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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! You will also be matched with a 2nd year and an upper year (3+) mentor in the program in August/September based on your answers in the matchup form (<https://forms.gle/bf8DdYHvJzyCusYA6> **due Monday, August 25th**). They will also be great resources for answering questions and giving advice!

The BMS graduate students have a Slack workspace that we use to communicate (invite link: https://join.slack.com/t/bmsgraduateest-ou78445/shared_invite/zt-3adiqpqra-40qBNoVe2TB01ULo6LnFmQ **join by Friday, August 8th**), and your cohort will have your own channel as well.

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

Feel free to message any of us with any questions!

BMS Welcome Liaisons

Adriana Vasquez Ayala | alv031@health.ucsd.edu

Courtney Sawyer | cbsawyer@health.ucsd.edu

Tiffany Quach | t8quach@health.ucsd.edu

Kyle Magro | kmagro@health.ucsd.edu

Mark Holton | maholton@health.ucsd.edu

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

Important BMS Contacts

Program Director:

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Tiffany Quach | t8quach@health.ucsd.edu

Kyle Magro | kmagro@health.ucsd.edu

Mark Holton | maholton@health.ucsd.edu

BMS Websites and Social Media:

Slack (**this link will be active until Friday, August 8th**. For issues, feel free to contact Tiffany Quach | t8quach@health.ucsd.edu):

https://join.slack.com/t/bmsgraduatest-ou78445/shared_invite/zt-3adiqpqra-40qBNoVe2TB01ULo6LnFmQ

Program Website:

<http://biomedsci.ucsd.edu>

Student Website:

<https://ucsdbiomed.wordpress.com/>

Instagram:

https://www.instagram.com/ucsd_bms?igsh=NTc4MTIwNjQ2YQ%3D%3D&utm_source=qr

X:

https://twitter.com/ucsd_bms

Facebook Page:

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

All Students Facebook Group:

<https://www.facebook.com/groups/117399715037735/>

BMS Events Google Calendar:

<https://calendar.google.com/calendar/u/1?cid=Ym1zZ3JhZGNvdW5jaWxhZ21haWwuY29t>

Finding a Place to Live

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

On-Campus:

- Website: <https://hdhgradfamilyhousing.ucsd.edu/>
 - Important for:
 - Getting on the housing waitlist
 - Checking housing availability
 - FixIt maintenance requests
 - Rent prices
 - Virtual apartment tours
- Graduate students at UC San Diego automatically qualify for two years in graduate housing (unless awarded Student Housing Opportunity Recruitment Enhancement, or SHORE). This is voluntary and you can choose to spend your two years in graduate housing at any point throughout your graduate degree, though most who live in graduate housing choose to do so at the beginning of their time in the program. Graduate housing is generally considered cheaper than living off-campus, particularly with most utilities included, and is close to campus, but consider your options when deciding where to live!

The first thing you should do once you accept an offer for BMS at UCSD and have your official UCSD email is to sign up for the housing waitlist if you'd like to live in on-campus graduate housing!

Additional Notes:

- Check the waitlist times (<https://its-netweb.ucsd.edu/hdh-gfh-community-statistics/statistics.aspx>) for communities you are interested in. Coast will have a significantly longer waitlist (~2 years), and it is unlikely that you will get an offer this year for these locations.
- You can live in these grad student residences with a non-UCSD student, but you must show proof of "committed couple status". See Grad Housing's FAQ page under "Eligibility Questions?" (<https://hdhgradfamilyhousing.ucsd.edu/faq/future-residents.html#eligibility-question>) or contact Graduate and Family Housing Allocations Office or 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.

- Current Resident Monthly Charges (Effective July 1, 2025-June 30, 2026)

- [Coast:](#)



Unit Type	Double Occupancy - Shared Bedroom	Single Occupancy Bedroom	Full Unit
Studio	\$673.50	\$1347	\$1347
1 Bed / 1 Bath	\$819	\$1638	\$1638
2 Bed / 1 Bath	\$490.50	\$981	\$1962

- Water, trash, gas, electricity, cable tv, internet and parking are included.

- [Mesa:](#)



Unit Type	Double Occupancy - Shared Bedroom**	Single Occupancy Bedroom	Full Unit
Central Mesa			
1 Bed / 1 Bath	\$900	\$1800	\$1800
2 Bed / 1 Bath	\$532.50	\$1065	\$2130
3 Bed / 1 Bath	\$505.50	\$1011	\$3033
South Mesa			
2 Bed / 1 Bath	\$561	\$1122	\$2244

- Water, trash, gas, cable & internet, and parking are included. Electricity is included in one and three-bedroom units.

- ** Double occupancy rate not available in Central Mesa Building 9226

- [One Miramar St.:](#)



Unit Type	Double Occupancy - Shared Bedroom	Single Occupancy Bedroom	Full Unit
2 Bed / 1 Bath	\$588	\$1176	\$2352

- Water, trash, gas, cable & internet, and parking are included. Residents pay for electricity.

- [Mesa Nueva:](#)



Unit Type	Double Occupancy - Shared Bedroom	Single Occupancy Bedroom	Full Unit
Studio**	\$729	\$1458	\$1458
1 Bed / 1 Bath	\$1185	\$2370	\$2370

2 Bed / 2 Bath			
- Master	\$765	\$1530	\$3030
- Non-Master	\$750	\$1500	\$3030
3 Bed / 2 Bath			
- Master	\$576	\$1152	\$3366
- Non-Master	\$553.50	\$1107	\$3366

- Water, trash, gas, cable & internet, and parking are included. Residents pay for electricity.
- **For Furnished Studios: furnishings, electricity, water, trash, gas, cable & internet, and parking are included.

○ [Nuevo East:](#)

■

Unit Type	Double Occupancy - Shared Bedroom	Single Occupancy Bedroom	Full Unit
1 Bed / 1 Bath	\$1078.50	\$2157	\$2157
2 Bed / 1 Bath	\$613.50	\$1227	\$2454
3 Bed / 2 Bath - Townhouse	\$580.50	\$1161	\$3483
3 Bed / 2 Bath	\$532.50	\$1065	\$3195
4 Bed / 2 Bath	\$510	\$1020	\$4080

- Electricity, water, trash, gas, high-speed Internet, premium cable package, and parking are included.

○ [Nuevo West:](#)

■

Unit Type	Double Occupancy - Shared Bedroom**	Single Occupancy Bedroom	Full Unit
Studio	\$784.50	\$1569	\$1569
2 Bed / 1 Bath	\$613.50	\$1227	\$2454
4 Bed / 2 Bath	\$532.50	\$1065	\$4260
6 Bed / 3 Bath	\$519	\$1038	\$6228

- Electricity, water, trash, gas, high-speed Internet, premium cable package, and parking are included.
- **Double Occupancy rate not available in Brisa

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!

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.
- **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. Using the North County Transit trains is possible.
- **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.
- **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.

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.
- **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!
- **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.
- **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.

