Welcome to the Department of Health Services at the University of Washington School of Public Health!

After completing their first year of the program, a group of students in 2012 wanted to simply make things better for future Health Services students. They decided to make this handbook to help introduce incoming first-years to the highlights, the tips and the ins and outs for your first year at the UW. We have updated this for the new school year.

This is not an exhaustive or all-inclusive resource, and things are always changing here, so keep that in mind. That said, we hope this helps to make your experience as a Health Services student a little bit easier. Throughout the handbook there are boxes that have valuable student tips from current and past UW Health Services students. If you don’t have time to get through the entire handbook, we recommend reading the “Your First Quarter” section and skimming the tip boxes. This is where you will find unique information that comes directly from students and cannot be found elsewhere.
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People, Places and Things to Know

Acronyms:

**UW** (sometimes called “U-Dub”): University of Washington

**SPH**: School of Public Health

**SOM**: School of Medicine

**The Ave**: University Way NE (main street with shops and restaurants, largely where Undergraduate students hang out)

**IMA**: Intramural Activities Building (fitness and sports center)

**SBS**: Social and Behavioral Sciences

**HSP**: Health Systems and Policy

**MCH**: Maternal and Child Health

**Upper Campus**: Campus north of NE Pacific Street

**South Campus**: Campus south of NE Pacific Street

**Magnuson Health Sciences Center**, a.k.a. “the Health Sciences Building” (not to be confused with the Department of Health Services which is one of the five departments in the SPH) = the giant building located at the southern part of campus; it is where most core MPH courses are taught.

How to Find Your Way Around:


Almost all classes are held in the Magnuson Health Sciences building. This is also where the Health Sciences Library is located. The library has places to study alone, rooms for group study sessions and meetings, computers for researching, printing and access to STATA (a statistical program required for first-year Biostatistics) and other software programs.

The Department of Health Services is also located in the Magnuson Health Sciences Building, Room H-664. That’s on the 6th floor of the H-wing, and can only be accessed by taking an elevator from the H-wing (near the Rotunda) up to the 6th floor. This is also where your on-campus mailbox is located!
Important Contacts:

Academic Inquiries
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Interesting Listservs and Webpages to Bookmark

A list of all the University support listservs can be found at http://mailman2.u.washington.edu/mailman/listinfo.

Center for Studies in Demography and Ecology—free access to STATA as well as training courses

Department of Health Services Calendar

Epidemiology Department Calendar
Webpage: http://depts.washington.edu/epidem/epical/

Global Health Research Center Jobs
Listserv: http://mailman2.u.washington.edu/mailman/listinfo/ghrc_jobs

Global Health general listserv
Listserv: http://mailman2.u.washington.edu/mailman/listinfo/globalhealth

Graduate and Professional Student Senate – Student Government for UW grad students
Webpage: http://depts.washington.edu/gpss/

Health Equity Circle
Webpage: http://healthequitycircle.org/
Listserv: https://mailman1.u.washington.edu/mailman/listinfo/healthequitycircle

Health Services Student Association
Listserv: Email HSSA@uw.edu with subject “Add to listserv.”

RA / TA Jobs in Department of Health Services
Webpage: http://depts.washington.edu/hserv/jobs

School of Public Health Jobs

Students of Public Health Engaged in Reproductive Rights Efforts (SPHERE)
Email sphere12@uw.edu or visit their student organization page to get involved: http://depts.washington.edu/sao/rso-directory/?club=3360
Your First Quarter

In this section we have compiled the information that we, as Health Services students, would have liked to know before we started the program. One of the most important things that we all agreed every student should know is this: be prepared to be self-directed and proactive. The department is reasonably open and willing to help you make the most of your graduate experience; however you will have to take the initiative to mold your time here into what you want it to be. Guidance is available, but you may have to go find it. Set up meetings with faculty to explore your research interests, tune in to all of your available resources, and enjoy the rain. You only have two years, so start making the best of it in your first quarter.

Academic Advisors

Faculty advisors assist students’ integration into the Department of Health Services and the UW campus community. Students are matched with a faculty advisor based on research interests and background experience, when possible. The role of the faculty advisor is to help students plan out coursework, discuss practicum and thesis or capstone ideas, direct the student to faculty members with relevant content or methods expertise and/or data, and provide mentorship to the student as needed. Students should meet with their faculty advisor at least once per quarter, more often if needed. It is the student’s responsibility to let their faculty advisor know when they have identified a thesis chair.

While these matches are often a great fit for both student and advisor, sometimes they are not. If a student feels like his or her advisor is not meeting his or her needs, then a new advisor can be sought. Meeting with guest speakers from lectures, asking for advice of second-year classmates, or utilizing the “Search Faculty Interest and Expertise” function on the School of Public Health’s homepage may help guide a better fit. Your advisor can be a great resource, but if they do not seem like a good fit for you don’t hesitate to connect with other staff that you think may be helpful. Finding an appropriate mentor can greatly influence your grad school experience and most faculty members are more than happy to meet with new students.

Tip: Don’t stress out about this; just get it done as soon as you can. You will not be kicked out or charged as long as you are clearly moving towards compliance. And no, your mom saying you had the chickenpox doesn’t count, you need the titer.

Immunization Policy

The University of Washington Health Sciences Administration, Campus Health Services, and the Deans and Directors of the Health Science Schools and Programs require that all incoming MPH students show documentation of protection against a number of vaccine-preventable diseases, as well as documentation regarding surveillance for tuberculosis. Documentation may be in the form of written immunization records, copies of medical records containing such data, lab reports of titer results and a front and back copy of a student’s insurance card.

A fee will be charged to student accounts at the beginning of the first year the student matriculates in a Health Sciences MPH program to cover the administrative costs related to processing documents. This fee includes the review, data input, and compliance status reporting to a student’s school. It also provides services such as a PPD test (skin test for tuberculosis) and influenza vaccine in year 1, counseling for positive PPD conversion, and coverage for counseling, testing, and treatment for any Blood Borne Pathogen exposure after your insurance is billed.

Details of all requirements can be found on the Health Sciences Immunization Program (HSIP) website at http://depts.washington.edu/chsweb/hsi.
Husky Card/Student ID
Your Husky Card acts as your student ID, bus pass, and library card. It can also be used for entrance to the IMA. To obtain your Husky Card, head to Odegaard Undergraduate Library, ground floor with a federal or state ID and your student ID number. For more information head to Husky Card Services.

Keys to Health Sciences Building
Building regulations require that students possess a building key card if they wish to enter the building outside the normal building hours, before 6:00 a.m. and/or after 7:00 p.m. Monday-Friday, and all hours Saturday-Sunday. In order to receive a key card to access the building after hours and on the weekends, contact the Program Coordinator (hservmph@uw.edu). Students will also be issued a building permit through a Photo ID and an Access Card Request Form. Should a key card become lost, this should be reported immediately to prevent unauthorized access.

A key is also available for the Health Services annex T-341 (see Study Spaces below) for after hours and weekend access. Contact the Program Coordinator (hservmph@uw.edu) to obtain a key for this space. If you are a member of the Maternal and Child Health concentration, you can gain access to the MCH annex, right next to the Health Services annex. You will need to request this key from the MCH Office (F-351).

Lockers
Health Services students may reserve a locker in the Health Sciences Building on a first come, first serve basis. To reserve a locker, contact Classroom Services at (206)543-6729 or visit their office in T-291A. Identify yourself as a School of Public Health student and bring your student ID. This reservation is good for one school year, but can be renewed. The IMA also has lockers available to all students. These have to be renewed at the end of each quarter and there is no charge. You can also get per visit lockers for free.

Mailboxes
All Health Services students have a mailbox located on the 6th Floor of the H-Wing. The Campus Mailbox number is 357660 (this is also noted on your MyUW homepage) and is labeled with your name. Instructors may collect or return exams here or university announcements may be placed in these mailboxes. Mail can be sent through campus mail to some facilities located off campus, such as Seattle Children's Hospital and Fred Hutchinson Cancer Research Center. Go to the UW Office Directory to check if a facility is listed with a campus box number.

