

OSU Microbiology Grad Student Cheat Sheet

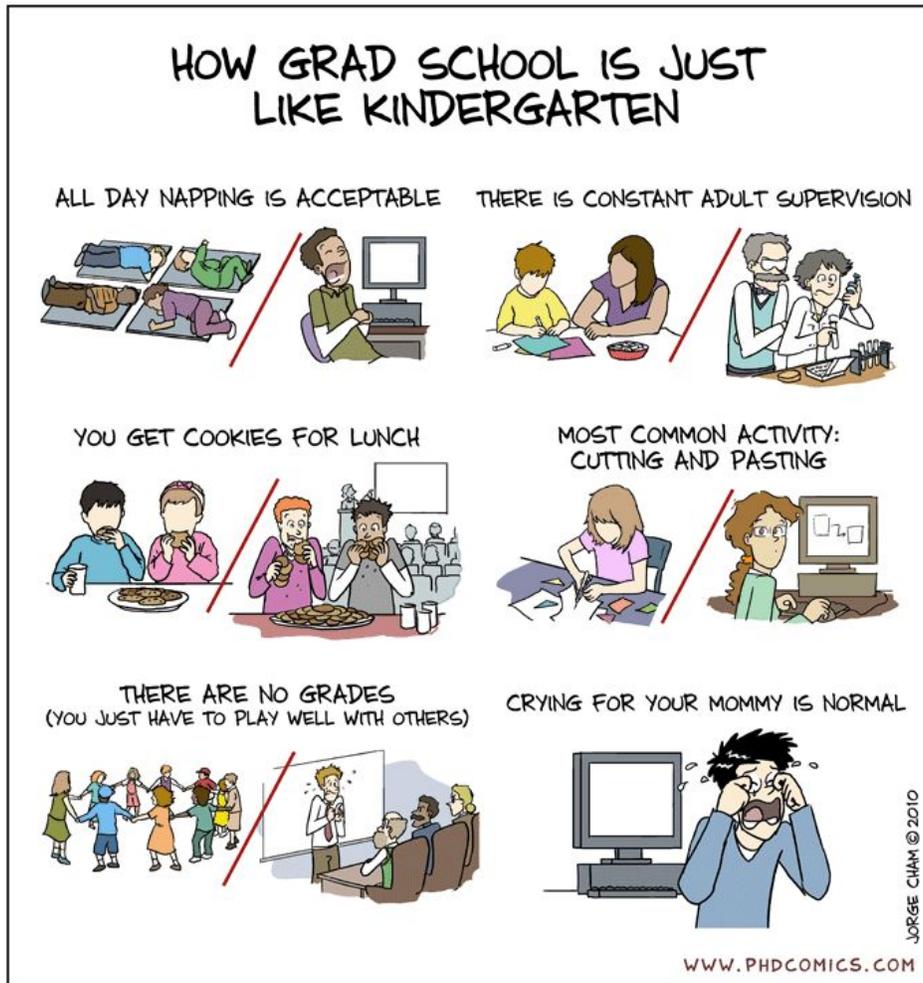


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TLDR: Things they might not tell you about

- 1. Take research credits if you are doing lab rotations, but take thesis credits otherwise.**
- 2. Don't procrastinate on finishing your coursework or taking your preliminary exams**
- 3. Being a TA takes up a lot of time - don't try to take on too many classes when teaching**
- 4. Attend department events and seminars**
- 5. Don't feel like you have to know everything! If you have questions or need help with something, don't be afraid to ask your professor or other students, most will be happy to assist you.**
- 6. Be sure to take care of yourself while you are here, whatever that means to you; stay active, make friends, keep hobbies, etc. It will make you happier and more productive**