See what the City of San Diego says about the neighborhoods:
<http://www.sandiego.gov/planning/community/profiles/>

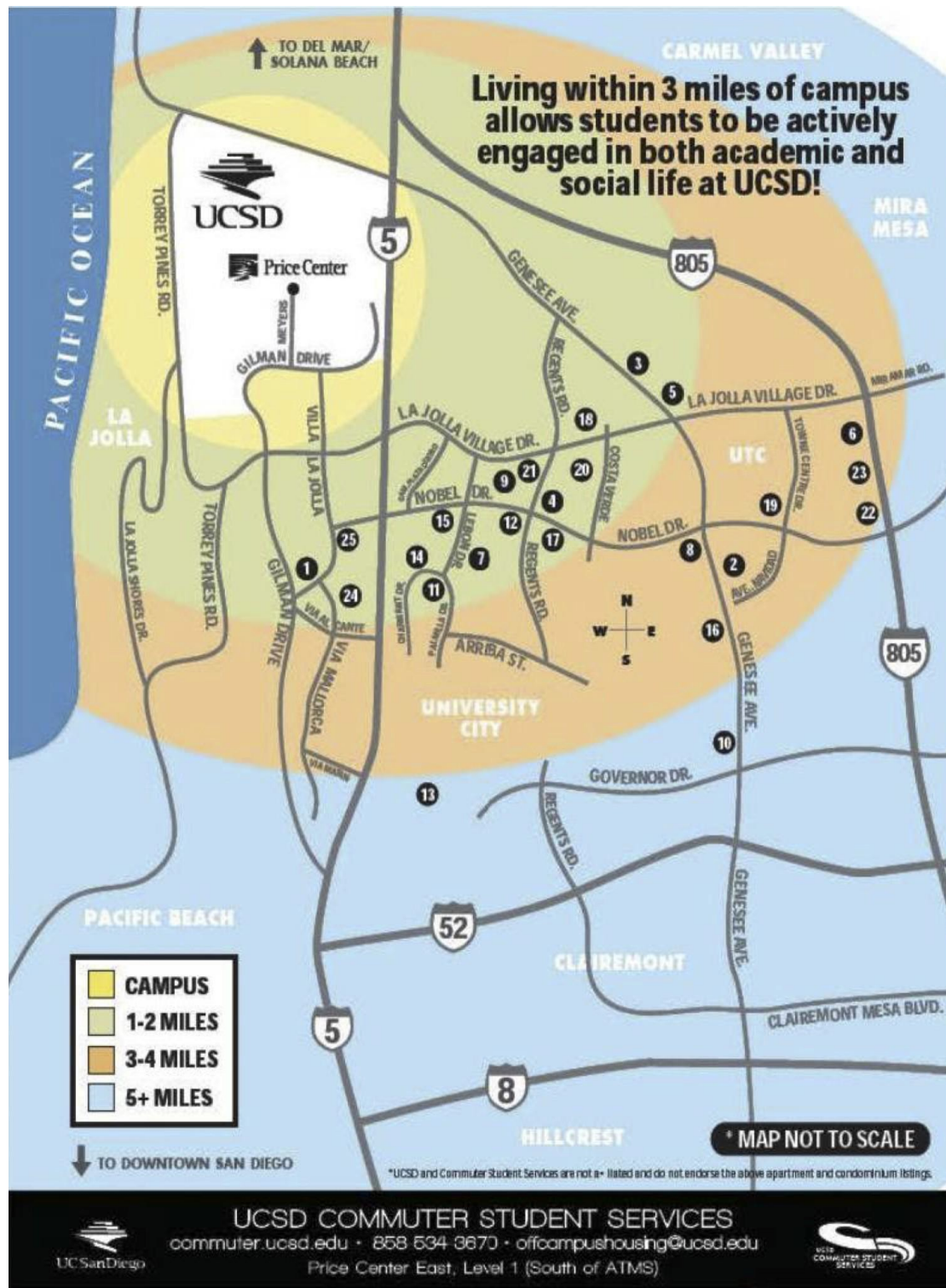
Resources from UCSD for searching for an off-campus place:
<https://students.ucsd.edu/campus-services/housing/offcampus/index.html>

Note: Some helpful places to look for housing include Craigslist, Facebook, Zillow, and Apartments.com. Feel free to reach out to any of the welcome committee liaisons, or your student mentor/host for questions, or to get in touch with a student currently living in a specific neighborhood!

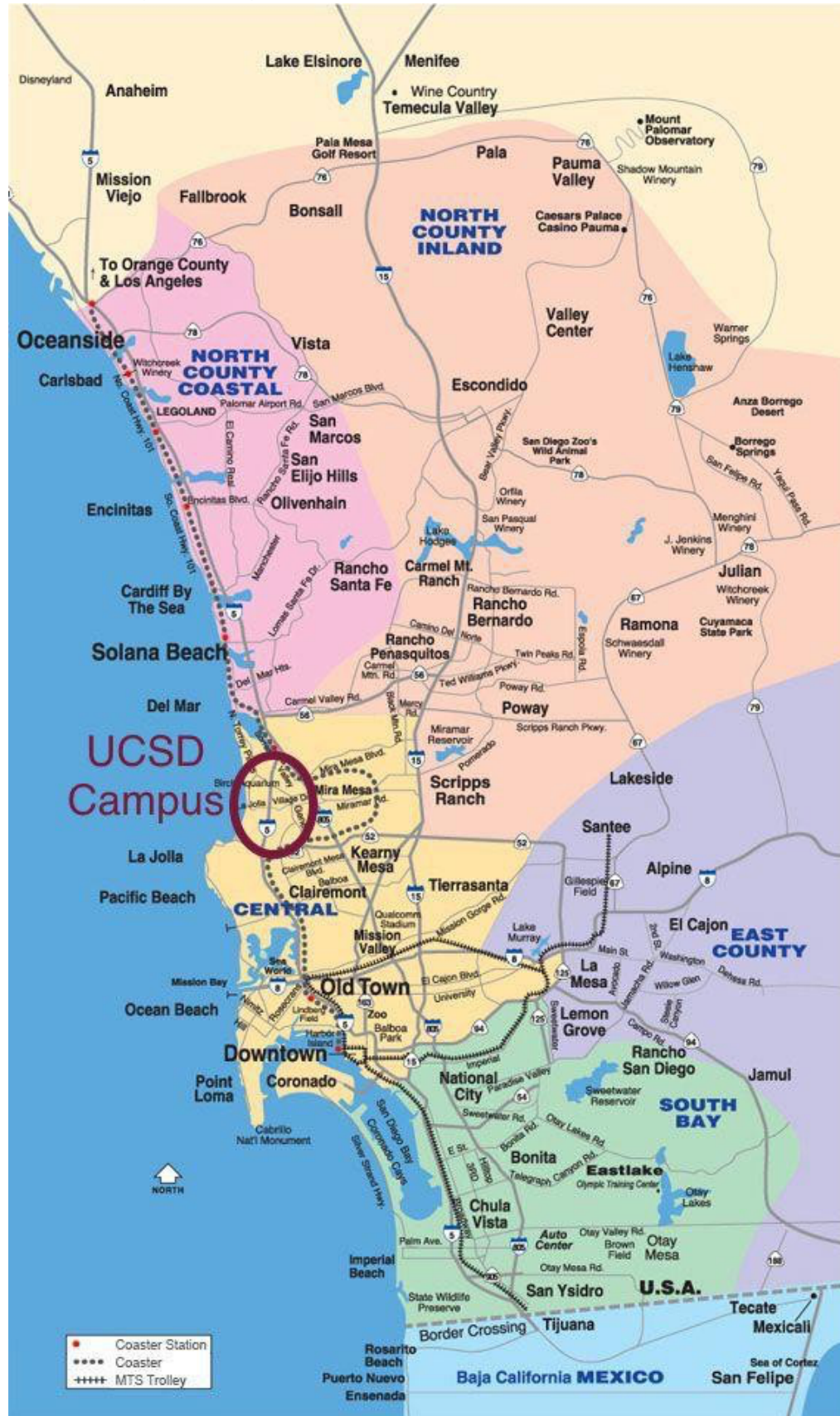
When to Move to San Diego?

