You belong here and we’re happy you chose CUNY 😊

Images obtained from CUNY Neuroscience Collaborative website

Contributors: Jasmine Pathan, Nora Awadallah, Regis Shanley
Last updated: 9/23/20
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People to Know

GC Sciences
Dean: Joshua Brumberg jbrumberg@gc.cuny.edu

Psychology Department
General contact information psychology@gc.cuny.edu 212-817-8705 Graduate Center, 365 Fifth Ave, 6304
Executive Officer: Richard Bodnar rbodnar@gc.cuny.edu
*Assistant Program Officer: Wanda Mercado wmercado@gc.cuny.edu Graduate Center, 365 Fifth Ave, Rm. 6304.15
*Program Assistant: Daisy Reyes DReyes1@gradcenter.cuny.edu

Biology Department
General contact information biology@gc.cuny.edu 212-817-8100 Graduate Center, 365 Fifth Ave, Rm 4.315
<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive Officer: Cathy Savage-Dunn</td>
<td><a href="mailto:csavagedunn@gc.cuny.edu">csavagedunn@gc.cuny.edu</a></td>
<td>212-817-8101</td>
</tr>
<tr>
<td>Assistant Program Officer: Joan Reid</td>
<td><a href="mailto:JReid@gc.cuny.edu">JReid@gc.cuny.edu</a></td>
<td>212-817-8111</td>
</tr>
<tr>
<td>Student Rep (NS): Regis Shanley</td>
<td><a href="mailto:mshanley@gradcenter.cuny.edu">mshanley@gradcenter.cuny.edu</a></td>
<td></td>
</tr>
<tr>
<td>Allyson Friedman—Co-Chair (Bio, Hunter College)</td>
<td><a href="mailto:AFriedman@genectr.hunter.cuny.edu">AFriedman@genectr.hunter.cuny.edu</a></td>
<td></td>
</tr>
<tr>
<td>Ekaterina Likhtik—Co-Chair (Bio, Hunter College)</td>
<td><a href="mailto:elichtik@genectr.hunter.cuny.edu">elichtik@genectr.hunter.cuny.edu</a></td>
<td></td>
</tr>
<tr>
<td>Peter Serrano – Chair (Psych, Hunter College)</td>
<td><a href="mailto:serrano@genectr.hunter.cuny.edu">serrano@genectr.hunter.cuny.edu</a></td>
<td></td>
</tr>
<tr>
<td>John Martin—Exec committee (Bio, CCNY/CSOM)</td>
<td><a href="mailto:Jmartin@ccny.cuny.edu">Jmartin@ccny.cuny.edu</a></td>
<td></td>
</tr>
<tr>
<td>Orie Shafer—Exec committee (Bio, ASRC)</td>
<td><a href="mailto:oshafer@gc.cuny.edu">oshafer@gc.cuny.edu</a></td>
<td></td>
</tr>
<tr>
<td>Hysell Oviedo—Faculty/Student Liaison (Bio, CCNY)</td>
<td><a href="mailto:hoviedo@ccny.cuny.edu">hoviedo@ccny.cuny.edu</a></td>
<td></td>
</tr>
<tr>
<td>Dan McCloskey—Exec committee (Bio, CSI)</td>
<td><a href="mailto:dan.mccloskey@csi.cuny.edu">dan.mccloskey@csi.cuny.edu</a></td>
<td></td>
</tr>
<tr>
<td>Carolyn Pytte—Alternate member (Bio, Queens College)</td>
<td><a href="mailto:carolyn.pytte@qc.cuny.edu">carolyn.pytte@qc.cuny.edu</a></td>
<td></td>
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<tr>
<td>Jeff Beeler (Psych, Queens College)</td>
<td><a href="mailto:Jeff.Beeler@qc.cuny.edu">Jeff.Beeler@qc.cuny.edu</a></td>
<td></td>
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<tr>
<td>Nesha Burghardt (Psych, Hunter College)</td>
<td><a href="mailto:nb844@hunter.cuny.edu">nb844@hunter.cuny.edu</a></td>
<td></td>
</tr>
<tr>
<td>Guillem Esber (Psych, Brooklyn College)</td>
<td><a href="mailto:william.esber@brooklyn.cuny.edu">william.esber@brooklyn.cuny.edu</a></td>
<td></td>
</tr>
<tr>
<td>Paul Forlano (Bio, Brooklyn College)</td>
<td><a href="mailto:pforlano@brooklyn.cuny.edu">pforlano@brooklyn.cuny.edu</a></td>
<td></td>
</tr>
<tr>
<td>Tony Ro (Psych, Graduate Center)</td>
<td><a href="mailto:tro@gc.cuny.edu">tro@gc.cuny.edu</a></td>
<td></td>
</tr>
<tr>
<td>Sebastian Alvarado (Bio, Queens College)</td>
<td><a href="mailto:sebastian.alvarado@qc.cuny.edu">sebastian.alvarado@qc.cuny.edu</a></td>
<td></td>
</tr>
<tr>
<td>Leora Yetnikoff (Bio, CSI)</td>
<td><a href="mailto:Leora.Yetnikoff@csi.cuny.edu">Leora.Yetnikoff@csi.cuny.edu</a></td>
<td></td>
</tr>
<tr>
<td>Nora Awadallah (Student rep. to NS Committee, CCNY/CSOM)</td>
<td><a href="mailto:nawadallah@ccny.cuny.edu">nawadallah@ccny.cuny.edu</a></td>
<td></td>
</tr>
<tr>
<td>Yuka Miura (Student rep. to NS Committee, Hunter College)</td>
<td><a href="mailto:ymiura@gradcenter.cuny.edu">ymiura@gradcenter.cuny.edu</a></td>
<td></td>
</tr>
<tr>
<td>Jasmine Pathan (Student liaison for NS program, CCNY/CSOM)</td>
<td><a href="mailto:jpathan@gradcenter.cuny.edu">jpathan@gradcenter.cuny.edu</a></td>
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Contributors: Jasmine Pathan, Nora Awadallah, Regis Shanley
Last updated: 9/23/20
About the Program

