

Welcome to



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Welcome Incoming Students!

We have put together this packet of information to help you get settled at UCSD.

While we have tried to anticipate as many of your questions as we could, there are always more things you may want to know, so please do not hesitate to ask us anything. If we don't know, we will help you find somebody who does!

Feel free to get in touch with us; our contact information is on the next page. We have made a Facebook group for your incoming class, so send one (or all) of us a friend request and we can add you to the group! (See the next page for all the contacts and social media information you'll need.)

You made a great decision by picking UCSD and the BMS program, and we can't wait to see you in the fall!

Stay classy!

Mika Caplan, Reid Larsen, Rachel McMillan, Hannah Pettit, and Conce Sanchez
BMS Welcome Liaisons

P.S. - Great website for grad students: <http://grad.ucsd.edu>

Important BMS Contacts

Chair:

Asa Gustafsson, abgustafsson@health.ucsd.edu

PSB 3266, Phone: (858) 822-5569

Vice Chair:

Kevin Corbett, kcorbett@health.ucsd.edu

PSB 3266, Phone: (858) 822-5569

Director of Graduate Affairs:

Leanne Nordeman, lnordeman@health.ucsd.edu

5012 BSB, Phone: (858) 534-3982

Program Coordinator:

Patricia Luetmer, pluetmer@health.ucsd.edu

5008 BSB, Phone: (858) 822-2001

Fiscal Services/Event Coordinator:

Nicolette Brown, nsbrown@health.ucsd.edu

BMS Welcome Liaisons:

Mika Caplan, mcaplan@health.ucsd.edu

Reid Larsen, rlarsen@health.ucsd.edu

Rachel McMillan, remcmill@health.ucsd.edu

Hannah Pettit, hpettit@health.ucsd.edu

Concepcion Sanchez, c6sanche@health.ucsd.edu

BMS Web and Social Media:

Slack (for issues, feel free to contact Sonya Haupt, srhaupt@health.ucsd.edu):

https://join.slack.com/t/bmsgraduateest-ou78445/shared_invite/zt-g38bz1it-l6XFJ26cA6RfFGaepmxinA

Website: <http://biomedsci.ucsd.edu>

Twitter: https://twitter.com/ucsd_bms

Facebook Page: <https://www.facebook.com/UCSDBMS/>

All Students Facebook Group: <https://www.facebook.com/groups/117399715037735/>

Covid-19 Campus Resources

UC San Diego Coronavirus Websites for Students

Novel Coronavirus (COVID-19) Information for the UC San Diego Community. On this website you will find resources and relevant links for students, faculty, researchers and staff, as well as policies for university travelers.

As was announced in the **April 5, 2021 campus notice**: UC San Diego is planning to offer remote instances of key gateway courses so that students unable to enter the U.S. for Fall 2021 can make academic progress. In some cases, students impacted by visa or travel restrictions may need to make adjustments to their academic plans in consultation with their academic advisor (e.g., they may need to change the sequence in which they take certain courses).

COVID-19 Student Affairs Resources and Information

A **list of resources** including information about dining, housing, basic needs, insurance, and academic resources compiled by Student Affairs in close consultation with Associated Students (AS).

Coronavirus Information for International Students

A list of frequently asked questions about travel, enrollment, employment and campus resources for F-1 and J-1 international students.

COVID-19 FAQ on Educational Continuity

Given the rapid spread of COVID-19, UC San Diego needs to prepare to intensify the use of remote course delivery during Winter and Spring quarter, to safeguard the health and wellbeing of our community while enabling students to continue their academic progress. This FAQ includes answers to specific, non-technical questions about how we can preserve our educational mission.

Finding a Place to Live

We are frequently asked, “How do I find somewhere to live? Where are the good places?” Well, here is some information to try to make your search a little easier!

On-Campus:

- <https://hdhgradfamilyhousing.ucsd.edu/>
- ARCH Centralized Leasing Office Phone: (858) 534-2724

THE FIRST THING YOU SHOULD DO ONCE YOU ACCEPT AT UCSD IF YOU WANT TO GET INTO ON-CAMPUS GRAD HOUSING, IS SIGN UP ON THE HOUSING WAITLIST

Current Resident Monthly Charges (July 1, 2021- June 30, 2022)

Coast Apartments**

Double Occupancy- Shared Bedroom

Studio: \$418.50 (320 sq ft)

1BR: \$568.50 (490 sq ft)

2BR: \$396 (651 sq ft)

Single Occupancy Bedroom

Studio: \$837 (320 sq ft)

1BR: \$1137 (490 sq ft)

2BR: \$792 (651 sq ft)

One Miramar Street (OMS)*

Double Occupancy- Shared Bedroom

2BR: \$345 (701 sq ft)

Single Occupancy Bedroom

2BR: \$690 (701 sq ft)

Central Mesa*

Double Occupancy- Shared Bedroom

1BR: \$583.50

2BR: \$319.50 (838 sq ft)

3BR: \$249

Single Occupancy Bedroom

1BR: \$1167

2BR: \$639 (838 sq ft)

3BR: \$498

South Mesa*

Double Occupancy- Shared Bedroom

2BR: \$372 (984 sq ft)

Single Occupancy Bedroom

2BR: \$744 (984 sq ft)

Nuevo West (furnished)**

Double Occupancy- Shared Bedroom

Studio: \$565.50 (375 sq ft)

2BD/1BA: \$495 (745 sq ft)

4BD/2BA: \$474 (1350 sq ft)

6BD/3BA: \$462 (2150 sq ft)

Single Occupancy Bedroom

Studio: \$1131 (375 sq ft)

2BD/1BA: \$990 (745 sq ft)

4BD/2BA: \$948 (1350 sq ft)

6BD/3BA: \$924 (2150 sq ft)

Mesa Nueva

Double Occupancy- Shared Bedroom

Studio: \$448.50 (275 sq ft - furnished)**

1BR/1BA: \$631.50 (720 sq ft)

2BR/2BA:

Bedroom #1: \$433.50

Bedroom #2: \$448.50 (Private Bathroom)

3BR/2BA

Bedrooms #1&2: \$429

Bedroom #3 \$447 (Private Bathroom)

Single Occupancy Bedroom

Studio: \$897 (275 sq ft - furnished)**

1BR/1BA: \$1263 (720 sq ft)

2BR/2BA:

Bedroom #1: \$867

Bedroom #2: \$897 (Private Bathroom)

3BR/2BA

Bedrooms #1&2: \$858

Bedroom #3 \$894 (Private Bathroom)

Nuevo East**

Double Occupancy- Shared Bedroom

1BR/1BA: \$721.50 (480 sq ft)

2BR/1BA: \$475.50 (700 sq ft)

3BR/2BA: \$474.50 (940 sq ft)

3BR/2BA Townhouse: \$517.50 (1400 sq ft)

4BR/2BA: \$454.50 (1200 sq ft)

Single Occupancy Bedroom

1BR/1BA: \$1443 (480 sq ft)

2BR/1BA: \$951 (700 sq ft)

3BR/2BA: \$951 (940 sq ft)

3BR/2BA Townhouse: \$1035 (1400 sq ft)

4BR/2BA: \$909 (1200 sq ft)

Incoming Monthly Charges Beginning October 1, 2021 (effective through June 30, 2022):

Coast Apartments**

Double Occupancy- Shared Bedroom

Studio: \$600 (320 sq ft)

1BR: \$724.50 (490 sq ft)

2BR: \$436.50 (651 sq ft)

Single Occupancy Bedroom

Studio: \$1200 (320 sq ft)

1BR: \$1449 (490 sq ft)

2BR: \$873 (651 sq ft)

One Miramar Street (OMS)*

Double Occupancy- Shared Bedroom

2BR: \$525 (701 sq ft)

Single Occupancy Bedroom

2BR: \$1050 (701 sq ft)

Central Mesa*

Double Occupancy- Shared Bedroom

1BR: \$799.50

2BR: \$474 (838 sq ft)

3BR: \$450

Single Occupancy Bedroom

1BR: \$1599

2BR: \$948 (838 sq ft)

3BR: \$900

South Mesa*

Double Occupancy- Shared Bedroom

2BR: \$499.50 (984 sq ft)

Single Occupancy Bedroom

2BR: \$999 (984 sq ft)

Nuevo West (furnished)**

Double Occupancy- Shared Bedroom

Studio: \$699 (375 sq ft)

2BD/1BA: \$549 (745 sq ft)

4BD/2BA: \$474 (1350 sq ft)

6BD/3BA: \$462 (2150 sq ft)

Single Occupancy Bedroom

Studio: \$1398 (375 sq ft)

2BD/1BA: \$1098 (745 sq ft)

4BD/2BA: \$948 (1350 sq ft)

6BD/3BA: \$924 (2150 sq ft)

Mesa Nueva

Double Occupancy- Shared Bedroom

Studio: \$649.50 (275 sq ft - furnished)**

1BR/1BA: \$1054.50 (720 sq ft)