Fun Things to Do in the Rain and S.A.D.
If you haven’t gotten a trusty rain jacket and rain boots yet, you may want to seriously consider them as items on your “school supplies” checklist. If you will be moving to Seattle, it is important to note that the rain in Seattle is often a light
drizzle with gray skies. It’s not often that it rains really hard. Therefore, most people go on with their daily routines with a rain jacket in tow.

To overcome the rainy blues, the best thing to do is to go outside and play in it! Many Seattleites have not figured this out yet and so you can have normally busy parks (e.g., Greenlake, Discovery Park) all to yourself when it rains. You can also splash in the puddles or set up a slip-n-slide on the hill at Gasworks park. Rain is romantic, exhilarating, and downright fun so create dramatic moments and embrace it!

For those who prefer to be inside during the rain, here are some things you can do:

· **First Thursdays:** Many of the museums in Seattle are free on the first Thursday of every month like the Boeing Museum of Flight and the Seattle Art Museum.
· Check out the city parks that have shelters and buildings. A favorite is the Volunteer Park Conservatory and Watertower on Capitol Hill.
· The **Burke Museum** is always free to UW students with a student ID.
· Hop on a ferry to get out of town and maybe out of the rain!

**Seasonal affective disorder** (also called S.A.D.) is a type of depression that follows the seasons. The most common type of S.A.D. is called winter depression, and usually begins in late fall or early winter and goes away by summer. S.A.D. affects many people in northern latitudes in winter, and is usually treated with bright light, typically in the morning. S.A.D. is a very real ailment for many students in Seattle, especially for those coming from sunny climates. To see a full list of symptoms and learn more about S.A.D., click [here](#). Treatments include light therapies, medication, and counseling or psychotherapy. Hall Health Center’s Mental Health Clinic offers free light therapy to the University community. Call (206) 543-5030 to set up an appointment and schedule a time with the light box.

**Study Spaces**

As a Health Services student, you have access to free printing and PC use in the Health Services annex located in T-341. You must bring your own paper, but the printing cartridges are free from the department. It is helpful to keep paper in your locker.

Students often find the computers in the Health Sciences Library (HSL) helpful as STATA is available there. The basement of the HSL typically houses quiet nooks and crannies for productive study sessions. Group study rooms may be reserved in the HSL at [https://digital.lib.washington.edu/studyspaces/seattle/](https://digital.lib.washington.edu/studyspaces/seattle/).
There are a myriad of other study locations on or near campus. From coffee shops on The Ave (University Way) to the Suzzallo and Allen Libraries on Upper Campus, a quiet spot can typically be found easily.

**Student Life**

**Getting Oriented**

The Seattle metro area is a landscape largely defined by water. The three major bodies are Puget Sound, Lake Washington and Lake Union. Local geographies are often in reference to these bodies of water. For example, the “Eastside” refers to communities on the east side of Lake Washington, and “North Seattle” is generally defined as the city north of Lake Union. The Cascade Mountain Range to the east and the Olympics Mountains to the west on the Peninsula are also major components of the landscape and help contribute to the infamously damp climate of Western Washington.

**Neighborhoods**

Below is a list of some of the neighborhoods near the UW, where students typically live. While we list some of the popular bus routes to campus and Downtown, please note that there are likely more options to more destinations within each neighborhood. The Metro Trip Planner, Google Maps and the [One Bus Away](https://www.onebusaway.org/) App for iPhones and Android phones can help you get from point A to point B.

Very Close to the UW:

**U-District:** This neighborhood surrounds the University of Washington campus and offers a variety of housing options from Resident Halls to apartments to Greek Life. It has a lively atmosphere as many undergraduates choose to live in this area. Parking is typically a challenge, but there are myriad bus routes connecting this neighborhood to various parts of Seattle and walking to campus for class is both quick and easy. The U-district houses University Way aka “The Ave”, which contains a variety of mostly affordable restaurants and shops along an 8-block stretch. Rent will likely be a bit
higher in this area than neighborhoods further from the UW due to its convenient location.

**Ravenna:** This is also a popular neighborhood for students who want to live close to campus, but in a quiet setting. It is a residential neighborhood containing [University Village Shopping Center](#), Cowen-Ravenna Park, [Ravenna Park](#) and is biking and walking distance from Green Lake Park and the Burke-Gilman Trail. Located directly north of campus, Ravenna offers a variety of housing options from apartments to duplexes to big houses. *Buses to campus:* 30, 65, 68, 71, 74, 83, & 372. *Buses to Downtown:* 64, 71, 74, 76, & 83.

**Montlake:** Just South of the U-District lies Montlake. The main living accommodations offered in this neighborhood is houses, so students typically rent a house together or rent a room in a home. This neighborhood is calmer and quieter than the U-District, but offers fewer amenities in terms of grocery stores, restaurants, and public transit options. *Buses to campus:* 43, 44, & 48 *Buses to Downtown:* 25, 43, & 255

**Capitol Hill:** A hip neighborhood located south of campus with an active nightlife and the epicenter of the LGBTQ scene. Apartments, condos, and houses are the popular living accommodations in Capitol Hill. Rent is typically higher due to the proximity to Downtown, as well as the easy access to public transit, grocery stores, restaurants, bars, etc. Parking can be difficult here. *Buses to campus:* 43 & 49. *Buses to Downtown:* 10, 11, 12, 14, 25, 43, 49, & 84.

**Eastlake:** Just across the University Bridge lies Eastlake. Sitting on the east side of Lake Union, this neighborhood has a mix of apartments, condos, duplexes, and single-family homes. Additionally, there is easy access to both downtown and the UW campus. *Buses to campus:* 66, 70, 71, 72, 73, & 83. *Buses to Downtown:* 25, 66, 70, 71, 72, 73, & 83.

**Wallingford:** This is generally a quiet neighborhood, located West of I-5 and home to young families and students. Housing types offered include apartments, duplexes, and houses. The Burke-Gilman Trail runs through Wallingford, making biking to campus a convenient option. This is also home to Gas Works Park, a popular Seattle attraction. *Buses to campus:* 45 express, 46, 44, 30, & 31. *Buses to Downtown:* 26 and 16.

**Fremont:** This neighborhood is a little further West and also accessible by the Burke-Gilman Trail and various buses. Fremont also offers a variety of living accommodations. It is home to the Fremont Troll and has both a Farmer’s and Flea Market every Sunday. *Buses to campus:* 30, 31, & 46. *Buses to Downtown:* 5, 26, 28, & 82.

**Green Lake:** Not surprisingly, this is the area that surrounds Green Lake. A variety of housing types are available and rent will vary with proximity to public transit and lake-views. *Buses to campus:* 48 &
Sand Point: This neighborhood is just East of the U District, U Village (an outdoor shopping mall with expensive stores and restaurants) and Children’s Hospital. It is quiet, mostly residential and a 2-3 mile bike ride from campus on the Burke-Gilman Trail. Raeford Court, University family housing designed for graduate students, students with children and students with pets, is located directly across from Magnuson Park. It is affordable, has washers, driers, and dishwashers in each unit. Buses to campus: 30, 74, 75. Buses to Downtown: 74.

Further from the UW:

Ballard: Ballard lies on the West side of campus, beyond Wallingford and Fremont. It is home to the Ballard Locks and Golden Gardens, which can be popular tourist destinations as well as the Ballard Farmers Market, hosted Sundays year-round. Residents here can also access the Burke-Gilman trail. Rent tends to be cheaper here because it is further from the UW. Buses to campus: 44, 46, 48, 75. Buses to Downtown: 15, 17, 18.

Downtown: The Downtown area of Seattle is itself home to many neighborhoods such as Belltown, West Edge, Harbor Steps, and Denny Triangle. This also houses some of Seattle’s most popular tourist destinations: Pike Place Market, Pioneer Square, and the Seattle Waterfront. Living accommodations in this area are quite varied and typically quite pricey. While there are numerous shopping opportunities and nightlife options, there are also several homeless shelters. Buses to campus: 25, 43, 66, 70, 71, 72, 73, & 74.