The CUNY Neuroscience Collaborative (CNC) program is comprised of the Psychology and Biology departments. However, regardless of which department you are affiliated with, you are able to rotate and conduct thesis research with any of the faculty affiliated with the CNC. Prior to beginning at CUNY, you will need to go through CUNY OneStop Services where you will fill out important paperwork, and learn basic information about the university.

About the stipend

Our stipend is roughly 30K per year (it increases each year to adjust for inflation) and consists of a couple different components:

- Neuroscience scholarship
- Tuition fellowship
- Graduate Assistantship B (GAB)

- The GC pays our stipend during the 1st and 5th year. Your stipend for year 2-4 will be paid by your PI – please ensure your PI is aware of this prior to joining their lab! See p.17 for funding opportunities.
- You will receive a bi-weekly paycheck that consists of the Neuroscience fellowship + the GAB during your second through fourth year. This will be ~$1,250 every two weeks.

<table>
<thead>
<tr>
<th>During the first and fifth year, the stipends will To be disbursed in the following manner:</th>
</tr>
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<tbody>
<tr>
<td>Neuroscience scholarship</td>
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<tr>
<td>Tuition fellowship</td>
</tr>
<tr>
<td>GAB</td>
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</tbody>
</table>
*As graduate students, we are exempt from paying FICA taxes (yay!). At the beginning of each semester, you need to log into your CUNY First account and apply for FICA exemption. It takes a few weeks for the request to get processed. Any FICA taxes withheld get reimbursed to you by the school at the end of the academic year.

**Criteria for Student FICA Tax Exemption per IRS Safe Harbor:**
Under the Revenue Procedure 2005-11 safe harbor rules, a wage payment made by the University to an individual will qualify for the student FICA exemption if the individual:

a) is at least a half-time undergraduate student or at least a half-time graduate or professional student of the University
b) is not a full-time employee of the University
c) is not a “professional employee”
d) is not a career employee eligible to receive certain employment benefits or participate in certain employment benefit plans (e.g. vacation, sick leave, 403(b), etc.)

**Degree Timeline**

- Below is the timeline and course requirements to work towards the degree. Electives do not necessarily need to be taken during the second year. You can take electives any time during the first two years, just make sure to fulfill the requirement of taking at least 3 electives*.
  
  **Note:** Currently, only Psychology students have to take Statistics 1 and Statistics 2. Biology students are recommended to take Statistics 1 and another semester of a quantitative course that does not have to be Statistics 2 (e.g., computational neuroscience, machine learning, signal processing, etc...).

- **Biology** students need to complete 2 rotations (may do up to 3 rotations if needed). Rotations are typically 10 weeks long. **Psychology** students typically have 1 semester long (15 weeks) rotations. Discuss specific start and end dates with the PIs you wish to rotate with.

