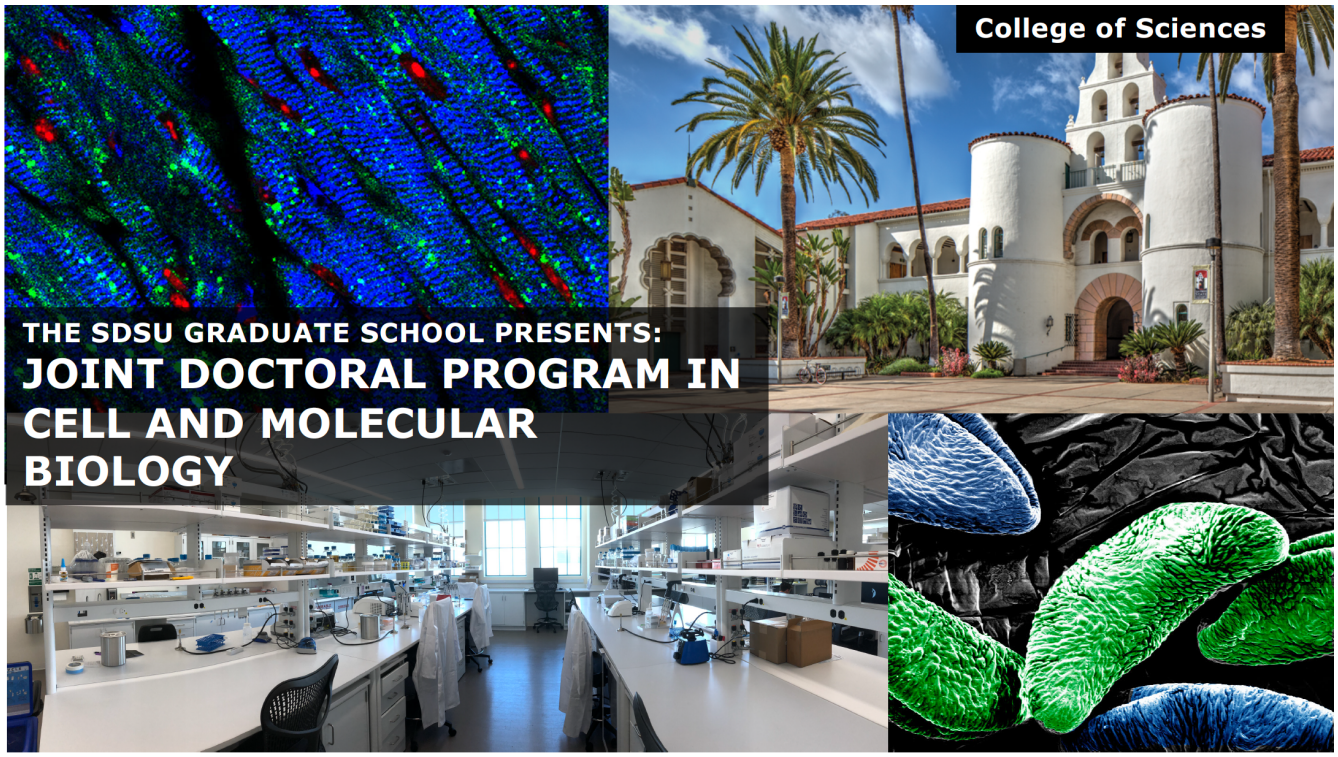


CONTENT

CONTACT INFORMATION

Patricia Swinford
SDSU CMB Joint Doctoral Administrator
Email: swinford@sdsu.edu
Office: SDSU North Life Sciences, Room 104
Phone: (619) 594-5504
Fax: (619) 594-5676

Melody Bazyar-Catalano, Ed.D.
UCSD Manager, Graduate Student & Instructional Services
Email: mbazyar@ucsd.edu
Office: UCSD Room 1226 Pacific Hall
Phone: (858) 534-8827
Fax: (858) 534-4459

Valeria Spall
UCSD Ph.D. Program Coordinator
Email: vspall@ucsd.edu
Office: UCSD Pacific Hall, 1st floor

Ileana Oseguera
UCSD Ph.D. Program Coordinator
Email: ioseguera@ucsd.edu
Office: UCSD Pacific Hall, 1st floor

Pat Walls
SDSU Doctoral Program Specialist
Email: pwalls2@sdsu.edu
Office: SDSU Student Services East, Room 1410
Phone: (619) 594-2309
Fax: (619) 594-0189

Brenda Godinez
SDSU Graduate Programs Coordinator
Office: SDSU North Life Sciences, Room 135A
bgodinez@sdsu.edu
Office: 619-594-7429
Fax: 619-594-5676

Dr. Marina Kalyuzhnaya
SDSU CMB Joint Doctoral Program Director
Email: mkalyuzhnaya@sdsu.edu
Office: SDSU North Life Sciences, Room 406
Phone: (619) 594-5626
ZOOM: https://SDSU.zoom.us/j/3300951225

Dr. Joseph Pogliano
UCSD Joint Doctoral Program Committee Chair/Adviser
Email: jpogliano@ucsd.edu
Office: UCSD Natural Sciences Building, Rm. 4108
Phone: (858) 534-0181

CMB PH.D. GRADUATE STUDENT REPRESENTATIVES

Briana Tatum
JDP-CMB Graduate Student Representative
bntatum@sdsu.edu

Luis Cruz
Biology Graduate Student Association (BGSA) JDP-CMB Representative
lcruz6470@sdsu.edu

INTRODUCTION

The Joint Doctoral Program (JDP) in Biology (Cell and Molecular Biology) was founded in 1984 by agreement between the University of California, San Diego and San Diego State University. It is one of the flagship Ph.D. programs in the California State University (CSU) system. SDSU's continued excellence and the growth and enhancement of Cellular and Molecular Biology research goes hand-in-hand with the strength and vigor of the JDP.

SDSU gratefully acknowledges the enabling and generous contributions of UCSD faculty and administration who share the academic, administrative and fiscal responsibilities that make this program possible. Our faculty and students recognize the critical role that the JDP plays in shaping the culture and excellence of the SDSU Department of Biology.
Major areas of emphasis currently include cell biology, developmental biology, immunology, biochemistry, microbiology, and plant biology using model organisms or in vitro mechanistic approaches. Current and future areas of growth include quantitative biology, host-microbiome interactions, bioengineering and the biological consequences of climate change.

