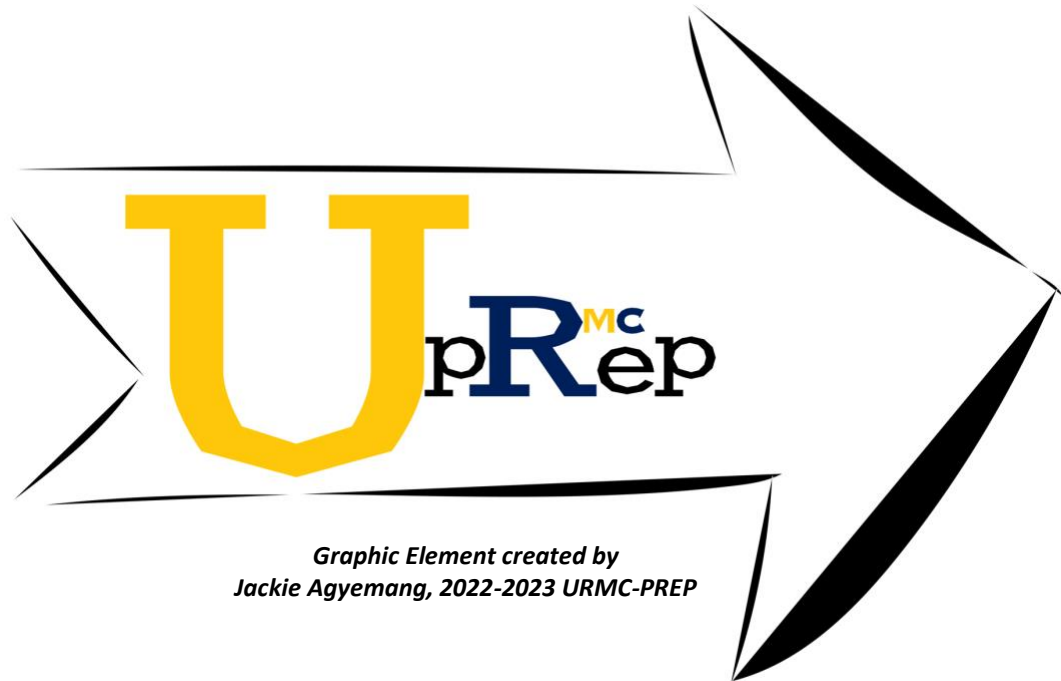


**University of Rochester Medical Center  
Post-baccalaureate Research Education Program  
URMC-PREP**



*Graphic Element created by  
Jackie Agyemang, 2022-2023 URMC-PREP*

**Trainee Handbook  
2024-2025**

[Program Website](#)

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## Core Value of URM-C-PREP

URMC-PREP strives to ensure our scholars achieve lasting success in impactful biomedical research careers. We provide a mentorship network that supports the motivations, aspirations, and career goals of our scholars.

## Program Overview

URMC-PREP is designed to encourage students from groups historically underrepresented in STEM who hold a recent baccalaureate degree in the biomedically-relevant sciences to pursue a research doctorate and to prepare for careers as research scientists and leaders in the biomedical community. Scholars will work under the direction of participating faculty mentors and will develop the skills and competitiveness necessary for the successful pursuit of a graduate degree (PhD).

This program will provide research and educational opportunities that are of direct relevance to many of the health problems that disproportionately affect underrepresented and medically underserved groups.

URMC-PREP is principally administered from the Department of Microbiology and Immunology, in conjunction with the Office of Graduate Education and Postdoctoral Affairs (GEPA). Other participating Departments and Centers include (but are not limited to): Biochemistry & Biophysics, Environmental Medicine, Neurology, Neuroscience, Orthopedics, Pediatrics, Psychiatry, Surgery, Oral Biology, and Wilmot Cancer Center.