2BR/2BA:

Bedroom #1: \$667.50

Bedroom #2: \$682.50 (Private Bathroom)

3BR/2BA

Bedrooms #1&2: \$493.50

Bedroom #3 \$511.50 (Private Bathroom)

Single Occupancy Bedroom

Studio: \$1299 (275 sq ft - furnished)**

1BR/1BA: \$2109 (720 sq ft)

2BR/2BA:

Bedroom #1: \$1335

Bedroom #2: \$1365 (Private Bathroom)

3BR/2BA

Bedrooms #1&2: \$987

Bedroom #3 \$1023 (Private Bathroom)

Nuevo East**

Double Occupancy- Shared Bedroom

1BR/1BA: \$960 (480 sq ft)

2BR/1BA: \$549 (700 sq ft)

3BR/2BA: \$474.50 (940 sq ft)

3BR/2BA Townhouse: \$517.50 (1400 sq ft)

4BR/2BA: \$454.50 (1200 sq ft)

Single Occupancy Bedroom

1BR/1BA: \$1920 (480 sq ft)

2BR/1BA: \$1098 (700 sq ft)

3BR/2BA: \$951 (940 sq ft)

3BR/2BA Townhouse: \$1035 (1400 sq ft)

4BR/2BA: \$909 (1200 sq ft)

For additional on-campus housing questions contact Mika Caplan: mcaplan@health.ucsd.edu

* Rates include water, trash, gas, and parking. Cable and internet will be provided for Mesa and Miramar residents. Residents in two-bedroom apartments pay for electricity. The refundable security deposit is \$100.

**All utilities included (water, trash, gas, electricity, cable, internet, parking).

Apply here: <https://hdhgradfamilyhousing.ucsd.edu/apply/index.html>

- Coast will have a significantly longer waitlist (~2yrs), and it is unlikely that you will get an offer this year for these locations. If you want to move into on-campus housing as soon as possible, **be sure not to rank Coast!**
- You can live in these grad student residences with a non-UCSD student, but you must show proof of “committed couple status”. See this document for more details: <https://hdhgradfamilyhousing.ucsd.edu/files/Couple-Additional-Resident-Documentation.pdf> or contact the Welcome Committee for more information.

- You can also find and indicate a preferred roommate through the application (see above). You will be offered an apartment only if you have an overlapping housing interest. This may take longer as it will require an entire apartment to be vacant instead of just one room.

Off-Campus:

There are several neighborhoods off-campus with grad student-friendly prices (see maps at the end of this packet). Here are a few of the major ones and the contact information of a BMS student who lives (or used to live) there!

Beach communities:

- **La Jolla**– This affluent city stretches from the grad student housing at UCSD down to North Pacific Beach. Some deals can be found on Craigslist for rentals near the beach, but most housing here is quite expensive. Downtown La Jolla is known for upscale boutiques, wine shops, and restaurants (**Jack Houston** jmhousto@health.ucsd.edu).
- **Del Mar/Solana Beach/Cardiff-by-the-Sea/Encinitas** – These small beach communities are just north of campus. They are clean, relatively quiet, and offer upscale local shops (similar to La Jolla). Some places can be found within budget, but there is significant traffic on the commute home (**Melissa Roberts** m5robert@health.ucsd.edu (Del Mar); **Kellen Cavagnero** kecavagn@health.ucsd.edu (Encinitas)).
- **Pacific Beach (“PB”) and Mission Beach** – This beach community is just south of La Jolla. It has a college atmosphere with lots of cheap restaurants and a lively nightlife. Most housing is within budget, especially the farther east you are from the beach. However, traffic in and out is an issue during rush hour since there is only one freeway exit for all of PB (**Paige Ferguson** lpfergus@health.ucsd.edu).
- **Ocean Beach (“OB”) and Point Loma** – OB and Point Loma may have some good deals (especially if you want to live near the beach), but the commute is more difficult than the other beach communities. This area offers a unique blend of surfers, hippies, and environmental activists. (**Shanna Newton** snewton@health.ucsd.edu).

Inland:

- **UTC/University City** – This is the area directly south and southeast of campus. Most of the apartments are on the pricey side. However, it is very close to campus, making for a very convenient commute using either the bus system or a bike. This area doesn’t have much of a nightlife, so students often travel to other areas of the city for entertainment (**Carter Palmer** capalmer@health.ucsd.edu; **Erik Ehinger** eehinger@lji.org).
- **Clairemont** – South of University City, this area is primarily residential. There are many great houses and apartments for cheap, but there are a few not-so-great areas (check out the place before you commit). It’s close and easy to get to school! (**Chris Balak** cbalak@health.ucsd.edu).

- **Hillcrest, Mission Hills, North Park** – These trendy urban neighborhoods are just north of downtown and have a lot to offer. They are primarily populated by young 20's/30's, and have lots of popular bars, breweries, eateries, and events. Since this area is the farthest from UCSD, the commute can be longer, especially during rush hour (**Gabriela Goldberg** gagoldbe@health.ucsd.edu).
- **Carmel Valley, Sorrento Valley, Mira Mesa** – These suburban neighborhoods are located north and east of UCSD. Housing prices tend to be more affordable in Carmel Valley, Sorrento Valley, and Mira Mesa, but these neighborhoods are also a little farther from UCSD. Mira Mesa is home to Ballast Point and many other restaurants and breweries. There is less traffic during rush hours (4 p.m.-7 p.m.) but a significant lack of public transportation to this neighborhood (**Christine Liu** cs1022@health.ucsd.edu (**Carmel Valley**); **Nina Gao** nigao@health.ucsd.edu (**Sorrento Valley**); **Tiani Louis** tlouis@health.ucsd.edu (**Mira Mesa**).

See what the City of San Diego says about the neighborhoods:

<http://www.sandiego.gov/planning/community/profiles/>

Resources from UCSD for searching for an off-campus place:

<https://students.ucsd.edu/campus-services/housing/offcampus/index.html>

Note: Finding an apartment can be competitive, especially right now during the moratorium due to COVID-19. Some helpful places to look are craigslist (unexpectedly helpful), Zillow, and apartments.com. Hannah just went through this process, so feel free to reach out to them (hpettit@health.ucsd.edu) if you have any questions!

When to move to San Diego

Summer Rotation

We currently are **not conducting** a summer rotation program.

Fall 2021

Students should plan to move to San Diego by September 1, 2021. All students will receive an appointment time to come by the BMS office (BSB 5008) on Tuesday, September 7th to fill out some forms and pick up an orientation/retreat schedule. BMS Orientation begins on Thursday, September 9th in Rancho Las Palmas as part of the retreat and continues through Wednesday, September 22nd. Classes will begin on Thursday, September 23rd.

International student Orientation begins Wednesday, September 8th and all mandatory sessions will be held virtually. In-person social sessions will begin Monday, September 13th.

Orientation Introduction

This year your Orientation Introduction to the program will take place the afternoon the retreat begins. On the morning of Thursday, September 9th we will have you board a bus that will transport you to the **Omni Rancho Las Palmas Resort** in the **Palm Springs area**. Once you arrive we will have lunch along with our program and course introduction. This will be followed by faculty lightning talks and a small reception.

The BMS Retreat

All BMS students and faculty are invited to join us at the **Omni Rancho Las Palmas Resort** in the **Palm Springs area** from Thursday, September 9th - Saturday, September 11th, 2021. We will listen to student and faculty research talks, have a few meals together, and enjoy the southern California weather. The retreat will be a great opportunity for you to meet the rest of the program, both students and faculty, as soon as you arrive at UCSD. BMS will provide free transportation for all first-year students.

Orientation

There are several topics that will be covered during Orientation. These include:

- Mental Health Awareness
- Professionalism
- Short research talks from faculty and students
- Meeting your SPAC Advisor (your advisor during the first year)
- Predoctoral Fellowship Writing Workshop

If you have any general questions about the BMS requirements, you can look up the guidelines here: [BMS Guidelines](#).

Academic Calendar 2021-2022

Fall 2021	
Fall Quarter begins	Monday, September 20
Instruction begins	Thursday, September 23
Veterans Day Holiday	Thursday, November 11
Thanksgiving Holiday	Thursday – Friday, November 25–26
Instruction ends	Friday, December 3
Final Exams	Saturday – Saturday, December 4–11
Fall Quarter ends	Saturday, December 11
Winter Break	Thursday – Friday, December 23–24
New Year Holiday	Thursday – Friday, December 30–31
- 49 Days of Instruction -	
- 60 Days in Quarter -	
Winter 2022	
Winter Quarter begins	Monday, January 3
Instruction begins	Monday, January 3
Martin Luther King, Jr. Holiday	Monday, January 17
Presidents' Day Holiday	Monday, February 21
Instruction ends	Friday, March 11
Final Exams	Saturday – Saturday, March 12–19
Winter Quarter ends	Saturday, March 19
- 48 Days of Instruction -	
- 55 Days in Quarter -	
Spring 2022	
Spring Quarter begins	Wednesday, March 23
César Chávez Holiday	Friday, March 25
Instruction begins	Monday, March 28
Memorial Day observance	Monday, May 30
Instruction ends	Friday, June 3
Final Exams	Saturday – Friday, June 4–10
Spring Quarter ends	Friday, June 10
Commencement programs	Saturday – Sunday, June 11–12
- 49 Days of Instruction -	
- 58 Days in Quarter -	

Car Issues

Driver's License

You are required to get a driver's license *within **10 days*** of moving to California. Do it, and don't wait until the last minute. Schedule a DMV appointment online to cut down on wait time. If you have a license from another state you will need to take a written test but not a driving test to receive your California license.