- *After the first year, GC students are eligible to take courses at any CUNY institution (e.g. Queens College, City College) or at institutions outside of CUNY. See Inter-University Doctoral Consortium for more details. Find the Consortium Permit here.*

<table>
<thead>
<tr>
<th>Year</th>
<th>Semester</th>
<th>Milestone</th>
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<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>NS 1, CNC Seminar, Statistics 1, at least 1 rotation</td>
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<tr>
<td></td>
<td>2</td>
<td>NS 2, CNC Seminar, Statistics 2**, at least 1 rotation **Suggested. Not required for Biology students.</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Pass First Level Exam and identify a home lab/ mentor</strong></td>
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<tr>
<td>2</td>
<td>3</td>
<td>CNC Seminar, Independent Research, 2 Electives</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>CNC Seminar, Independent Research, 1 Elective, Research Ethics</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Complete course requirements: 3 electives, 2 years of CNC Seminar, and Ethics</strong></td>
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<tr>
<td>3</td>
<td>5</td>
<td>Independent Research</td>
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<td>6</td>
<td>Independent Research (Note: Complete 60 cumulative credits by end of 3rd year to advance to candidacy)</td>
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<tr>
<td></td>
<td></td>
<td><strong>Pass Second Level Exam—Dissertation topic proposal</strong></td>
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<tr>
<td>4</td>
<td>7</td>
<td>Dissertation Research</td>
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<tr>
<td></td>
<td>8</td>
<td>Dissertation Research</td>
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<tr>
<td>5</td>
<td>9</td>
<td>Dissertation Research</td>
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<td></td>
<td>10</td>
<td>Dissertation Research</td>
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</table>

Dissertation submission and defense

Contributors: Jasmine Pathan, Nora Awadallah, Regis Shanley
Last updated: 9/23/20
Information for International Students

The Office of International Students provides advice and assistance to students from outside the United States. If you are an international student, the Office of International Students can assist you with things such as: immigration issues related to F-1 Student Status, J-1 Exchange Visitor Student category, nonresident alien taxation, interpreting various bureaucratic procedural requirements, and more. If you think Americans are weird (which we are!), this office can also assist you in understanding (the sometimes bizarre) American cultural behavior. CUNY’s International Student Guide page contains information that can help you transition into life as a CUNY student.

Some helpful links for international students:
- Getting a state ID
- Depositing a check
- Recreation activities to explore NYC
- Finding a doctor

International students must maintain an F-1 visa status. Because of the visa status, international students are not allowed to work outside campus. Please be aware of the conditions to maintain visa status and consult the Office of International Students if you have any further questions.

<table>
<thead>
<tr>
<th>Office of International Students</th>
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</thead>
<tbody>
<tr>
<td><strong>General contact information:</strong></td>
</tr>
<tr>
<td><a href="mailto:intstu@gc.cuny.edu">intstu@gc.cuny.edu</a></td>
</tr>
<tr>
<td>Graduate Center, 365 Fifth Ave, Rm 7200</td>
</tr>
<tr>
<td>212-817-7490</td>
</tr>
</tbody>
</table>

**Director:** Linda Asaro

**International Student Counselors:** Paul Croser, Heidi Rausch, and Bengisu Peker

Lab Rotations

Choosing a PI/mentor for your PhD is a big deal. This person is one of the more important figures during your graduate career but remember that they are not our only mentor. Choose wisely when picking a PI/mentor – ensure that they will treat you well with respect, and dignity.

Some things to keep in mind whilst choosing an advisor:
- If you want to join - **DO THEY HAVE FUNDING?**
- Are you expected to TA to supplement your income?
- How does the lab go about intellectual property (e.g. authorship, project ownership, etc)?
- Do you feel comfortable?

Expectations from both ends:
- What do you want to gain from being in their lab?
- What do they want you to accomplish?
- When should you come to/leave lab every day? Flexibility with vacations, etc. Are you expected to work on the weekend?
- Expected number of publications?
- What is their mentoring style - hands on/off? How often will you meet one-on-one?
Are you expected to present in lab meeting right away? When you do, what is expected?
- Who is training you? Is there any formal training? Training on writing papers, grants, etc?
- Can you attend conferences? Will they pay or are you expected to have it funded?
- How many projects will you be working on?
  - Do you get to pick your own thesis project or are you handed one?
- Timeline - when do you start and when do you finish?

Most importantly: get everything in writing! If it was a phone conversation, send a follow up e-mail.