## URMC-PREP Objectives

- To create a supportive, productive, and exciting environment in which URM-C-PREP scholars conduct research in a biomedically relevant field while working full-time under the supervision of a faculty mentor. This is achieved by bringing together a highly interactive and experienced group of faculty concerned with the advancement of scholars from groups historically underrepresented in the biomedical workforce, whose research interests span a diverse range of topics and laboratories use a wide array of experimental approaches.
- To provide scholars with high quality educational opportunities in preparation for future doctoral studies. Each trainee will work on an independent research project under the supervision of a faculty mentor team. In addition, an Individual Development Plan (IDP) will be required for each URM-C-PREP scholar. This includes courses and activities, designed to allow scholars to (a) receive necessary instruction in specific skills/areas, (b) demonstrate their academic preparedness for doctoral studies, and (c) potentially gain academic credit towards the PhD at the University of Rochester.
- To create a highly enriched learning environment with strong team-based mentoring support. Enrichment activities include instruction in scientific communication skills, attendance at regional and/or national scientific meetings, participation in an annual retreat/symposium, and the opportunity to select, invite, and meet with extramural seminar speakers. Finally, scholars are provided with opportunities for social interaction and networking with one another, as well as with peer mentors for collegiality, collaborations, and, if needed, personal tutoring.
- Provide guided supervision in the areas of research development and scholarly mentorship to build skills under the guiding principles of the IDP - including laboratory skills, scientific integrity, independent

research project development, scientific writing, management and leadership, and scholarly advancement  
- to ensure preparedness for matriculation into biomedical doctoral programs.

## Supervision

URMC-PREP scholars are directly supervised by their faculty/host research lab mentors and by the program co-directors, Drs. Jacques Robert and Elaine Smolock, assisted by the URMC-PREP Steering Committee. Additional training and supervision will be provided by additional faculty members across the URMC, and training in specific laboratory techniques and methods will also be provided by laboratory trainees and staff members. This team-mentorship network is designed to better guide, supervise, and advise each scholar's research, academic education, and graduate school application process, as well as build attitudinal beliefs of inclusion.

## Financial Support

URMC-PREP is primarily funded by a grant from the National Institute of General Medical Sciences (NIGMS) within the National Institutes of Health (NIH). Additional support is given by the University of Rochester School of Medicine and Dentistry and established Program Partnerships with various Basic Science Departments. Each scholar will receive a salary and pay will be processed on a bi-weekly basis. Tuition will be waived up to a specified number of credits for applicable graduate courses.

## Scholar Appointment

Note that the period of appointment for scholars participating in this post-baccalaureate program is generally for one year, but may be for up to two years at the discretion of the URMC-PREP Steering Committee. It is expected that if the URMC-PREP scholar performs satisfactorily, the scholar will be strongly encouraged to apply for admission to the graduate program at the University of Rochester. NOTE, URMC-PREP scholars are not guaranteed an interview or acceptance into University of Rochester graduate programs. All scholars will be considered with the general applicant pool and offered interviews and acceptance based on full application review and merit of the applying graduate program.

## Program Leadership

### Co-Directors

Jacques Robert, PhD [Jacques\\_Robert@URMC.Rochester.edu](mailto:Jacques_Robert@URMC.Rochester.edu)

Elaine Smolock, PhD [Elaine\\_Smolock@URMC.Rochester.edu](mailto:Elaine_Smolock@URMC.Rochester.edu)

### Program Coordinator

Brook Pinales, [Brook\\_Pinales@URMC.Rochester.edu](mailto:Brook_Pinales@URMC.Rochester.edu)

### Admissions and Enrollment Coordinator

Benjamin Lovell [Benjamin\\_Lovell@URMC.Rochester.edu](mailto:Benjamin_Lovell@URMC.Rochester.edu)

### Finance Manager

Daisy Bird [Daisy\\_Bird@URMC.Rochester.edu](mailto:Daisy_Bird@URMC.Rochester.edu)

### Account Manager

Chloe Wise [Chloe\\_Wise@URCM.Rochester.edu](mailto:Chloe_Wise@URCM.Rochester.edu)

## Steering Committee Members

Alison Elder, PhD [Alison\\_Elder@URMC.Rochester.edu](mailto:Alison_Elder@URMC.Rochester.edu)

Joshua Munger, PhD [Joshua\\_Munger@URMC.Rochester.edu](mailto:Joshua_Munger@URMC.Rochester.edu)

Doug Portamn, PhD [Douglas\\_Portman@URMC.Rochester.edu](mailto:Douglas_Portman@URMC.Rochester.edu)

Nathan Smith, PhD [Nathan\\_Smith@URMC.Rochester.edu](mailto:Nathan_Smith@URMC.Rochester.edu)

Martha Susiarjo, PhD [Martha\\_Susiarjo@URMC.Rochester.edu](mailto:Martha_Susiarjo@URMC.Rochester.edu)

## Upon Your Arrival

### Program Orientation

Orientation provides scholars with information and resources within the URM-C-PREP. Only those accepted into URM-C-PREP will attend this orientation on **July 15, 2024 at 9:00 am - 2:30 pm**. Report to the Flaum Atrium on **July 15<sup>th</sup> at 8:45 am** to begin orientation. The orientation schedule is provided below (page 19).

