

TEAM-Tox Unofficial Grad student Handbook

When You Arrive

Contact the EMT Office, 1007 ALS Building, to fill out any necessary paperwork.

Office Staff

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First things first

- Campus Map - <http://oregonstate.edu/campusmap/>
- Getting an OSU ID card – You'll have to get a photo taken and pick up the card at the Memorial Union (MU). This will be covered during Grad Welcome Week, or during our EMT Tox Welcome Week.
- ONID Account – There are two primary portals for your Oregon State account. The first is a jumbled mess of administrative information and tools, but the second is used for registration, transcripts, etc. Your university email account is run through Gmail, and you can connect the university account with your personal Gmail account using the normal Gmail functions.

<http://onid.oregonstate.edu/>

https://adminfo.ucsadm.oregonstate.edu/prod/twbkwbis.P_WWWLogin

- R drive access – We have public folders in EMT that everyone in the department can access, as well as private folders only certain lab members or administrators can access. ROOTS is the name for our IT department. Work computers should already have access, but personal computers have to be set up through a VPN tool that you can download via the following website and selecting either Windows or Apple OSX.

<http://support.roots.oregonstate.edu/content/map-network-drive>

- EMT Website – home to the official and unofficial handbooks, Team Tox and Faculty contact information, and a variety of forms you'll need.

<http://emt.oregonstate.edu/>

Registration

*****If you haven't set up your first rotation yet, make sure to do that before the start of term!***** This process is initiated by you. Professors are expecting students to contact them and inquire about availability for lab rotations. Send a concise email to professors of interest: introduce yourself, write a sentence or two about your research interests, and why you think a rotation in their lab would be beneficial. Rotations are mandatory, even if you already have your sights set on a specific lab.

The general catalog and schedule of classes are online at

<http://catalog.oregonstate.edu/Default.aspx?section=Course>. Please speak with Dr. Buermeyer or consult the program outline that he will provide (or is available in the Official student handbook online) to determine which classes to register for. Generally, graduate students have high enough priority that you will never have to worry about getting a slot for a class, and all tox classes can be adjusted to accommodate additional students.

Department and University Forms

Key Requests, After Hour Permits, Computer Authorization Access, Motorpool Authorization forms.

Inquire in EMT Office or find the form at the EMT Dept. Website. If traveling for OSU purposes make sure you fill out a “Travel Pre-approval Form” also available on the EMT website, you’ll need the signature of your mentor or laboratory head, and then hand the form to Joey. This makes reimbursement possible, and covers you under OSU’s insurance in case of an accident.

The OSU Library

The Valley Library is the primary library on campus. The library has 6 floors, a quiet floor (6th) for those looking to study/work away from social updates from nearby students, and a small café. They have cool stuff like community 3D printers and some nice study spaces.

The MU and OSU Book Store

The OSU Book Store is located across from Reser Stadium. The main floor sells supplies, gifts, computers, printers, software and supplies, often at educationally discounted prices. At the MU, the upper floors have conference rooms, study rooms, several eating places, a café, a ride board, a for-sale/for-rent/roommate-wanted board, a bowling alley, pool room, and convenience store.

Transportation

A student parking permit may be purchased at registration or at the Parking Services Office (located in Adams Hall). This permit allows you to park in student areas. Parking permits range from one day to a full year. In general, parking is expensive. The bus in Corvallis is free and runs frequently throughout the day but is useless at night.

Tips for Getting Around

Corvallis is extremely bicycle friendly with many flat roads, bike lanes, and little traffic. The Outdoor Center, located on the east side of Dixon Recreation Center, has a workshop if you need space and tools to tune your bike. Employees will help out if you’re new to bike maintenance. Several shops downtown provide professional service. Be sure to always lock your bicycle, and consider investing in a U-shaped lock if you invest in a quality bike.