California Registration

You are required to register your car *within **20 days*** of moving to California. You might as well do it at the same appointment to get your driver's license. It is a California state requirement to have a new Smog Certificate upon initial registration, so make sure you do it ***before*** you go to the DMV (~\$50). It is easiest to make a smog check appointment a few days before your DMV appointment. If you live near campus, I recommend the Shell station/service center on the corner of Genesee and Governor (University City Service Center). The DMV website has more details: (<http://www.dmv.ca.gov/vr/smogfaq.htm#BM2535>)

Tips and Tricks

- If you don't have a car you will probably want one. Many people attempt to live here without a car, and, while it is *possible*, it makes life pretty difficult. If you are thinking of buying a car, the best option would be to buy it once you arrive in San Diego (easier registration, taxes, etc).
- It is expensive to register a car in California. If you have NOT had your car (in your name) for a full year, you will be forced to pay taxes on the worth of the car. This is to try to keep people from buying cars out of state and driving them over the border to avoid California taxes. If you paid taxes on the car in another state, you will pay the difference between the CA sales tax, and the cost of sales tax where you bought the car (since California will most likely be higher!). You are not exempt if you get the car for "free" or if it is a "gift" from parents, etc. You still have to pay sales tax!
- If you want to figure out what your registration will cost, you can use the DMV's handy calculator: <https://mv.dmv.ca.gov/FeeCalculatorWeb/index.jsp>
- Find the DMV's around San Diego and look up all the official rules here: <https://www.dmv.ca.gov/portal/dmv/dmv/offices>
- Make an appointment on the DMV website before you even get to San Diego! Appointments are scheduled 2+ weeks in advance, but making one will dramatically reduce your wait time at the office.

- If you want to avoid the wait at the DMV, you can also register your car at AAA (if you are a member) or at certain car repair shops around the city. Colonial Garage in La Jolla does smog checks and car registration together for a good deal: <https://colonialgarage.net/>
- Contact Alanna (akoehler@health.ucsd.edu) if you have any questions about bringing/shipping a car from out-of-state.

Parking on campus

Info on buying and using parking permits here:

<https://transportation.ucsd.edu/parking/permits/>

Be aware that spots fill up early in the morning. Here is a list of parking locations and the average time the lot was full in the mornings of Spring 2018:

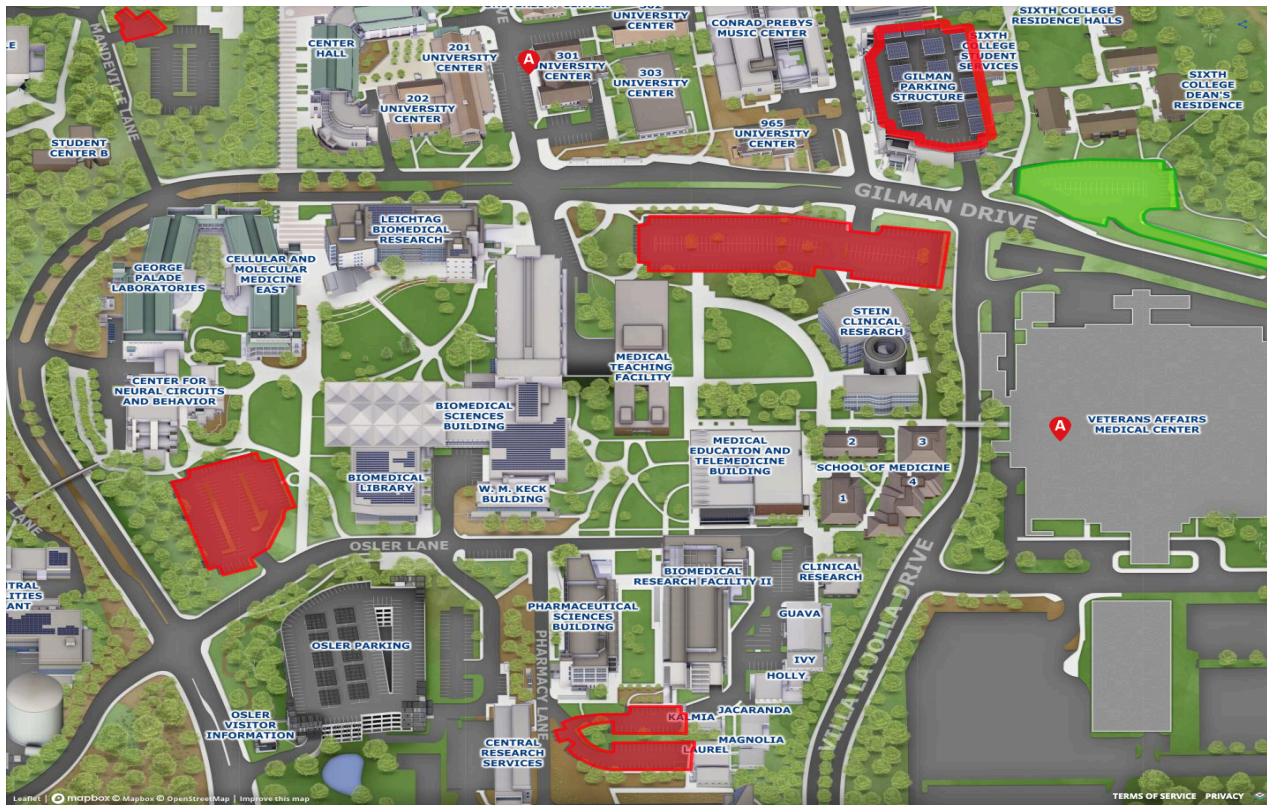
<https://transportation.ucsd.edu/parking/availability.html>.

Convenient parking lots close to the **School of Medicine** are:

- **Gilman Parking Structure** at Villa La Jolla and Gilman Drive, B spots fill up by ~7:45am,
- **Osler Parking Structure** at Gilman Drive and Osler Lane, spots fill up by ~8am
- There are also B spots at the **UCSD Medical Center La Jolla** (see right side of map) with shuttles to main campus/SOM.
- **Contact August Williams (afwilliams@health.ucsd.edu)** if you have any questions. Be advised that due to ongoing construction, parking is constantly in flux and may be different in Fall 2021.

For an up-to-date, interactive map of campus, including B parking spots and construction:

<https://maps.ucsd.edu/map/default.htm>

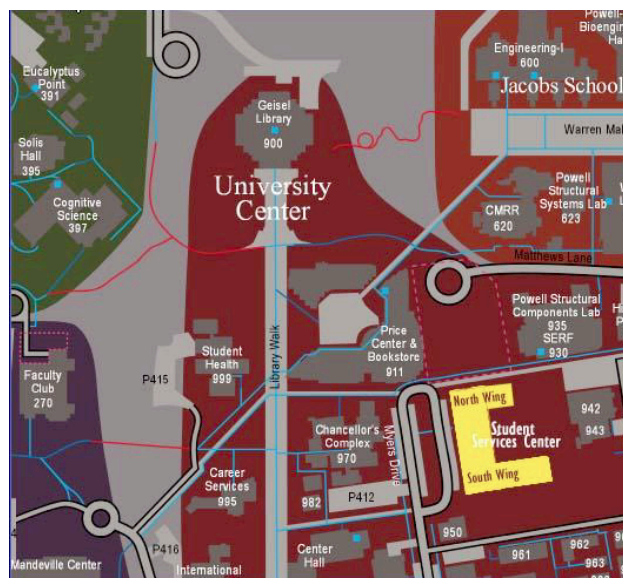


Student ID Card

All students enrolled for the Fall quarter are entitled to a Triton ID Card. This is your official university ID card, and you are issued just one active card.

Graduate students should have received instructions to submit their photo electronically through the Photo Tool at <https://students.ucsd.edu/finances/campus-cards/photo-tool.html> between May 1st and August 1st*.

Your ID cards will be available to pick up at the BMS Office when you come to complete your new-hire paperwork 9/7/21.