### University ID and NetID

The University issues a photo-identification (ID) card to faculty, residents, staff, students, volunteers, retirees, alumni, and other designated individuals who have access to the University. The ID Office is located in the Medical Center on the ground floor, room G-7009. The ID Office staff will take your photo and provide you with a laminated, clip-on ID card during orientation. Proof of personal identification (i.e. driver's license or passport) will be required for University of Rochester ID verification. Office hours are from 8:00 am – 4:30 pm, Monday through Friday. Please note that display of an ID card is required at all times for all members of the University while on campus and may be required at entry into the medical center buildings.

The University also issues a NetID, which is the key to a variety of online services available to you at the University of Rochester, including payroll. This service is part of a University authentication/security measure to ensure that accounts are managed more securely across the campuses. Instructions for your NetIDs will be provided prior to your arrival. If you have any additional questions regarding your NetID, please contact the ITS Center at [ITSCenter@rochester.edu](mailto:ITSCenter@rochester.edu) or call (585) 275-2000.

### Email

The URM-C-PREP Coordinator and GEAP administration will arrange email set up for all new trainees. Once emails are established, instructions including your user name and password are provided to you.

### Parking and Transportation

The Medical Center Parking Office is located at 70 Goler House on East Drive near College Town. The Parking Office is open from 8:00 am to 4:30 pm, Monday through Friday. Most transactions can be completed online by going to: [Rochester.edu/parking](http://Rochester.edu/parking). Parking permits are available for one year or month-to-month. University ID and a valid driver's license must be presented to obtain a permit. Please note that the URM-C-PREP Program does not provide parking waivers. Parking fees are the responsibility of the scholar. Please visit the [Parking Office website](#) or call the office for details on costs and available lots.

The University Transportation Service contracts with Rochester's Regional Transit Service (RTS) to provide free, scheduled shuttle bus service between River Campus, the Medical Center, South Campus, all University apartment buildings, and off-campus parking lots with a valid University ID. Free service is also provided between River Campus, the Memorial Art Gallery, and the Eastman School of Music Community Center. The

shuttle stops at selected points along the route. Service is provided seven days a week during the academic year and five days a week (Monday - Friday) during winter recess, spring recess, and throughout the summer.

The RTS also provides regular, scheduled service to the City of Rochester and its suburbs. Maps and schedules for these routes are available at the main reception area of Wilson Commons (#39) on the River Campus and at the main lobby/bus loop (#73) at Strong Memorial Hospital on Crittenden Blvd. URMIC-PREP currently does not cover transportation fees for scholars.

## Salary and Benefits

The salary for URMIC-PREP scholars is \$21.72 per hour. URMIC-PREP scholars are appointed as research associates. Performance evaluations that accompany such an appointment will be administered and scholars will be expected to work 30 hours per week in the laboratory and to devote at least an additional 10 hours per week to academic development. This support will be contingent upon continued satisfactory performance in the position. All questions regarding time reporting and salary can be directed to [Chloe.Wise@urmc.rochester.edu](mailto:Chloe.Wise@urmc.rochester.edu) (Account Manager) & [Daisy.Bird@URMC.Rochester.edu](mailto:Daisy.Bird@URMC.Rochester.edu) (Finance Manager).

Laboratory work will include (work for which you will log your hours)

- Orientation
- Initial 2-week workshop to develop laboratory and academic skills
- Other training required for laboratory work (*e.g.*, biosafety, animal use, radiation use, etc.)
- Work in the laboratory including general lab work as well as work on your specific project
- Reading of journal articles related to your laboratory research
- Preparation for committee meetings
- Attendance at any meetings required by your laboratory mentor (*e.g.*, lab meetings and departmental seminars)
- Composing abstract, posters, and written reports

Academic development (work for which you will NOT log hours)

- Attendance at required courses
- Homework, preparation, or tutoring for required courses
- Attendance at weekly URMIC-PREP Professional Development Seminars (Mandatory)
- URMIC-PREP Mentor Network meetings
- Attendance at conferences

## University of Rochester Student Health Plan

<http://www.rochester.edu/uhs/search/UHS+Student+insurance>

The University of Rochester and Aetna Student Health have partnered for the 2024-2025 academic year to provide a comprehensive program that combines the resources of the [University Health Service \(UHS\)](#) for on-site primary care and mental health services with a health insurance benefit plan that provides a network of specialists and hospitals. The Plan provides coverage for illnesses and injuries that occur on or off campus, while at home, and also provides worldwide coverage.