Keep an eye out for normal v. abnormal behavior. What are some red flags?
- Quitting rotation early is okay!! Changing PIs down the road is okay!! Your health and safety are the most important thing. Do not think you have to continue working with someone who is abusive, etc. Make sure if there is an issue during your rotation, that you communicate this to the Subprogram chairs and/or the EO.

Please talk to students about their experiences in certain labs or with the PI in general. See the database for which labs other students rotated in. We are all here to help 😊

**Helpful Links & Tools for Research**

- Join the ScienceTwitter/AcademicTwitter/BlackInNeuro community! There are students, faculty, PIs, etc out there willing to help. It’s also a great place to network/make friends!
- Grad Student Slack is a good resource for asking questions of other grad students in any field!
- Join Society for Neuroscience (ask your PI to pay for your membership!)
- Use BioRender for making figures easily! Coggle creates aesthetic flow charts – useful for designing experimental timelines!
- You can set up Google Scholar alerts for your research interests.
- Join ResearchRabbit for a new, effective, and fun way to find papers:- making it easier to find closely connected papers.
- ConnectedPapers also allows you to find papers that are closely connected to each other.
- Use a citation manager such as Mendeley or Zotero to organize your paper collection.
- Roam research is a tool that lets you build a wiki-like database, and bi-directionally link your notes into a concept “graph”. Requires a paid account but has a 50% student discount (or more if you ask them!)
- Data Storage: CUNY provides 15GB on DropBox and 1TB on OneDrive. Back up EVERYTHING in multiple places. (Just be careful about IRB data!)
- Use TeamViewer or VPN (Palo Alto Networks Global Connect) to control your lab computer from home. (Select “personal use” or you’ll get locked out). CUNY allows student access to Adobe Creative Cloud remotely due to COVID-19 and many other’s via the virtual desktop.
Moving to and Living in NYC

Living in NYC can be a lot of fun, there’s always something going on whether it be educational, entertainment, or just great places to eat. Unfortunately, it is one of the most expensive cities to live in. Our stipend makes it quite tight to live in NYC, but it’s not impossible!! There are a lot of ways you can make this work, if you’re smart, budget well, and capitalize on free/discounted things!

Finding an apartment/roommate(s):

Please make sure that you make safe decisions about whomever you chose to room with and rent from! There are a lot of predatory rental companies out and/or landlords out there, so please make sure you double check who you are renting from.

- When finding an apartment, please remember:
  - Security deposit = 1 month’s rent
  - Application fee cannot exceed $20
  - NYS passed a new law so your broker’s fee cannot exceed 1 month’s rent
  - Know your rights!

- Helpful websites to find housing:
  - StreetEasy
  - RentHop
  - Graduate Center Housing
    - Pros: Live with other graduate students; amenities such as a gym, common area, laundry
    - Cons: not the safest neighborhood; not close to campuses other than Hunter College

Safety!!

- Call 911 if you are in immediate danger or need assistance
- 311 is here for your assistance
- CUNY Campus’ Security
  - GC
  - CCNY
  - Hunter
  - Staten Island
  - Brooklyn
  - Queens

- If you go out, limit your time spent alone. Know your limits and boundaries, take an Uber/Lyft if you feel unsafe on the subway/bus late at night. Let your friends/family know where you’re going, when you arrive at your destination, and when you arrive home! Carry pepper-spray, etc!

- Check out how safe a neighborhood is before renting.

Things to do – Thankfully there is no shortage here 😊

As a NY resident and student, there are a lot of discounts and free things available! Always carry around your CUNY ID just in case. Using your GC email, you also have free access to The New York Times, Wall Street Journal, ACM ticket discounts, clothing discounts, and so much more! Check out the list of all available discounts here. There is a student lunch discount ($5.99 for a small drink, bag of chips, small salad, and a sandwich) at the GC 8th floor cafeteria! Sign up with ID.me to get discounts from a bunch of different online stores.

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Last updated: 9/23/20
Museums

There are ~100 museums in NYC – here’s a comprehensive list

Shopping

Ask about student discounts, most chain stores have a 15% student discount.

<table>
<thead>
<tr>
<th>5th Ave = right around the corner from the GC! The original Macy’s is there!</th>
<th>Queens Center</th>
<th>W 125th in Harlem</th>
<th>Hudson Yards/The Vessel</th>
<th>Brookfield Place</th>
<th>Shops at Columbus Circle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Williamsburg, Brooklyn</td>
<td>NoLita</td>
<td>Astoria, Queens</td>
<td>Union Square</td>
<td>Greenwich Village</td>
<td>SoHo</td>
</tr>
</tbody>
</table>

Groceries/food*

*NY banned plastic bags - bring your own reusable bag!

