April 17, 2015

Hello MCB Class of 2015!

Welcome to the MCB Program! This year’s entering class consists of 13 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.

- You have already been asked to send in a 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 & Activity Fees which you are responsible for every quarter – about $480 per quarter. Send your deposit in as soon as possible. Include your student number on the check. Send your deposit to:

  *(If you are going to start MCB in the summer, don’t send in this money – read on....)*

UW Registrar’s Processing Center
Box 355850
Seattle, WA 98195-5850

-Transcripts: Once your final grades are posted, you will need to send original transcripts to the Graduate School and the MCB Office. They must come in separate envelopes to the following address:

  Graduate Admissions                                    MCB Office
  University of Washington                                University of Washington
  Box 353770                                               Box 357275
  Seattle, WA 98195-3770                                  Seattle, WA 98195

- MyUW! Once you pay your deposit, you will be able to use your student number. Your student number will allow you to access MyUW where you will be able to sign up for UW 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 Maria ( maria1@uw.edu ) know so we can keep the MCB email list up to date. Emails will be sent to you during the summer at your UW email address. If you are using another email account be sure to link the UW email to this account. You won’t want to miss any of the exciting and important news that will be sent to you over the next few months.

-Immunization program. Your immunization records need to be sent to Hall Health. *UW Measles Requirement.* you must send proof of your Measles Immunity Verification Forms to Hall Health Primary Care Center: UW Seattle. You will fill out a form. The box that you check is very


important. Your status as a student is *Basic Science Research. Do not check the box for Health Science Student* or you will need to have many more shots that are required for people who have patient contact, and these are a very expensive series of shots.

You will not *will not* be able to register in the fall until this form is turned in. It takes about two weeks to process the paperwork. Please plan ahead. Make a copy of your documentation for your files. This is the web site for Hall Health: www.hallhealthcenter.com – click on the link to UW Measles Requirement

**U-Pass** - what's that? We get a decent deal with Metro (public buses/transportation). You can use the UPass anytime of the day or night to get around town. The buses are also equipped to transport your bikes. So, even if you bike to work, but don't want to do that uphill ride home - you can bus it! This charge is part of your tuition bill. You UW ID is also your UPass.


**- Summer Quarter Start Date:** You do have the option to begin the MCB Program during summer quarter. If you are interested in this option, do not send in your Autumn deposit! You will need to send in a Summer Deposit that is less money! You need to contact me as soon as possible. Summer quarter payroll begins June 16th. 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 10th. You will need to be in contact with us to get your paperwork in order to meet the first payroll and health insurance deadline. If you want to begin in the summer, contact me and we can work out the details. You will also need to contact either Dr. Richard Gardner or Dr. Katie Peichel; the MCB Program Director’s if you plan on beginning summer quarter. If you start after July 1st, you will not have health insurance until August 1st.

**- 1st Quarter Rotations.** The month of September is spent attending retreats and various talks with faculty at the different locations at the UW, Fred Hutch and South Lake Union. We encourage you to wait until after orientation before making any decisions on what lab you want to join. MCB Orientation is on September 4th. 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 30th, which is the first day of classes. ([www.mcb-seattle.edu](http://www.mcb-seattle.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. It is a great way to meet and make contacts.

The first MCB event will be the Orientation meeting that will take place on Friday, September 4th. The meeting begins at 9:30 AM with a continental breakfast ready at 9:15 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 MCB Welcome BBQ is on Saturday, September 5th and is hosted by last year’s 1st year class. Family and friends are welcome.
- **Fred Hutch** Basic Sciences and Human Biology divisions have 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 10th. Health Insurance will go into effect on October 1, 2015.

- **First day of classes**: September 30, 2015: By this date you will need to have chosen a lab to rotate in and be signed up for classes.

- **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 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
  - rent.com
  - forrent.com
  - nwapartments.com
  - Seattle Times

  **Campus housing:**
  

  The campus housing tends to cost a little more, but it comes with a lot of amenities (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 six 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.
Mercer – brand new. The apartments are just opening now. Very close to campus and shuttle buses to the Hutch and South Lake Union.

**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.

Below is the list for the Class of 2015 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 or call me about any questions or concerns. I am happy to help you.

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.

And what you have all been waiting for:

**MCB Class of 2015**

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<td>Julia Berkson,</td>
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<td>Amanda Bradley</td>
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<td>Emma Wrenn</td>
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I look forward to meeting you all again in the fall and even summer!

Most sincerely,

MaryEllin
Graduate Program Specialist