The campus ID card has many perks and uses:

- Check out books and materials through UCSD libraries
- Use it as a debit card at various campus dining facilities
- Use your ID to purchase a rec card or gain access to recreation classes and facilities
- Get discounts or free admission to sporting events through the UCSD Box Office
- Get free rides on public transportation
- Show your affiliation, if needed, on UCSD shuttles
- Get employee discounts on attractions, electronics, education, movies, and more

Questions? Contact Campus Cards

(858) 534-6606

campuscards@ucsd.edu

Alternative Transportation

There are many free shuttles and bus lines provided by UCSD. In order to use these services, you must get your campus ID card stickered.

Public buses:

- Triton U-Pass is a UC San Diego universal transit pass program that provides students unlimited rides on all regional MTS and NCTD mass transit bus and trolley/light rail routes during academic quarters.
- To download the **U-Pass Cloud app** and create your account visit <https://transportation.ucsd.edu/alternatives/transit/u-pass.html#Using-U-Pass-Sticker>
- Alternatively, U-Pass stickers are available for students who do not have access to use the U-Pass app with a smartphone. For more information please visit the website <https://transportation.ucsd.edu/alternatives/transit/u-pass.html#Sticker-Availability-for-Non-Sm>

Free UCSD Shuttles:

- In addition to the free public buses, UCSD has a network of shuttles. These run from various housing complexes to campus, and also include several routes around the campus itself.
- An up-to-date map of shuttle routes can be found here: <http://ucsd bus.com/m/routes>. Please note, routes are liable to change between quarters and over the summer.
- Most shuttles are equipped with bike racks for those who bike
- More information and live shuttle tracking can be found on the UCSD Transportation Services website: <http://blink.ucsd.edu/facilities/transportation/shuttles/index.html>

Biking:

- Many people bike to campus. To follow regulations at UCSD, you need a bike registration sticker on your bicycle. You can get this from the UCSD Bike Shop located in Student Center A, weekdays from 9 a.m. to 5 p.m. Registration fee is \$6.
- <http://blink.ucsd.edu/safety/emergencies/security/bike.html>
- If you bike for most of your commute to UCSD and are registered with the state of California, then you can join the Pedal Club. The Pedal Club allows you 10 complimentary days for parking your car per quarter with an Occasional Use permit. You also can get maintenance discounts at the UCSD Bike Shop among other benefits.
- If you will be living in any of the Mesa housing complexes or OMS, there will soon be a pedestrian bridge crossing the I-5 freeway making biking to campus even easier.
- **Spin Bikesharing:** GPS-equipped bikes available all around campus and campus housing for your convenience. Download the Spin app to your phone.

- See website for details:
<http://transportation.ucsd.edu/alternatives/cycling/pedal.html>

Ride-sharing:

- UCSD is a participant in the Lyft FLEX flexible commute program
- Purchase Lyft FLEX credits at a discount and receive 5-10 days of free parking
- Details can be found here: <https://transportation.ucsd.edu/alternatives/lyft.html>
▪ (this link doesn't work)

*You can also ask Danielle Schafer (dschafer@health.ucsd.edu) if you have any questions regarding bus routes, or Jack Houston (jmhousto@health.ucsd.edu) if you have any questions regarding bicycling around campus.

Proposals are being developed for changes to the transit subsidy and other alternative transportation and incentive programs.

Setting Up Utilities

If you are living in UCSD On-campus Grad Housing, some utilities will be set up for you, while others you will be expected to handle. Check out your Residential Services Office for any discounts or deals.

Electricity

- San Diego Gas and Electric
 - <http://www.sdge.com>
 - (800) 411-7343
 - Make sure to ask about the **CARE** discount – BMS students are eligible with our salary and this discount makes a huge difference in the utility bill!

Water

- San Diego Public Utilities - Water
 - <http://www.sandiego.gov/water/>
 - (619) 515-3500

Cable/Internet (There are a couple others but these are the main ones)

- Spectrum/Time Warner Cable
 - <https://www.spectrum.com/>
 - 1-888-892-2253
- AT&T UVerse/Internet
 - <http://www.att.com/>
 - Note: Some locations will only let you install direct TV with ATT Internet. If you are in grad housing and have only this option, there is a good chance that you won't be able to get a signal due to the trees around the neighborhood. However, all locations have access to Time Warner.
- DirecTV
 - <http://www.directv.com/DTVAPP/index.jsp>
 - (888) 795-9488
 - You can get \$100 off if a friend or family member who also has a DirectTV account refers you.
- Cox Communications
 - <http://www.cox.com/>
 - 866-961-0027

Stipend and Taxes

- Paycheck amount – you are getting paid \$34,500 a year beginning September 1. You must pay taxes on this money!
- UCSD pays you after you work (i.e. “in arrears”). Therefore, you will be officially listed as a Graduate Student Researcher as of September 1, 2021 but will not receive a paycheck until October 1, 2021.
- Entering Ph.D. students will receive a one-time BMS Transition Award in the amount of \$1500 to use at their discretion (we recommend that the award be used for relocation expenses or for educational expenses, such as the purchase of a computer). You will receive the check for the Transition Award on September 1, 2021.
- If you are getting paid through the BMS program (i.e. you don’t have outside funding), you may be receiving your paycheck from two sources — one is a salary that has taxes deducted prior to reaching you, and the other is a scholarship that does not get taxes deducted. Because a portion of your pay is not automatically taxed, you will owe money to the IRS. **It is important to put away some money every month to cover taxes at the end of the year!**

Types of Direct Deposit for Students:

There are three units that provide direct deposit to graduate students, depending upon the type of transaction:

- [Student Financial Solutions](#) (stipend payments for domestic students and account refunds)
- [Payroll](#) (GSR, and any other student employment paychecks)
- [Disbursements](#) (travel and other personal reimbursement, plus stipend payments for *some* international students)

Stipend Payments for International Students:

International students who are expecting a stipend payment should sign-up for direct deposit with both Student Financial Solutions and Disbursements and also should note they will be prompted to complete a Glacier record in order to determine appropriate taxation.

- [Student Financial Solutions](#)
- [Disbursements](#)
- Any issues with your pay during your first year should be brought up to BMS (Leanne or Pat), as soon as possible.
- **YOU MUST FILE YOUR TAX RETURNS AS A RESIDENT OF CALIFORNIA**, not of any other state. If you are filing in multiple states, be sure to indicate California as your primary residence on ALL, or your residence may be challenged. Disclaimer, this is not legal advice, but some people ran into a couple of issues when establishing residency because they made this mistake.

California Residency

If you are a citizen of the USA, you **MUST** become a California resident before the start of your second year. To do this, you need the following 12 things. Start collecting these in a folder ASAP!!! It's *MUCH* easier if you start as early as possible. **YOU HAVE TO DO THIS!!!**

You will need (copied from online):

1. California driver's license or a California ID card as soon as possible but within a few months of arriving in the state. The DMV has very specific rules; see their [Information for persons new to California](#). Operating a vehicle in California that is not owned by you still requires you to obtain a California driver's license and proof of California car insurance.
2. Voter registration card or affidavit from Registrar of Voters. Contact Registrar of Voters at (800) 696-0136, or check status and apply online at the [County of San Diego Voter Registration website](#).
3. A copy of the first month's bank account statement with a California bank, or a bank statement showing when address was changed to California.
4. California car registration and car insurance card as soon as possible, but within a few months of arriving in the state. The DMV has very specific rules; see their [Information for persons new to California](#). Operating a vehicle in California that is not owned by you still requires you to obtain a California driver's license and proof of California car insurance.
5. Federal and all state tax returns for the past year, or W2s only if you did not file in any state. Your residency will be questioned if, during the period you are claiming to be a California resident, you file a full-year resident tax return in another state or file a full-year nonresident California state tax return. If you filed a California Part-Year Resident return (Form 540NR), be sure to include your [Schedule CA 540NR](#). Black out all social security numbers on all tax documents. If you did not keep copies, call Franchise Tax Board for copies of state tax return and the IRS for your federal tax return at least 90 days before you submit your packet.
6. Evidence of financial independence (you must meet ONE requirement). You:
 - Are a single undergraduate under age 24 and were not claimed as a dependent for tax purposes by either nonresident parent or any other individual for the current and 2 tax years immediately preceding the quarter for which you request classification as a resident, and you can demonstrate self-sufficiency for the current and 2 preceding years. Single undergraduates under 24 must submit, for the applicable quarter a petition is being filed, a budget worksheet form. Use this sample as a guide to what you will provide with your own worksheet, and you must label each income document. [Sample Budget Worksheet](#)

- Document all sources of income listed on the worksheet, and include your own and your parents' prior 2 tax years of state and federal tax returns, or
 - Are financially dependent on a California resident parent who meets the University's requirements for residence for tuition purposes (eligible to establish residence, one year physical presence showing intent to remain in the state); student would submit the 12 items for the parent(s) claiming to be a resident(s) and for the student his/herself, or
 - Will be at least 24 years old by Dec. 31 of the calendar year for which classification as a resident is requested (student would submit copy of driver's license), or
 - Are a veteran of the U.S. Armed Forces, or
 - Are a ward of the court or both parents are deceased, or
 - Have a legal dependent(s), or
 - Are a married student who was not claimed as an income tax deduction by either parent or any other individual for the tax year immediately preceding the term for which classification as a resident is requested, or
 - Are a graduate or professional school student who was not claimed as an income tax deduction by either parent or any other individual for the tax year immediately preceding the term for which classification as a resident is requested (submit copies of parents' federal and state tax returns for the prior tax year), or
 - Are a graduate or professional school student who is employed at the University of California 49 percent or more time (or awarded the equivalent in University-administered funds) during the quarter for which classification as a resident is requested (submit letter from graduate department stating as such), or
 - Reached the age of majority (18) in California while your parents were residents of California, and they left the state to establish a residence elsewhere, and you continue to live in California after their departure.
- 7. Proof of physical presence in California for the summer immediately prior to the change of classification request:**
- Employment verification from California employer, or from your major department attesting to physical presence in the state, and
 - Either bank or credit card statements, whichever one indicates dates/location activity on them for June, July, and August. If there are other names on the account in addition to the student's, the only statements that can be provided must be in the student's name only.
 - If absent from the state, provide airline tickets.