There are plenty of chain markets around NYC (Trader Joe’s*, Whole Foods**, KeyFood, FoodTown, Target, Walmart, etc). *Trader Joe’s tends to have the best prices compared to other grocery stores. If you have Amazon Prime, you get an extra 10% off on sale items at Whole Foods.

- **Produce carts** are a great way to buy produce and support your community! Make sure you bring cash.
- **Imperfect Foods** allows you to pick produce online and they deliver it to your door. There is also a 33% income-based discount that we qualify for! *Ask Jasmine or Nora for their code to get $10 off your first order!!
- Whole Foods, FoodTown and many others (ex. Instacart) will also deliver your groceries.
- **Chelsea Market** for food, clothes, etc
- There are thousands of amazing restaurants and coffee shops in NYC. Find your favorite! Here is a list of the best coffee shops in NYC and here is a list of the best restaurants.

Sightseeing

Hundreds of different places to sightsee in NYC! Here is a comprehensive list.

Theatre + Music

NYC is home to Lincoln Center, Jazz at Lincoln Center, NY Philharmonic, the NY Ballet, and Broadway! Student rush tickets (aka discounted!!) are available at Lincoln Center and Broadway!

Student Software

Access the CUNY Portal and go to CUNY E-Mail for student discounts on software. CUNY also provides free access for certain software, and subscriptions. Check out the free software offered here.
Important Points of Contact

- **Ombuds Office**
- **Psychology Department**
- **Biology Department**
- **Neuroscience Subprogram**

Secure hotline—the Ombuds Office

<table>
<thead>
<tr>
<th>Current Ombuds Officer:</th>
<th><a href="mailto:MGitterman@gc.cuny.edu">MGitterman@gc.cuny.edu</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Martin Gitterman (Professor Emeritus)</td>
<td><a href="mailto:ombuds@gc.cuny.edu">ombuds@gc.cuny.edu</a> or 212-817-7191</td>
</tr>
<tr>
<td>Ombuds general contact information</td>
<td>Graduate Center, 365 Fifth Ave, Rm 8108</td>
</tr>
</tbody>
</table>

The Ombuds Office is open to all students, faculty, staff, and admin who need:

- A neutral, impartial person to speak to confidentially about problems related to work or study at The Graduate Center
- Ideas for alternative dispute resolution
- An advocate for fairness
- Information about whom to turn to at The Graduate Center

Concerns that bring people to the Ombuds Office include:

- Grade disagreements
- Problems with tuition
- Interpersonal conflicts
- Professional/scientific misconduct
- Academic dishonesty/whistle-blowing
- Safety Concerns
- Sexual harassment, racism, any form of discrimination
- Working conditions
- Intellectual property

CUNY GC Student Resources

- **Mental Health and Services**
- **Physical Health**
- **LGBTQA+ Services**
- **Disability Services**
- **Student Emergency Grant**
- **Technology Loan**

Establishing a healthy work-life balance is one of the most important things you can do while in graduate school. This is not an easy goal to accomplish, but you need to make it a top priority. Please make sure you try and keep your mental and physical health in check using the resources available through the school and what has worked for you in the past. Remember, current students and faculty are always here for you.

Mental Health and Services

<table>
<thead>
<tr>
<th>Health and Wellness Center</th>
<th>Graduate Center, 365 Fifth Ave, Suite 6422</th>
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</thead>
<tbody>
<tr>
<td>Lactation Room</td>
<td>Graduate Center, 365 Fifth Ave, Rm 7408</td>
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</table>

The Health and Wellness Center at provides a variety of health services to its students such as health education and counseling services. The Student Counseling Services is staffed by licensed psychologists and by postdoctoral and predoctoral fellows. They provide up to 12 sessions for
confidential counseling, short-term psychotherapy, group counseling, crisis intervention, referral services, and couples therapy to students and their partners. They also offer academic consultations to help deal with dissertation issues and other concerns. Workshops that address the challenges and stresses of graduate student life are also offered. Sign up for a counseling session here.

The Lactation Room, room 7408, also called the Mothers’ Room, is available to all nursing mother students and employees who present a Graduate Center ID. You may also continue using the 8th-Floor pantry (near the Dining Commons), and the Child Care Center. To use: fill out a one-time key request form in the Student Affairs office, room 7301.