The excellence of the faculty and facilities at both UCSD and SDSU and the chance for students to draw on expertise from both campuses combine to provide a unique and high-quality teaching and research environment for pursuing the Ph.D. In addition to formal coursework and original laboratory research, students have the opportunity to gain mentorship skills in the research laboratory, to serve as teaching assistants, to present a yearly research seminar, to attend multiple colloquia and journal clubs, and to present at the annual graduate student symposium. The general approach to educating joint doctoral students involves strong initial guidance with increasing independence and an open-door policy by the program administration that works to prevent or resolve conflicts.

GOALS OF THE GRADUATE PROGRAM

(see UCSD handbook)

The major goals of the program are to provide state of the art educational and research training in cell and molecular biology to high quality diverse students, preparing them for a variety of scientific careers ranging from academia and industry to education, communication, or policy. Core principles of the program are to be student centered and attuned to the goals of the trainee. The core curriculum, which includes courses at both academic institutions, focuses on development of core

competencies and transferable skills in critical thinking, communication, and leadership. The PhD program prepares students for the intellectual independence and creativity through original thesis research, guided by a thesis advisor and committee. In the first year, students have a high degree of flexibility in their choice of thesis advisor through the rotation program.

Throughout the program, there is strong emphasis on engaged mentoring through regular committee meetings, annual reports and Individual Development Plans. As a central hub of the thriving San Diego biosciences community, the program maintains strong partnerships with other campus units and programs through joint faculty appointments, organized research units, and research collaborations, enabling a wide range of interdisciplinary opportunities.
The mission is to conduct leading edge research in the basic biological sciences.

The training philosophy embraces the following principles:

● Rigor, reproducibility, and responsibility as hallmarks of high-quality science

● Commitment to quality mentorships, student mental health, and well-being

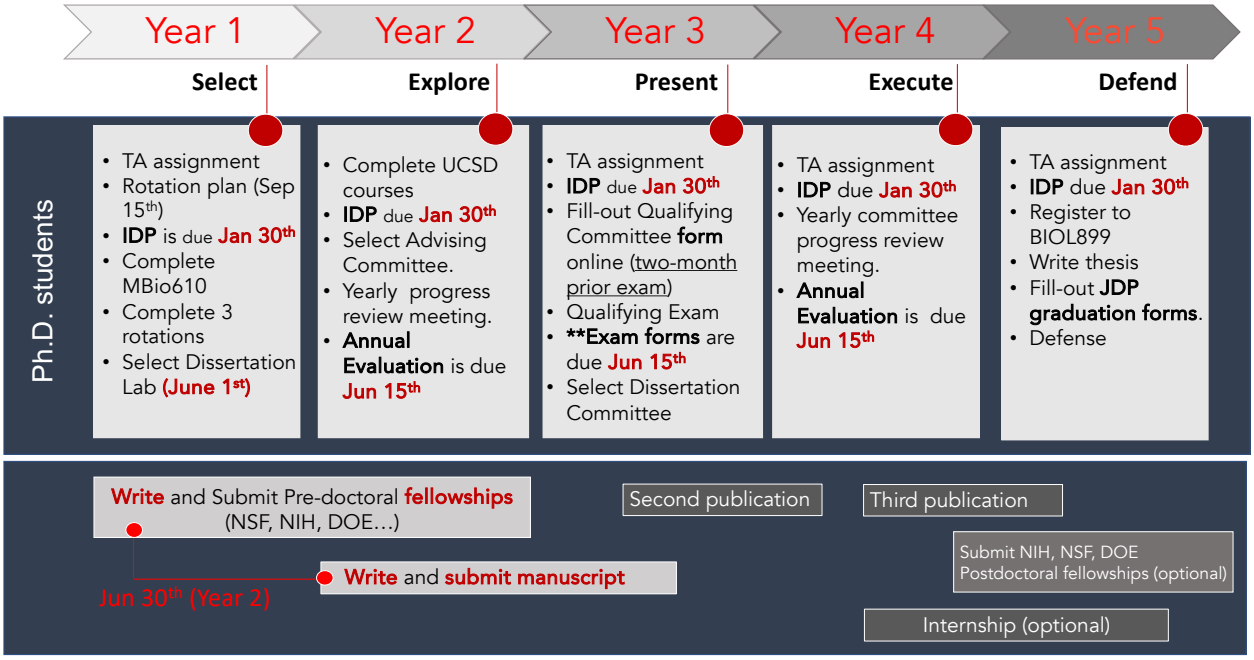
● Equity, Diversity, and Inclusion as integral to program admissions and retention

● Open science practices valuing multiple research outputs and holistic assessment of scholarly excellence

● Communication and outreach as key aspects of scientific training. As a doctoral program embedded in a large undergraduate instructional unit, the program's approach incorporates substantial training in teaching methodology and best practices. The philosophy remains that teaching and research are interdependent facets of engaged scholarship.

CURRICULUM PLAN OVERVIEW

Review the general PhD program requirements and expectations: here



Annual Evaluations ('Spring Evaluations') All students are required to receive written annual evaluations. At the end of the first year the Thesis Advisor, with input from the First-Year Advisor, will conduct the evaluation. From the second year on, students are required to have an Annual Evaluation Meeting with the doctoral committee during the Spring semester or early summer, but no later than June 15th.

Annual Evaluations (Spring Semester): (step 1) prepare a draft of the PGP form (the same as the UCSD online evaluation) and share it with your committee before your meeting; (step 2) schedule a yearly progress review meeting with your committee; (step 3) fill-out online UCSD evaluation form and submit it. You must let us know if there are any changes in your committee.

Dates: yearly committee meetings - anytime between **Jan 15th- June 15th. Online evaluation forms are available after April 1st.** All final evaluations (with faculty signatures) are due **Jun 30th.**

** Students who held their Qualifying Exam in the Spring semester are not required to submit the evaluation. However, students who kept their Qualifying Exam in the Fall semester must hold their yearly progress review meeting in Spring and submit Spring evaluations.

IDP (Due each year by Jan 30): Biology JDP **I**ndividual **D**evelopment **P**lan form**.** Review Home Page (sciencecareers.org). if you feel you do not know where to start. The website can help you to examine your interests and skills and match those with scientific career paths. That might be just a start.