Phinney Ridge: A quiet neighborhood with a variety of restaurants and shops. Also features the Phinney Neighborhood center. A great location north of Ballard, east of Fremont and a few miles away from campus. Includes easy access to the Burke Gilman trail. In close proximity to Woodland Park and Greenlake. Buses to campus: 44. Buses to Downtown: 5.

Queen Anne: Southwest of UW lies Queen Anne. This neighborhood is home Kerry Park, which offers dramatic views of Downtown and is an ideal spot for watching the sunset. Buses to campus: 30, 45 express, & 74. Buses to Downtown: 1, 2, & 13.

Greenwood: An up and coming neighborhood with character located northwest from campus. The Phinney/Greenwood Ave commercial stretch offers a variety of shops, restaurants, cafes and bars. Rents here tend to be cheaper than other areas of the city and one can get more “bang for your buck” in housing if you are willing to live further away from campus. Expect a slightly longer commute than from other neighborhoods. Bus to campus: 48. Buses to downtown: 5, 28.

Tip: Be sure to tap your Husky Card before boarding the light rail. Sometimes transit officers check and you may get a hefty ticket! Also make sure to tap your card upon disembarking.
Getting Around

Travel from the Airport

If you’re flying to Seattle there is a great way to get to the UW, solely on public transit: the light rail and the bus system. From SEA-TAC hop on the light rail and take it all the way to Mt. Baker Station. From there you can catch the 48 Bus to Loyal Heights, which will drop you right in front of the Health Sciences Building. You can also take the light rail all the way to downtown Seattle and catch a bus to the UW campus. With a Husky Card, this whole trip is free! Of course, you can get off at other light rail stations or use other bus lines to get your new neighborhood as well. Shuttle Express also offers safe rides for approximately $25.

General Transportation

There are many ways to get from various Seattle neighborhoods to the UW campus. Seattle has an extensive bus system, bike trails, and walking paths. Parking at UW, although not impossible, is generally difficult to obtain and expensive. Most students commute to campus via bike, bus, or on foot.

Public Transportation

King County Metro Transit offers bus, streetcar, van, and trolley service throughout King County, Washington. The online Trip Planner will help you navigate between destinations. Simply enter your starting and ending address and the time of the trip and this tool will tell you which route to take. Google maps is great for this as well; search for directions using the public transit option. An essential App for public transportation in Seattle is called One Bus Away. In addition to providing maps of bus routes and stops, it also provides real time arrival and departure information for any Metro route.

Additionally, all students who pay the Services & Activity Fee (SAF) are U-PASS members and pay the $76 fee for U-PASS membership at the beginning of each quarter (this is automatically included in your tuition and fees). The U-PASS is embedded in each student’s Husky Card and enables each student unlimited access to King County Metro, Sound Transit, and Link Light Rail, in addition to full fare coverage on King County Water Taxis and Seattle Streetcars. Please visit the U-PASS website for complete information on benefits and terms of use.

Biking

In many ways, Seattle is a biker’s city. One of the most popular trails is, of course, the Burke-Gilman Trail, which runs through several neighborhoods and conveniently passes through the UW campus. Bike racks can be found at almost every building entrance on campus, so you should not have any trouble parking your bike. Be sure you have a safe and secure lock, as theft is common without this protection. If you’re looking to purchase a bike, you can check out Craigslist, Recycled Cycles, Bikeworks or one of the many “brick and mortar” bike shops like Performance Bicycle or Ride Bicycles. You can purchase discounted bike equipment (such as helmets, rain fenders, bells, lights, etc.) through UW Commuter Services. Many students find that a waterproof backpack and rain gear are essential accessories when commuting to campus, especially in the winter.

Resources for biking:
Cascade Cycle Club: http://www.cascade.org
Seattle Bike Blog: http://seattlebikeblog.com/
Driving

Many students do have vehicles but get by without a car in Seattle thanks to other transportation options. Traffic and parking can be a headache in Seattle, and are particularly bad around UW. Please be aware that in some neighborhoods you need a permit for residential street parking. A map of restricted parking zones and permit application can be found here: http://www.seattle.gov/transportation/parking/parkingrpz.htm

Car sharing services like ZipCar, Car2Go, and the UW operated UCAR, provide economical alternatives for those that need occasional access to a car. http://www.zipcar.com/, https://www.car2go.com/en/seattle/

Maps

These links to the maps of the UW Campus, Health Sciences Building (HSB), and Seattle, will help you to navigate your way around campus and the greater Seattle Area. The Seattle Map Book is a great buy for folks interested in an old-school way to get to know Seattle.

Other interesting maps

Seattle Bike Map: http://www.seattle.gov/transportation/bikemaps.htm
You can download a PDF, or request a large paper copy for free.

Craigslist and real estate listings mapped. A great tool for your housing search.

Washington Trails Association Hike Finder: http://www.wta.org/go-hiking/map
Get outside!

MOVE (Mapping Our Voices for Equality): http://www.mappingvoices.org/
Community health and social justice media project in King County.

Data from SPD crime reports geolocated online.
Housing

Per Off-Campus Housing Affairs (OCHA), the table below shows prices you can expect to pay for various types of housing in the Seattle Area. These data were collected in 2010 and the actual rent will vary by neighborhood, with prices increasing with closer proximity to campus and greater density of neighborhood resources and amenities.

The best way to find off-campus housing is through word of mouth, classified ads, Padmapper or Craigslist. OCHA offers tools as well for searching for off-campus housing. On-campus housing is also available for graduate students and more information about single student apartments and family housing can be found at UW Housing and Food Services.

Additional Housing Tips:

You can quickly assess the walkability of your neighborhood and see what shops, restaurants, grocery stores, parks, etc. are near your home, by visiting the WalkScore and typing in your address. For more detailed information on neighborhoods and finding housing, please visit the Husky Housing Handbook. Also factor in transportation when choosing a place to live. Easy access to a good bus route, bike trail or ample street parking can really make a difference.

Recreation, Sports, & Leisure

The Intramural Activities Building (IMA)

The IMA is UW’s fitness and activities center and it is located on Montlake Boulevard, North of Husky Stadium. During Autumn, Winter, & Spring Quarters, the IMA is open 6AM-10:30PM Monday thru Friday; 9AM-9:30PM Saturday; and 11AM-8:30PM on Sunday. Hours are more limited in the summer and on holidays. Parking at the IMA is expensive: $15 for a full day or $0.75 for every 15 minutes, so biking or walking is highly recommended. Saturday after 12PM and Sunday all day parking is free.

The IMA offers a plethora of activities. There is an Olympic-sized swimming pool, racquetball courts, five gyms for basketball, volleyball, or badminton, an indoor running track with views of the Cascade Mountains, weight rooms, and cardio equipment. Additionally, there are sports fields and thirteen tennis courts. The IMA also offers maps of running and walking trails along the Burke-Gilman and UW waterfront. Each quarter there are several opportunities to participate in club sports as
The IMA also offers classes for a small fee in aerobics, yoga, strength training, racquet sports, dance and martial arts.

Use of the IMA is free with a Husky Card and students can check out a locker free of charge as well. Towels are also available free of charge. We recommend renting a locker (renewed quarterly) to store soap and shower shoes.

Students can also access the IMA Crags Climbing Center for a daily or quarterly fee. The climbing wall towers up to 42 feet high and offers over 5800 square feet of climbing surface.

**The Waterfront Activities Center (WAC)**
The WAC is located directly behind Husky Stadium on Union Bay. Students can rent canoes or rowboats with a Husky Card for $5 an hour per boat. From the WAC you can row under the 520 bridge and over to the Arboretum or simply paddle around Union Bay. If you are interested in kayaking or learning how to sail, consider joining the UW Kayak Club ($20 for students per year) or the UW Yacht Club ($25 initiation fee + $40 per quarter), which also house their boats at the WAC. There is also an outdoor climbing wall nearby.

