

# Molecular and Cellular Biology

An interdisciplinary Ph.D. program



April 19, 2011 (Revised August 2, 2011)

Hello MCB Class of 2011!

Welcome to the MCB Program! This year's entering class consists of 19 people. I am now going to attempt to give you all the information that you need to know! As always, please feel free to contact me if you have questions or comments.

- Graduate Admissions has been notified that you will be joining the MCB Program. This has already set in motion a number of letters and information that will be sent to you over the next few months.

- You have already been asked to send in a \$100 deposit to acknowledge that you will be coming to the UW. This money will be held in your account and applied to the autumn Student and Activity Fees which are due every quarter – about \$225 per quarter. Send your deposit in as soon as possible.

- MyUW! Once you pay your deposit, you will be able to use the student number that was sent with the notice to pay the \$100 deposit. This number will allow you to access MyUW where you will be able to sign up for email. If your mailing address, phone number or email address changes during the summer or anytime while in graduate school, MyUW is the place to make the official change. You will use MyUW throughout your graduate career to view your billing statements, register for classes, and obtain unofficial printouts of your UW transcripts and much more. Sign up at (<http://www.washington.edu/students/>) Click on the MyUW box. When you sign up and begin using your new UW email account, be sure to let me or Diane know so we can keep the email list up to date. Emails will be sent to you during the summer at your UW email address. You won't want to miss any of the exciting and important news that will be coming your way!

- Immunization program. Yes, it is *true* what they say. Unless you have documentation that you have had the required shots you will not \*will not\* be able to register in the fall. Instead you will find yourself standing in a very long line. If you send in the documentation before you arrive, you will not have to even see those lines at Hall Health! Please make a copy of your documentation for your files and be sure you can get to this documentation easily - even before you unpack just in case it is your paperwork that falls behind the heating unit. For more information about the Immunization Program go to the Hall Health web site: <http://depts.washington.edu/hhpccweb/index.php?ClinicID=14>

- U-Pass - The U-Pass is a bus pass valid on all regular Metro and Community Transit routes as well as Sounder train service and light rail at all times and through all zones. The **mandatory** quarterly fee of \$76 will be included on your tuition statement regardless of whether or not you partake of bus/train services. Your new Husky ID card will contain a magnetic stripe to use

when boarding buses or trains.

<http://www.washington.edu/facilities/transportation/commuterservices/u-pass>

-Summer Quarter Start Date: You do have the option to begin the MCB Program during summer quarter. If you are interested in this option, you need to contact me as soon as possible. Summer quarter payroll begins June 16<sup>th</sup>. You will be able to complete one of the three rotations and can join a permanent lab next spring. You begin in the summer as late as July 1<sup>st</sup>. You will need to be in contact with us to get your paperwork in order to meet the first payroll and health insurance deadline. (These deadlines are before July 1<sup>st</sup>.)

- 1st Quarter Rotations. During the summer you will want to start contacting MCB faculty members that you would like to do Lab Rotations with. Email the faculty that interest you and ask if they have an opening in their lab for you to do a lab rotation. You may contact MCB faculty that you met with when you interviewed or other MCB faculty members that interest you. Faculty email addresses and fields of interest are on the MCB web page. You should have your rotation set up and ready to begin by September 28th, which is the first day of classes. ([www.mcb-seattleu.edu](http://www.mcb-seattleu.edu))

- When should I be in Seattle? The various departmental retreats begin around the second week of September. I would try to be here and settled in at least by the beginning of September. I will send out emails during the summer about registration for the retreats. Take *full* advantage and attend the retreats for the departments and faculty whose work interests you or may interest you. This is an excellent way to meet the PI's in the various labs and departments. The departments *want* you to attend their retreats to meet the faculty and students. I can't stress the importance of the retreats enough.

The first MCB event will be the Orientation meeting that will take place on Friday, September 9<sup>th</sup>. The meeting begins at 9:45 AM with a continental breakfast ready at 9:30 AM. Be prepared to sign up for payroll, have your picture taken and hear the nuts and bolts of the Program. More details will come as the time nears. \*You will need to bring your passport or driver's license and social security card with you to the orientation meeting.\*

- The Hutch (FHCRC) Basic Sciences has a retreat every year. I would say almost every incoming MCB person goes to this retreat. This retreat is important because most (if not all) of you will do some rotations at the Hutch. This is an excellent way to meet the PI's in the various labs and your fellow peers. The retreat details will be mailed to you during the summer. So please check your UW emails during the summer.

- You go on payroll on September 16th. Your first paycheck will be October 10<sup>th</sup>. Health Insurance will go into effect on October 1, 2011.

- **First day of classes: September 28, 2011: By this date you will need to have chosen a lab to rotate in and be signed up for**

classes. Please do not think that you do not have to be here until September 29<sup>th</sup> – it just is not true.

**-Establishing Washington State Residency.** You need to start establishing Washington State Residency when you arrive in Seattle. This is important for future funding with training grants and support by your PI. Please review the following information on this web site.

<http://www.washington.edu/students/reg/residency/domicile.html>

**- Finding Housing in Seattle.**

Craig's List is very popular for finding housing. Last year one person thought that the apartments on [rent.com](http://rent.com) were generally nicer than places like Craig's List, because the buildings have to pay to list on it, but they're also a little more expensive because of that.