PGP (Due each year by Jun 15th; see exception below): Yearly Committee Meeting – *Path-to-Graduation Plan form/ UCSD annual evaluation form.*

Qualifying Committee form (also known as the JDP-2 form or **Formation of Committee form).** You must complete the Qualifying exam via the fillable PDF form online *at least* two months prior to this. The fillable PDF is available via the UCSD website.

Exam forms: JDP-3 form: Report of the Qualifying Examination and Advancement to Candidacy Committee for the Degree of Doctor of Philosophy in Biology, **JDP-3 Addendum**, and **Thesis Proposal Exam Feedback Form**.

JDP graduation forms: Refer to the JDP Graduation Checklist for details.
PhD_Publication_Steps_v6 (sdsu.edu)

Review Ph.D.* Dissertation Publication Steps Requirements: Announcements and Deadlines | SDSU

Every year, students must attend and participate in the following:
Attend weekly seminars:
Biology Seminars – Mondays at 12 pm
MBI, Molecular Biology Institute Seminars – Thursdays at 4pm (Fall Semester)
MBI-GSS, Graduate Student Seminars – Thursdays at 4pm (Spring Semester)
*** View the schedule/time/location for each at **Biology Directory (sdsu.edu)**
Note: Students with MS degrees may attend UCSD in their first year.

Important Links
2023/2024 SDSU Academic calendar is (here)

Selecting the Doctoral Thesis Committee (here)

UCSD Ph.D. Program Requirements (here)

Biological Sciences Ph.D. Graduate Course Options (here)

2023/2024 UCSD calendar (link is here)

EXPECATIONS

(read more in UCSD handbook)

General expectations. To foster the best possible working and learning environment, our program strives to maintain a climate of fairness, cooperation, and professionalism. These principles of community are vital to the success and the well-being of all academic community members. We affirm each individual's right to dignity and strive to maintain a climate of justice marked by mutual respect for each other. We celebrate our rich cultural diversity and support respect for all cultures by both individuals and the university as a whole. We are committed to promoting and supporting a community where all people can work and learn together in an atmosphere free of abusive or demeaning treatment.

Technical Abilities. Technical Abilities are the essential competencies required of all graduate students to matriculate, to progress through the curriculum and to meet the requirements for graduation from the UCSD School of Biological Sciences Graduate Program and SDSU Cell and Molecular Biology Program. The abilities need to be met by all students, with or without reasonable accommodations. The abilities are outlined below and include physical, cognitive, communication, interpersonal, and professional.

To be qualified for participation in the graduate program, students must meet both the academic and technical competencies, with or without reasonable accommodation.

Physical - A graduate student must be capable of performing the experimental tasks required by the graduate program to which he/she has applied or entered. The specific requirement will vary from program to program, and will vary according to the specific research area within a program.

Cognitive - A graduate student must have the critical, problem-solving skills required in the proposed field of study. He/she must have the ability to think independently and to reason, identify patterns, analyze, quantify, integrate, conceptualize, and synthesize data and ideas. He/she will approach problems effectively by recognizing ill-defined and well-defined problems and articulate problems clearly with colleagues and professors.

Communication Abilities - A graduate student must be able to communicate effectively with, and to receive communication from, members in his/her research group and fellow scholars in relevant academic fields.

Interpersonal Attributes - A graduate student must possess the maturity and self-discipline required for full participation in degree requirements and completion of the program of study. Candidates need to be able to develop mature, sensitive, and effective relationships with colleagues and have the interpersonal skills to interact positively with people from all levels of society, ethnic backgrounds, and beliefs.

Professional - A graduate student needs to be able to consistently display respect for self and others, and show diligence, dedication and reliability. He/she needs to function effectively under multiple priorities and take responsibility for themselves and his/her behavior. He/she must abide by the code of ethics outlined by the University and the profession of study

Good Academic Standing. Throughout PhD training students are expected to maintain good academic standing, which means meeting the following standards:

- As a first-year graduate student, students are expected to complete three 12-week research internships or rotations in laboratories at SDSU. At the end of year 1 one students must identify an eligible faculty member who agrees to guide the student's research and to serve as chair of the dissertation/thesis committee;
- Earn a term GPA of 3.00 or higher each semester, with no grade less than B.
- You will also participate in selected segments of core curricula at SDSU (first year) and UCSD (second year), which provides comprehensive coverage in most areas of modern biology.
- If you completed a CSU master program in any area of biology (CMB, Biotechnology, Biochemistry), you can request to take the UCSD classes during your first year in the program. Such requests must be submitted by July 1st via email. The committee would notify you by July 15th if the request were supported.
- Each year complete a satisfactory annual spring evaluation (online UCSD portal)
- Maintain satisfactory progress toward completion of degree requirements (see above), and as instructed by the student's faculty advisor, and/or the student's committee;
- Advance to candidacy in Year 3;
- Complete the degree, within the established time limits. Under normal circumstances, the established time period in which students are expected to complete requirements for the PhD is five years. The goal of this Doctorate Policy and associated time limits is to encourage completion of the PhD in a timely manner, and to stimulate thesis advisors and students to work collaboratively on ensuring that program requirements and other milestones are met.

Good Academic Standing is a requirement for: 1. Holding academic appointments (e.g., GSR, IA). 2. Receiving fellowship, scholarship, or traineeship appointments. 3. Advancing to candidacy for a graduate degree. 4. Going on a leave of absence. 6. Obtaining a graduate degree from the joint SDSU/UC San Diego.

Graduate students who are not in good standing for any reason are subject to probation and/or disqualification from further graduate study.

CURRICULUM

YEAR 1– Students will reside at SDSU* to complete three 12-week lab rotations and undertake coursework as indicated by the Executive Committee. The rotation laboratory will be determined by the student, the Executive Committee, and the PI of the laboratory. The lab selection should depend on 1) student research interests; 2) the availability of lab space (i.e., can accept/have space for more students); and 3) the availability of research support in that laboratory. To ensure well-rounded pre-dissertation lab exposure, the student will be advised to undertake at least one lab rotation outside the indicated field of interest. The rotation will consist of a well-defined research project to be carried out by the student. The student will present the results of a rotation project in the Graduate Seminar Series at the end of the rotation period.

Rotation Plan:

All first-year students are expected to complete **at least three laboratory rotations** at San Diego State University. Rotations allow you to explore the research field and lab environment before you accept a position. Use this opportunity wisely. Investigate research topics, learn new techniques and ask other students questions about the scholarship and mentorship of particular supervisors before you decide to sign on.