Academics and Enrollment

Enrollment and degree progression

- Register for 16 credits in Fall, Winter and Spring terms.
- Summer term, you have to register for at least 5 credits (full time student according to the government) so that social security and additional taxes are not withheld from your stipend.
- Usually, you should take up to 2 to 3 lecture courses (3-4 credits each) a term (if relevant). Doing more will be a lot to balance, especially during your first term, which is generally overwhelming for most people. Probably don't take more than two lecture (3+ credit) classes if you are a TA, you might be overwhelmed.
- After selecting courses to take, you should fill the rest of your schedule with "research" (for rotation students) or "thesis" credits to reach 16 credits.
 - MS students should register for MB 501/503, PhD students should register for 601/603.
 - MS can take up to 9 credits of Research (MB 501) or other blanket courses, after that they do not count anymore.
 - PhD can take up to 15 MB 601 or other 'blanket' credits before they don't count anymore.
 - Required first year classes for everyone: MB 511, MB 512, MB 513, GRAD520 - Best to get these out of the way as soon as possible
- You should talk to your professor early on about what classes would be relevant to your research. You don't have to only take "Microbiology" courses, other departments have many courses that will be relevant to your area of focus. (E.g. Molecular and Cellular Biology, Botany and Plant Pathology, Statistics, Oceanography, Vet. Med. etc.)

- Some classes are only offered every other year, so plan ahead to make sure they will fit into your degree progression timeline
- Some other really useful classes are sort of hidden under “special topics” titles, for example MCB 599 has many courses related to programming and data analysis (See pg. 11 for more info).
- Most students (and many professors) would agree that it is better to focus on classes more than research in the first year, so that you can finish your course requirements within a year or two.
- PhD preliminary exam: This is recommended to be done around the same time you finish your classes. It’s a good way to build confidence as a scientist and explore your creativity!

Being a Teaching Assistant (TA)

- Microbiology (and Integrative Biology) TAs are appointed at 0.49 FTE (Full Time Equivalent, which is 40 hours). Contractually, this translates to roughly 20 hours of TA work each week (varies depending on assignments) in addition to research and classes. Sometimes there are exceptions and there are TAships which are less than full time (.20 FTE, etc).
 - Make sure you log your hours and speak up if your duties exceed the FTE hours
- Lab or classroom setting
 - Grading components for either
- Usually assigned one or more midterm/final to proctor
- Linda Bruslind should send you an email containing info about which courses/labs you will be TAing. Professors are sometimes slow to reach out to their TAs, so don’t hesitate to reach out to professors to ask what they’re expecting from their TAs that term.
- TA assignments are typically in Microbiology and also in Integrated Biology. These two departments operate quite differently - you’ll be notified which one you are teaching for.
- It is probably best to NOT take more than 2 lecture courses at the same time as being a TA - you will be very busy! And beware 1 credit classes!

Microbiology Graduate Student Association (MGSA)

- MGSA is our departmental graduate student club, aiming to support the interests of microbiology graduate students by promoting professional development opportunities, strengthening our social community within the department, facilitating outreach events, and advocating for the interests of microbiology graduate students within the department, College of Science, College of Agricultural Science, and OSU.
- Lead officers:
 - Co-Presidents: **Sarah Wolf** (wolfs2@oregonstate.edu) and **Jessica Buser** (buserj@oregonstate.edu)
 - Treasurer/Secretary: **Adriana Messayas** (messyasa@oregonstate.edu)
- MGSA has 3 committees that members can join: Social Activities Committee, Outreach Committee, and Journal Club Committee.

