

## Welcome to the School of Public Health at the University of Washington Student Resource Panel Handout

### ACADEMIC RESOURCES

- **Best Place to Start:**
  - Your department/program
  - Your faculty advisor, staff advisor, course instructors
- **Online & In Print**
  - UW's Student Guide - <http://www.washington.edu/students/#STDLIFE>
  - Graduate School - <http://www.grad.washington.edu/students/>
  - Registrar - <http://depts.washington.edu/registra/students/>
  - Mentor Memos - <http://www.grad.washington.edu/mentoring/memos/>
  - *The Chicago Guide to Your Career in Science* - Bloomfield & El-Fakahany
  - *Journey to the PhD: How to Navigate the Process as African Americans* - Green & LeKita
  - *Getting Things Done: The Art of Stress-Free Productivity* - Allen
- **Tutoring & Academic Support**
  - Odegaard Writing & Research Center (free!) - <http://depts.washington.edu/owrc/>
  - Counseling Center (free/low cost) - <http://www.washington.edu/counseling/>
  - Departments of Biostatistics and Statistics tutoring services - [biost@uw.edu](mailto:biost@uw.edu)
- **International Students & ESL Speakers**
  - English 105: Academic English for International TAs - <http://www.outreach.washington.edu/aep/courses/ita.asp>
  - International Student Services Office - <http://iss.washington.edu/>
  - FIUTS International Student Orientation - <http://admit.washington.edu/drupal/Welcome/International/FIUTS>
  - International Student Housing Resources - <https://www.hfs.washington.edu/housing/Default.aspx?id=2394>
  - *Succeeding As An International Student in the United States and Canada* - Lipson
  - *American Ways: A Guide for Foreigners in the United States* - Althen

### HEALTH & SAFETY

- **Safe Campus** - <http://www.washington.edu/safecampus/>; provides information on counseling, safety resources and policies to help maintain a safe personal, work, and learning environment.
- **UW Police Department** - <http://www.washington.edu/admin/police/index.shtml>; committed to partnering together with you to create a safe place to live, work and study.
- **Hall Health Center** - <http://depts.washington.edu/hhpccweb/>; an outpatient clinic providing health care to students, alumni, faculty, and staff as well as the general community
- **Counseling Center** - <http://www.washington.edu/counseling/>; offers counseling to help students deal with personal and/or academic obstacles so they can feel better emotionally and stay focused in the classroom.
- **Sports Psychology Counseling** - (206) 616-4565 - available to help student-athletes
- **Crisis Line** - 866-4-CRISIS (866-427-4747)

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- **Get Fit & Have Fun!**
  - **Hike/Run/Bike:** Trails and parks throughout the city. Contact the Washington Trails Association, Seattle Hikes and/or the Mountaineers Club.
  - **Fitness/sports:** The IMA is the UW's gym [www.washington.edu/ima/](http://www.washington.edu/ima/), Seattle has pools, parks, sports fields, sailing, the Majestics (football), Rock-and-Roll Marathon, Roller Derby, the UW even has its own bike repair shop (<https://www.washington.edu/facilities/transportation/commuterservices/bike/bicyclerrepair>).

### PROFESSIONAL DEVELOPMENT/FINANCIAL AID RESOURCES

- **Career Services Center** - [www.careers.washington.edu](http://www.careers.washington.edu)
- **GO-MAP** (networking opportunities) - <http://www.grad.washington.edu/gomap/>
- **Tips** - <http://commons.lib.washington.edu/services/graduate-workshop-series-recordings>
- **Using Social Media** - <http://careers.washington.edu/sites/default/files/all/editors/docs/workshops/Social%20Media%20-%20Find%20Jobs%20and%20Explore%20Careers%20using%20LinkedIn%2C%20Facebook%2C%20Twitter/index.htm>
- **Financial Aid Information** - <https://www.washington.edu/students/osfa/>
- **Fellowship Deadlines** - <http://www.grad.washington.edu/students/fa/calendar.shtml>
- **Graduate Funding Information Service** - <http://commons.lib.washington.edu/services/gfis>

### COMMUNITY RESOURCES

**Diversity Resources** - The School of Public Health is committed to developing a diverse and culturally-competent faculty, staff, and student body in order to better serve communities in our region and beyond.

- **SPH Diversity Resources** - <http://sph.washington.edu/prospective/diversity.asp>
- **UW Office of Minority Affairs** - <http://www.washington.edu/omad/>
- **GO-MAP** - <http://www.grad.washington.edu/gomap/>; *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*
- **Disability Resources for Students:** <http://depts.washington.edu/uwdrs/>
- **DO-IT** (disability and technology) - <http://www.washington.edu/doit/>
- **Women's Center** - <http://depts.washington.edu/womenctr/>
- **Q Center** (GBLTTQI Campus Center) - <http://depts.washington.edu/qcenter/wordpress/>
- **ASUW student groups** - [www.asuw.org](http://www.asuw.org)
- **SACNAS Chapter** - <http://students.washington.edu/sacnas/>

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### Seattle Activities - some suggestions from SPH students

- Food: Seattle loves good food - growing it, cooking it and eating it
  - Farmer's Markets, Community Supported Agriculture, Seattle Tilth, and P-Patch gardens
  - Trader Joe's, QFC, Safeway, PCC, Madison Market, Whole Foods, Metropolitan Market
  - Souk, PFI, Spanish Table, Pacific Market (Persian/Iranian), El Mercado, Mexican Grocery, West African Market, J&B African Market, Viet Wah, Uwajimaya, Foulee Market
  - Coffee: Trabant, Bulldog, Café Solstice, Fuel, Vivace, Victrola, Café Vita, Bauhaus
- Arts: Bumbershoot, Seattle Center's Festál, Art Museum, Asian Art Museum, Monthly Art Walks
- Dance/Theater: On the Boards, Pacific NW Ballet, ACT, Seattle Rep, Seattle Children's Theater
- Museums: Wing Luke (Asian Pacific), NW African American, UW Burke, UW Henry Art Gallery
- Clubs/dancing: Alibi Room, Re-Bar, Baltic Room, Last Supper Club, Century Ballroom
- Clubs/music: NW FolkLife, Neumos, Triple Door, Showbox, Tractor Tavern, Seattle Symphony
- Film: Seattle Film Festival, Scarecrow Video (internationally-acclaimed movie rental)
- Books: Seattle Public Library, "One City, One Book," Elliot Bay Books, Richard Hugo House
- Volunteering: Seattle Tilth, Seattle Works, Youth Speaks, 826 Seattle, ,
- Free Fun: Museums have at least one free day each month, Art Walks are free, Dancing 'Til Dusk and other Seattle Parks & Recreation events, Book Readings, Seattle Public Library Lectures,
- Tours: Metro Employees Historic Vehicle Association ([www.mehva.org](http://www.mehva.org))
- Other activities: [www.seattleattractions.com](http://www.seattleattractions.com); [www.seattle.gov/living/](http://www.seattle.gov/living/)
- Getting Around:
  - Biking is popular here in Seattle
  - Many bus options
    - King County Metro - <http://triplanner.kingcounty.gov/>
    - Sound Transit - <http://www.soundtransit.org/>, serves King, Pierce and Snohomish counties, has buses as well as the Central Link Light Rail from the airport to downtown.

*Note: Found a broken link? Please report it to [sphosadm@uw.edu](mailto:sphosadm@uw.edu). Thank you!*