Plan your rotations in accordance with the following schedule:

August 21st-August 26th: Set up rotation plan - identify labs and contact faculty to set up your rotation. You should identify your first rotation lab by **September 1st**. You also should propose (can be tentative) two other rotation labs by **October 15th**. Upload your rotation labs (lab/PI name) as a text file here. You may also send an email to SWINFORD@sdsu.edu. If your rotation labs 2 and 3 change, timely updates must be provided via email and updated in Canvas.

First rotation: September 4th - November 22nd (includes one week for the wrap-up, report, and performance evaluation);

Second rotation: November 27th - February 23rd (includes one week for the wrap-up, report, and performance evaluation).

Third rotation: February 26th - May 17th (includes one week for the wrap-up, report, and performance evaluation).

Identify your final lab by June 1st, 2024. An additional fourth rotation might be arranged if needed. Performance evaluations will be submitted by your rotation mentors and used to assess your standing in the program. Good standing in all three rotations is essential to continuing your graduate studies. You must identify your lab by the end of the academic year 23/24. Students who fail to identify the research lab will be withdrawn from the program.

You must complete the IDP form (due in Canvas Jan 30) and UCSD Spring evaluation (online UCSD, due June 15).

All first-year students enroll in Molecular Biology 610 (except students who will attend UCSD classes). It is to the student's advantage to acquire a well-rounded background in cell and molecular biology; thus, some courses outside the student's indicated research interests may also be advised. **Additionally, all students will be expected to participate actively in Journal Clubs and Research Seminars (Monday and Thursday) throughout their entire time at SDSU.**

Teaching assistant assignments will be made through the Biology Department, and the level of teaching involvement is dependent upon the source of the student's stipend.

At the end of the first academic year, the student will indicate to the Executive Committee his/her choices for a Dissertation Advisor. In close consultation with the student and potential Dissertation Advisor, the Executive Committee will then determine the feasibility of the selection based on several criteria, including 1) space in the prospective lab, 2) correlation of student and faculty research interests, and 3) appropriate student preparation to undertake work in the laboratory of choice. After acceptance in a dissertation lab, the student will spend the summer between the first- and second years beginning dissertation research.

***NOTE:** If you completed your MS degree at SDSU, you might take classes at UCSD (approval is needed).

YEAR 2– You must complete the IDP form (due **Jan 30)** and select their Advising Committee (due **April 1st**). The Advising Committee is composed of three faculty members chosen from SDSU and UCSD Joint Doctoral Program graduate advisors. Faculty members are selected in consultation with the student and the Dissertation Advisor. Students should send an e-mail to Patti Swinford at swinford@sdsu.edu with your proposed committee members' information. The Chair of the Advising Committee will be the Dissertation Advisor; at least one member must be from UCSD (see additional instructions here).

In Spring, all students must schedule annual meetings with the Advising Committee. After the committee meeting, the students should complete the UCSD Spring evaluation (online UCSD, due June 15). The Advising Committee will establish the student's course of study and help the student select the Qualifying Committee for Year 3 Exam.

The students are expected to continue dissertation research between years 2 and 3 in the summer.

YEARs 3 and all subsequent years will be spent in residence at SDSU.

The Oral Qualifying Exam must be taken by the end of the Spring semester of the third year. If you take the exam in Spring (Jan 15- June 15), the meeting will replace your annual committee meetings. However, you must submit all forms. Upon successfully completing this

exam, the student will advance to candidacy for the Ph.D. degree. The remainder of the program will involve full-time dissertation research. Dissertation research will continue throughout subsequent years until completion, as judged by the Dissertation Committee, of which the Dissertation Advisor is the Chair.

You must complete the **IDP form** (via Canvas, **due Jan 30th**), and, if you took your qualifying exam in Fall, the **UCSD Spring evaluation** (online UCSD, **due June 15th**).

YEAR 5 (or 6) Generally, completion of dissertation research is indicated by the completion of an original research project. It includes the publication of at least two peer-reviewed research papers in first-rate refereed journals, with the candidate appearing as the first author. At this point, the candidate will complete a written thesis. Upon completing the dissertation, a public oral presentation of the work will be presented.

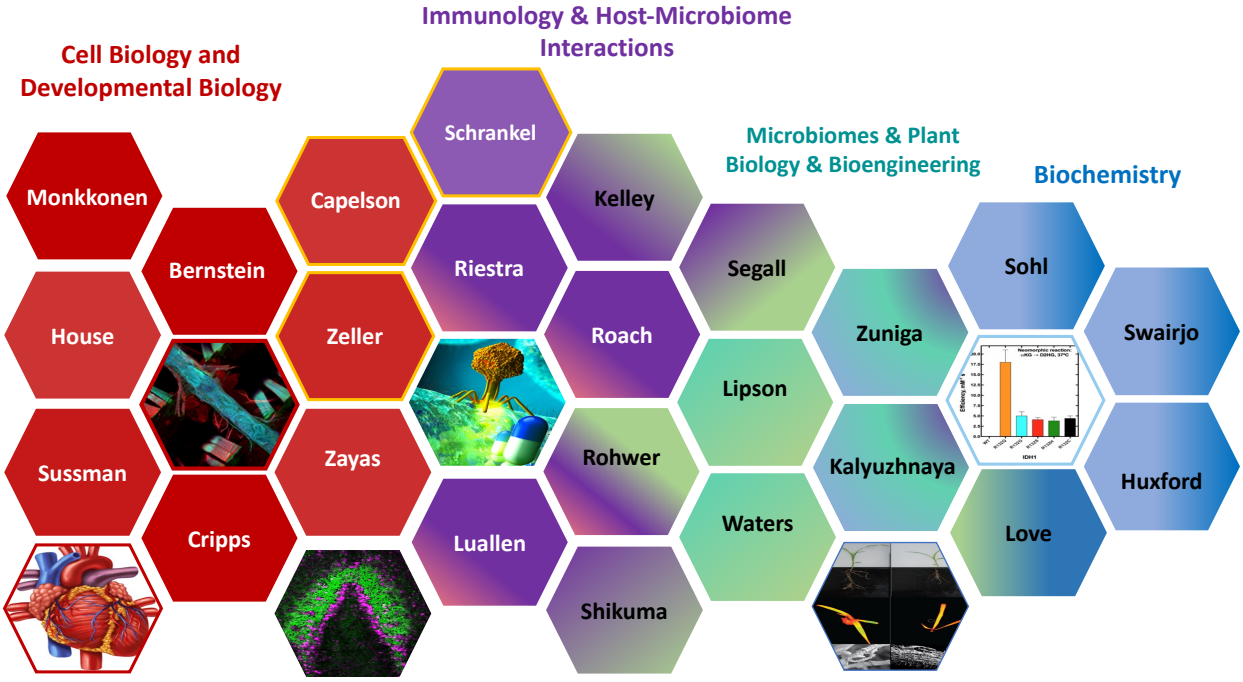
You must complete the **IDP form** (via Canvas, **due Jan 30th**), and, if you took your qualifying exam in Fall, the **UCSD Spring evaluation** (online UCSD, **due June 15th**).