- Social Activities Committee organizes social gatherings for the club. This might include BBQs, watching a play, or happy hour. Creates and maintains an up-to-date guide for new graduate students that includes information about living in Corvallis and details related to being a graduate student in microbiology. As well as, organizes welcoming events for new graduate students at the start of the year and the recruiting event during spring interviews. Committee Chair: **Emily Schmeltzer** (schmelte@oregonstate.edu) and **Corbin Schuster** (schustco@oregonstate.edu)
 - Outreach Committee organizes community outreach and science communication events, including a booth at the da Vinci Days arts and science festival in Corvallis. Committee Co-Chairs: **Grace Deitzler** (deitzleg@oregonstate.edu) and **Christine Tatauru** (tataruc@oregonstate.edu)
 - The Journal Club Committee organizes regular journal club meetings throughout each term. Journal club meets to discuss pertinent scientific literature while eating delicious food. Committee Chair: **Winni Wang** (wangl5@oregonstate.edu) and **Bryce Penta** (pentaw@oregonstate.edu)
- Active members must be current graduate students in or affiliated with the Department of Microbiology at OSU, and have attended at least one meeting in the past academic year.
 - You will probably be receiving lots of emails from us about various events and club meetings, so be on the lookout for those!
 - Other department events
 - In addition to MGSA activities, there are occasionally other department organized events, including a BBQ at the beginning of fall term, a winter holiday party, departmental socials, and various other things. Additionally, you will see notices about seminars, special guests, and student presentations. It is highly recommended that you attend these seminars, especially the regularly held “Micro. Seminar series/colloquium”. These are great opportunities to talk to your peers and professors, and learn about some of the other research going on in the department.

Housing

Parts of town:

- Downtown - Lots of restaurants, shops, activities. Expensive rent.
- OSU, Monroe Ave. and around campus - Generally more busy, especially with undergrads, parties, etc. Rental houses around here tend to be more expensive and not very nice, but close to campus.
- North Corvallis - Mostly quiet family neighborhoods, especially further from campus. Wide range of housing options. Further from campus (but not actually far, because let’s face it, Corvallis is small). Grocery Stores, shopping centers, parks, etc. nearby. Several bus (1, C1, C1R, 2, 4, 5, 7) routes to get you around (free to ride).

- South Corvallis (Southtown) - Similar to North Corvallis, but a different vibe. Sort of isolated, only one bus route, not many nearby options for groceries or shopping. This neighborhood may become more developed in the coming years. Willamette Park is here and really nice.
- Philomath - About 4-5 miles (5-10 min drive) west of Corvallis. Small town, pretty quiet. Some shops etc. Bus service between Philomath and various parts of Corvallis. Rent is cheaper.
- Albany - 10 miles away (~20-30 min drive). Medium town, has most things you could need. Actual "mall", Target, Costco. Bus service between Corvallis and Albany - free for students. Cheaper rent, not many students because it's pretty far away.

Places to live

- Apartments
 - Witham Hill (North Corvallis, \$900-1500/month + utilities, pet friendly, pet fee)
 - Small gym, sauna, hot tub, pool, good number of parties and activities put on by company
 - Witham Village (North Corvallis, pet friendly, 1 and 2 Bdrm apartments ~\$800-\$1100/month + utilities). <http://withamvillageapartments.com/>
 - Rolling Green Apartments (pet friendly, rent is on the cheaper side)
 - Creekside (>\$1000/month for 1 or 2 br, but affordable with a roommate; expensive for pets)
 - OakVale (On Witham Hill) - expensive (\$965+), newly renovated, 1-3 bdrm apartments, cat friendly, large garden plots (\$35 per season), friendly staff, plenty of unassigned parking
 - ParkWest Apts (~900 1 br, have 2 brs) Pros: Fairly cheap, close to campus, good maintenance. Cons: 1 br are all on ground level and can be noisy, small bathroom & kitchen, no pets
 - **Note most places do not have AC but do have heating**
 - Many more in all parts of town
- Bougie apartment-like/undergraduate heavy places: The Retreat, Union, 7th St. Station.
- Houses
 - The CGE (Coalition of Graduate Employees) has a housing page specifically for graduate students who are looking for housing or roommates: <https://www.facebook.com/groups/cgehousing/>
 - Craigslist: <https://corvallis.craigslist.org/search/roo>

Shopping & Dining

Grocery stores

- Winco (on Kings and Walnut)
 - Food is super affordable, open 24/7
- First Alternative Natural Foods Co-op (locations on 29th street and in southtown)
 - Con: Expensive