All full-time students must enroll or waive the University-sponsored insurance each year. Students who are enrolled in the plan may also enroll their spouses, eligible domestic partners, and/or dependent children.

The University-sponsored insurance plan has been designed to work in conjunction with the services offered by the UHS. UHS should be your first stop for health care. UHS provides a full range of confidential, high-quality primary care and mental health care for full-time students. Primary care office visits to UHS and time-limited therapy at [University Counseling Center \(UCC\)](#) are covered by the mandatory health fee.

- All full-time students must complete the online Health Insurance Enrollment/Waiver process by July 15, 2024.
- The plan premium will be billed in two equal portions, fall and spring terms, on the student's University billing statement.
- The plan has a \$125 medical care annual deductible and a \$250 prescription medication.
- Aetna Student Health customer service representatives are available to answer questions about the University-sponsored insurance plan and provide personal service through a national toll free telephone number (800-897-7042).
- If you have questions about health insurance, you can contact the UHS Insurance Advisor, at [insurance@uhs.rochester.edu](mailto:insurance@uhs.rochester.edu) or call (585-275-2662).

### **Immunization Requirements & Forms**

<http://www.rochester.edu/uhs/primary-care/forms-and-policies/medical-immunization-records/>

New York State Public Health Law #2165 requires all full-time and part-time (enrolled for at least six credit hours per semester or four credit hours per quarter) students born on or after January 1, 1957 attending a college or university in New York State provide documentation of immunity to measles, mumps, and rubella before they can attend college in New York. New York State Public Health Law #2167 requires colleges and universities to provide information about meningococcal meningitis (also called meningococcal disease) and vaccine availability to students.

In addition to the New York State requirements, the University of Rochester requires all full-time students to be immunized for polio and tetanus/diphtheria (Td) immunization. The tuberculin skin test is required for students from countries with a high incidence of tuberculosis. Students entering specific programs (e.g., health professions) may have additional requirements, including annual influenza vaccination.

## URMC-PREP Scholar Expectations

1. Work as a laboratory research assistant in your advisor's lab
2. Follow the University School of Medicine and Dentistry calendar with regards to holidays. *Scholars should NOT follow the undergraduate calendar and are therefore expected to work during 'breaks'. Any time off surrounding holidays or vacations needs to be clearly communicated with and agreed upon by scholar's mentor*
3. Develop your own independent project, and deliver periodic oral presentation(s) on the progress of that project in your advisor's lab meeting (or an equivalent setting)
4. Compose a research project summary in the form of an abstract by August 15, 2024
5. Prepare a poster describing the research project objective and relevant previously published and/or preliminary data from the lab by August 15, 2024
6. Work with your advisor to form a mentoring committee and meet with that committee at least three times during the year
7. Regularly read primary papers relevant to your research and discuss with your advisor and peer-advisor
8. Develop an IDP (see below for more information) and discuss with your research advisor and mentoring team
9. Participate in educational- or research-related outreach and volunteer events organized by URMCPREP Council, myHub, or other community club and/or organizations
10. Enroll in appropriate graduate courses and maintain a "B" or better average
11. Complete the Ethics course (IND 501)
12. Regularly attend all of the weekly URMCPREP Professional Development Seminars to be held every Monday from 4:00-5:00p, complete the required homework, and participate actively in the discussions
13. Register for and regularly attend a student seminar or journal club
14. Attend one regional/national meeting in your field, ideally as a presenter (poster or oral presentation). URMCPREP provides each scholar \$2,000.00 to cover conference attendance, travel, and accommodations for the year. If costs exceed the allotted amount, the mentor will be expected to cover the additional expenses
15. Assist in the invitation/hosting of a seminar speaker
16. Apply to a minimum of 6 PhD graduate programs
17. Present your research in the URMCPREP Research Symposium held in June, 2025
18. Prepare a written report of your research project in the form of a journal manuscript to be submitted before leaving the program
19. Assist in the recruitment of URMCPREP scholars
20. Complete the entrance and exit surveys and meet with the URMCPREP Evaluator
21. Overall: Ask questions; demonstrate responsibility and a strong work ethic. Show independence in how you approach your research work and seek to go "above and beyond", so that your advisor will have strong reasons to write you a great letter of support!