We recommend first-years arrive at the campus in the first week of September or earlier so that you do not miss any fun events! :)

UCSD's Neighborhood Map



San Diego Neighborhood Map



Apartment Complexes Near Campus

Link to UCSD resource for moving off campus:

<https://offcampushousing.ucsd.edu/>

Google Map of local apartment complexes located on MTS Bus and UCSD Shuttle lines:

<https://maps.app.goo.gl/C4nEYZX2Rk6PuLS67>

Grocery Store Proximity

Google Map of grocery stores near campus:

<https://maps.app.goo.gl/7M7q9Awbsqr6dLaC8>

Grocery Shuttle also available from Grad Housing to Clairemont/Convoy shopping area:

<https://transportation.ucsd.edu/campus/shuttles/grocery-c.html>

Choosing an Off-campus Neighborhood

Proximity

UCSD tool for locating nearby available apartments for rent:

[Apartments for Rent Near University of California, San Diego - Student Housing](#)

Transit-Efficient

Consider neighborhoods along the Rapid 237 express bus line. ([map](#))

- Miramar College Transit Station: ~41 minutes ([neighborhood profile](#), [map](#))
- Black Mountain Rd. ([neighborhood profile](#), [map](#))
- Camino Ruiz: ~32 minutes ([neighborhood profile](#), [map](#))
- Steadman St. ([neighborhood profile](#), [map](#))
- Pacific Heights Blvd. ([neighborhood profile](#), [map](#))
- Oberlin Dr. ([neighborhood profile](#), [map](#))
- Scranton Rd.: ~19 minutes ([neighborhood profile](#), [map](#))
- Regents Rd. ~10 minutes ([neighborhood profile](#), [map](#))

Consider neighborhoods along the UC San Diego Blue Line trolley. ([map](#))

- UTC Transit Center: 8 minutes, est. ([neighborhood profile](#), [map](#))
- Executive Drive: 5 minutes, est. ([neighborhood profile](#), [map](#))
- Nobel Drive: 4 minutes, est. ([neighborhood profile](#), [map](#))
- Balboa Avenue 13 minutes, est. ([neighborhood profile](#), [map](#))
- Clairemont Drive: 15 minutes, est. ([neighborhood profile](#), [map](#))
- Tecolote Road: 17 minutes, est. ([neighborhood profile](#), [map](#))
- Old Town Transit Center: 19 minutes, est. ([neighborhood profile](#), [map](#))
- Washington Street: ([neighborhood profile](#), [map](#))
- Middletown: ([neighborhood profile](#), [map](#))
- County Center/Little Italy: ([neighborhood profile](#), [map](#))
- Santa Fe Depot: ([neighborhood profile](#), [map](#))
- America Plaza: ([neighborhood profile](#), [map](#))
- Civic Center: ([neighborhood profile](#), [map](#))
- Fifth Avenue: ([neighborhood profile](#), [map](#))
- City College: ([neighborhood profile](#), [map](#))
- Park & Market: ([neighborhood profile](#), [map](#))
- 12th & Imperial Transit Center: ([neighborhood profile](#), [map](#))
- Barrio Logan: ([neighborhood profile](#), [map](#))
- Harborside: ([neighborhood profile](#), [map](#))
- Pacific Fleet: ([neighborhood profile](#), [map](#))
- 8th Street: ([neighborhood profile](#), [map](#))
- 24th Street: ([neighborhood profile](#), [map](#))
- Bayfront/E Street: ([neighborhood profile](#), [map](#))
- H Street: ([neighborhood profile](#), [map](#))
- Palomar Street: ([neighborhood profile](#), [map](#))

- Palm Avenue: ([neighborhood profile](#), [map](#))
- Iris Avenue: ([neighborhood profile](#), [map](#))
- Beyer Boulevard: ([neighborhood profile](#), [map](#))
- San Ysidro Transit Center: ([neighborhood profile](#), [map](#))

Lower Rent

Based on current rent, these are the 10 most affordable San Diego neighborhoods:

1. [East County](#)
2. [Point Loma Heights](#)
3. [Mira Mesa](#)
4. [South I-15 Corridor](#)
5. [Scripps Ranch](#)
6. [Midway District](#)
7. [Hillcrest](#)
8. [Uptown San Diego](#)
9. [Balboa Park](#)
10. [East Village](#)

Facebook Group for Off Campus Housing

[UCSD Student Off-Campus Housing | Facebook](#)

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
 - Check to see if you qualify for discounted electricity rates under the CARE or FERA programs
 - <https://www.sdge.com/residential/pay-bill/get-payment-bill-assistance/assistance-programs#overview>

Water

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

Cable/Internet (There are a couple of 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 AT&T 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>
 - (888) 795-9488
 - You can get \$100 off if a friend or family member who also has a DirecTV account refers you.
- Cox Communications
 - <http://www.cox.com>
 - 866-961-0027
- T-Mobile
 - <https://www.t-mobile.com/home-internet>
 - 1-877-244-4163

Orientation

Fall 2025

BMS Orientation will begin with an optional meet and greet in the BMS offices on **Friday, September 5th, 2025**. On **Monday, September 8th**, will have an introduction session followed by a lunch with your A-SPAC Advisor at the [Ida and Cecil Green Faculty Club](#). **Tuesday, September 9th**, there will be a NSF workshop session in the afternoon. Orientation activities will resume **Monday, September 15** after we return from the retreat and will continue through **Friday, September 19**. Classes will then begin on **Thursday, September 25, 2025**.

The Division of Graduate Education and Postdoctoral Affairs (GEPA) and the Graduate and Professional Student Association (GPSA) plan a series of annual events for new graduate students to introduce you to the UC San Diego campus community. This year in addition to their resource fair, they will also hold Graduate Triton Weeks of Welcome. Information will be emailed to new students and posted [here](#) as it becomes available.

iOrientation: New International Student Orientation Series will be presented by the UC San Diego International Services and Engagement Office (ISEO). iOrientation sessions and welcoming programming will be in September 2024 and will be open to all new international students.

Certain sessions during ISEO's iOrientation program are required of all new international students and more information can be found [here](#).

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

- o Mental Health and Wellness
- o Professionalism
- o Short research talks from faculty and students
- o A-SPAC Advisor (your advisor during the first year) Introductions
- o Predoctoral Fellowship Writing Workshop
- o NSF GRFP Fellowship Application

Annual BMS Program Scientific Conference and Retreat

The 23rd Annual BMS Graduate Program Scientific Conference and Retreat will be **September 10th-12th** in Rancho Mirage, CA (near palm springs) at Omni [Rancho Las Palmas Resort](#). The retreat serves as an opportunity for the BMS program to come together as a community in a relaxing, informal atmosphere. The program will cover meals, accommodations, and BMS-planned activities for students and faculty.

Abbreviated Schedule:

Wednesday, September 10th: 12:00pm – board a chartered bus to take you to the resort, check-in (4pm), welcome remarks, poster session, dinner, and other activities.

Thursday, September 11th: Student research talks in the morning, science activities, free time in the afternoon (lazy river!), dinner, keynote talk, keynote reception, other activities, and karaoke and dancing.

Friday, September 12th: Student research talks, 2024-25 Dissertation of the Year talk, award ceremony and raffle.

Transportation and accommodation: First year students will be transported via charter bus to retreat at no cost. Students will be paired with fellow incoming students for hotel accommodations. Details regarding bus transportation will be emailed at a later date.

Food: Dinner will be provided on day one of the retreat, all meals will be provided on day two, breakfast and lunch will be provided on day three. Please note dietary restrictions and any allergies using the emailed RSVP form. Students are welcome to bring snacks.

What to Expect: The annual retreat is an opportunity for networking among incoming students, students in years 2+, faculty, alumni, and administration in the Biomedical Sciences PhD program. The event consists of poster sessions, student scientific talks, team building exercises, and socials. Expect a full schedule with built-in time to swim, dance, relax, and meet friends and future peers.

Weather in Rancho Mirage: Weather is hot and dry with an average high/low temperature of 101/74°F in September. All program activities will be indoors apart from any optional swimming.

What to Pack: Each day of retreat will include networking events and/or scientific talks. For these events, students should pack smart-casual clothing. For all other social events, dress is casual. Students should bring swim attire if they plan on swimming in the resort's outdoor pool. Remember, the weather will be warm! The retreat will have a theme (to be announced) and students are welcome to bring themed clothing.

If you have specific questions, please reach out to retreat coordinators, Stephanie Harchenko, sharchenko@health.ucsd.edu, Nyssa Williams, n5williams@health.ucsd.edu, or Clara Young, c9young@health.ucsd.edu.