- Fred Meyer (Kings and Buchanan)
- Trader Joe's (1550 NW 9th St #100, Corvallis, OR 97330)
- Safeway (Locations: Downtown, 53rd St. and Hwy 20, Circle Blvd)
- Market of Choice (Circle and 9th) - really nice but really expensive. Good beer selection! Great desserts!
- Corvallis Farmers Market - Wednesday and Saturday Mornings on 1st St. Downtown from mid April to mid November.
<https://www.visitcorvallis.com/articles/2018-corvallis-farmers-market>
- Grocery Outlet - super cheap, super ultra mega awesome deals (1755 NW 9th St #110, Corvallis, OR 97330)

Furniture/Houseware

- The Arc has really cheap furniture if you don't mind second-hand (928 NW Beca Ave)
- Fred Meyer has a small selection but tends to be expensive
- Corvallis Outlet Store- you can sometimes find appliances/hardware for super cheap. Across from Fred Meyer
- Goodwill also has furniture but selection varies depending on time of year
- Inkwell (Downtown) - very nice but also expensive
- Habitat for Humanity - second hand and cheap as heck. Find your diamond in the rough!

Other shopping places

- Corvallis is really anti- big-box stores, you'll have to go to Albany for that.
- Corvallis: TJ Maxx, Ross, Fred Meyer (they have literally everything), Bimart, Famous Footware, Big 5, Tuesday Morning, Home Depot, Ulta, and lots of great local shops downtown
- Albany: Target, Walmart, Costco, Kohls, Marshalls, Old Navy, Fred Meyer, etc.

Dining on Campus

- Ava's cafe is located right next to Nash, and is great in a moment of hungry desperation. Pricey mediocre food and coffee.
- Memorial Union has many options, including Panda Express, Togo's, Joe's Burgers, North Porch Cafe (bánh mì, rice bowls), Java Stop (bagel sandwiches), Bites convenience store (snacks)
- Trader Bing's, located in Austin Hall (5 min walk from Nash), has great sandwiches
- Marketplace West is one of the campus dining halls, across the street from Dryden Hall. There are several food options here at fairly good deals.
- Lots of restaurants north of campus on Monroe that you can walk to, including Tarn Tip Thai, Bomb's Away Cafe, Cafe Yumm, Lupe's, Crystal's Cafe, Tian Fu Noodle, Downward Dog (great breakfast burritos), American Dream Pizza, many more.
- More info at food.oregonstate.edu

Coffee places on campus and around town

- Campus:
 - Ava's is conveniently located in LPSC (next to Nash), but the coffee is not great
 - Javastop in Memorial Union has great coffee
 - Dutch Bros. next to Reser Stadium is standard Dutch Bros. coffee. No plain coffee, just espresso-based drinks including americanos
- Around town
 - Imagine Coffee on Philomath Blvd is good but pricey, has live music type stuff throughout the week
 - Tried and True (locations downtown and in southtown) is pretty hip and great for studying, but pricey. Coffee's pretty good.
 - Coffee Culture (locations on Kings and downtown) is great for studying, coffee's pretty good
 - The Beanery (Allan's Coffee and Tea, locations on Monroe, downtown, and on Circle) has good coffee