- If on an out-of-state research appointment, provide a letter from your department endorsing your absence.
 - Do not submit store receipts as proof of your physical presence.
 - Summer actions count! A student's actions during the entire year, including the summer, affect the determination made regarding residence status for tuition purposes. A student who is in California solely for educational purposes is not eligible for California residence for tuition purposes regardless of the length of his or her stay.
 - If a student returns to his or her former place of residence (outside California), he or she will be presumed to be in California solely for educational purposes and only strong evidence to the contrary will rebut this presumption.
 - A student seeking to establish California residence who accepts employment or conducts research outside of California will be questioned regarding his or her attempts to find employment and/ or conduct research within California. Leaving the state for a unique research opportunity or for special circumstances (such as a medical emergency) may not preclude the student from being classified as a resident, but the burden will be on the student to provide convincing evidence that leaving the state was not inconsistent with his or her claim of permanent residence. See Residence for Tuition Purposes: Temporary Absences.
8. Copies of all your housing contracts, monthly rental agreements, lease or proof of property ownership for the past year, or verification in writing from property owner of housing agreement.
 9. Proof of credit and memberships with CA merchants, e.g. stores, supermarkets, video clubs, fitness clubs, public library, magazine subscriptions, and religious affiliations.
 10. Proof of your belongings moved into California such as a moving van bill of lading, U-Haul moving van receipts, etc.
 11. Proof of utilities in your name, e.g. phone, gas, electric, TV, cable, Internet, water, etc. Submit the first and the latest statements only.
 12. If you are a permanent resident through the INS, copy of your alien registration card.

Note: Attach a written statement as to the circumstances of any missing or late-dated documents. Make copies of all documentation to keep for your records.

International Students

Information for newly admitted international graduate students can be found at <https://ispo.ucsd.edu/advising/visa/new-students/index.html>

As a newly admitted international student, you are **required** to attend **New International Student Orientation** designed to help orient you to the UC San Diego campus community, inform you of your F1/J1 Rights & Responsibilities, and give you an opportunity to connect with other new international students! Attending ISPO's orientation is required in addition to any of your college or department orientations (NOTE: UCEAP students are not required to attend their college orientation).

- New International Student Orientation will occur from September 8th to September 20th, 2021.
- **All mandatory pieces** of New International Student Orientation **will be offered virtually**.
- Optional in-person pieces of New International Student Orientation will begin on September 13, 2021.
- Registration information to come in August 2021.

All Fall 2021 New International Student Orientation information can be found at <https://ispo.ucsd.edu/programs-workshops/programs-events/orientation/index.html>

Resources for Attending UC San Diego In Person for Fall 2021

Step 1: Have Your Immigration Documentation Read at Port of Entry

Be ready to present the following documents to the Customs and Border Protection (CBP) official:

- Current passport (valid up to 6 months after your entry date).
- Form I-20 or DS-2019 (electronic copies are allowed for Fall 2020).
- Valid F-1 or J-1 visa stamp in your passport.

Recommended:

- Travel support letter (available for download within the **iPortal**)
- Copy of enrollment in **Tritonlink**
- Copy of financial support that is no more than 6 months old
- **ISPO Emergency Contact Card**: in case you need a phone number to give to CBP to verify your student status

Step 2: Arrange Transportation to UC San Diego

Learn about your [transportation options to campus](#).

Step 3: Print Electronic Form I-94

Your Form I-94 is an online arrival and departure record. It shows when you last entered the U.S., in what status, and for how long you are permitted to remain in the U.S. Visit i94.cbp.dhs.gov to generate this document upon arrival.

Print or save a copy of it and keep it safe!

Step 4: Complete Document Self-Check

After arrival into the U.S., complete the [International Student Document Self-Check](#) within 15 days of your program start date at UC San Diego.

Step 5: Attend Orientation

ISPO's New International Student Orientation will be delivered in hybrid format with both in-person as well as online components to accommodate all of our students! More information about orientation registration coming soon.

Health Insurance

- **Please note, you will NOT be covered by the UC Student Health Insurance Plan (UC SHIP) until September 6th so you will want to be certain that you are covered by your own health insurance if you choose to move in during the summer.** If you let your health insurance coverage lapse you may not be covered later for any conditions deemed “pre-existing” and might end up paying a lot of money to get treated for something simple. Again, **MAKE SURE** you are covered by your own health insurance over the summer!
- Details on the UCSD Student Health Insurance Plan:
 - <https://wellness.ucsd.edu/studenthealth/Pages/default.aspx>
 - Download the mobile app for UC SHIP once your coverage starts:
<https://wellness.ucsd.edu/studenthealth/insurance/Pages/UC-SHIP-Mobile-App.aspx>
 - UC SHIP coverage is provided by Anthem BlueCross/BlueShield. If you receive care at a location other than Student Health Services (on campus), you can view your claims here: <https://www.anthem.com/health-insurance/home/overview>

When and how to start looking for a rotation

- Don't freak out! You do not need to have your rotations set in stone before you get here! You will have plenty of opportunities to hear about the research going on at UCSD once you start Orientation, and you are not expected to start in a rotation lab immediately. **However, it may be to your benefit to e-mail a few professors during the summer and set up meetings for once you get to San Diego.** The first rotation is often the hardest to set up as not all labs will be willing and able to take rotation students in the fall because of grant deadlines, conferences, or because they would rather you rotate when you're not adjusting to a new place. So plan accordingly and be prepared to reach out to more than one person.
- **Email the PI you would like to work with and set up an in-person or zoom meeting.** Make sure to mention "BMS rotation" somewhere in the subject heading (or it may fall through the cracks). Try your absolute hardest to meet with professors before you agree to a rotation. The personal interaction you will have by sitting through a face-to-face meeting with your prospective PI is really important! Meet with as many professors as you can and pick the rotation that is the best fit for you. We have a large number of amazing faculty, so don't be discouraged if a rotation doesn't work out or someone you were interested in turns out not to be a great fit.
- **Be persistent!** Sometimes professors don't answer email or they say they don't have space or funding, but, if you follow-up and are persistent, you can find out more!
- **Try to meet with the post-doc/grad student/technician** you would be working with on a day-to-day basis during your rotation. A poor mentor can make for a miserable rotation – even if you like the professor and the work.
- **Ask the PI important questions:**
 - Do you have funding? This may feel awkward, but it is perhaps the most important initial question. This will not offend him or her.
 - Do you have space and time for another graduate student?
 - What sort of projects would I work on for my thesis?
- **Talk to current students.** Don't hesitate to email and talk to students who have rotated in or joined the lab and get as many opinions as you can. Most students are more than happy to talk about their labs and research! And remember, the more opinions, the better informed you are when it comes to making a choice. On the BMS website you can search for a current student and see a list of their rotations and thesis lab: http://biomedsci-db.ucsd.edu/student_index. You can also insert a professor's name into this search engine and see which students are associated with each. Ask us if you need the name of students who know more about the lab you are interested in.

- **Visit the BMS Laboratory Rotation Projects Page** (Password: Rocknroton) http://biomedsci-db.ucsd.edu/lab_rotation to get an idea of which professors indicated they were able to take rotation students last year and the projects they were working on. Faculty are currently updating their lab rotation availability throughout the summer. Please note that this is not a comprehensive list — not all faculty accepting students are listed here.
- **There is no perfect lab!** You will never find a perfect lab, but there are many amazing labs at UCSD that have great people, are doing top-notch science, and would be fun to work in. Don't get caught up trying to find the "perfect" lab and miss out on some of the great ones that are here. Be open to labs doing work that you know nothing about, or labs doing techniques that you've never heard of, or labs that do more computational modeling even though you can barely turn on your PC. Be adventurous and learn something!