**Here is a list of places that people used to find housing:**

- [craigslistonline.com](http://craigslistonline.com)

- [rent.com](http://rent.com)

- [forrent.com](http://forrent.com)

- [nwapartments.com](http://nwapartments.com)

-Campus housing:

<http://www.hfs.washington.edu/housing/Default.aspx?id=83&menu=0>

The campus housing tends to cost a little more, but it comes with a lot (like phone, cable, internet, garbage...). These are nice clean apartments and a good place to land for a year before you decide where you want to live in Seattle. If you are interested in campus housing at all – apply right now! Contact me if Housing needs any type of confirmation of your status in the MCB Program.

Radford Court – this is a fairly new complex located on Lake Washington. (Great walks!) This is a diverse community of single, married students and children. <http://www.radfordcourt.com/>

Commodore-Duchess – this apartment building has been updated within the last four years. This is right on campus. The location is more centrally located and has a real “city” feel to it. It is also very nice. <http://www.commodoreduchess.com/live/site/trlm.rz>

Nordheim Court—Furnished studio, two-bedroom and four-bedroom shared apartments for graduates and undergraduates who are age 18 and older. This is a great location right near the University Campus. Currently one student lives here. He thinks it is a great place, quiet and very convenient.

New Housing: <http://www.hfs.washington.edu/housing/Default.aspx?id=1966>

### **Where to live and other tips from current MCB Students**

The neighborhoods selected were primarily the ones current graduate students suggested during our recruitment weekend. Make a shortlist of places and call multiple leasing offices. (It is helpful to make a list of your requirements rent/washer/dryer/parking before you start calling for apartments.)

Neighborhoods in the UW and FH area: University District, Wallingford, Greenlake, Wedgewood, Capitol Hill, Fremont, Montlake, Eastlake, Sandpoint, Lake City, Ballard, Greenwood.

Last year people started looking in July and for most places it was too early to get a definitive answer about fall vacancy, but some put their name on waitlists. For a current apartment, people were required to send in a refundable deposit to be on the waitlist. It is important to keep in touch with the apartment manager via email during the summer months. People were notified when there was a vacancy that matched their requirements.

It might be easier to get into an apartment complex. Smaller establishments (duplexes, etc) seemed in general to be unhappy about renting without the renter seeing the apartment. In the end one person offered someone listing an apartment in a duplex \$200 to hold the apartment while the background/credit check was completed.

For anyone moving from across the country with enough stuff to ship it, ABF UPack has been used. They will bring crates to your house. You pack the crates and then the company will deliver them to your new home. It was actually cheaper than driving out a truck. The person that used UPack didn't have any trouble with them and it worked out really well.

If you come to Seattle to find housing, it was suggested that you bring your cell phone, laptop and your checkbook! I hope these ideas help you. Use me for a reference for apartments. I do a really good job of pumping everybody up. People are very impressed when I say, "Molecular and Cellular Biology" and that you are guaranteed a pay check for the next 6 years.

Attached to this email is the list for the Class of 2011 so you can communicate with each other. I have also attached a document on Frequently Ask Questions (FAQ) and a copy of this letter. I hope this information is helpful to you. Never hesitate to email me about any questions or concerns. I am happy to help you.

I look forward to meeting you all again in the fall and even summer!

Most sincerely,

MaryEllin

Graduate Specialist

### MCB Class of 2011

	Name	Email
1	Blair, Kris	<a href="mailto:krmblair@uw.edu">krmblair@uw.edu</a>
2	Davies, Meara W.	<a href="mailto:mwdavies@uw.edu">mwdavies@uw.edu</a>
3	Feng, Qing	<a href="mailto:qingf@uw.edu">qingf@uw.edu</a>
4	Hooper, Kathryn A.	<a href="mailto:hooper22@uw.edu">hooper22@uw.edu</a>
5	Iranon, Nicole N	<a href="mailto:iranon@uw.edu">iranon@uw.edu</a>
6	Lang, Jacquelyn M	<a href="mailto:jmlang11@uw.edu">jmlang11@uw.edu</a>
7	Latorre-Esteves, Elena S	<a href="mailto:elatorre@uw.edu">elatorre@uw.edu</a>
8	Lawrence, Robert T	<a href="mailto:roblaw@uw.edu">roblaw@uw.edu</a>
9	Lombardo, Katharine A	<a href="mailto:lombak@uw.edu">lombak@uw.edu</a>
10	Mascarenas, Monica R	<a href="mailto:mmascar1@uw.edu">mmascar1@uw.edu</a>
11	Newman, Shannon L.	<a href="mailto:sinewman@uw.edu">sinewman@uw.edu</a>
12	Opoku, Kwaku N	<a href="mailto:opokuk@uw.edu">opokuk@uw.edu</a>
13	Ovchinnikov, Sergey	<a href="mailto:krypton@uw.edu">krypton@uw.edu</a>
14	Paul, Biswajit	<a href="mailto:bishp@uw.edu">bishp@uw.edu</a>
15	Pilling, Carissa	<a href="mailto:cpilling@uw.edu">cpilling@uw.edu</a>
16	Sanchez, Joseph C.	<a href="mailto:loboj0e@unm.edu">loboj0e@unm.edu</a>
17	Scholz, Rebecca L	<a href="mailto:bscholz@uw.edu">bscholz@uw.edu</a>
18	Villasana, Zoi	<a href="mailto:zvillasa@uw.edu">zvillasa@uw.edu</a>
19	Whiddon, Jennifer L	<a href="mailto:jwhidd@uw.edu">jwhidd@uw.edu</a>