Campus offers a free shuttle service called “Safe Ride” that is available until 3am. It will not pick you up or drop you off at a bar, but there are many houses within a few blocks from the bars downtown... hint hint. To use the service you have to download the Oregon State University Safe Ride application on your smartphone. Be aware that the wait times can be well over an hour if you try and get a lift on a Friday/Saturday at midnight.

On the east end of the campus the streets running north and south are numbered away from the Willamette River (1st, 2nd, 3rd street, etc.). Avenues running east and west are named in chronological order of U.S. Presidents (Washington, Adams, etc.). Monroe Avenue is the dividing line between NW and SW. Thus, 202 SW 2nd Street would be two blocks south of Monroe. Northwest Corvallis does not have a systematic naming of streets. Highway 34 joins Corvallis to I5, and Highway 20 takes you to the coast if you travel west, or to Albany if you travel east. Sometimes taking Highway 20 to Albany then connecting to I5 can be faster than Highway 34 if you’re heading north.

Housing

There is a graduate student housing board that you should visit if you want to find some like-minded students to live with: <http://cge6069.org/connect/housing/>. Craigslist is your best option otherwise, but

also check listings like Zillow.com for apartments. Housing that is directly north of campus (up to about ¼ of a mile) is alongside Greek row. This area is LOUD at night.

If you need assistance or advice with housing, contact the Team Tox Social Chair or President, who can be contacted via <http://emt.oregonstate.edu/emt/team-tox-leadership>.

Philomath and Albany are another alternative to expensive housing in Corvallis. Housing in these nearby towns is much cheaper, but you must account for commuting time/expenses.

Groceries and Markets

Fred Meyers is an excellent compromise between quality and price with a great selection of both food and household items. Winco is a cheap, cash/debit only store that has a particularly awesome bulk foods section. There are two Co-Ops in town, a few Safeways, Grocery Outlet, and a Market of Choice.

On Saturdays there is a public market downtown with local produce, food stalls, handmade crafts, etc. They set up along the riverside park near 1st street. There is also a market on Wednesdays during the summer.

Recreation

Corvallis is nestled between the Oregon Coast and the Cascades. There are dozens of hikes, waterfalls, rivers, forests, mountains, etc. to be explored. It takes about an hour to get to the coast where you encounter Newport. From there you can travel north or south for hundreds of miles of beautiful coastline. Heading east from Corvallis takes you towards Bend, and you're well into the mountains within about 90 minutes from leaving town.

Locally, there is a bike path along the Willamette River, hiking in McDonald Forest/Bald Hill/Mary's peak areas, and many small parks including Avery Park. On campus we have the Dixon Rec Center (weight room, basketball, ping pong, racquetball, pool, etc.) and a large turf field, plus some outdoor volleyball courts. Check out the Outdoor Center while you're at Dixon –they offer activities throughout the year ranging from canyoneering to SCUBA diving.

Health

You are provided excellent insurance through the university. Please read through your insurance paperwork to take advantage of the many benefits including free physicals, four teeth cleanings per year, free eye exams, etc. On campus we have the Student Health Center located in Plageman, where you can find our campus pharmacy and the insurance office should you have any questions about PacificSource.

The university offers free counseling/therapy services on campus via the Counseling And Psychological Services program (CAPS). <http://counseling.oregonstate.edu/>

Miscellaneous

Weather—When you arrive is usually the warmest and driest part of the year in Oregon. Make sure you get a good water-resistant (waterproof is even better!) jacket and other outdoor gear. You will be glad you invested the money!

Desk—Your desk at work will become something like a second home while you're here. What follows is a list of things seasoned academics have recommended you keep in your desk: Deodorant, toothbrush,

toothpaste, floss, aspirin/Advil, snacks, gum/mints, chocolate, backup chocolate, emergency backup chocolate, small fidgeting toys, caffeine source of choice, noise-blocking headphones, desk lamp, things to look at that make you smile (Neil de Grasse Tyson memes are a good choice), calculator and extra batteries.

Office supplies have a way of materializing in the lab, don't waste your money on: pens, paper, post-it notes, sharpies or highlighters unless you have very specific requirements for them!