Award of the degree requires acceptance of the thesis manuscript by the Dissertation Committee and successful Department-wide defense of the dissertation. The Doctor of Philosophy Degree in Biology will be awarded jointly by the Regents of the University of California and the Trustees of the California State University, in the names of both cooperating institutions. You can review the graduation steps here.

Get yourself a copy of the UCSD Preparation and Submission Manual for Doctoral Dissertations and Master's Theses "Bluebook". Dissertation & Thesis Manual (ucsd.edu)

NOTE: UCSD ENFORCES A SEVEN-YEAR LIMIT TO ENROLLMENT FOR THE PH.D.

FACULTY



Sanford I. Bernstein, Professor of Biology; Ph.D., Wesleyan, 1979. Molecular basis of muscle contraction; Drosophila models of human skeletal and cardiac muscle diseases (e-mail: sbernstein@sdsu.edu).

Maya Capelson, Associate Professor of Biology; Ph.D., Johns Hopkins University, 2005. Epigenetic memory of cellular states, regulation of gene expression, nuclear structure, and chromatin biology, using the fly model and genomic, biochemical and imaging techniques. (e-mail: mcapelson@sdsu.edu).

Richard Cripps, Professor of Biology & Fred Henry Chair of Life Sciences; D.Phil., University of York, UK, 1990. Defining the transcriptional mechanisms of heart and skeletal muscle development and disease, using Drosophila as the model system. Identification of novel myofibrillar proteins, and using CRISPR to determine their roles in muscle assembly and function. (e-mail: rcripps@sdsu.edu).

Carrie House, Assistant Professor of Biology, Ph.D., George Washington University, 2011. Cancer Biology/molecular signaling; Mechanisms of cancer progression, drug resistance, and relapse involving the tumor microenvironment and cancer stem cells. (e-mail: cdhouse@sdsu.edu).

Marina Kalyuzhnaya, Professor of Biology, Ph.D., IBPM, RAS, 2000. Microbial genetics and physiology, industrial microbiology, metabolic modeling and engineering, systems biology of non-model microbes, functional diversity of microbial methane cycle, and environmental impacts of climate change. (e-mail: mkalyuzhnaya@sdsu.edu).

Scott Kelley, Professor of Biology; Ph.D., Colorado, 1998. Bioinformatics; metagenomics; environmental microbiology; microbiology of the built environment; host-microbe interactions (e-mail: skelley@sdsu.edu).

David A. Lipson, Professor of Biology; Ph.D., Colorado, 1998. Soil microbial ecology; plant-microbe interactions; biogeochemistry; linking microbial diversity to ecosystem processes. (e-mail: dlipson@sdsu.edu).

John Love, Associate Professor of Chemistry and Biochemistry, Ph.D., UCSD 1998. Biochemistry, Structural Biology, Multidimensional Heteronuclear NMR spectroscopy, Engineering of Metal-Controlled Protein Dimers. (e-mail:jlove@sdsu.edu).

Robert Luallen, Assistant Professor of Biology, Ph.D., University of California, San Diego, 2016. Molecular mechanisms of host-microbe interactions, microbiome colonization, and bacterial pathogenesis using nematode animal models. (e-mail: rluallen@sdsu.edu)

Teresa Monkkonen, Assistant Professor, PhD Baylor College of Medicine 2016. Understanding how the tumor microenvironment (i.e. non-tumor cells) controls breast cancer progression using in vivo and cell culture models. Evaluating the molecular biology influencing breast cancer patient disparities and outcomes. (email address: tmonkkonen@sdsu.edu)

Angelica Riestra, Assistant Professor of Biology; Ph.D., University of California, Los Angeles, 2015. Molecular mechanisms of *Trichomonas vaginalis* pathogenesis. Biology of host-microbe interactions; Parasite-bacteria interactions; Innate immunity; Inflammasome biology; Pyroptotic cell death. (e-mail: ariestra@sdsu.edu).

Dwayne Roach, Assistant Professor and Conrad Prebys Chair of Virology. Ph.D., Brock University, 2011. My lab investigates the beneficial and harmful interplay between host (human and animal) and microbe(s) (phages and bacteria) using approaches that bridge microbiology, immunology, genomics/bioinformatics, *in vivo* and mathematical models, and clinical research. (e-mail: dwayne.roach@sdsu.edu).

Forest Rohwer, Professor of Biology; Ph.D., San Diego State/California, San Diego, 1997. Genomic analysis of marine phage; opportunistic infections and coral disease; diversity of coral-associated bacteria. (e-mail: frohwer@sdsu.edu).

Catherine Schrankel, Assistant Professor of Biology; Ph.D., University of Toronto, 2017. Development and evolution of innate immune and xenobiotic defense systems; molecular mechanisms of ABC and SLC transporters in host-microbe and host-environment interactions; gut epithelial immunity; sea urchin larva and mammalian cell line models; CRISPR/Cas9 gene-editing and generation of stable transgenic sea urchin lines. (e-mail: cschrankel@sdsu.edu).

Anca M. Segall, Professor of Biology; Ph.D., Utah, 1987. The mechanism of site-specific recombination; structure-function analysis of recombination proteins. (e-mail: asegall@sdsu.edu).

Nicholas Shikuma, Associate Professor of Biology; Ph.D., University of California, Santa Cruz, 2011. Molecular mechanisms of bacteria/bacteriophage/animal interactions. (e-mail: nshikuma@sdsu.edu).

Christal Sohl, Associate Professor of Chemistry and Biochemistry; Ph.D., Vanderbilt University, 2010. Focus is on understanding mechanistic problems at the intersection of biochemistry/structural biology and oncology/pharmacology. (e-mail: csohl@sdsu.edu).