**Agua Verde**
Agua Verde is located on Boat Street across from the Foege Building. Agua Verde offers discounted kayak and stand-up paddleboard rentals to students with a Husky Card. This is also a popular hangout for Tex Mex food and drinks, offering breakfast, lunch, dinner and happy hour. Please note that they close from 3:30 to 4:00 each day for a shift change.

**Green Lake**
Green Lake is a popular spot for running, walking, biking, and water activities. The perimeter is about 2.8 miles long and fairly flat, rare for a jogging route in Seattle. There are numerous locations for picnics on the grass around Green Lake. Green Lake also has tennis courts, basketball courts, and playing fields for baseball, volleyball, and frisbee. The café at Greenlake Boathouse is open year-round and offers kayak, canoe, pedal boat, paddleboard, and sailboat rentals Spring thru the end of Fall.

**Discovery Park**
Seattle’s largest park, located near Magnolia. A good place to get your dose of nature in the city. The park has a lighthouse, trails and beaches. It also contains a major water treatment plant for the die-hard public health enthusiast. *Pictured right. Image courtesy of flickriver.com.*

**Washington State Parks**
Washington has an extensive state parks system with over 100 sites offering opportunities for hiking, camping, boating, fishing and more. Usage fee is $10/day or you can buy an annual Discover Pass for $30/year. These passes are available in many locations, including Fred Meyer.
US Forest Service Land

Washington has extensive forest service land just ready for adventurers. Since camping is largely free it is a backpacker/camper’s absolute dream. A NW Forest Pass can be purchased for $30/year.

Music

Seattle is a city with a reputation for dynamic live music scene. Any night of the week there is something interesting playing in the city. Take a break from studying and check out one of the venues from the non-exhaustive list below, or check out a concert calendar to see when your favorite band is coming through town.

Some Favorite Concert Venues:
- Showbox  (Market and Sodo)
- Neumos  (Capitol Hill)
- Chop Suey  (Central District)
- Nectar  (Fremont)
- The Moore Theater  (Downtown)
- Columbia City Theater  (Columbia City)
- Crocodile  (Belltown)
- The Sunset  (Ballard)
- The Tractor  (Ballard)
- The Triple Door  (Downtown)
- Benaroya Hall  (Downtown)
- The Paramount Theater  (Downtown)
- The High Dive  (Fremont)
- The Neptune  (U District)
- The Comet Tavern  (Capitol Hill)
- The Vera Project  (Queen Anne)
- UW Arts  (U District)

Some Favorite Radio Stations:
- KPLU-FM 88.5, run out of downtown Seattle
- KNHC-FM 89.5, owned by the Seattle Public Schools
- KEXP-FM 90.3, licensed by the UW, variety
- KQMV 92.5 (Contemporary hits)
- KUBE 93.3 (Rhythmic contemporary hits)
- KUOW-FM 94.9, run by Puget Sound Public Radio.
- KJAZ 95.7 (Classic hits)
- KIAQ-FM 96.5 (Adult hits)
- KIRO-FM 97.3 (News, talk)
- KING-FM 98.1 (Classical)
- KLCK-FM 98.9 (Adult contemporary, alternative rock)
- KISW-FM 99.9 (Rock)
- KZOK-FM 102.5 (Classic rock)
- KMTT-FM 103.7 (Adult album alternative)
- KNDD 107.7 (Alternative rock)

Music Calendars
KEXP: http://kexp.org/events/clubcalendar.asp
Three Imaginary Girls: http://www.threeimaginarygirls.com/calendar.asp
The Stranger: http://www.thestranger.com/seattle/Music

Visual Arts

SAM: Seattle Art Museum. Free days are on the first Thursday of the month. Student memberships are only $30 with ID, and includes unlimited admission to SAM, Seattle Asian Art Museum, and the Olympic Sculpture Park.

Frye Museum: Free art museum on Capitol Hill.

Asian Art Museum: Located in Volunteer Park is only $5 with your Husky Card.

Henry Art Gallery: On the UW campus. Free with your Husky Card!

Art Walks: Many neighborhoods hold a monthly artwalk featuring local artists and galleries. Check out the schedule here: http://seattleartwalks.org/

- 1st Wednesday: Wallingford 6 - 9pm
- 1st Thursday: Pioneer Square 5 - 8pm
- 1st Friday: Fremont 6 - 9pm
- 2nd Thursday: Capitol Hill 5 - 8pm
2nd Thursday: West Seattle 6 - 9pm
2nd Friday: PhinneyWood 6 - 9pm
2nd Friday: Belltown 6 - 9pm
2nd Saturday: Ballard 6 - 9pm
2nd Saturday: Central District 1 - 5pm (May - Oct)
2nd Saturday: Georgetown 6 - 9pm
3rd Thursday: Pike Hike 5 - 8pm (May - Oct)
3rd Friday: Columbia City 4 - 9pm (May - Sept)
3rd Friday: U-District 6 - 9pm
3rd Saturday: Chinatown - ID 6:30 - 9:30pm (May - Aug)

Seattle Public Library Card
A library card for the Seattle Public Library system is available for free to anyone who
• Lives, works, or owns property in the city of Seattle, city of Bothell or most of King County.
• Is the spouse or underage dependent of someone who does or
• Goes to school in the above areas
This network of libraries is easy to access and has plenty of resources and materials. For more information go to
http://www.spl.org/using-the-library/get-started/get-a-library-card

Film/Theater

Seattle International Film Festival: The festival takes place in June, but they show a variety of independent and foreign films year round at their Uptown theater in Queen Anne and at their film center in the Seattle Center.

Seattle LGBT Film Festival
Seattle Trans Film Festival
Seattle Latino Film Festival
Seattle African American Film Festival
Seattle Asian American Film Festival

Seattle has several theaters, both large and small. Many offer student discounts or matinee tickets:

ACT Theater
Seattle Repertory Theater
5th Avenue Theater
Intiman Theater
Annex Theatre Company
Paramount Theater
Unexpected Productions (improv comedy in Post Alley, near Pike Place Market)
UW Drama: UW puts on their own productions with inexpensive tickets for students.

Publications
Seattle’s daily paper is the Seattle Times, available in print and online. The Seattle PI, a former print daily is also available online. Seattle’s weekly papers like The Stranger and Seattle Weekly cover a range of topics from a less traditional angle and are great resources for entertainment and cultural events in the city. Pick them up for free at bus stops and coffee shops. If you want the latest breaking, hyper-local coverage then turn to your trusty neighborhood news blog. http://www.nextdoormedia.com/
Volunteer opportunities
Volunteer Match: http://www.volunteermatch.org/
Carlson Center: http://depts.washington.edu/leader/
Seattleworks: http://www.seattleworks.org/

Grocery Store Guide

As with most big cities, there are several grocery store options in Seattle. Metropolitan Market, PCC, and Whole Foods offer a greater variety of local, organic options, but also tend to be a bit pricier than the others. Safeway, Fred Meyer, and QFC offer club cards and there is also a large Costco. Trader Joe’s and Grocery Outlet are also popular. Seattle also has a number of ethnic grocery stores: Uwajimaya, Kilimanjaro Market, and Ristrovo Italian Foods are a few that UW students visit. Again the website WalkScore can help you quickly see what grocery stores are close to your address.

Seattle is also fortunate to boast many farmers markets providing fresh produce and local goodies. Usually held on a weekly basis, these markets are popular gatherings in many neighborhoods in the city. There is also the famous Pike’s Place Market, which is a daily farmer’s market and popular tourist destination.

http://www.seattlefarmersmarkets.org/
http://seattlefarmersmarketassociation.wordpress.com/
http://seattlefarmersmarketassociation.wordpress.com/

Another great way to enjoy local produce is to participate in a community supported agriculture (CSA) program. With CSA you buy a “share” in a farm and in exchange receive a box of produce on a weekly basis during the growing season. Check out Puget Sound Fresh for more resources on local CSAs http://www.pugetsoundfresh.org/csa.asp.