Academic Calendar 2025-2026

Fall 2025	
Fall Quarter begins	Monday, September 22
Instruction begins	Thursday, September 25
Fifteenth day of instruction	Wednesday, October 15
Veterans Day Holiday	Tuesday, November 11
Thanksgiving Holiday	Thursday – Friday, November 27–28
Instruction ends	Friday, December 5
Final Exams	Saturday – Saturday, December 6–13
Fall Quarter ends	Saturday, December 13
Winter Break	Wednesday – Thursday, December 24–25
New Year Holiday	Wednesday – Thursday, December 31 – January 1
49 Days of Instruction - 60 Days in Quarter	
Winter 2026	
Winter Quarter begins	Friday, January 2
Instruction begins	Monday, January 5
Martin Luther King, Jr. Holiday	Monday, January 19
Fifteenth day of instruction	Monday, January 26
Presidents' Day Holiday	Monday, February 16
Instruction ends	Friday, March 13
Final Exams	Saturday – Saturday, March 14–21
Winter Quarter ends	Saturday, March 21
48 Days of Instruction - 57 Days in Quarter	
Spring 2026	
Spring Quarter begins	Wednesday, March 25
César Chávez Holiday	Friday, March 27
Instruction begins	Monday, March 30
Fifteenth day of instruction	Friday, April 17
Memorial Day observance	Monday, May 25
Instruction ends	Friday, June 5
Final Exams	Saturday – Friday, June 6–12
Spring Quarter ends	Friday, June 12
Commencement programs	Saturday – Sunday, June 13–14
49 Days of Instruction - 58 Days in Quarter	

Having a Car

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. The DMV website has more details:

<https://www.dmv.ca.gov/portal/vehicle-registration/smog-inspections/#BM2535>

Tips and Tricks

- If you don't have a car you will probably want one if you can. 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 got 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://www.dmv.ca.gov/portal/vehicle-registration/registration-fees/vehicle-registration-f-e-e-calculator/calculate-my-fees>
- Find the DMVs around San Diego and look up all the official rules here:
<https://www.dmv.ca.gov/portal/locations/field-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/>

Message the #general slack channel or reach out to a Welcome Committee member if you have any questions about bringing/shipping a car from out-of-state.

Parking on Campus

For grad students, you can buy a parking permit (B permit) via this link:
<https://ucsd-transportation.t2hosted.com/Account/Portal>

B Permit Prices and Payment

Permit	Eligibility*	Payroll	Consecutive Day (30–365 days)	10 Days	1 Day	Carpool Eligibility
B	Faculty, Staff, Grad Student	\$114/mo	\$3.80/day	\$60.50	\$6.05	Eligible

With your virtual B permit, you can always “park down” in S or D spaces if you don’t find a conveniently located B parking space. You can also save by purchasing D parking on an ongoing basis.

If you do not drive to campus on a daily basis, you can pay for parking through ParkMobile APP using a flexible parking program.

Detailed information about flexible parking is here:
[https://transportation.ucsd.edu/commute/flexible-parking.html#Staff-\(PSS\)-&-Graduate-Students](https://transportation.ucsd.edu/commute/flexible-parking.html#Staff-(PSS)-&-Graduate-Students)

Be aware that spots fill up early in the morning. Here is a list where you can find the availability of the parking lots: <https://transportation.ucsd.edu/commute/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 ~8:00 am,
- **South Parking Structure** at Gilman Drive and Biomedical Sciences Way, spots fill up by ~8 am
- There are also B spots at the **UCSD Medical Center La Jolla** (see right side of map) with shuttles to main campus/SOM.

For an up-to-date, interactive map of campus, including B parking spots and construction:
<https://maps.ucsd.edu/map/default.htm>

Alternative Commuting Transportation

[Link to All Campus Commuting Options](#)

Bus & Trolley

Transit products for the [San Diego Metropolitan Transit System](#) (MTS) and [North County Transit District](#) (NCTD) are delivered through the [PRONTO](#) regional fare system.

In addition to the daily, weekly and monthly products available directly through [PRONTO](#), these products are available exclusively to certain segments of the UC San Diego community.

- [U-Pass](#) – included with student fees for matriculated students during the fall, winter and spring academic quarters
- [Triton Summer U-Pass](#) – for eligible students
- [FaSt Pass](#) – reduced-cost monthly product for payroll deduction eligible faculty and staff available through Transportation Services only
- [UC San Diego PRONTO FAQ](#)

[MTS Lines with stops @ UCSD:](#)



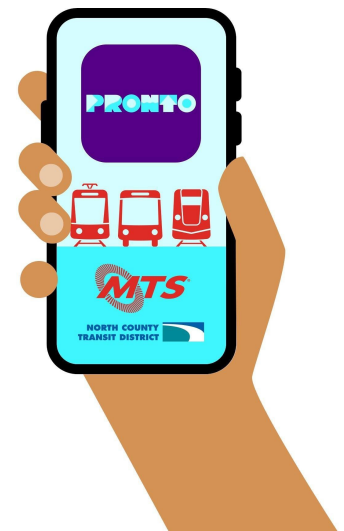
Bus Routes 30, 41, 101, and Rapid 201/202, 237



UC San Diego Blue Line Trolley

[Download the PRONTO app](#) to ride the bus or trolley

Use this [video](#) to sign up for your free Pronto U-pass. This pass allows you to ride MTS for free during the fall, winter, and spring quarters.



On Campus Transportation

Shared Scooters

Spin provides a shared scooter program on campus. Approximately 800 scooters are available.
[Link to learn more.](#)

Triton Transit Shuttles

HC – Health Campus Connector

- Connects the UC San Diego Health La Jolla Blue Line Trolley station with the La Jolla Medical Center
- [View Stops and Timetables](#)

R – Regents Express

- Connects East Campus commuter parking (P703, P704, P705), UC San Diego Health – La Jolla, to the UC San Diego Central Campus Station
- [View Stops and Timetables](#)

SIO – Scripps Institution of Oceanography Shuttle

- Connects the Scripps Institution of Oceanography, Birch Aquarium and the beach at Scripps Seaside Forum to the central campus
- [View Stops and Timetables](#)

IL – Inside Loop

- Circles the Central Campus in a clockwise direction, including connections to regional bus service at the Gilman Transit Center and the UC San Diego Blue Line Trolley at the Central Campus Station
- [View Stops and Timetables](#)

OL – Outside Loop

- Circles the Central Campus in a counterclockwise direction, including connections to regional bus service at the Gilman Transit Center and the UC San Diego Blue Line Trolley at the Central Campus Station
- [View Stops and Timetables](#)

MS – Mesa South Shuttle

- Connects Mesa residential community to the Central Campus via UC San Diego Health – La Jolla
- [View Stops and Timetables](#)

GC – Grocery Shuttle - Clairemont/Convoy

- Connects the Central Campus and Mesa residential community to the Clairemont/Convoy shopping area
- Connections to central campus residence halls available via the Outside Loop Shuttle
- [View Stops and Timetables](#)

Student ID Card

All students enrolled/registered for the current school quarter or session are entitled to a single, official UCSD Student ID card from the University.

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

Your ID cards will be available in the BMS office on Friday, September 5 as part of the meet and greet.

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/student discounts on attractions, electronics, education, movies, and more.

Visit <https://sfs.ucsd.edu/campus-cards/discounts.html> for more information

Questions? Contact Campus Cards (858) 534-6606 campuscards@ucsd.edu

In addition to your campus ID card, you will also be eligible for a **Health Sciences ID badge** that will provide you with access to the BMS offices, lounge, and your rotation laboratories. More information will be provided during orientation.

Stipend/Salary and Taxes

- **Monthly Stipend:** your regular monthly support begins September 1, but UCSD pays you after you work (i.e., “in arrears”). Therefore, **your first regular monthly stipend in the amount of \$3,747.54 will be issued on October 1, 2025, along with your start-up stipend.** You will be paid the first of each month going forward.
- **Stipend Direct Deposit**
 - **Domestic & International Students (ACTION ITEM):** please make sure to sign up for a stipend Direct Deposit at [Student Financial Solutions](#) if you have not already done so.
 - **International Students:** your stipend payment will be processed via Oracle Financial Cloud and you will be required to complete a Glacier record for tax purposes in early September, you will receive an email from support@online-tax.net. **Please follow the instructions to complete your Glacier record within 5 days of receipt.** Once your Glacier record is complete, you will receive a follow up email to Register for Payment Works to be set up as a Payee with UCSD and provide your bank details for Direct Deposit.
- **Paycheck Issues:** any issues with your pay during your first year should be brought up to Cierra Weaver, c5weaver@health.ucsd.edu as soon as possible.
- **Taxes:** A “stipend” payment is considered merit-based support, not employment/compensation, and taxes are not withheld up front. However, stipends are taxable income, and you will have to report the earnings to the IRS and pay Federal and State income tax (if applicable) when you file your taxes. It is important to put away some money every month or make estimated tax payments to avoid a tax penalty when you file.
- **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 have run into issues when establishing residency because they made this mistake.