Manal A. Swairjo, Associate Professor of Biochemistry; Ph.D., Boston University, 1996. Biosynthesis of the modified nucleotides of nucleic acids. (email: mswairjo@sdsu.edu).

Mark Sussman, Distinguished Professor of Biology, University of Southern California 1989. Structural and molecular basis of heart failure, cell therapy for regenerative medicine. Vaping and vaping-associated pulmonary injury (VAPI) and inhalation exposure damage from smoking, vaping, and cannabis use. (email: msussman@sdsu.edu).

Elizabeth R. Waters, Professor of Biology, Ph.D, Washington University, St. Louis MO. Mechanism and process of genome evolution; evolution of protein function; abiotic stress tolerance in plants. (email: ewaters@sdsu.edu; website: waterslab.orgLinks to an external site.).

Ricardo M. Zayas, Professor of Biology; Ph.D., Tufts University, 2003. Molecular mechanisms underlying tissue regeneration in planarians. (e-mail: rzayas@sdsu.edu).

Robert W. Zeller, Professor of Biology; Ph.D., Caltech, 1995. The developmental biology of ascidians; evolution of developmental gene regulatory networks in primitive chordates. (email: rzeller@sdsu.edu).

Cristal Zuniga, Assistant Professor of Biology; Ph.D., Universidad Autonoma Metropolitana, 2014. Development of experimental and computational systems biology approaches to study microorganisms in isolation and within microbial communities. We apply this knowledge to understand biological treatment, bio-production, global cycles, and health and disease roles in hosts. (email: czuniga2@sdsu.edu).

SDSU/UCSD CMB JDP RESOURCES

SDSU campus resources:
SDSU Marine Ecology & Biology Student Association: https://mebsa.wordpress.com/
SDSU Biotechnology Student Association: Biomedical Technology Student Association (sdsu.edu)
SDSU MBRS/IMSD: SDSU IMSD – Excellence in Science through Equity and Outreach
CSU Program for Education and Research in Biotechnology: CSUPERB | CSU (calstate.edu)
SDSU Division of Research Affairs: http://aztecgrad.sdsu.edu/gra/Default.aspx

San Diego Resources and Volunteering Opportunities:
Association for Women in Science: Association for Women in Science - AWIS
Ocean Discovery Institute: Ocean Discovery Institute – Young Lives Transformed Through Science
The Greater San Diego Science and Engineering Fair: Welcome to the GSDSEF! | Greater San Diego Science and Engineering Fair
Expanding Your Horizons: Expanding Your Horizons of San Diego – Supporting young women along their path to a STEM career (eyhsandiego.org)
San Diego Science Alliance: https://www.stemschool.com/school/san-diego-science-alliance

UCSD Resources
Core Courses: Ph.D. Program (ucsd.edu)
Curricular Tracks: Curricular Requirements (ucsd.edu)
Academic Calendar: Enrollment and Registration Calendar 2023-2024 (ucsd.edu)
Schedule of Classes: Student/Class Info (ucsd.edu)

LIBRARY RESEARCH AND TECHNICAL SUPPORT

SDSU: Go to Welcome to the Library! | University Library | SDSU for help with your research needs, to access the catalog, develop a research strategy or to ask questions.

The Library & Information Access Student Computing Center at San Diego State University is located on the 2nd floor of the Malcolm A. Love Library building and is available for Help Desk consulting or call 594-3189. Go to Technology | University Library | SDSU. The Student Computing Center's purpose is to facilitate students in completing assigned class work, as well as provide assistance to students having computer problems relating to the internet, course-specific software, file transfers, PC & Mac Operating Systems, and Microsoft Office software.

UC San Diego Library Services *: go to UC San Diego Library Home Page (ucsd.edu) for help with your research needs, to access the catalog, develop a research strategy or ask questions. Don't know where to get started? Call the Information Desk at 858-534-0134.

UC San Diego Academic Computing and Media Services You can contact UCSD's ResNet - whether you live on or off-campus. ResNet provides support for students who have computer and/or campus network questions or problems. Check out the website for detailed information or call (858) 246-4357 or send your email to resnet@ucsd.edu. ResNet (ucsd.edu)

SAFETY

Please use common sense when you are at either campus, particularly after dark. Be alert! Look around you; be aware of who else is around. If you think someone is following you, turn around and check. The surprise of a hostile look or aggressive words might avoid problems. If you feel you are in danger, make as much noise as possible and run. Trust your instincts – if you feel uneasy, get out of the situation as quickly as possible.

SDSU's Department of Public Safety (University Police | SDSU)

Hours of operation: M-Th 10am to 3:00pm 5350 55th Street
Phone: (619) 594-1991 Email: police@sdsu.edu

UCSD Public Safety (Police Department (ucsd.edu))

Non-Emergency Phone (858) 534-HELP (4357)

Campus Services Complex, Building B (map) **Fax** (858) 534-6192

UC San Diego Police Department 9500 Gilman Drive, MC 0017
La Jolla, CA 92093-0017

Research Safety Requirements

Students, staff and faculty are each responsible for safe research practices and for compliance with the school safety policies. All students are expected to review the EH&S General Lab Safety Practices and complete safety training requirements, including the Biosafety Program training. You should also complete the laboratory specific safety proceedings before engaging in any research activities on campus. Students researching and/or performing experiments in off-campus locations are subject to additional training, which must be coordinated with your mentor.

EXTERNAL MERIT-BASED FELLOWSHIPS & INTERNSHIPS

We encourage you to think early about your professional career. Successful fellowship applications are the best way to build a foundation for long-term scholarly and professional success. The list below includes some of the many nationally competitive Fellowship programs and funding opportunities.

The deadlines typically range from October through February.

NSF- the deadline is in Fall (October 18, 2021): https://www.nsfgrfp.org/

NIH- Deadlines for application – April 8, August 8, and December 8 each year. (https://www.nlm.nih.gov/ep/NRSAFellowshipGrants.htm

NIH Ruth L. Kirschstein Predoctoral Individual National Research Service Award

https://researchtraining.nih.gov/programs/fellowships/F31

Ford Predoctoral Fellowship

https://sites.nationalacademies.org/PGA/FordFellowships/PGA_171962

California Sea Grant State Fellows Program

https://caseagrant.ucsd.edu/fellowships/types/state-fellowship

The DOE Office of Science Graduate Fellowship program (SCGF). https://science.osti.gov/wdts/scgf

American Association of University Women (AAUW): https://www.aauw.org/resources/programs/fellowships-grants/

National Defense Science and Engineering Graduate (NDSEG) Fellowships: https://www.ndsegfellowships.org

Links to an external site.**The NRC Research Associateship Programs (RAP)**: https://sites.nationalacademies.org/PGA/RAP/index.htm

The Smithsonian: https://www.smithsonianofi.com/fellowship-opportunities/

EXTERNAL INTERNSHIPS

You should think about your future career path. Internships represent an excellent opportunity to explore different areas of research outside of academia. Below is a list of internship programs offered by DOE and NIH, and a few out of many local Biotech companies. Before applying, discuss your plans with your PhD advisor.