## Course Work

URMC-PREP coursework will allow scholars to develop important new skills and to supplement their prior experience, as well as to demonstrate their academic preparedness for doctoral studies. Course work will include two required courses - Ethics and a graduate program Student Seminar or Journal Club (to be registered for in the Fall and Spring). Trainees will also be permitted to take a total of up to 6 optional credits of additional course work at the recommendation of the URMCPREP Steering Committee with input from the trainee at the Mentorship meetings. These may be selected from among "core" courses that are required for the PhD curriculum, and "elective" courses involving quantitative/ mathematical skills or other disciplines.



The number of optional academic credits per semester is limited to 4 credits or less. The total amount of coursework in this program has intentionally been kept to a minimum to allow trainees to focus on their research. The decision as to which courses a particular trainee should take will be based on (1) recommendations by the URM-C-PREP Steering Committee and the trainee's Mentoring Committee, following evaluation of the trainee's prior academic record and research focus, and (2) the particular desires of the trainee. Note that the research mentor will provide his or her trainee with flexible scheduling of work activities in order to make course work feasible.

The University course catalog can be accessed at: <https://cdcs.ur.rochester.edu>

### **Independent Development Plan (IDP)**

Each scholar is expected to set up an IDP using the Science Careers website. Please go to: <http://myidp.sciencecareers.org/>. Set up an account and log on and follow the following steps:

1. Do the self-assessment
2. Read about career options
3. Set goals and make a concrete plan for how you will accomplish it
4. Implement the plan by consulting with your advisor regarding the steps required

The IDP is to be reviewed in the summer and again at the end of the scholar's year with either the research mentor, one of the URM-C-PREP Co-Directors, or the Director of Career Services, Eric Vaughn, MEd, is myHub.

### **URM-C-PREP Research Symposium**

A symposium will be held in early to mid June 2025 to highlight the research projects of the scholars. Each scholar will prepare a 15 minute oral presentation complete with slides on their research. It is expected that research mentors and other laboratory members will attend the symposium. This symposium is open to the University of Rochester community, as well as the public.

### **URM-C-PREP Final Research Paper**

Each scholar is required to write a research paper in a manuscript format detailing the work they have accomplished. It should include an abstract, introduction, materials & methods, results, a discussion and relevant references. The text is expected to be approximately 20 pages (double-spaced) using Times Roman, size 12 or Arial, size 11 font. Appropriate figures with legends should also be included. It is hoped that this can serve as the basis for a submitted manuscript and should be prepared in conjunction with the research advisor. Writing assistance can be obtained by meeting with the URM-C-PREP Co-Director and Director of Writing Services (Dr. Elaine Smolock). The paper is due prior to the scholar's exit from the program.

### **URM-C-PREP Networking and Outreach**

As an integral group of trainees contributing to research education, we want you to develop autonomy to promote a sense of program ownership. The basis of the goal is rooted in [Self Determination Theory](#), which was defined at the University of Rochester and is the underlying principle for much of our programming and events in the School of Medicine and Dentistry. As such, we expect you to:

1. Provide feedback to the Steering Committee and Evaluator to improve our program
2. Organize and host speakers for the URM-C-PREP Seminar Series hosted bi-annually (Fall and Spring)
3. Network with URM-C-PREP alumni to connect with current scholars, share their experiences, and encourage them to return as invited speakers

4. Provide an inclusive environment in which all scholars can contribute to the continuous improvement of our program

### URMC-PREP Mentor Expectations

1. Develop an independent project with the scholar, and ensure that the scholar writes an abstract and develops a poster draft outlining this project within one month of entering the program (by August 15, 2024)
2. Meet with the scholar regularly to discuss their research, coursework, and any other issues of concern
3. Work with the scholar to complete and review the IDP, including follow-up discussions before the first committee meeting
4. Develop a mentor-network committee composed of the advisor, the assigned URMC-PREP Steering Committee member, at least one other faculty member to guide the research, and a graduate student, postdoc or long standing technician in your laboratory, who will serve as both a “peer mentor” and a “lab/bench mentor” for the student\*
5. Discuss course selection with your scholar in July/August 2024 for the Fall semester and in November 2024 for the Spring semester
6. Assist the scholar in identifying graduate schools and programs to apply to. This list should be strategically designed, with an adequate mix of top tier and peer institution programs, giving the scholar a high likelihood of successful interview offers and eventual matriculation into graduate programs (see page 18 for guidance)
7. Hold meetings at least three times during the year with the scholar and the mentoring committee and submit detailed written evaluations (use the attached form on pages 11-12)
8. Allow time away from the lab for the scholar to attend classes, seminars, and URMC-PREP Professional Development meetings
9. Monitor the scholar’s lab work regularly and discuss any problems with the URMC-PREP directors or Steering Committee member
10. Identify a regional/national meeting appropriate for the student to attend and if possible have them submit an abstract for a presentation
11. Assist the scholar in preparing short talks for presentation at your lab group meetings
12. Assist the scholar in preparing a short talk for the URMC-PREP Research Symposium in June, 2025
13. Assist the scholar in preparing a written report on their project, which should take the form of a research paper of at least 20 pages (double spaced), including key data
14. Provide letters of reference for the scholar’s applications to graduate school
15. As much as possible, help the scholar submit a manuscript on his/her work or associate the scholar contribution to an ongoing manuscript