Student Discounts

Student discounts for UW graduate students are available for retail, arts and entertainment, restaurants, sports and leisure activities, academic resources, travel and just about any type of service imaginable. Many businesses do not make their discounts known so it is always worth asking, “do you have a student discount?” before making any purchase. This is by no means an exhaustive list of discounts, but should get you well on your way to saving some money.

Specific UW Discounts:

UW Discount Program: This is a good place to start exploring discount opportunities. As a member of the UW community, you have access to special pricing on goods, services, and entertainment. Explore the links on this page to get familiar with some of the discounts offered for UW students:
http://www.washington.edu/admin/hr/benefits/saving/discounts/index.html

Tip: The city of Seattle enforces a plastic bag ban and charges 5 cents per paper bag. This means that you should remember to bring your reusable bags with you on every shopping trip.
**Waterfront Activities Center (WAC)** - The Waterfront Activities Center, located directly behind Husky Stadium on Union Bay and the Montlake Cut, offers canoe and rowboat rentals, storage of non-motorized craft for students, faculty/staff, and alumni association members, and a lounge/meeting room available for use by university groups and departments. It only costs $5 to rent a canoe for an hour!

**Football Tickets:** The UW is offering discounted Dawg Pack tickets for two years, with Dawg Pack ticket prices at $99 for six games in Qwest Field in 2012, and $99 for seven games in the new Husky Stadium in 2013. There is also supposed to be a Dawg Pack scholarship program, which will provide complimentary tickets in the Dawg Pack student section for low-income students, beginning in the 2011 season as well as complimentary transportation to Qwest Field arranged by Intercollegiate Athletics for Dawg Pack ticket holders for the 2012 season.

**UW Zipcar:** Students can sign up for a zipcar account for just $15 a year. [http://www.zipcar.com/u-pass/](http://www.zipcar.com/u-pass/)

**Discounts for Academic Support**

**Writing and Editing:** Graduate students must be able to write concisely and effectively, no matter their area of study, research or creative project. Sometimes, writing and editing skills need to be developed and honed, or simply refreshed. The Graduate School has resources to aid students as they prepare their work for publication, grant proposal, or thesis. The University Libraries website has information on citation guides and citation tools, grammar and style, and campus writing centers.

**Statistics and Computer Consulting Support:** The Center for Studies in Demography and Ecology (CSDE) is a great resource for students who want to attend workshops in statistical methodology, including: Introduction to Stata, Introduction to SAS, Introduction to GIS, and more. Students can also access specialty software, such as ATLAS.ti, by establishing an account with CSDE. [http://csde.washington.edu/services/statistics.shtml](http://csde.washington.edu/services/statistics.shtml)

**Center for Statistics and the Social Sciences:** The Center for Statistics and the Social Sciences (CSSS) Statistical Consulting group is another great resource that provides free statistical consulting to current UW faculty, staff, and students.

**Center for Social Science Computation and Research:** The Center for Social Science Computation and Research (CSSCR) provides 1:1 consulting on a variety of computer programs and offers workshops on several computer programs. They have four labs on campus and can especially helpful for the data analysis phase of student research.

**Public Speaking Resources:** UW Toastmasters is a club that helps people improve their public speaking skills. They have an open door policy and meet every Tuesday at noon on campus.

**IT Workshops:** Free walk-in workshops in IT basics such as Photoshop, Excel, Access, Javascript, etc. Also offers custom workshops for groups and individuals. Free curriculum for the workshops that you can browse any time. [http://www.washington.edu/lst/workshops](http://www.washington.edu/lst/workshops)

**Other Technology Services** to help you with your studies: [http://www.washington.edu/itconnect/forstudents.html](http://www.washington.edu/itconnect/forstudents.html)

**UWare:** Download software at reduced or no cost, thanks to various license agreements with software vendors. [http://www.washington.edu/itconnect/ware/](http://www.washington.edu/itconnect/ware/)

**Community Discounts**

**Chinook Book** – The Chinook Book assembles offers from some of the best Green and Local businesses in the area. The mobile app has almost all of the coupons that the book includes and costs only $10.
**First Thursdays:** Many museums have free nights on the First Thursday of every month. There are also artwalks in several neighborhoods. Check out this link for a list of just some of the offerings on First Thursdays in Seattle: [http://www.guidespot.com/guides/first_thursdays_museums_seattle](http://www.guidespot.com/guides/first_thursdays_museums_seattle)

**Free and cheap things to do in Seattle:** On your weekends or when you have a visitor in town there are many ways to get out and explore the city without spending much money. Here are some links to free and cheap things to do in Seattle.


**Victoria Clipper Discount:** You can ride the ferry to the beautiful city of Victoria in Canada. Student discount for full-time students is 25% off select fares at time of booking. [http://www.clippervacations.com/promotions/familydeals.html](http://www.clippervacations.com/promotions/familydeals.html)

**Free shipping:** Seattle-based Amazon.com, via amazon.com/student, offers college students a free six-month membership to Amazon Prime, its membership program that provides free two-day shipping of Amazon goods.

**Other community discounts:** Here are a couple of links to other community discounts. The link to the quick search on Yelp for “student discounts” is quite helpful and lists many stores and restaurants that provide discounts that were not listed elsewhere:


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**Academics**

Courses and Registration

In order to register for courses online, students must first have established a [UW NetID](https://www2.uw.edu/for-students/netid/index.html) and be approved by the Health Sciences Immunization Program (HSIP). Students should be sure to register by the last day of Registration Period II in order to avoid a late registration fee. Changes can be made to a course schedule (e.g. drop/add) for one week after classes begin through MyUW without any additional fees (So, if the quarter begins Monday, the last change that can be made without incurring a fee is by 11:59 Sunday night.). Students should reference the [UW Academic Calendar](https://www2.uw.edu/calendar/) as it is a handy resource which includes dates of instruction, registration deadlines, school holidays, and more.

Course requirements can be found on the [Health Services website](https://www.hsp.washington.edu/). Requirements may vary depending on the concentration option the student chooses. Please see the “Concentrations” section for more information about these options.

**Add codes and faculty codes**

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**Tip:** Registration is not like undergrad where you are competing for classes. You will get in to most all the courses you need without a problem; however it’s always a good practice to ask for add codes early and register on time.
Entry to some courses will be restricted by add codes and faculty codes. If a student wants to register for a course that is add code restricted, they must first get an add code (a five digit number) from the course instructor. In most cases instruction on how to receive and add code is found on the Time Schedule where details of the course are listed. Similarly, a faculty code (also a five digit number) is needed when registering for HSERV 600 (independent study) and HSERV 700 (thesis). Students should ask for the faculty code of the faculty member they are working with on these projects. Kitty Andert gives out the add code for HSERV 595 (practicum), and can also assist with other add codes.

**Tuition rates**

Tuition for School of Public Health (SPH) degree programs can be found on the SPH website; all MPH students pay the public health rate. Please also note the additional program fees on the SPH tuition website. For quarterly rates or cost per credit hour, please consult the Office of Planning and Budgeting website. For general questions about tuition at the University of Washington, please see the Student Fiscal Services website. Concurrent students pay the higher tuition of the two programs they are enrolled in. The Financial Aid Office takes concurrent status into account. Students can fill out a “Revision Request” form with the Office of Student Financial Aid if they believe their financial aid is not being properly calculated.

**Grades**

The grading system for UW can be found in the UW Student Guide under “Grades and UW Transcripts” on the UW website, or here: [http://www.washington.edu/students/gencat/front/Grading_Sys.html](http://www.washington.edu/students/gencat/front/Grading_Sys.html). The UW uses a numeric grading system on a 4.0 scale. Grade reports are available after the end of each quarter in MyUW.

**Grading options:**

Most courses offering 2 or more credits allow the student to have the options of receiving a numeric grade or a Satisfactory/Not-Satisfactory (S/NS) grade; however, MPH required courses must be taken for a numeric grade. Students have until the day shown on the academic calendar to make changes to this grading option, and will be charged a $20 for any changes made after the 8th calendar day of the quarter. Students earning a 2.7 or higher will receive a Satisfactory (S) grade, and those who earn a 2.6 or less will receive a Not-Satisfactory (NS) grade.