Office of Science Graduate Student Research (SCGSR) Program

https://science.osti.gov/wdts/scgsr

NIH Summer Internship Program

https://www.niehs.nih.gov/careers/research/summers/index.cfm

You can also find videos in Canvas that provide more information about different types of fellowships, as well as our student experiences.

RESOURCES

Attending graduate school is hard enough as it is; making it work logistically and financially shouldn't be another hurdle. See the resources below to help navigate your finances and other circumstances while a graduate student at SDSU. Please keep the spirit of this document alive by updating if anything is incorrect.

Incoming Student Housing

Meet & Greet Doc: Contact Patti Swinford (swinford@sdsu.edu) to get put on a shared Google Doc to meet other incoming Biology graduate students and coordinate your housing plans.

Finding a roommate: Email the biology listserv and/or use the off-campus roommate finders, such as roomster.com or collegerentals.com.

In partnership with Aztec Shops, we are happy to let you know that on-campus apartments at Sanctuary Suites (which has 11 multi-bedroom apartments) have been provisioned for graduate housing.

Financial Circumstances You Should be Aware of

1. First-year students will receive their first paycheck on October 1st. Please contact your department chair early if this may be a problem.
2. Students with external fellowships will not be eligible for the SDSU benefits package. Depending on the fellowship, it may be taxable, but no taxes will be withdrawn from your paychecks. You will be responsible for saving money throughout the year to pay your taxes.
3. International students must pay into retirement, and it cannot be waived. You can cash out after you finish your employment or transfer it into an IRA using this link: https://cecpilot.sco.ca.gov/

Financial & Employment Resources

Application for Federal Student Aid (FAFSA): https://studentaid.gov/h/apply-for-aid/fafsa

Office of Financial Aid and Scholarships:
Cal Coast Student Financial Center

One stop shop for: Financial Aid, Scholarships & Student Accounts

Meet with a counselor via the virtual help desk link on the website.

Link to my.SDSU to check financial aid eligibility and student account/ billing

Keep track of your financial documents: Paystubs, W-2, retirement
https://sdsuedu.sharepoint.com/sites/BFA/HR/SitePages/Home.aspx

SDSU Retirement: https://cecpilot.sco.ca.gov/

SDSU Benefits for TAs:
https://sdsuedu.sharepoint.com/sites/BFA/HR/benefits/Pages/Teaching-Associates.aspx
https://sdsuedu.sharepoint.com/sites/BFA/HR/benefits/Pages/Health-Benefits.aspx

International Student Center:
International Student Center | International Student Center | SDSU

SDSU Scholarships: https://sa.sdsu.edu/financial-aid/scholarships/sdsu-aztec-scholarships
SDSU Scholarship application is open in Spring (see website for exact dates)

SDSU Fee Relief Grant: https://sa.sdsu.edu/ecrt/fee-relief

SDSU Economic Crisis Response Team: https://sa.sdsu.edu/ecrt

SDSU Food Pantry: https://as.sdsu.edu/foodinsecurity/foodpantry/

Financial Tax Advice for PhDs: http://pfforphds.com/

OTHER RESOURCES:

- **ECRT Basic Needs Resources** (ECRT Basic Needs Resources | Student Affairs and Campus Diversity | SDSU)
- **Dial 211 for the local community and referral services** (Find Help - Helpline Center)
- **Health and Human Services Info**: (Health & Human Services Agency (sandiegocounty.gov))

SOCIAL PROGRAMS FOR STUDENTS WITH LOW INCOMES

Resource for programs available in San Diego: https://211sandiego.org/

CalFresh (SNAP): https://www.getcalfresh.org/

- Provides up to $194 a month on an EBT card to be spent on groceries
- To qualify: http://mycalfresh.org/students/
- Student status may change eligibility requirements.

SDG&E CARE program: https://bit.ly/2DlJo31

- Provides 30% or more discount on natural gas and electricity bills to low-income residents
- To qualify: CARE eligibility is based on household size and yearly income or by household participation in certain public assistance programs.

California Lifeline Program: Contact your cell phone provider to start an application

- Provides discounted home phone and cell phone services to qualified households
- To qualify: You must be enrolled in Medicaid/Medi-cal, LIHEAP, CalFresh, or other assistance programs

ACCESS from AT&T: https://www.att.com/internet/access/

- Provides a low-cost wifi option for home internet access to low-income households
- To qualify: At least one person in the household participates in the SNAP program

Connect2compete from Cox:
https://www.cox.com/residential/internet/connect2compete.html

- Provides a low-cost wifi option ranging from$10 a month for home internet access to households with at least 1 child in K-12 education.

Homeless shelter: http://interfaithshelter.org/

- If you are at risk of losing your housing, please contact your advisor and your program chair immediately.

Covered California Healthcare: https://www.healthforcalifornia.com/covered-california-enrollment

- If you do not receive benefits through SDSU, you may be eligible for subsidized healthcare through Covered California. Open enrollment is restricted to the end of the year unless you had a life change (i.e. moved, changed jobs).
- You may also be eligible for MediCAL: https://www.healthforcalifornia.com/covered-california/health-insurance-companies/medi-cal

ECONOMIC CRISIS RESOURCES

- **Economic Crisis Response Team:** https://sa.sdsu.edu/ecrt
- **SDSU Food Pantry:** https://as.sdsu.edu/foodinsecurity/foodpantry/
- **Center for Transformative Justice (**Center for Transformative Justice | Student Affairs and Campus Diversity | SDSU)

HEALTH and DISABILITY SERVICES

SDSU Student Health Services [Student Health Services | Student Affairs and Campus Diversity | SDSU] is in Calpulli Center and is open Monday through Friday 8:15-1:00. For appointments, please call (619) 594-4325.