*\* If a student is not available to serve as the “lab/bench mentor” in the mentor’s lab, a postdoctoral fellow or technician may serve as the “lab/bench mentor”. In this case, it is expected that a graduate student from another laboratory will serve as a “peer mentor”. Both the “peer mentor” and the “lab/bench mentor” will be expected to serve on the mentoring committee.*



**Mentor Assessment of Progress During Past Quarter**

**Peer Mentor Assessment**

**Committee Assessment of Progress During Past 3 Months**

**Goals and Objectives for Next Quarter**

## Additional Resources

### GRE Prep

Please note that many graduate programs, including the University of Rochester School of Medicine and Dentistry [with a few exceptions (i.e. Biostatistics)] no longer require GRE scores. For a complete list of schools and programs that do NOT require the GRE: [Bio/Biomedical Graduate Programs that Do Not Require GREs](#)

### English Language Skills

The Intensive Summer English Program at the University of Rochester offers quality language instruction to students and professionals who want to improve their English skills. This course includes many students who are preparing for university study in the United States or in their home country, but may also include non-university students who wish to improve their English and learn more about American culture. Classes are offered at the beginning, intermediate, and advanced levels, and are also divided by students' goals, whether they are focused on further education or using English in a professional or work setting.

### Center for Excellence in Teaching and Learning

The Center for Excellence in Teaching and Learning collaborates with students, instructors, staff, administrators, community partners, and other stakeholders to build a community of learners with these commitments:

- Evidence-based teaching and learning
- A diverse, equitable, and inclusive community of learners where all belong and are empowered to contribute
- Accountability and improvement through ongoing self-reflection, assessment, and evaluation

All of these programs are free, voluntary, and confidential.

### Important Contacts / Useful Websites

#### ***UR School of Medicine and Dentistry Graduate Education Information***

<https://www.urmc.rochester.edu/education/graduate.aspx>

#### ***Graduate Student Information***

Graduate Student Academic Calendar

<http://www.urmc.rochester.edu/education/graduate/current-students/academic-calendar.cfm>

#### ***Access Services***

<https://www.urmc.rochester.edu/education/graduate/prep-program/resources/disability-supports-services.aspx>

#### ***Diversity, Equity, and Inclusion Resources***

Offices of Equity and Inclusion

<https://www.urmc.rochester.edu/smd/office-of-equity-and-inclusion.aspx>

<https://www.rochester.edu/diversity/>

<https://www.urmc.rochester.edu/clinical-translational-science-institute/diversity.aspx>

#### Rainbow Handbook

<https://www.urmc.rochester.edu/MediaLibraries/URMCMedia/education/md/documents/Rainbow-Book.pdf>

Graduate Women in Science

<https://www.urmc.rochester.edu/education/graduate/graduate-women-in-science.aspx>

Society for Advancing Chicanos/Hispanics and Native Americans in Science (SACNAS)

<https://www.sacnas.org>

Annual Biomedical Research Conference for Minority Students

<https://www.abrcms.org>

Alliance for Diversity in Science and Education

<https://www.urmc.rochester.edu/education/graduate/current-students/graduate-student-society/alliance-for-diversity-in-science-and-engineering.aspx>

***myHub and Student Trainee Group Information***

<https://www.urmc.rochester.edu/education/graduate/myhub-professional-development/student-postdoc-groups.aspx>