California Residency

What is residency for purposes of tuition?

After you've been admitted, the University of California determines if you're a California resident for tuition purposes—that is, whether you qualify for resident or nonresident tuition.

The term “California resident for purposes of tuition” is different from other definitions of California residence. For example, a person who is a California resident for tax or voting purposes is not necessarily a resident for purposes of tuition at the University of California.

Because the definition of residency varies between offices, information from the admissions office (or on your financial aid award letter) does not necessarily mean you are a resident for purposes of tuition.

Residency for purposes of tuition is decided by the UCSD [campus residence deputy](#).

All Residence for Tuition Purposes information can be found at <https://students.ucsd.edu/finances/fees/residence/about.html>

For questions, contact the [Residence Deputy](#). No other University personnel are authorized to supply information relative to residence requirements for tuition.

If you are a US Citizen, 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 the Registrar of Voters at (800) 696-0136, or check status and apply online at the [County of San Diego's website](#).
3. Bank and credit card statements with a California address and California transactions for all 12 months prior to the quarter for which you are applying.
4. California car registration and car insurance card within the first quarter of admission. 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. Tax transcript and all pages of 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](#)

[page \(540NR\)](#). Black out all social security numbers on all tax documents. If you did not keep copies, call the Franchise Tax Board for copies of state tax returns 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:

- a. 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 tax year immediately preceding the quarter for which you request classification as a resident, and you can demonstrate self-sufficiency for the current year. Single undergraduates under 24 must submit, for the applicable quarter a petition is being filed, a budget worksheet form. Use the applicable form
- [Budget Worksheet](#) (PDF)
 - b. Document all sources of income listed on the worksheet, and include your own and your parents' prior tax year of state and federal tax returns, **or**
 - c. 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 10 items for the parent(s) claiming to be a resident(s) and for the student his/herself, **or**
 - d. Will be at least 24 years old by Dec. 31 of the academic year for which classification as a resident is requested (student would submit copy of driver's license), **or**
 - e. Are a veteran of the U.S. Armed Forces, **or**
 - f. Are a ward of the court or both parents are deceased, **or**
 - g. Have a legal dependent(s), **or**
 - h. 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**
 - i. Are a **graduate or professional school student**
7. **Proof of physical presence in California for the summer immediately prior to the change of classification request:**
- a. Employment verification from California employer, or from your major department attesting to physical presence in the state, **and**
 - b. 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.
 - c. If absent from the state, provide airline tickets.
 - d. If on an out-of-state research appointment, provide a letter from your department endorsing your absence.
 - e. 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 the property owner of the housing agreement.
9. Proof of utilities in your name, e.g. gas, electric, water, etc. **CHOOSE ONE** for all 12 months prior to the quarter for which you are applying, only submit the usage page for each month.
10. Non-US citizens must provide proof of eligible USCIS status in the US (permanent resident card, I-94 record for the past year, I-821D DACA approval notice, etc.).

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://iseo.ucsd.edu/programs/iorientation/index.html>

The International Services and Engagement Office (ISEO) orientation is 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!

STEP ONE: Complete iTriton Online Training on Canvas

- When: Students will have access to iTriton June 1
- This is a mandatory virtual orientation that needs to be completed on Canvas.
- Deadline: September 1, 2025
- <https://iseo.ucsd.edu/programs/iorientation/international-student-orientation/itriton.html>

STEP TWO: International Orientation Sessions

- These sessions are **strongly recommended** and will be conducted virtually the week of Monday, September 15 to Friday, September 19, 2025.
- Example sessions include:
 - “Meet ISEO & Know the Rules”
 - “Working in the U.S.”

STEP THREE: International Welcome Programming

- iOrientation International Programming will be hosted the week of Monday, September 15 to Friday, September 24, 2025.
 - iOrientation: Global Coffee Hour
 - International Student Fan Fest
 - International Mixer
- ISEO hosts in-person and virtual programming throughout the year. These events are **strongly recommended** and provide a great opportunity to meet other international students at UC San Diego!
- View [ISEO iPrograms](#) and register for upcoming events on their [iEvents Calendar](#).

Resources for Students Arriving to the US and UC San Diego

Step 1: Gather documents needed for entry into the United States

Ensure that you understand your Earliest Date of Admission/Arrival into the United States and that you have your immigration documents in-hand and ready to present to Customs when entering the U.S. DO NOT pack these documents inside of your check-in luggage. They should be easily accessible in your carry-on bag and ready to present at the Port of Entry:

- Valid Passport: Review your passport and ensure that it is valid for at least 6 months after your date of intended entry into the U.S. Review your passport profile and visa page. Your first name and family/last name should be the same on both documents. If there are any errors, contact the U.S. Embassy or Consular Post immediately.
- Valid F-1 or J-1 Visa: Your F-1 or J-1 Visa page is inside of your passport. Ensure your visa is valid. Sometimes students who have two passports may need to carry both if their valid F-1 or J-1 Visa page is inside of their expired passport. Review your passport and visa page. Your first name and family/last name should be the same on both documents. If there are any errors, contact the U.S. Embassy or Consular Post immediately.
- Form I-20 or Form DS-2019 from UC San Diego: Ensure you use the most recent Form I-20 or DS-2019 issued to you by UC San Diego, printed, and signed by both ISEO (electronic or digital signature is OK) and by YOU (student signature must be a hand-signature/wet signature). You may only use an ORIGINAL Form I-20/DS-2019 from UC San Diego with a valid travel signature; photocopies of Form I-20 or DS-2019s will not be accepted. Additionally, you may not show an electronic version of your document; you must carry the original printed document with you.
- Financial Statements and Supporting Documents: It is always a good idea to carry Financial Statements showing proof of financial support in addition to any supporting documents regarding your reason for visiting the United States. Learn more about what to expect when traveling by visiting [iTravel.ucsd.edu](https://travel.ucsd.edu).

What to expect when you arrive at customs

The place you first enter the United States (cross the U.S. border) will be your Port of Entry. At the Port of Entry, you will be required to present your immigration documents to a U.S. Customs and Border Protection (CBP) officer. Be prepared to hand them your documents and to answer questions related to your plans to attend UC San Diego.

If the CBP officer determines that they are unable to verify your information, or if you do not have all of the required documentation, the officer may direct you to an interview area known as “secondary inspection.” Secondary inspection allows CBP officers to conduct additional research to verify information without causing delays for other arriving passengers.

In the event that the CBP officer needs to verify information with UC San Diego, provide them with the following contact information:

- Name of Advisor: The ISEO Advisor who signed your most recently issued Form I-20 or DS-2019
- Contact Phone: 858-534-3730 (Note: Travelers calling outside of normal business hours will be routed to the UC San Diego Police Department who will relay any travel emergencies to ISEO)
- Additional Ways to [Contact ISEO](#)

Step 2: Arrange Transportation to UC San Diego

Learn how to get to UC San Diego after your arrival at Los Angeles or San Diego airport. Review [Transportation Upon Arriving in the USA: U.S. Airline and Airport Guidelines](#) (U.S. Transportation Security Administration)

We recommend students schedule 2-3 hours between connecting flights, or when crossing a land border, for SEVIS status verification processing at U.S. Ports of Entry.

For more information on planning your flight(s) to the United States, please see "[Plan your travel to San Diego](#)" under STEP 2: Prepare for Your Arrival to UC San Diego.