UCSD Contact Student Health Services (Student Health Services (ucsd.edu)) is located in Student Health Service is located on Library Walk, west of the Price Center, south of Geisel Library. Telephone: (858) 534-3300
Fax: (858) 534-7545
E-mail:studenthealth@ucsd.edu

SDSU Disabled Student Services [Student Ability Success Center HOME | SDSU] can provide support services for students with mobility limitations, learning disabilities, hearing or visual impairments, and for students in programs for the disabled. They are located in Calpulli Center Suit 3101 (third floor); Hours: Monday - Friday, 8:00 am - 4:30 pm. Their phone number is (619) 594-6473. Email: sascinfo@sdsu.edu

UCSD Office for Students with Disabilities (OSD) [Disability Resources (ucsd.edu)] Pepper Canyon Hall, Suite 300. Appointments will continue to be offered virtually. **EMAIL THE OSD IF YOU HAVE ANY QUESTIONS** Telephone: (858) 534-4382

COUNSELING & PSYCHOLOGICAL SERVICES

From time to time, students face problems related to their academic programs or personal affairs. There are many channels available to students for addressing these. With regard to academic issues, it is always advisable to discuss issues with your research advisor or, if related to a particular class, with the faculty instructor. However, the doctoral program coordinators may be consulted at any time for general or specific issues and can serve as a resource for finding resolution within the program, college or campus. Each university also has specific procedures and policies for addressing student grievances if these can't be resolved internally within the program or with a particular faculty member. The important issue is to seek advice early on and know that we are here to help.

Immediate help in an emergency: **call 911**

SDSU's Counseling & Psychological Services have made themselves available 24/7 (http://go.sdsu.edu/student_affairs/cps/Default.aspx). You can:

CALL 619-594-5220

WALK into Calpulli 4401

- Attend a 20-minute drop-in counseling session from 2-4 pm: https://newscenter.sdsu.edu/student_affairs/cps/groups-workshops.aspx
- Tuesdays in the Center for Intercultural Relations o Wednesdays in the International Student Center
- Thursdays in EBA 423
- Drop in session info

TALK with a therapist link: http://go.sdsu.edu/student_affairs/cps/therapist-consultation.aspx

VISIT the Center for Well Being: Center for Well-Being | Student Affairs and Campus Diversity | SDSU

***Note*:** many have experienced issues with counselors in Calpulli being too booked.

Please don't let this dissuade you from help, getting a referral, and using any of these other provided resources:

UCSD Counseling and Psychological Services. Galbraith Hall, Room 190 Telephone: (858) 534-3755 http://caps.ucsd.edu/

Women's Resource Center: WRC Women's Resource Center | SDSU | Student Affairs and Campus Diversity | SDSU

Veterans Resources: SDSU Veterans Resource Center (Veterans | SDSU | Student Affairs and Campus Diversity | SDSU)

LBGTQ+ resources: SDSU Pride Center (The Pride Center | Student Affairs and Campus Diversity | SDSU)

Resources for African-American students: SDSU Black Resource Center (Black Resource Center | Student Affairs and Campus Diversity | SDSU)

Resources for Latinx students: Latinx Resource Center (Latinx Resource Center | Student Affairs and Campus Diversity | SDSU)

Resources for Native Americans/Indigenous Peoples: Native Student Resource Center (Native Resource Center | Student Affairs and Campus Diversity | SDSU).

Center for Intercultural Relations: https://newscenter.sdsu.edu/student_affairs/intercultural/ **Office of Equal Opportunity Programs and Ethnic Affairs**: The Office of Educational Opportunity Programs and Ethnic Affairs | Student Affairs and Campus Diversity | SDSU

Undocumented Resource Area: Undocumented Resource Center | Student Affairs and Campus Diversity | SDSU

Resources outside SDSU and UCSD:

Dial 211 for the local community and referral services Find Help - Helpline Center)

San Diego crisis and helpline: Call 888-724-7240 (San Diego Health and Human Services | It's Up to Us (up2sd.org))

National Suicide Prevention Lifeline: Call 988 (https://suicidepreventionlifeline.org/)

Podcast on mental health: All Episodes | The Hilarious World of Depression

Human Health Services: Mental health resources (Behavioral Health Services (sandiegocounty.gov)) and general info (Health & Human Services Agency (sandiegocounty.gov))

Resources for Loss Survivors: San Diego | AFSP

Faculty/staff are happy to walk you to any campus centers to get help. Please reach out to a trusted ally for help.

SEXUAL MISCONDUCT RESPONSE AND PREVENTION

Immediate help in an emergency: **call 911**

SDSU resources: Home | SEXUAL MISCONDUCT RESPONSE & PREVENTION (sdsu.edu)

Medical help, SDSU Student Health Services: Student Health Services | Student Affairs and Campus Diversity | SDSU appointments, call 619-594-4325. After hours nurse line: 858-225-3105

San Diego Domestic Violence/Sexual Assault 24-Hour Hotline: 888-385-4657 (Center for Community Solutions | 24/7 Crisis Hotline (ccssd.org))

Dial 211 for local community and referral services (Find Help - Helpline Center)

Sexual Assault Response Team (SART): Sexual Assault Response Team (sandiegocounty.gov)

ADDITIONAL INFORMATION FOR NAVIGATING UNIVERSITY-RELATED ISSUES

Ombudsman: Student Ombudsman | Student Affairs and Campus Diversity | SDSU

Center for Student Rights and Responsibilities: Student Rights and Responsibilities | Student Affairs and Campus Diversity | SDSU
SDSU Office Location: Student Services West, Room 1604 Telephone: (619) 594-3069
Fax: (619) 594-3081

UCSD Office of Student Conduct: Office of Student Conduct (ucsd.edu)
Student Services Center 5th Floor, Suite 562
We are currently working remotely. **Email:** studentconduct@ucsd.edu **Phone:** (858) 534-6225

STUDENT LIFE & LEADERSHIP

Come visit us in **Student Life & Leadership** [Student Life & Leadership | Student Affairs and Campus Diversity | SDSU] where opportunities for involvement are waiting for you. Make the most of your experiences at San Diego State University by getting involved. Balance your time for learning, leading, and living by participating in activities with other students who share your same interests. Build your skills, create friendships and become a part of the exciting things happening on our campus.

Location: Conrad Prebys Aztec Student Union, Student Life & Leadership Office (Second Floor) - Suite 210 **Telephone**: (619) 594-5221
Office Hours: Monday – Friday: 8 am - 4:30 pm