Important Locations for when you move (closest to UCSD)

Ikea

2149 Fenton Parkway
San Diego, CA 92108-4739

Target

5680 Balboa Avenue
San Diego, CA 92111-2706

Wal-Mart

4840 Shawline Street
San Diego, CA 92111

Home Depot

4255 Genesee Avenue
San Diego, CA 92117

Costco

4605 Morena Boulevard
San Diego, CA 92117

Ralphs

8677 Villa La Jolla Dr
La Jolla, CA 92037-2354

Vons

7788 Regents Road
San Diego, CA 92122

Trader Joe's

8657 Villa La Jolla Dr
La Jolla, CA 92037-8309

Sprouts

3358 Governor Dr
San Diego, CA 92122

Balboa International Market

5905 Balboa Ave
San Diego, CA 92111

Zion Market

7655 Clairemont Mesa Blvd
San Diego, CA 92111

99 Ranch Market

7330 Clairemont Mesa Blvd
San Diego, CA 92111

If you need any other locations or ideas of where to get certain things – don't hesitate to get in contact with one of us.

List of Important Websites

Department/School sites

- <http://biomedsci.ucsd.edu>
- <https://students.ucsd.edu>

Housing

- <http://hdh.ucsd.edu/arch/gradhousing.html>
- <https://hdh.ucsd.edu/ARCHWaitlist/>
- <https://offcampushousing.ucsd.edu/>

Transportation and Maps

- <http://www.ucsdbus.com>
- <http://transportation.ucsd.edu/shuttles/index.html>
- <http://transportation.ucsd.edu/>
- <http://www-act.ucsd.edu/maps/>

Car

- <https://mv.dmv.ca.gov/FeeCalculatorWeb/index.jsp>
- <https://www.dmv.ca.gov/portal/dmv/dmv/offices>

Health Insurance

- <http://grad.ucsd.edu/degrees/student-health-services-and-insurance-plan.html>
- <http://studenthealth.ucsd.edu>

Utilities

- <http://www.sdge.com>
- <http://www.sandiego.gov/water/rates/>
- <https://www.spectrum.com/>
- <http://www.att.com/>
- <http://www.directv.com/DTVAPP/index.jsp>
- <http://ww2.cox.com/>

Establishing California Residency

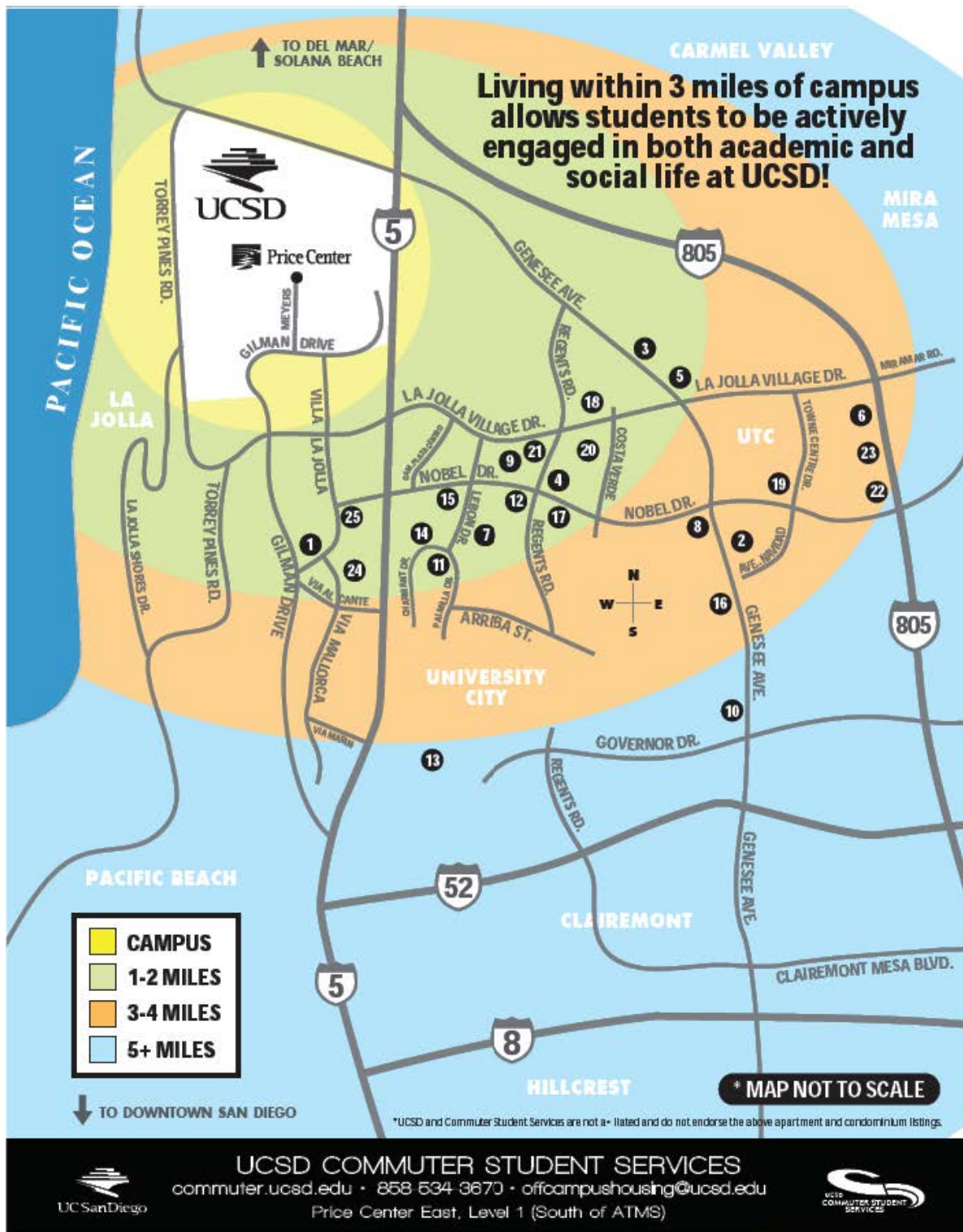
- <http://www.ucsd.edu/current-students/finances/fees/residence/status-change.html>
- <http://www.ucsd.edu/current-students/finances/fees/residence/criteria.html>

What to do in your free time

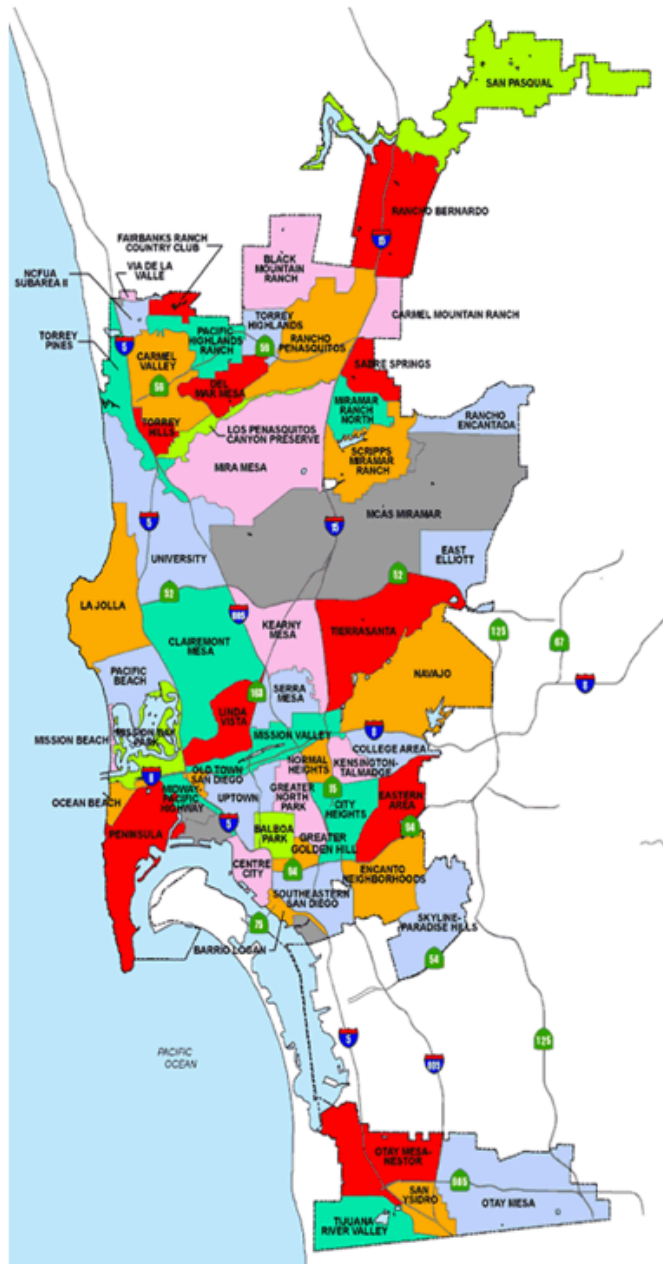
- <http://recreation.ucsd.edu/>
- <http://www.sandiegohikers.com/>
- <https://www.sandiegobrewersguild.org/>