Step 3: REQUIRED: Check-in with ISEO within 10 days of US

Within 10 days after arrival into the USA, take the following steps:

1. **Check-In for SEVIS Record Activation:** Once you arrive to the U.S., you must submit the [Check-In Request](#) in iServices in order for ISEO to activate your F or J status in SEVIS.
2. **Document iSelfCheck:** Complete the [International Student Document iSelfCheck](#). It is important for you to review and verify that your documents were processed correctly at the port of entry.
 - Please note that there is no need to notify ISEO when you complete the document self-check unless you have questions or if you believe there is an error in your visa status.
 - You should fulfill the document self-check requirement every time that you re-enter the U.S.

Step 4: Attend Orientation

The UC San Diego International Services and Engagement Office (ISEO) is excited to meet you! ISEO's iOrientation program is your first chance to learn about all that UC San Diego has to offer you through informational workshops and programs tailored specifically to international students. Everything is designed to ease your transition to campus and student life in the United States.

iOrientation sessions and welcoming programming will be in September 2025. It is open to ALL new international students, and it is free of cost.

Certain sessions during ISEO's iOrientation program are required of all new international students in addition to your program orientation.

Health Insurance

Please note, you will NOT be covered by the UC Student Health Insurance Plan (UC SHIP) until September 22, 2025, 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>
- FAQ Page <https://shwadmin.ucsd.edu/uc-ship/fag.html>
- How to Use UC SHIP
<https://shwadmin.ucsd.edu/uc-ship/use/index.html>

Fellowship Opportunity: NSF Graduate Research Fellowship Program (GRFP)

Interested in applying for a competitive fellowship during the Fall quarter? The NSF's GRFP fellowship provides:

- \$37,000 annual stipend for three years (can be used over the course of 5 years)
- \$16,000 cost-of-education allowance to UCSD

The deadline to apply will be in October 2025. First-year students are encouraged to apply, but there is absolutely no pressure to do so. You can also wait and apply during the fall of your second year! Please note, **YOU CAN ONLY APPLY ONCE DURING YOUR GRADUATE CAREER**, either in your first year or second year.

Click the link below to check if you're eligible to apply and to find other information about the fellowship application:

- <https://www.nsfgrfp.org/applicants/applicant-eligibility/>
- More detailed information regarding the application process will be available to students during orientation in September. To ensure students are given feedback/comments on their NSF GRFP application, Dr. Matt Daugherty from the School of Biological Sciences at UCSD will host a workshop in October (exact time and date is to be determined).

It should be of note that these awards have shifted in favor of students in fields related to computer science and physical sciences.

<https://www.science.org/content/article/prestigious-nsf-graduate-fellowship-tilts-toward-ai-and-quantum>

Despite this, many UCSD Biomedical Sciences student have been awarded the NSF GRFP. Please do not let this discourage you from applying if you are interested.

Best of luck!

UCSD Training Grants

The BMS program at UCSD has several Training Programs and Grants available for current Grad students. These Programs are designed to offer students additional training in a specific research area.

The Programs are:

1. [UC San Diego Genetics Training Program](#)
2. [Molecular Pharmacology and Drug Discovery](#)
3. [Interfaces Graduate Training Program at UCSD](#)
4. [Cancer Biology, Informatics & Omics Training Program \(CBIO\)](#)

1. UC San Diego Genetics Program

Genetics and Genomics are at the core of modern life sciences. Gene and Genome-centered approaches are essential in the investigation of basic biological mechanisms, disease susceptibility and response to therapeutic interventions. The Genetics and Genomics Research Area provides a focus for this area to students and faculty in the Biomedical Sciences. Research area faculty have research interests in genome-wide regulatory networks, disease gene identification, genetic architecture of complex traits, mechanisms of gene expression, genetic models of disease, gene therapy and related areas.

Research area courses and training activities are integrated with the UC San Diego Genetics Training Program, which brings students and faculty from the Biomedical Sciences, Biological Sciences and Neurosciences graduate programs as well as peer institutions together into one coherent genetics community. The Genetics Training Program appoints and begins training students at the beginning of the second year of graduate study after completion of the core curriculum. Students in the BMS Genetics training area are strongly encouraged to participate in this interdepartmental program, including a weekly journal club that fosters interactions with Genetics students across the La Jolla community.

2. Molecular Pharmacology and Drug Discovery

The Pharmacology Department at UCSD is renowned for its strength in elucidating basic cellular and molecular mechanisms of signal transduction and has a newly established Center, Cell Signaling San Diego. A common interest is in identifying nodal points in signaling pathways that lend themselves to drug target identification and ultimately to therapeutic advances. Most of the faculty members affiliated with this training area have research efforts that impact directly on human health, supported by NIH grants on cancer, cardiovascular, inflammatory and metabolic disease. The strength of the faculty in the area of cancer biology is notable as indicated by the number of Pharmacology Department faculty that are also associated with the Cancer Biology Research Area.

Additional research strengths include: structural biology, computation (structure-guided drug design, systems biology, and bioinformatics) and environmental health sciences. Adjunct faculty at the La Jolla Institute for Allergy and Immunology and the Sanford Burnham Prebys Institute as well as faculty associated with the local biotechnology and pharmaceutical industry, work together with faculty in the Pharmacology Department to create a natural bond for cross fertilization and communication that bridges basic science efforts with endeavors in drug discovery.

Training in Molecular Pharmacology is also supported by an NIH funded Predoctoral Training Grant. Due to the recognized strength of UCSD in Pharmacology training, this is the nation's largest predoctoral training grant in Pharmacological Sciences and it has been continuously funded for more than 40 years. The training grant currently supports 15 trainees per year in affiliated labs and has an associated curriculum including core didactic and seminar courses (see below and the training grant website), a journal club, a biannual retreat, and weekly departmental "Research Discussions" that provide broad and rigorous training in Molecular Pharmacology while satisfying the BMS PhD requirements.

3. Interfaces Graduate Training Program

The Interfaces Graduate Training Program at UCSD was established to bring together faculty and students from the biological, engineering, physical and health sciences in 2005. Our program provides unique interdisciplinary graduate training at the interfaces between the biological, health, physical and engineering sciences. The training program has been made possible with the support of grants from the Howard Hughes Medical Institute (HHMI) and the National Institute for Biomedical Imaging and Bioengineering (NIBIB) at NIH.

4. Cancer Biology, Informatics & Omics Training Program (CBIO)

The Cancer Biology, Informatics & Omics Training (CBIO) training program in the School of Medicine (SOM) at the University of California, San Diego (UCSD) provides PhD students and post-doctoral scholars with training in fundamental discovery cancer research that emphasizes big data acquisitions through Omics technologies and big data analyses by using Informatics and Machine Learning tools.

Trainees in CBIO spend 2 years in the program to fulfill the training requirements. During the 2-year training period, trainees receive stipend, tuition/fees, and travel support either from the CBIO training grant (T32CA067754) or from fellowships awarded to individual trainees. The training grant has the budget to support 3 predocs (PhD students) and 3 postdocs each year. With trainee fellowships, more than 6 trainees per year have participated in CBIO training activities.

The program's goals are:

1. Focused Collaboration across participating degree programs at UCSD to train a new generation of cross-disciplinary scientists.
2. State-of-the-art Interdisciplinary Training through a technology-centered hands-on graduate laboratory course curriculum.
3. Novel Emphasis on Research aimed at integrative and quantitative analysis across multiple scales of biological organization from molecule to organism in health and disease.

Application periods, eligibility, and required course work varies. For more information visit the websites linked above.

Course Information

Students are required to take **three graduate-level Advanced Courses** (courses must be at least 3 units each) for a letter grade (A-F). **Two of these courses must be taken in the Winter and Spring quarters of a student's first year** (courses in the BIOM 250-series are considered "core" BMS courses and are strongly encouraged to be taken in the first year). The **third advanced course can be taken anytime** during a student's graduate training but is encouraged to be **taken in the Winter or Spring of the second year**.

Students may take additional courses throughout their training.