***Human Resources***

Office of Human Resources Home Page

<http://www.rochester.edu/working/hr/>

***Safety & Security***

University Security Services

<http://www.publicsafety.rochester.edu/>

On-Campus *Emergency Only*: x13 or

Dial #413 from Cingular or Verizon cell phones

Non-Emergency: 275-3333

Lost & Found: 275-2552

***Specialized Assistance Programs***

Intercessor for Sexual Harassment/Sexual Assault

<http://www.rochester.edu/sexualmisconduct/whatissexualassault.html>

Sexual Assault Hotline: 275-RAPE (7273)

Intercessor (Lynnett Van Slyke): 275-9125

Ombudspersons

<https://www.urmc.rochester.edu/education/post-doctoral/ombudspersons.aspx>

CARE Network

<https://www.rochester.edu/CARE/>

Faculty Professionalism Council

<https://www.urmc.rochester.edu/smd/academic-affairs/professionalism/smd-faculty-professionalism-council.aspx>

Racial Harassment

275-2867

Learning Assistance Center

<http://www.rochester.edu/college/cetl/>

***Tuition, Billing & Financial Aid***

Bursar's Office

<http://www.urmc.rochester.edu/education/bursar/>

275-4672

Financial Aid

<http://www.urmc.rochester.edu/education/financial-aid/>

275-4523

***Edward G. Miner Library***

Edward G. Miner Library

<http://www.urmc.rochester.edu/libraries/miner/>

275-3361

Blackboard

<https://bb.urmc.rochester.edu/webapps/portal/frameset.jsp>

***Athletics/Gym Memberships***

Goergen Gym/Athletics Center, River Campus

<http://www.rochester.edu/athletics/facilities/>

275-7643

Medical Center Athletic Club

<http://www.urmc.rochester.edu/fitness-wellness-center/>

275-2437

***Other University Services***

Copy and Print Services

<http://www.rochester.edu/printcenter/>

275-3879

Med Center Post Office/Mail Services

[http://www.facilities.rochester.edu/support\\_ops/mail/](http://www.facilities.rochester.edu/support_ops/mail/)

Medical Center G-5172

275-2630

Medical Center Parking

70 Goler House, East Drive

<http://www.rochester.edu/parking/index.html>

275-4524

ID Cards

Room G-7009

273-2000

Chase Manhattan Bank

Medical Center Branch

G-5111

<https://www.chase.com/>

275-5703

## Security Services

Security serves an active community of over 25,000 students, faculty and staff. Security officers patrol all University properties - 24 hours a day, seven days a week. In addition to responding to emergencies - fires, accidents, or physical crimes, for example - security staff provide a wide range of non-emergency services. These include: crime prevention training and awareness; distribution of "Security Alert Bulletins" (whenever a major crime occurs at or near the University, these bulletins describe the crime and suspect(s) and offer safety tips); victim and witness support; personal safety escorts; door openings for people who are locked out; routine building and area checks; security surveys of office space or building renovations; landscaping and exterior lighting evaluations; and lost and found property storage.

In an emergency, dial x13 from any University phone, or pick up a Blue Light Emergency Phone. An officer will be sent to your location right away. Local police, fire, or ambulance agencies will be notified as needed. To request one of the non-emergency services, call x53333; a dispatcher is on hand 24 hours a day to answer calls. The Medical Center Security Office is located at G-6009 and their number is 275-5221.

## Living in Rochester

In addition to the information provided in the URM-C-PREP Welcome Book, more can be found at:

[Living in Rochester](#) and [Discover Rochester Photo Tour](#)



## Applying to Graduate School

The decision to attend graduate school is not one to be made in haste. Self-assessment and setting long-term goals are two key components of the initial decision-making process. URM-C-PREP is designed to help you address questions, such as the following, when considering applying to graduate school: Do I have the interest and aptitude to be successful in a graduate program? Have I strategically chosen schools across different tiers to set myself up for success? Have I considered schools that were not initially on my list but that have been recommended by my mentors?

Institutional working conditions, employment prospects, and physical and mental requirements of the field you plan to pursue should be well known. In addition, the more immediate demands and expectations of graduate school such as research, course work, and long hours must be considered.