**Practicum**

All students enrolled in UW MPH programs are expected to complete a practicum experience in an organization, agency, or community that provides planning or services relevant to public health (while registering for a minimum of three credits equaling 120 hours). The timing of the practicum depends on the student’s timeline but generally occurs during the summer between first and second year or in the second year of study. Learning objectives, required forms, and examples of past student practica can be found on the MPH Practicum Program website.

**Practicum Prerequisites**

Students are required to complete a number of prerequisites before starting practicum hours which include an online orientation, online trainings, immunizations and a background check. It is highly recommended that students complete these prerequisites early in their first year.

**Site Supervisor**

Students are required to have a site supervisor at the practicum site to oversee their field experience. The site supervisor should have expertise in assigned project areas, experience and status within the organization, and an
interest and competence in supervising and mentoring.

Practicum Coordinator
Kitty Andert collects the preliminary practicum paperwork (e.g. blood borne pathogens training, HIPPA training, WA State background check, & practicum training) for Health Services students and forwards the information to the SPH Practicum Coordinator. The practicum contract and assignment that follows should be given to this person, who can be contacted at sphosa@uw.edu. Students are encouraged to communicate and meet with the SPH Practicum Coordinator or faculty advisor regarding queries about the practicum.

Practicum Assignment
Upon completion of the practicum hours, students are required to submit a practicum assignment to their department. The purpose of the assignment is to reflect on the practice experience. It is an opportunity for the student to describe what was done, what was learned, and to place the experiences within the context of the organization, the community and the MPH program.

Concentrations

Students in the Health Services MPH program have the option of pursuing a general MPH degree or choosing one of three concentrations, which are:

- Health Systems and Policy
- Social and Behavioral Sciences
- Maternal and Child Health

Students can apply directly to a concentration prior to starting the program or start the program as a generalist and then apply for a concentration within the first two quarters of the first year. Students pursuing a concentration will satisfy the core Health Services MPH requirements along with additional course requirements specified by the concentration.

Choosing the general focus or a concentration
Whether a student should choose a concentration or the general degree track depends on what he or she wants out of the program. Students who want to have the option of taking a variety of classes from multiple areas tend to select the general track as their schedules allow more room to be flexible with courses. Students who have strong interests in one area over others tend to select a concentration, taking a number of classes that focus heavily on their interest area. From what we can tell, it does not seem to matter whether or not you decide to specialize. It is entirely up to you and probably won’t be the thing that gets you the job or holds you back.

Master's Thesis and Capstone Project

The Master's thesis is an original work that is carried out using rigorous methods, applies concepts and methods from one or more branches of science relevant to public health, and is presented in a scholarly format. The thesis can be research or practice; quantitative or qualitative or mixed in methods.

Thesis Committee
In completing a thesis, students are expected to assemble a thesis committee, which consists of a thesis chair and an
additional committee member. Students may have a third committee member. At least one member of the committee is required to have a faculty appointment in the Department of Health Services (usually the chair). The thesis chair has the overall responsibility for guiding a student through the successful completion of a thesis that fulfills the requirements of the Graduate School, the School of Public Health, and the Department of Health Services. It is the student’s responsibility to let their faculty advisor know when they have identified a thesis chair.

**Capstone Project**

All students in the Health Systems and Policy (HSP) concentration as well as concurrent MD/MPH students with a generalist focus have the option of completing a thesis or a Capstone Project. The Capstone Project allows students to expand and apply their analytical and policy skills by exploring a question of policy importance. Students choosing to complete a Capstone Project must also select a chair to help guide the project, similar to a thesis chair. A capstone also requires a second committee member, but this person does not need to be UW faculty and instead could be a health professional working at the organization where the student is doing his/her project.

**Graduation Requirements**

Students are expected to complete all required coursework, the practicum and a Master’s thesis or capstone in order to graduate from the program.

**Graduate Certificate Programs**

Students with certain special interests may concurrently apply for a certificate program offered by the UW. A graduate certificate is a linked series of credit bearing graduate courses that constitutes a coherent body of study and culminates in a capstone project. The intended goal of completing a graduate certificate is to enhance the education of matriculated UW graduate students and professional students beyond their regular course of study, similar to an undergraduate minor.

Students can choose from programs offered in the School of Public Health and from others offered by the UW Graduate School.

**Student Favorite Courses**

<table>
<thead>
<tr>
<th>Quarter Offered</th>
<th>Course Name</th>
<th>Why is this a good course?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>HSERV 522- Program Evaluation</td>
<td>This course teaches you a tangible skill that you can write on a resume and may be able to use for your thesis or practicum.</td>
</tr>
<tr>
<td>Fall</td>
<td>HSERV 512 – Health Systems and Policy</td>
<td>Everything you need to know about the health care system.</td>
</tr>
<tr>
<td>Winter</td>
<td>HSERV 544- Maternal and Child Health in Developing Countries</td>
<td>This course is very hands-on and practical. You work in a group developing a program to solve a MCH problem in a developing country. You learn about program planning, implementation, evaluation and monitoring, as well as budgeting. This is a co-course in the Global Health Department, so this creates an opportunity to meet SPH students outside of Health Services.</td>
</tr>
<tr>
<td>Winter</td>
<td>ENVH590D– Built Environment</td>
<td>While taught at the surface level, this course enables you to connect with other</td>
</tr>
</tbody>
</table>
students in the College of the Built Environment, the Evans School, & those outside of Health Services. There is a good deal of reading, but also a hands-on project, which is better than a paper, right?

<table>
<thead>
<tr>
<th>Spring</th>
<th>HSERV 581- Strategies of Health Promotion</th>
<th>Dr. Peggy Hannon teaches this class and she teaches it very well. The reading list is reasonable and engaging. Students work in teams of two or three developing an intervention for a health problem and work together to write the key components of a NIH grant application. The project culminates in a brief class presentation. You will learn skills that will be transferrable to jobs or thesis work.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring</td>
<td>HSERV 521- Qualitative Methods</td>
<td>This course gives you a strong foundation in qualitative methods and could be a great way to start your thesis. <strong>Student tip-</strong> You should enter this class with a clear qualitative project in mind to get the most out of this course.</td>
</tr>
</tbody>
</table>

*Tip:* These are just a few of the courses we liked. There were some that we didn’t like. Use the *Course Evaluations* resource on the Health Services Website. We have found it to be quite accurate! You can also ask HSSA students for tips on good/bad courses: hssa@uw.edu
Graduate school is a big investment financially. Below is some information that can help make your two years here at UW more affordable.

Cost of Living in Seattle

Data provided by C2ER; costs include housing, utilities, transportation and health care, from average of 4 quarters ending March 2010. See http://cgi.money.cnn.com/tools/costofliving/costofliving.html

Banks around Seattle

When setting up a bank account in Seattle, be sure to consider the more local banks and credit unions in addition to the larger banking institutions. Here is a list of the bank options:

- Boeing Employees Credit Union (BECU): https://www.becu.org/Default.aspx
- WSECU: https://www.wsecu.org/
- Key Bank: https://www.key.com/personal/index.jsp?key=com
- Umpqua Bank: https://www.umpquabank.com/Home.aspx
- Bank of America
- Wells Fargo
- Chase
- US Bank- only bank on campus

Tip: If you have never tried banking with a credit union, moving to Washington gives you a great opportunity to try this out. BECU and WSECU are great.
Tuition and Fees

Let’s break down the costs. Here is tuition for residents and non-residents for 2014-2015.

### MPH Programs

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-Resident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuition</strong></td>
<td>$15,948</td>
<td>$28,422</td>
</tr>
<tr>
<td><strong>UW Fees</strong></td>
<td>$1,089</td>
<td>$1,089</td>
</tr>
<tr>
<td><strong>HSIP Fee</strong></td>
<td>$130</td>
<td>$130</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>$17,167</td>
<td>$29,641</td>
</tr>
</tbody>
</table>

In addition to tuition, there are additional annual fees for your U-PASS, the IMA, etc.