- <http://www.westcoastersd.com/>
- <http://www.balboapark.org/>
- <http://sandiego.eater.com/>

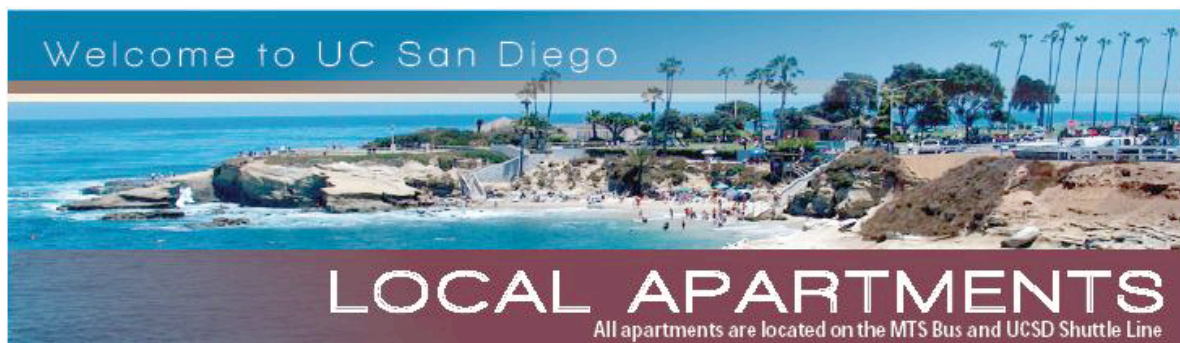
Neighborhood Map (from UCSD)



San Diego Neighborhood Map



Apartment Complexes Near Campus



1 Archstone Apartments 8506 Villa La Jolla La Jolla, CA 92037 888 325 8588 la.jolla.archstone.smith.com 0.6 miles to campus 296 units \$1425 - 1815 average rent	2 Archstone UTC 7936 Avenida Navidad San Diego, CA 92122 888 325 5920 utoe.archstone.smith.com 2.36 miles to campus 328 units \$1000 - 1900 average rent	3 Canyon Park 9555 Genesee Ave. San Diego, CA 92121 866 777 0545 canyonpark.com 2.5 miles to campus 223 units \$1000 - 1585 average rent	4 Costa Verde Village 8720 Costa Verde Blvd. San Diego, CA 92122 866 420 0664 costaverdevillage-gardencommunities.com 1.41 miles to campus 1267 units \$1155 - 2230 average rent	5 La Jolla Canyon 9515 Genesee Ave. San Diego, CA 92121 866-434-7889 gardencommunities.com/la.jollacanyon 1.91 miles to campus 157 units \$1150 - 1675 average rent
6 La Jolla Crossroads 9085 Judicial Drive San Diego, CA 92122 866-363-9145 la.jollacrossroads.com 2.39 miles to campus 995 units \$1275 - 2385 average rent	7 La Jolla International Gardens 3417 Lebon Drive San Diego, CA 92122 866-434-7884 dmesstetomco.net 1.18 miles to campus 400 units \$1205 - 1670 average rent	8 La Jolla Nobel 4247 Nobel Drive San Diego, CA 92122 866-434-7891 forrent.com/la.jollanobel 1.93 miles to campus 140 units \$1170 - 1475 average rent	9 La Jolla Palms 3535 Lebon Drive San Diego, CA 92122 800-861-5741 1.2 miles to campus 232 units \$1765 - 2200 average rent	10 La Jolla Park West 5185 Luigi Ter. San Diego, CA 92122 866-328-9889 forrent.com/la.jollaparkwest 3.28 miles to campus 175 units \$1270 - 1615 average rent
11 La Regencia 7881 Palmilla Drive San Diego, CA 92122 866-434-7885 gardencommunities.com/la.regencia 1.37 miles to campus 560 units \$1345 - 1910 average rent	12 La Scala 3845 Nobel Dr. San Diego, CA 92122 866-434-7887 lascalasomco.net 1.43 miles to campus 354 units \$1140 - 1815 average rent	13 Las Flores 7039 Charmant Dr San Diego, CA 92122 866-858-5644 www.las-floresapartments.com 2.43 miles to campus 312 units \$1445 - 1955 average rent	14 Mirada at La Jolla Colony 7568 Charmant Dr San Diego, CA 92122 866-449-0425 mirada_apts@prmc.com 1.44 miles to campus 444 units \$1235 - 1820 average rent	15 Nobel Court 3737 Nobel Dr. #2101 San Diego, CA 92122 877-258-3981 nobelcourt.com 1.16 miles to campus 267 units \$12 95 - 1900 average rent
16 Pacific Gardens 8148 Genesee San Diego, CA 92122 866-467-6332 forrent.com/paci-gardens-utc 2.09 miles to campus 156 units \$1175 - 1680 average rent	17 Regents Court 8485 Regents Road San Diego, CA 92122 888-255-0322 regentscourt@lincolnapts.com 1.6 miles to campus 251 units \$1415 - 2350 average rent	18 Regents La Jolla 9237 Regents Road La Jolla, Ca 92037 866-466-8415 regents-aparment.net 1.27 miles to campus 320 units \$1545 - 2700 average rent	19 Torrey Pines Village 8939 Lombard Place San Diego, CA 92122 866-658-0907 torrey-pinesapts.com 2 miles to campus 134 units \$1100 - 1600 average rent	20 Towers at Costa Verde 8775 Costa Verde Blvd San Diego, CA 92122 866-648-0868 www.gardencommunities.com 1.44 miles to campus 600 units \$1625 - 2905 average rent
21 Trieste Apartments 3950 Mahalia Ave. San Diego, CA 92122 888-263-7922 triesteapartmentsan.r.com 1.36 miles to campus 302 units \$1397 - 1717 average rent	22 Valentia 5305 Toscana Way La Jolla, CA 92037 858-622-0211 valentiaesheaproperties.com 2.5 miles to campus 318 units \$1600 - 2250 average rent	23 The Villas of Renaissance 5280 Fiore Terrace San Diego, CA 92122 800-873-5950 2.43 miles to campus 923 units \$1350 - 2475 average rent	24 Villa La Jolla 8540 Via Mallorca La Jolla, CA 92037 866-667-815 forrent.com/villalajolla .91 miles to campus 228 units \$1300 - 1710 average rent	25 Village Square 8683 Via Mallorca San Diego, CA 92037 866 413 5928 forrent.com/apartmentsonthesquare .91 miles to campus 116 units \$1195 - 1325 average rent

*Information collected quarterly. UCSD and Commuter Student Services are not affiliated and do not endorse the above apartment and condominium listings.

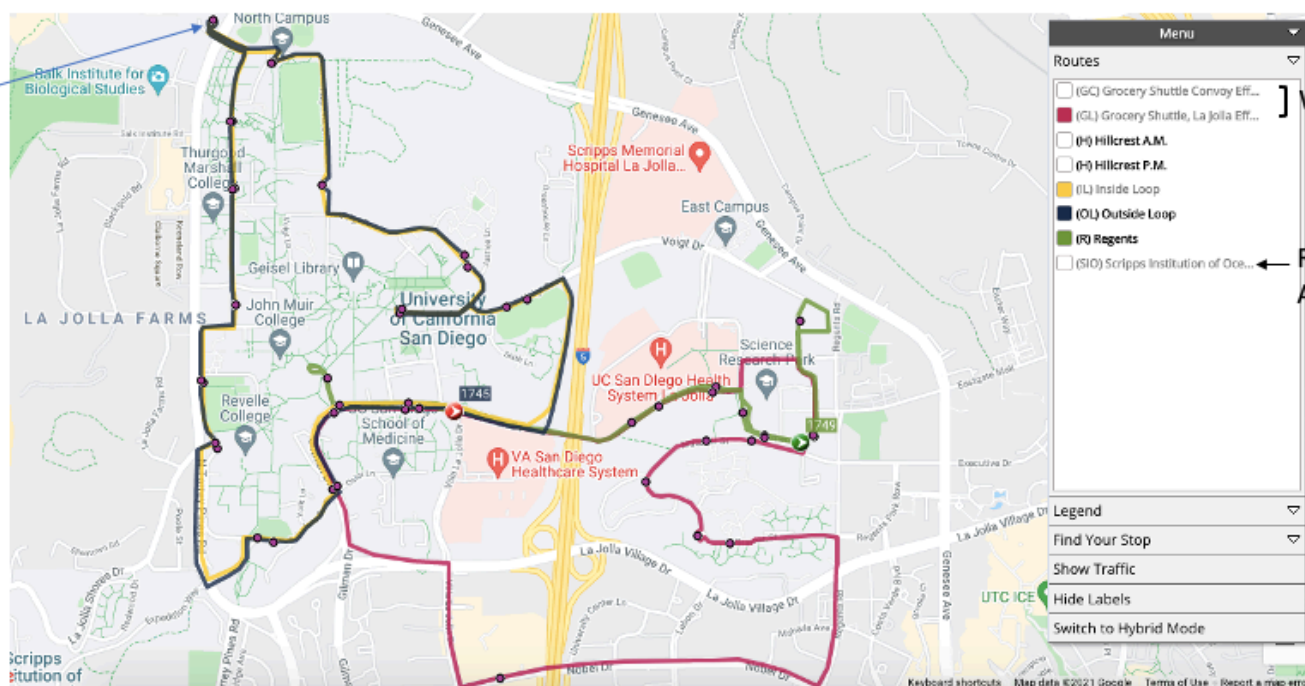


UCSD COMMUTER STUDENT SERVICES
commuter.ucsd.edu • 858-534-3670 • offcampushousing@ucsd.edu
Price Center East, Level 1 (South of ATMS)