### Selecting the Right Program

Understanding important aspects of the curriculum will aid in making a sound decision in selecting a program. The following are items to consider:

- Departmental courses and offerings
- Theoretical or pragmatic approach to the subject matter
- Specific specialties and interest of the faculty
- Current research, publications, and professional involvement of the faculty
- Flexibility of the curriculum and length of the program
- Size, geographic location, type and availability of housing, and community environment
- Application requirements (test scores, essays, interview, etc.) and required background and credentials of students
- Ability to gain practical experience during the program (fellowships, research, etc.)
- Inquiring with currently enrolled students about their experiences with the curriculum and the general life-style of graduate students.
- Access services and support programming
- Fellowship and training grant opportunities
- First job out statistics and information
- Alumni connections and networking opportunities

Graduate School Forums to Follow:

<https://forum.thegradcafe.com>

[https://x.com/PhDForum?ref\\_src=twsrc%5Egoogle|twcamp%5Eserp|twgr%5Eauthor](https://x.com/PhDForum?ref_src=twsrc%5Egoogle|twcamp%5Eserp|twgr%5Eauthor)

<https://gradstudentslack.wordpress.com/author/gradstudentslack/>

### Graduate Programs at the University of Rochester School of Medicine and Dentistry

<https://www.urmc.rochester.edu/education/graduate/phd.aspx>

[Biochemistry and Molecular Biology](#)

[Biomedical Engineering](#)

[Biophysics, Structural, and Computational Biology](#)

[Cell Biology of Disease](#)

[Cellular and Molecular Pharmacology and Physiology](#)

[Epidemiology](#)

[Genetics, Development and Stem Cells](#)

[Health Services Research Policy](#)  
[Immunology, Microbiology and Virology](#)  
[Neuroscience](#)  
[Statistics](#)  
[Toxicology](#)  
[Translational Biomedical Sciences](#)

**Graduate schools where previous URM-PRP scholars have applied, been accepted, and are currently attending (list represents scholars from 2017-2024).**

Albert Einstein School of Medicine

**Boston University**

Cedar's Sinai Medical Center

**Cincinnati Children's Hospital**

Cornell University

Dartmouth University

Georgetown University

**Hofstra University**

Indiana University

**Jackson Laboratories & Tufts Combined Program**

**Massachusetts Institute of Technology**

**Mayo Clinic**

Oregon Health Sciences University

**Oregon State University Pharmaceutical Sciences**

**North Carolina State University**

Purdue University

Roswell Park Cancer Institute in Buffalo

SUNY Binghamton

SUNY Stony Brook

SUNY Upstate

Stanford University

Temple University

**Texas Tech University Health Sciences**

**The Ohio State University**

**Tufts University and Jackson Laboratory**

University of Alabama

University of Buffalo

University of California Los Angeles

University of California Santa Cruz

**University of Colorado Anschutz Medical School**

**University of Colorado at Boulder**

**University of Florida at Gainesville**

University of Georgia

University of Iowa

University of Kansas

**University of Louisville**

**University of Massachusetts**

University of Michigan

**University of Minnesota**

University of New Hampshire

**University of North Texas Health Sciences**

**University of Pennsylvania**

University of Pittsburgh

**University of Puerto Rico, Ponce Health Sciences**

**University of Rochester School of Medicine and Dentistry**

University of Rutgers

University of Southern Florida

University of Texas

**University of Texas A&M**

**University of Texas at Galveston**

**University of Washington**

University of Wyoming

**Vanderbilt University**

**Washington University**

Yale University

Go to [URM-PRP Alum](#) for a full list of all trainees and their LinkedIn profiles

**University of Rochester Medical Center  
Post-baccalaureate Research Education Program  
(URMC-PREP)**

**July 15, 2024 Orientation Schedule**

<b>8:45 am</b>	Meet Dr. Smolock in the Sarah Flaum Atrium at the Medical School entrance
<b>9:00 am – 10:00 am</b>	Introductions and Program Overview by Drs. Robert and Smolock Welcome from Dean Libby and Dean Smith Room: MRB 3-9624 West
<b>10:00 am – noon</b>	ID Office Parking Office (if needed) Review time reporting
<b>Noon – 1:00 pm</b>	Lunch Room: MRB 3-9624 West
<b>1:00 – 2:30pm</b>	Complete I9 Process (please complete any necessary paperwork in advance)
<b>2:45p -</b>	Option to meet with lab. This will be pre-determined individually by lab
<b>On-line Training</b>  <b>On your own with your lab</b>  <b>Due Friday, July 19</b>	<b>Lab Safety</b> Complete online in your lab. Course is available through myPath.
	<b>Covid-19 Safety Training</b> Complete online in your lab. Course is available through myPath.
	<b>HIPAA</b> Complete online in your lab. Course is available through myPath.
	<b>Animal Resource Orientation</b> Students required to complete training can enroll through myPath.
	<b>Radiation Safety</b> Students required to complete training can enroll through myPath.