Activities

Things to do

- Movie theatres: Regal, AMC, Darkside, Whiteside. Usually a movie will be at either Regal or AMC, but not both. The Darkside tends to have small budget/independent films. Whiteside shows old movies once a week.
- OSU Sensory Tests (eat free food and get gift cards to grocery stores!)
- Farmers Market - Wednesday and Saturday morning during the summer and fall.
- OSU Sporting events - Student tickets: <https://osubeavers.com/>
- Breweries and Wineries
- Disc Golf (Willamette Park and Adair Park are both 18 holes, Adair Park is a more challenging course)
- Ultimate Frisbee: <https://www.facebook.com/corvallisultimate/> seasonal leagues
- Corvallis Sports park (indoor soccer) or City sports leagues
- Local hiking and mountain biking in the OSU MacDonald-Dunn forest and Peavy Arboretum just north of town
- Floating/tubing down the river
- Mountains and Coast are only ~ ≤1 hour away
- Skiing/Snowboarding: Hoodoo or Willamette Pass (2 hrs away - smallest/cheapest, not as busy), Mt Hood (Meadows, Timberline, Ski Bowl - ~2.5 hours away). Mt. Bachelor (~ 3+ Hours away - biggest mountain with best snow).
- Finley Wildlife Refuge, 10 mins south of Corvallis for some bird watching
- OSU Music Department Concerts and Ensembles: 95% of concerts are free for students, any student can be in choir, band, or orchestra (not all of them require registration, so that's a plus). There are weekly concerts in the MU lounge at noon (free and casual).
- Majestic theatre - Has various plays, comedy shows and other performances
- Bard in the Quad - annual summer Shakespeare play

- Gym climbing at MacAlexander and Dixon. Outdoor climbing: columns in Eugene, Santiam Pinnacle, the Garden on Santiam highway, Smith Rock.
- Corvallis Art Walk, third Thursday of each month
- OSU Craft Center in the Student Experience Center. You have to pay a membership fee (\$40/student/term) plus a fee for every class you want to take, but they have a nice variety of classes and their teachers are very friendly/knowledgeable. You can meet people outside of the department.
- There's a bowling alley in the basement of the MU. Games are pretty cheap. There's also an air hockey table, a few pool tables, and a few arcade games down there.

Exercise

- Crossfit Train in southtown (~\$100/month for unlimited classes)
- Burn Boot Camp in North Corvallis near Winco (circuit training, free 14 day trial)
- Barre3 studio downtown (~\$100/month for students)
- Dixon
 - Dam Fit classes (~\$50/term, highly worth it)
 - Group fitness classes, meet at pre-determined times, 3x/week
 - OSU version of CrossFit, basically
 - Fit pass classes (~\$100/year for unlimited classes, also highly worth it)
 - Yoga, spinning, zumba, body pump
 - Indoor track, swimming pool, exercise machines, rock climbing and weight rooms
 - Outdoor gear rental - much cheaper than other shops in town. (they have camping gear, skis, kayaks, all sorts of things)
- Running: MacDonald Forest, Bald Hill, Avery Park, track on campus.
- Certain apt complexes have their own gyms (i.e. Witham Hill, Creekside/Spring Creek has a small fitness room)
- Climbing is free at Dixon/MacAlexander Field House. You can rent harnesses, belay devices, and shoes. Harnesses/belay devices are free but shoes are \$2 per rental. You need to complete a belay class before you can climb.

Health/Maintenance

Healthcare

- Plageman - Campus Health Center
 - Will obviously take PacificSource. Waits times for appointments are not too long.
 - Students can sign up for CCare (Oregon Contraceptive Care) at Plageman. Qualifying students will receive free contraceptives and reproductive health care, including a yearly exam. More information: <https://studenthealth.oregonstate.edu/clinical-services/oregon-contraceptive-care>
 - Urgent care visits covered by student health fees paid every term you are a full time student (12 credits during F,W,S and 5 during Summer)

- Occupational Health Services
 - Can provide access to vaccines or medicine (antibiotics, etc) for those traveling on behalf of OSU (for field work for example)
 - <https://occupationalhealth.oregonstate.edu/>
- Dentists
 - Northwest Dental of Corvallis (2342 NW Professional Dr) has a great team of people, and takes PacificSource.
 - Willamette Valley Dental is good, but check that they accept PacificSource.
 - Monroe Avenue Dental - Accepts PacificSource
- Optometrists
 - Corvallis Vision Center (NW 3rd St. (Downtown))
 - Valley Eye Care (near NW Harrison and 13th St.)
- Kaiser permanente
 - This will be inconvenient for you if you have Kaiser insurance. The closest one is a 45-min drive to Salem.
- Graduate Student Insurance
 - Per the bargaining agreement between the CGE and the university, OSU provides a health insurance plan through PacificSource for all graduate employees (GTAs and GRAs). However, you can try to opt out of the student health insurance if you/your parents (if you are covered under a parent's plan) have equivalent insurance. They're pretty strict about it, but if you think your current coverage is equivalent and you want to try to save some money you can fill out a form on the insurance web page and turn it into the office in Plageman.