#### UW Fees

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Technology Fee</strong></td>
<td>$123</td>
</tr>
<tr>
<td><strong>Services &amp; Activities Fee</strong></td>
<td>$390</td>
</tr>
<tr>
<td><strong>IMA Bond Fee</strong></td>
<td>$96</td>
</tr>
<tr>
<td><strong>Facilities Renovation Fee</strong></td>
<td>$252</td>
</tr>
<tr>
<td><strong>U-PASS Fee</strong></td>
<td>$228 ($76/quarter)</td>
</tr>
</tbody>
</table>

Explanation of fees can be found here: [http://f2.washington.edu/fm/sfs/tuition/components](http://f2.washington.edu/fm/sfs/tuition/components)

For quarterly rates or cost per credit hour, please consult the Office of Planning and Budgeting website below. Now we’re not going to try to estimate stuff like room/board, personal expenses, and books since that varies for each person. But even without counting room/board, books, personal expenses, and insurance, this is already pretty steep. Now that we’ve seen the costs, let’s look at ways to alleviate this financial burden.

**Helpful websites for tuition and costs:**

- [http://opb.washington.edu/content/tuition-and-required-fees](http://opb.washington.edu/content/tuition-and-required-fees)

**Financial Aid**

The UW Office of Student Financial Aid, 105 Schmitz Hall, administers federal, state, and private financial aid programs designed to help students pay for their education. Assistance is available in the form of tuition waivers, grants and scholarships, work opportunities and loans. An information packet describing the different programs, eligibility criteria, and application procedures may be obtained by calling (206) 543-6101 or emailing osfa@u.washington.edu, website: [http://www.washington.edu/students/osfa/](http://www.washington.edu/students/osfa/)

**Tip:** Visit the Office of Student Financial Aid during your fall quarter. Even after your initial aid award, you still may be eligible for additional aid after the quarter starts.
To be eligible for financial aid through the Office of Student Financial Aid, an individual must be a citizen or permanent resident of the United States, or other non-eligible citizen and admitted to the University as a matriculated, degree-seeking student. Priority consideration is given to students who submit their Free Application for Federal Student Aid (FAFSA) (online at http://www.fafsa.ed.gov/) to the federal processor’s office by the University’s financial aid application deadline in February.

After submitting FAFSA, it’s pretty much a waiting game until around the summer time, when you receive your financial aid award package. If you set up your UW account, it’ll be posted on your MyUW website under “Financial Aid Status.” Most likely, you’ll see a good amount of loans awarded to you. Below is a chart that gives basic information on the types of loans you can receive. This is found on the UW’s Financial Aid Office website:

<table>
<thead>
<tr>
<th></th>
<th>Federal Direct Unsubsidized Stafford/Ford Loan</th>
<th>Federal Direct Graduate GPLUS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lender</strong></td>
<td>Federal government</td>
<td>Federal government</td>
</tr>
<tr>
<td><strong>Interest Rate</strong></td>
<td>6.8%</td>
<td>7.9%</td>
</tr>
<tr>
<td><strong>Interest-free in school?</strong></td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td><strong>Loan fees</strong></td>
<td>1.0% **</td>
<td>4% **</td>
</tr>
<tr>
<td><strong>Annual maximums</strong></td>
<td>$12,000/grad &amp; professional</td>
<td>Cost of attendance minus aid</td>
</tr>
<tr>
<td><strong>Cumulative maximums</strong></td>
<td>$138,500 undergrad &amp; grad combined</td>
<td>NA</td>
</tr>
<tr>
<td><strong>Grace period</strong></td>
<td>6 months</td>
<td>NA</td>
</tr>
<tr>
<td><strong>Repayment period</strong></td>
<td>Up to 10 years</td>
<td>Up to 10 years</td>
</tr>
<tr>
<td><strong>Minimum payments</strong></td>
<td>$50/month</td>
<td>$50/month</td>
</tr>
<tr>
<td><strong>Other information</strong></td>
<td>Additional repayment options beyond the 10 years may be available.</td>
<td>For graduate and professional students. Repayment of principal can be deferred when enrolled at least half time.</td>
</tr>
</tbody>
</table>

** A .5% up front interest rebate will be credited to you if your first 12 monthly payments are made on time, bringing your net effective fees to .5% for Stafford borrowers and 2.5% for GPLUS.
Tuition Exemption Program for State Employees
The University of Washington Tuition Exemption Program, established under the authority of RCW 28B.15.558, enables University of Washington employees and state of Washington employees who have been admitted to the University of Washington to have tuition waived for up to six credits when enrollment is on a "space-available" basis. The Tuition Exemption Program excludes graduate level independent study courses numbered 600, 700, and 800, or any self-sustaining courses. In addition, certain state funded courses or programs may be excluded from the tuition exemption program on the basis of academic or fiscal considerations.

Helpful websites for Financial Aid:
http://www.washington.edu/students/osfa/graduate/
http://www.washington.edu/students/osfa/gradaid/student.loan-guide.html
http://www.washington.edu/students/osfa/afteraward/

Fellowships/Scholarships

The office of financial aid can offer grants and scholarships to UW graduate students. These are offered only to Washington resident students by financial need.

The UW Graduate School has a list of fellowships that you can apply to throughout the school year. As many apply to only doctoral students and have other special qualifications, please make sure that you qualify before beginning an application. The website is posted below.

The Graduate School helps to fund the Graduate Funding Information Service located in the South Wing of Allen Library's Research Commons. The Graduate Funding Information Service (GFIS) works to provide resources for outside funding opportunities to graduate students at the masters and doctoral level who have been admitted to or who are attending the University of Washington. GFIS offers workshops and individual consultations to help students explore resources for potential funding. GFIS does not provide search services or money directly to students, but does provide guidance to help students know which resources (print, database, or web-based) might give them the best opportunities and help students gain a better understanding of how to use these resources.

The Graduate Opportunities and Minority Achievement Program (GO-MAP), a unit of The Graduate School, has limited funding for students whose individual experiences and/or academic interests will bring diversity to scholarly perspectives and endeavors, and to the academic community. Students must be nominated by their department.

Helpful websites for Fellowships/Scholarships:
http://www.washington.edu/students/osfa/gradaid/grants.scholarships.html
http://www.grad.washington.edu/students/fa/calendar.shtml
http://commons.lib.washington.edu/services/gfis
http://grad.washington.edu/gomap/funding.shtml

Residency
Students who can establish Washington residency can cut their tuition by half. Although the Graduate student tuition waiver is no longer in effect, you can still establish residency through other methods.

If you used to be a WA resident, and were away from the state for military/ civil service purposes (Americorps can count) for a period of time, you may qualify for residency. Check out the webpage below for more details.

Helpful websites for Residency:
Student Employment

Many students work in some capacity while enrolled. Type of work and number of hours worked in a week varies by individual student. The most common way students support themselves is by working at UW or affiliated organizations.

**TA and RA positions**

20 hour RA, TA, and SA positions (research, teaching, staff assistantships) are the most sought after positions because they often include tuition and insurance. However, there are more students who want these positions than position openings. For all three position types, students must keep their eyes open and be very proactive. Positions come up all year long, all over campus. In many cases, TA positions are for fewer than 20 hours and usually require the applicant to have taken the class in order to be considered. Health Services RA/TA positions will be posted on the Health Services website listed below. UW Hires and the Grants & Funding Information Service web pages are also good places to look. To find a position in the UW Hires database, search for Academic Student Employee in the category box. Employment opportunities will also be posted to Health Services student email lists. Finally, if you are interested in global health, the Global Health Resource Center has employment resources and a jobs email list.