Required Core Courses for First-Year BMS Students

Course's Number	Course's Units	Course's Title	Grade	Quarter
BIOM200A	6	Molecules to Organisms: Concept	Letter Grade	Fall
BIOM200B	2	Molecules-Organisms: Approaches	Letter Grade	Fall
BIOM201	4	Seminars in Biomed Research	Letter Grade	Fall
BIOM202	4	Biomed Sci Research Rotation	S/U	Fall
BIOM203A	1	Topics in Biomed Sciences I	S/U	Fall
BIOM 200C or BIOM 262	4	Intro Comp Biology/Biomed Rsch or Quantitative Methods in Genetics	Letter Grade	Winter
BIOM202	4	Biomed Sci Research Rotation	S/U	Winter
BIOM203B	1	Topics in Biomed Sciences II	S/U	Winter
BIOM275	2	Seminars in Pharmacology	Letter Grade	Winter
BIOM255 or	3	Molecular/Drug &	Letter Grade	Winter

BIOM253 or BIOM256 or any electives outside of BIOM (has to be at least 3 units)		Disease Therapy or Pathogens and Host Defense or Cancer Biology		
BIOM202	4	Biomed Sci Research Rotation	S/U	Spring
BIOM272 or BIOM274	2	Seminars in Genetics or Seminars in MCDB	Letter Grade	Spring
BIOM285	2	Statistical Inference/Med Sci	Letter Grade	Spring
BIOM219	1	Ethics in Scientific Research	S/U	Spring or Fall Quarter of 2nd year (depending on assignment)
BIOM252 or BIOM254 or any electives outside of BIOM (has to be at least 3 units)	3	Genetics and Genomics or Molecular and Cell Biology	Letter Grade	Spring
BIOM293	1	Grant Writing Essentials	S/U	The course may be moving to earlier in the summer based on first year feedback
BIOM296	4	Research Proposition	S/U	Fall Quarter of 2nd year
BIOM298	Take number of credits required to fulfill the 12 units minimum requirements	Thesis Research	Letter Grade	Fall Quarter of 2nd year
Any elective inside or outside of BIOM	3	Advanced Course	Letter Grade	Winter or Spring of 2nd year

BIOM298	12	Thesis Research	Letter Grade	Winter of 2nd year
BIOM298	12	Thesis Research	Letter Grade	Spring of 2nd year

When and How to Start Looking for a Rotation

How long do rotations have to be?

Rotations should be either 6 or 12 weeks in length, but there is some flexibility with this—especially for the first rotation, which may start later depending on lab availability.

How do I find a rotation?

Students find rotation labs in a number of ways.

1. Retreat will be one of your first opportunities to interact with faculty and learn about ongoing research. While attending retreat, talk to attending faculty and pay attention to the poster presentations. If a poster topic is interesting, the presenter may be a great resource to ask about labs on campus doing similar work.
2. Orientation is another great way to learn about research on campus. Each subject area in BMS will have a day to present new students with ongoing research and allow for networking with faculty. Usually, faculty actively looking to recruit students to their labs will be in attendance or send students to represent the lab at these events.
3. Researching labs accepting rotation students is easy, as BMS compiles both past rotation projects and rotation project ideas from faculty. These can be found at this [link](#). Although this is not updated as often, it is worth reaching out to PIs you'd be interested working with through the [BMS Directory](#).

Once students have identified a rotation lab, they can reach out to the lab's PI via email to introduce themselves, discuss their interest in the lab's ongoing research, and schedule a meeting to discuss available rotation projects.

When do I need to start looking for a rotation?

Students should not feel obligated to have a rotation lined up by the start of the quarter; however, having a short list of faculty and labs is a great way to start the year. Retreat/orientation is a great time to start emailing potential labs and lining up fall and winter rotations. It is highly recommended to start this process as early as possible as PIs availability begins to fluctuate as the school year starts.

When should I plan to start my first rotation?

As rotations range in length from 6 - 12 months, it is recommended to start rotations within the first few weeks of the quarter. On average, the majority of the 2024 cohort was rotating by the second or third week of the quarter. There is flexibility with this, and students should not stress about meeting a deadline. **If students are struggling to find a potential rotation within the first week of classes, they should reach out to members of the Welcome Committee or their student mentors to guide their search. We are here to help and make this process easy!**

Research Proposition (Minor Prop)

Purpose: The Research Proposition is a grant-writing exercise that will take place during the Fall quarter of the 2nd year, in lieu of a comprehensive Qualifying Exam. The purposes of the Research Proposition are:

1. to get the student and Thesis advisor to work together at an early stage to develop the student's Thesis research project.
2. to have each student choose potential members of his/her Thesis Committee early in the graduate career.
3. to teach/develop the student grant writing and oral presentation skills.
4. to test the student's grasp of core material relating to the student's research project
5. to provide the basis for a fellowship application

Timeline:

1. **By the end of the Spring quarter**, each BMS student must identify a thesis advisor.
2. **Third week of June:** Meeting with Dr. Yaksh to go over the timeline for the entire process.
3. **Second week of August:** Meeting with Dr. Yaksh again to review student progress and the timeline to completion of this qualifying examination. Students should have a draft Title, Abstract, and Specific Aims sections of the proposal.
4. **Second week of September:** the tentative *Title, Abstract, and Specific Aims* will be due electronically. This is a hard deadline.
5. **Second week of October:** Research Proposition Committee Chair approves the *Title, Abstract, and Specific Aims*.
6. **Between second week of November and fourth week of November:** Each student will present the proposal orally before the Research Proposition Committee, an exercise in which the Thesis advisor does not participate.
7. Satisfactory performance will permit the student to proceed with full time research. Unsatisfactory performance may necessitate re-writing or re-presenting the oral defense or result in a recommendation that the student withdraws from the program.

BMS Mental Health and Wellness Committee

The Biomedical Sciences Mental Health and Wellness Committee is a group of students, faculty, and staff dedicated to enhancing the mental health and well-being of our graduate student body. Our mission is to create a supportive and inclusive environment that recognizes the unique challenges faced by graduate students. By providing resources, raising awareness, and organizing events that address mental health issues, we hope to make mental health and wellness a priority amongst our community. Through these collaborative efforts, we endeavor to foster a culture of empathy, resilience, and self-care, ensuring that every graduate student can achieve their academic and personal aspirations while maintaining their mental health.

Student Mental Health Resources

Campus resources:

Counseling and Psychological Services (CAPS)

Clinical Services:

- Counseling and Psychiatry Services
 - Central Office: (858) 534-3755
 - 24-hour Crisis Care: (858) 534-3755 (select Option 2)
 - <https://caps.ucsd.edu>
 - Resources for BIPOC students: <https://caps.ucsd.edu/resources/bipoc.html>
- LiveHealth Online
 - Tele mental health service providing psychotherapy and psychiatry
 - <https://livehealthonline.com>
 - NOTE: Copayments will be waived using the following coupon codes at each visit: "ucsd counseling" for Psychotherapy or "ucsdpsych" for Psychiatry visits
- My Student Support Program (My SSP)
 - Free web or app-based service offering 24/7 mental health support to UCSD students
 - <https://myssp.app/ca/home>
- Eating Disorders Program
 - Contact Student Health Services at (858) 534-3300 to make an appointment with your physician and ask about the Eating Disorders Program, or call Counseling and Psychological Services (858) 534-3755 to speak with a counselor and ask about the program

Non-Clinical Services:

- Willo
Launched in Fall 2024, Willo is an all-in-one self-care app that helps students navigate UC San Diego's health and well-being resources and recommends services based on interests and needs.
 - <https://willo.ucsd.edu/>
- RISE Workshops
 - Skill-building workshops offered in-person and virtually
 - Schedule: <https://caps.ucsd.edu/services/rise.html>
- Psychotherapy and Support Groups
 - Virtual support groups offered weekly with rotating topics each quarter
 - Registration is required and regular attendance is expected
 - <https://caps.ucsd.edu/groups>
- Community Forums
 - Drop-in groups that meet throughout the academic year and do not require weekly attendance
 - <https://caps.ucsd.edu/groups>
- Let's Talk Program
 - 1-on-1 informal consultations with a UC San Diego mental health professional
 - Students are limited to 2 sessions per quarter
 - <https://caps.ucsd.edu/letstalk>
- iFlourish
 - Self-guided technology programs providing evidence-based interventions to reduce stress, anxiety, and depression
 - <https://caps.ucsd.edu/iflourish>
- Headspace
 - a mindfulness app that teaches you how to meditate in everyday life. Free for registered UC San Diego students and up to 5 invited loved ones.
 - <https://caps.ucsd.edu/resources/iflourish.html#Headspace>
- iRelax
 - a curated list of audio relaxation recordings by Counseling and Psychological Services. Audio recordings are available in a variety of languages.
 - <https://caps.ucsd.edu/resources/iflourish.html#irelax>
- Behavioral Health Screenings
 - a free, anonymous tool to help you determine if your recent thoughts or behaviors may be associated with a common, treatable mental health issue.
 - <https://caps.ucsd.edu/resources/iflourish.html#Behavioral-Health-Screenings>
- Well-Being and Mental Health Handouts
 - Explore the CAPS website for a wide range of mental health and well-being resources. These handouts offer valuable strategies for managing anxiety and stress, regulating mood, and enhancing focus and attention. You'll also find helpful information on self-care, sleep hygiene, and building healthy relationships.
 - <https://caps.ucsd.edu/resources/download.html#Well-Being-Handouts>

Health Promotion Services

- Offers a variety of services and resources related to health and wellbeing (e.g., stress reduction, time management, health coaching, etc.). More information can be found here: <https://healthpromotion.ucsd.edu>

- Triton2Triton <https://vcsa.ucsd.edu/case-management/online-peer-support/triton2triton.html> is a supportive, online connection space where UC San Diego students can connect with trained peers in real time who understand what they're going through and can offer resources. T2T is available virtually (from any device) for navigational needs and emotional support M-F 10AM-4PM.

Togetherall

- Togetherall <https://vcsa.ucsd.edu/case-management/online-peer-support/togetherall.html> is a safe, online mental health community where UC San Diego students can anonymously connect with others, 24/7.

Triton CORE

- Crisis response team of mental health professionals that provides mobile crisis response, wellness checks, and telehealth assessments for students facing mental health challenges, substance use related crises, and other forms of distress

- Contact UCSD Police Department Dispatch at 858-534-4357 and request the Triton CORE team
 - Triton CORE team is currently available between 1:30pm–10:00pm Mondays, Tuesdays, and Wednesdays
- <https://tritoncore.ucsd.edu>

CARE at SARC

- Sexual assault resource center providing free and confidential service
- <https://care.ucsd.edu>
- Phone: (858) 534-5793

Off-Campus Resources:

Psychotherapy and Psychiatry Services

- Off-campus services require a referral from a CAPS counselor. Your counselor will also be able to recommend in-network, off-campus providers. The following resources may provide additional help:
- <https://konvergent.io/public/ucsd-caps>
- <https://health.ucsd.edu/find-a-provider/>
- <https://www.anthem.com/find-care/>
- Additional instructions for obtaining a referral or using the above links can be found here: <https://caps.ucsd.edu/services/referral.html>

Mental Health Hospitals

- **UC San Diego Medical Center**; 200 W. Arbor Dr. San Diego, CA 92103; Hospital line: 619-543-6350
- **Sharp Mesa Vista Hospital**; 7850 Vista Hill Ave. San Diego, CA 92123; Hospital line: 858-836-8434
- **Aurora Behavioral Healthcare San Diego**; 11878 Avenue of Industry San Diego, CA 92128; Hospital line: 858-487-3200

Center for Mindfulness

- Mindfulness and compassion programs and resources
- Courses require pre-registration and payment
- <https://cih.ucsd.edu/mindfulness>

Additional Resources:

- National Suicide and Crisis Lifeline – 988
- San Diego Access and Crisis Line – (888) 724-7240
- Alcoholics Anonymous San Diego – (619) 265-8762
- Narcotics Anonymous San Diego – (619) 584-1007

NOTE: All services are free to students with UC SHIP unless otherwise indicated

BMS Graduate Student Council

Mission

The Biomedical Sciences Graduate Student Council is a student group which represents the interests and concerns of BMS students. The Council will strive to improve the overall quality of the BMS program by promoting a sense of community within the BMS student body, facilitating communication between students and faculty, and by providing social, academic, and professional programming for BMS students.

Goals

- To represent and promote the academic, social, and professional aims of BMS students
- To establish effective communication channels among BMS students, other student organizations, and with the academic and administrative units of the University
- To serve as an advocate of BMS students' needs, ensuring that their concerns are heard and addressed.

Student Council Committees

Co-Presidents: Grace Carter and Dane Ford-Roshon

Vice President: Clara Young

Career Committee: Dane Ford-Roshon, Tula Keal, Armeen Mozaffari

Responsible for planning career panels, alumni mixers, skill-builders, and writing Careers Newsletters.

Social Directors: Courtney Sawyer, Ilse Schaeffner

Plans and coordinates social events (BMS Interdisciplinary Prom, BMS Interdisciplinary Networking Dinner, Chilli Party @ Martin Johnson House, any other social events throughout the year), helps 1st-year student reps with Journal Clubs as needed. Helps Career Committee and Faculty Event Coordinator with events.

GSA Rep: Clara Young

Student Invited Speaker Coordinator: Linda Li

Lunch Talk Coordinators: Mark Holton, Megan O'Hara, Courtney Sawyer

In charge of planning 10 lunch talks throughout the year.

Welcome Liaisons: Adriana Ayala, Mark Holton, Kyle Magro, Tiffany Quanch, Courtney Sawyer
Ensures the incoming class receives information packet and is a point of contact for them as they transition to Graduate School at UCSD. Organizes and matches Peer Mentors with incoming students. Helps 1st years plan their 1st year only event.

Web and Social Master: Tiffany Quach

Helps maintain BMS Council website page, Facebook, Twitter, Slack, and Instagram.

Informal Faculty Social Coordinator: Felix Argueta

Recruitment Committee: Dani Berman, Kyle Magro, Armeen Mozaffari, Courtney Sawyer, Nyssa Williams

Plan/execute recruitment events and attend all recruitment events, sending out surveys for BMS to send feedback. You are the face of BMS during recruitment!

Retreat Coordinators: Stephanie Harchenko, Nyssa Williams, Clara Young

Main responsibility is finding a keynote speaker for retreat, which must be done the previous fall. Provide support to BMS office with all retreat planning. Also helps organize poster sessions and social activities at the retreat as well as emailing students/faculty for attendance.

Class Reps:

2nd year - Derek Hong, Ilse Schaeffner, Caitlyn Miller

3rd year - Dani Berman, Sarah Van Dijk, Avery Williams

4th year - Grace Carter

5th year - Brian Freeman, Juston Jaco

6th year - Consuelo Saucedo

Diversity Committee: Leigh-Ana Rossitto, Avery Williams

Serves as a liaison between faculty and students. Responsibilities entail planning student-only and student-faculty meetings. Bringing any and all concerns/ideas to meetings and planning events geared towards promoting Diversity, Equity, and Inclusion.

Science Communication and Outreach: Liz Brown, Avery Williams, Sarah Van Dijk, Nyssa Williams

Serves as a liaison between our labs and the public. Responsibilities entail creating physical and digital lay-friendly science content to publish and present to the general public to increase science literacy across ages and socio-economic backgrounds.

Let us know if you have any other questions!

We know this is a lot but we (and our program admins) are here to help!

We look forward to seeing you soon!

BMS Welcome Liaisons

Adriana Vasquez Ayala | (alv031@health.ucsd.edu)

Courtney Sawyer | (cbsawyer@health.ucsd.edu)

Tiffany Quach | (t8quach@health.ucsd.edu)

Kyle Magro | (kmagro@health.ucsd.edu)

Mark Holton | (maholton@health.ucsd.edu)