Vets

- West Hills Animal Hospital - expensive, but good quality
- Alpine Animal Hospital - Cheaper than most good quality vets but super busy and harder to schedule an available appointment.
- Corvallis Veterinary Hospital - More available scheduling than Alpine Animal Hospital but a bit more expensive. Good quality care.

Car Maintenance

- University Honda - dealership, pretty expensive, has a van that drops you around while waiting for your car
- Valvoline always has coupons for oil changes online/is fast but kind of pricey
- Oil Can Henry's is okay for a drive through oil change, but they are very pushy about selling you extraneous car items. Do not give in! Stay strong!
- Clayton's Auto Repair - super friendly, family-run business, quality service and will give you a student discount (just say you have AAA)

Mental health

- CAPS

- Call for an initial consult. Beware: the wait list tends to get very long during the school year. Chances to get in are better in the summer.
- Limit of 10 visits per academic year.
- The quality of the counselors can vary.
- CAPS group counseling
 - In addition to the limited 1-on-1 counseling services provided by CAPS, there are also group counseling and support groups. More information here: <https://counseling.oregonstate.edu/groups/therapyskill-building-groups>
- Oregon Counseling (541) 714-5620, (887 NW Grant Ave, Corvallis, OR 97330) has providers that take PacificSource
- There are external counselors in Corvallis who will take PacificSource
 - Best place to find them will be on the PsychologyToday website (search by city and insurance type)
- OSU Student Health has psychiatrists (MDs) at Plageman

Transportation

Getting to/from PDX

- HUT shuttle- nicer buses, picks up on campus - \$74 roundtrip
- Oregon express shuttle - cheaper & getting nicer buses, picks up on campus, also at Comfort Suites (Comfort Suites allows you to park your car for free up to 14 days) - \$25 one way
- You can also park your car directly at PDX, which costs \$11/day in the economy lot. There is an airport shuttle that goes between the economy lot and the airport terminal.

Commuting

- Bus
 - Beaver Bus (the orange buses) for getting around near campus. "Ride OSU" is the app to track them (accuracy of location/time isn't always reliable)
 - The Corvallis Bus system is free to ride for everybody. Their routes serve most areas of town. They also operate a free night bus from downtown on thursday-saturday nights when school is in session. <https://www.corvallisoregon.gov/cts>
 - Philomath Connection - bus service between Corvallis and Philomath, free with student ID
 - Linn-Benton Loop - bus between Albany and Corvallis
- Car
 - You can definitely survive in Corvallis without a car.
 - Parking passes are expensive (~\$350/year for B lots, which are fairly close to Nash), and the Crop Sciences lot (closest B lot to Nash) fills up by 9am on weekdays during the academic year. But I (Michelle) have never had an issue finding parking. If Crop Sciences is full I park by Richardson Hall and walk; it's not that far. Football season sucks because they close a lot of the lots for

tailgating/game parking. Zone C is around \$100 and you have to park by the football stadium (10 min walk, fills up fast, Beaver buses run from the Reser lot to stops near Nash frequently).