**Helpful website for assistantships:**
http://depts.washington.edu/hserv/jobs
http://www.grad.washington.edu/students/fa/assistantships.shtml

**Hourly positions and Work Study**

Two other options for working while in school are hourly and work study positions. Hourly positions do not pay tuition, but pay in cash. Some hourly positions may have a cap on the number of hours you can work in one year. And other hourly positions may cap the number of hours students can work to 20 hours/week. There are also job listings on the SPH website, and while the majority of those are full time positions, there may be some part-time positions posted.

**Helpful website for hourly positions:**
http://www.washington.edu/admin/hr/jobs/index.html
http://sph.washington.edu/careers/jobs.asp
http://careers.washington.edu/HuskyJobs

**Tip:**
Talk to people as much as possible and set up informational meetings with professors that have similar interests. This is the best way to get the job you want (and probably need)!

Work study is a form of financial aid, which not all students are eligible for, but if you are, it can also be a good way to earn some money on campus. As work study positions are a form of federal financial aid, they are only available to U.S. citizens and some permanent residents. Even if you don’t receive work study in your initial financial aid award, you still may be eligible for work study. Annoying, we know, but it can be easily remedied! Check out the Financial Aid office at 105 Schmitz Hall to determine your eligibility in your fall quarter. From personal experience, it’s really easy and takes less than 10 minutes to determine eligibility and to award you with work study. Please note that they cap the number of hours you can work to 20 hours/week.

**Helpful website for work study:**
http://www.washington.edu/students/osfa/ugaid/workstudy.html
http://www.washington.edu/students/osfa/ugaid/workstudy.positions.html
Professional Development

A number of valuable professional development resources are available through the Graduate School. Workshops and events cover a wide range of topics, including grant writing, how to use reference management software (e.g., Endnote or Zotero), presentation skills, overcoming procrastination/perfectionism, CV and cover letter development, and more. These events are often disseminated via departmental emails but you can also keep up with Graduate School events through their calendar of events. The School of Public Health also has a Career Services Website where you can find public health job listings and other valuable career resources. The department of Global Health also has a Career Corner; they may be a different department but we’re all one big public health family! Additional resources (for undergraduate and graduate students) can be found through the UW Career Center.

The UW Career Center really is a great resource center. Use it! You can attend workshops or get one-on-one counseling on revamping your resume and practicing interviews. They even have resources specifically for public health students and professionals. UW has a “suggested” resume style, and from anecdotal experience, it helps to use their format.

Public Health Agencies in Seattle

Seattle hosts a broad and diverse public health community. This can be invaluable to students for finding practicum placements, part time jobs during school, professional mentors, and careers after graduating. Examples of local public health agencies are as follows:

- Northwest Center for Public Health Practice
- Fred Hutchinson Cancer Research Center
- Group Health Research Institute
- Providence Health Services
- Seattle Children’s Hospital
- Harborview Medical Center
- Planned Parenthood
- Public Health Seattle King County
- Washington State Hospital Association
- International Training & Education Center for Health (I-TECH)
- Veteran’s Affairs Puget Sound Health Care System
- Program for Appropriate Technology in Health (PATH)
- Washington State Department of Health

Other Opportunities

In addition to courses offered through other departments in the School of Public Health, students may (and often do) take courses through other UW Graduate Schools (e.g., Evans School of Public Affairs, College of Built Environments, School of Medicine).

The Graduate Opportunities and Minority Achievement Program (GO-MAP) offers workshops, luncheons, lectures, funding and networking opportunities tailored for minority graduate students. Their ViC and ViA lunches offer opportunities to have conversations with community and faculty members on a variety of professional development
topics, from job hunting to staying on track for writing your thesis. Their monthly happy hour is a good way to meet students outside of health sciences, socialize and network. Join their listserv to stay up to date on events: http://www.grad.washington.edu/gomap

Seminars are another good way to explore interests and get exposure to topics and people in departments outside of HSERV without committing to a full course. Many seminars are open enrollment, but you might want to check with the instructor first to see if it is a good fit for you. Some interesting seminars include the School of Social Work’s West Coast Poverty Center Seminar, the Family Medicine African American Health Disparities Seminar, and the School of Global Health Seminar.

Leadership opportunities are available with the Graduate and Professional Student Senate (GPSS) or other student groups (e.g., Health Equity Circle, Social Justice Equity Forum, Health Services Student Association)

**Special Interests**

**Student Parents**

Combining parenthood with grad school is challenging, but it can be easier when you know where to find affordable housing, childcare, etc. There are a variety of different programs available for children and families in the Seattle area.

*Childcare Voucher Program: If you have children age 12 or younger who will need child care during the academic year, you may be eligible for child care assistance offered through the University's Student Parent Resource Center. Additional information on the childcare assistance system can be obtained in the Student Parent Resource Center in Room 172 of Schmitz Hall or by calling (206) 543-1041.*

*University of Washington Children's Centers: Three Children's Centers at the University of Washington’s Seattle campus serve faculty, staff, and students by providing year-round, on-site infant, toddler, and preschool childcare. The Children's Center at West Campus serves primarily UW faculty and staff. The Children's Centers at Radford Court and Laurel Village give priority to UW students in family housing.*

*School-Aged Children & Seattle Public Schools: Children living the Seattle Public School District must be registered through Enrollment Services. You will need specified documents like birth certificates, immunization records, and address verification forms when you go to the enrollment center. Seattle has recently adopted a neighborhood assignment plan meaning unless a child has special needs they will be placed in the school closest to their home.*

http://www.washington.edu/students/osfa/currentug/child.care.html

**Students of Color**

As a unit of the UW Graduate School, the Graduate Opportunities and Minority Achievement Program (GO-MAP), is committed to serving the needs of students of color and students from other underrepresented groups, while simultaneously fostering an educational and social environment in which all students can learn and develop through experiences rich in cultural, ethnic, and racial diversity. GO-MAP’s three main areas of focus are: Outreach, recruitment, and retention; Enhancing scholarship and research; and Building community, on and off campus.

http://www.washington.edu/diversity/

**LGBTQ students**
The University of Washington Q Center builds and facilitates queer (gay, lesbian, bisexual, two-spirit, trans, intersex, questioning, same-gender-loving, allies) academic and social community through education, advocacy, and support services to achieve a socially-just campus in which all people are valued. The Q Center provides many services and resources to support the GLBTQ community such as the lending library, discussion forums, meeting & social space, brief crisis intervention and referrals. The Q Center also helps with GLBTQ programs throughout the year including the Safe Zone Project and Lavender Graduation.

http://gbltc.asuw.org/

Persons with Disabilities

The Access Guide is designed to help students, faculty, staff and visitors with disabilities locate appropriate routes on the Seattle campus and find appropriate entrances within buildings. The Access Guide may be helpful primarily to persons with mobility impairments, but may also be useful to persons with other types of disabilities. A copy of The Access Guide in alternate format may be available upon request at the Disability Resources for Students Office located in Schmitz Hall.

http://www.washington.edu/students/drs/

Veterans

http://www.washington.edu/students/veteran/

Women

http://depts.washington.edu/womenctr/

Conclusion

We genuinely hope this helps you navigate your first year as a Health Services Student at the University of Washington. Good luck, have fun, and we will see you on campus!

Week One Checklist

☐ Get your Husky ID card (see page 6)
☐ Get a locker from Classroom Services. (see page 6)
☐ Get keys from the MPH Program Coordinator, Lynn Gose, or the MCH office. (see page 6)
☐ Visit the Health Sciences Bookstore in South Campus Center to look through textbooks.
☐ Go to happy hours and social events as your schedule allows.
☐ Get some waterproof gear.
☐ Show up to your classes!

Fall Quarter Checklist

☐ Form a study group for Biostatistics and Epidemiology; these could be separate circles or the same group.
☐ Meet with your assigned advisor. If this relationship isn’t meeting your needs, meet with other professors to find a suitable advisor. (see page 5)
Meet and follow-up with professors and guest speakers that have similar interests to you. It’s never too early to start brainstorming a thesis topic! *(see page 21)*

- Visit the Office of Student Financial Aid, located at 105 Schmitz Hall.
- Learn about all of the resources that are available to you. Get connected to them.
- Remember to breathe and have fun!