UCSD Shuttles

Get off here
for Sanford
Consortium

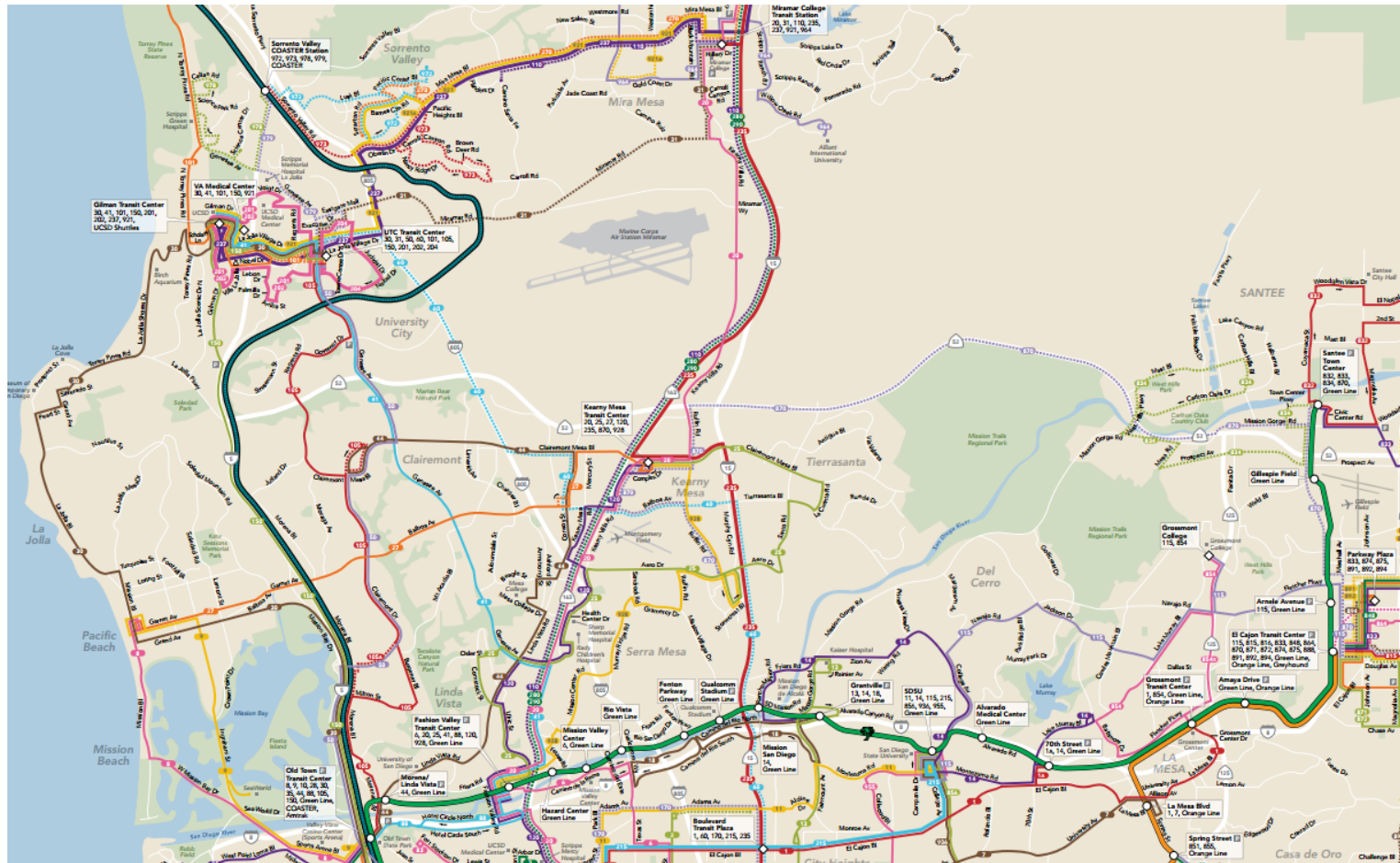


Weekends

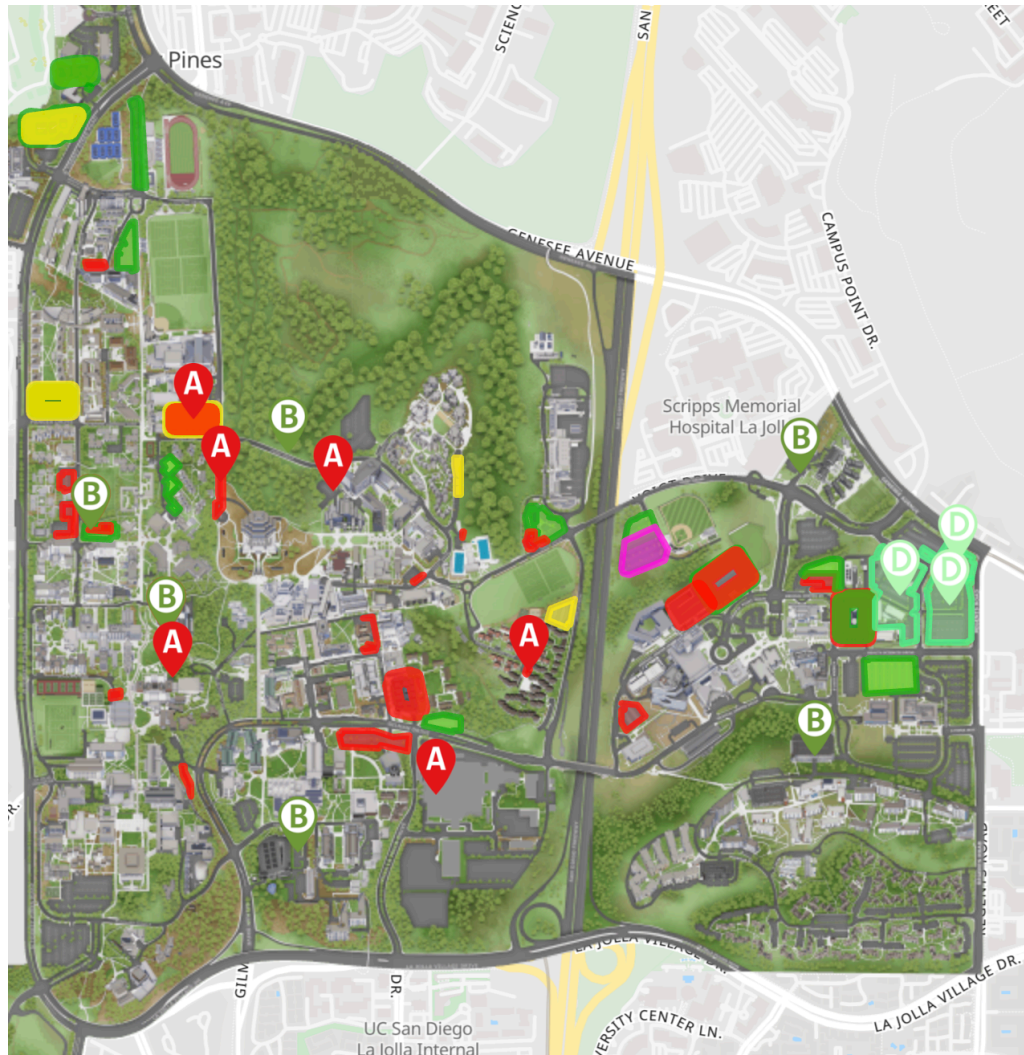
Runs October -
April






Several of the further routes are not shown, but all UCSD shuttles can be found at <http://ucsd bus.com/m/routes>. Find a live map at <https://www.ucsd bus.com/map>.

San Diego Regional Transit:



UCSD Parking Lot location Map



	Discount - D
	Super Saver - \$3
	Faculty - A
	Staff & Grad - B
	Student - S