- Bike
 - OSU has an incentive program to encourage people to bike more often. If you bike to campus at least 10x/month you will be entered in a raffle to win prizes, which include water bottles, bike gear, gift cards etc. More information here: <https://transportation.oregonstate.edu/transportation-services/biking/zap-oregon-state>
 - The OSU Transportation Office has many bike accessories that they sometimes give out for free, such as bike lights and reflective stickers.
 - Free bike help/repair at Dixon next to climbing wall and Corvallis Bike Collective
 - USE A U-LOCK
 - Lights, helmets, and small bike pieces may be stolen off your bike.
 - You're going to need rain gear
- OSU Safe Ride
 - App: OSU SafeRide, or visit <https://asosu.oregonstate.edu/saferide/order-ride>
 - Runs 7pm-2am
- Uber and Lyft - Uber may take ~30 minutes to get to you and get you where you need to be.
 - Uber is not around at 1 am to pick you up from the airport shuttles.

Campus Misc.

Finding community/get involved in groups on campus

- Photography Society at OSU (<https://www.facebook.com/groups/osuphotoclub>)
- OSU Campus Band (non-audition), Symphonic Band, Marching Band, other music classes. (Enroll for credit - MUS151, etc. - in addition to 12 grad. level credits).
- OSU Craft Center (<https://sli.oregonstate.edu/craft>)
- Other University clubs and Organizations (<https://sli.oregonstate.edu/orgs/findanorg>)
- OSU Women in Marine Sciences (<https://www.facebook.com/OSUWomenInMarineSciences/>)
- OSU Women of Color Caucus (<https://www.facebook.com/groups/WOCC.OSU>)
- Orange Media Network - Radio, Tv, the Barometer (newspaper), DamChic (fashionmag)

Coalition of Graduate Employees (CGE)

- The CGE is our member-run, graduate employee union. We work to negotiate with the university for better employment contracts (including better health care, pay raises, and gender-inclusive restrooms).

- Joining the union and becoming active within the group will not only ensure that your voice is heard at OSU, but will also provide a sense of community.
- Your CGE departmental stewards for the 2019-2020 academic year are Winni Wang (wangL5@oregonstate.edu) and Adriana Messyasz (messyasa@oregonstate.edu). They are here to represent your voices and experiences within the department at CGE meetings so feel free to chat with them about any concerns or questions you may have.

CGRB Guide (Center for Genome Research and Biocomputing)

- Offer classes/workshops for bioinformatics/coding
<https://cgrb.oregonstate.edu/training/workshops>
- How to use linux and the command line?
 - Read A Primer for Computational Biology by Shawn O'Neil, which goes through a very thorough introduction to linux, python, and R
 - <http://library.open.oregonstate.edu/computationalbiology/>
- Shawn (who is awesome) also teaches programming classes (R, Python)
- Can hire someone in CGRB to help troubleshoot specific programming problems you might have with your research
- If you're interested in bioinformatics, you can minor in Biological Data Science (BLDS). The website is pretty thorough and explains the requirements and what you need to do to officially enter the minor (<https://cgrb.oregonstate.edu/training/blds>). There are a handful of grad students who are currently pursuing the minor, so feel free to ask around for help if you have questions!

Printing

- Free printing in Nash, linked to your lab account (ask Sally to get this set up)
- Free printing at all the cultural centers (limited to 10 pages/day)
- Free 3D printing at the Corvallis Public Library

Organizing Literature

- Zotero
- Mendeley
- Paperpile on Google Docs
- The Valley Library regularly holds workshops on organizing literature

Safety

- If you are bullied or treated unfairly by a supervisor or faculty member, you can file a complaint with the CGE. Alex Riccio (organizer@cge6069.org), staff organizer at CGE, is unaffiliated with OSU and will work with you and your departmental stewards to address any concerns you may have.
- What to do if/when you are harassed (based on gender, race, etc)
 - Talk to a trusted faculty - they are mandatory reporters

- If you feel comfortable, fill out a bias incident report to OSU:
<https://leadership.oregonstate.edu/diversity/bias-incident-response/report-bias-incident>
- If your immediate safety is at risk, if you are witnessing violence, or if you perceive imminent harm to yourself or others, please immediately dial 911