LGBTQA+ Services
NYC has a strong LGBTQA+ community! You belong here.
Here are some resources:
- The Gay Center
- LGBT Brooklyn
- Queens Community House
- Pride Center
- The Okra Project

Physical Health

<table>
<thead>
<tr>
<th>GC Fitness Classes</th>
<th>Student Affairs Office</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fee: $20-$35 for 6 sessions (over 6 weeks, 1 session per week).</td>
<td>Graduate Center, 365 Fifth Ave Rm 7301 212-817-7400</td>
</tr>
</tbody>
</table>

Baruch College Athletics and Recreation Complex

| Need: certificate of enrollment from GC Registrar, paperwork |
| Fee: $100 annually |

| John Jay College Cardiovascular Fitness Center | 899 Tenth Avenue, Suite 601 |
| Fee: $275 annual fee; ½ year $137.50; $25 fitness test 2x year |
| “Medical Referral forms” available here |
| Further information contact: Steve Fagan: 212-237-8367 |

Disability Services
- The provision of student disability services is a function of the Office of the Vice President for Student Affairs (the Student Affairs Office).
- The Vice President for Student Affairs also serves as the chair of the 504 / ADA Committee for Persons with Disabilities.
- Make sure you speak with your professors before courses start to let them know about your disabilities. They are here to help and accommodate you 😊 If they don’t, immediately reach out to disability services!

Disability Services

| 504 / ADA Compliance Coordinator: |
| Mr. Matthew G. Schoengood |
| (Vice President for Student Affairs) |
| Graduate Center, 365 Fifth Ave Rm 7301 1-212-817-7400 |

Student emergency grant
The Graduate Center has established a set of funds to support students who are facing short-term financial emergencies. This is a quick-response grant for up to $2,000. Fill out the application here and email it to the Office of Financial Aid: financialaid@gc.cuny.edu

**Emergencies include but are not limited to:**

- Unexpected COVID-19–related expenses
- Medical and dental bills for uninsured non-elective procedures
- Assistance in paying for food, transportation, and basic necessities due to recent financial difficulty
- Emergency child care for legal dependents
- Travel home for illness or death in the immediate family
- Overdue utilities bills and shut-off notices
- Rent in arrears, at risk for eviction
- Housing assistance for homelessness
- Destruction of living quarters, due to fire or other natural disaster
- Theft of computer, books, clothing, or other essential belongings
- Current or past Graduate Center tuition charges
- Legal representation (landlord disputes)
- Personal debts

**Technology Loan**

The CUNY GC has iPads and Dell Chromebooks available for loan to enrolled GC students. These loaner iPads and Dell Chromebooks are available on a first-come, first-served basis. To request a loaner device, fill out the request form here. Once IT receives the request, they will let you know if you are eligible for a loaner device, and they will prepare the device for you to pickup/ship to you (for free!). There is no time limit to how long you are able to hold on to the loaner device, you just need to be a currently enrolled student to continue loaning it! Click here for more information on technology loans at the GC.

**Medical Providers and Facilities**

- **NYSHIP Benefits**
- **At the Grad Center**
- **LGBTQA+**
- **Emergency Rooms**
- **Urgent Care Facilities**

**NYSHIP Benefits**

As a graduate student (Grad A, Grad B, Adjunct, Nonteaching Adjunct), you are able to enroll in the New York State Health Insurance Plan (NYSHIP). During OneStop, you will be able to sign up for insurance! If you sign up, there will be automatic bi-weekly deductions from your paychecks. For 2020, the bi-weekly deduction for **individual coverage** is $16.84 and for **family coverage** it is $117.37 (includes spouses, children and domestic partners). This insurance covers medical (mental health!), dental, and vision. However, the dental and vision plans are **very basic**. Unfortunately, please be aware of extra costs prior to seeing a medical practitioner ☺ NYU School of Dentistry offers reduced cost dental work. See the below table for a summary of select programs offered through NYSHIP. For more information regarding our health insurance plan please see this guide or e-mail healthinsuranceinfo@gc.cuny.edu

Contributors: Jasmine Pathan, Nora Awadallah, Regis Shanley
Last updated: 9/23/20
### Summary of NYSHIP Select Programs (in-network costs and benefits)

<table>
<thead>
<tr>
<th>Program</th>
<th>Copay</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical/Surgical</td>
<td>$10</td>
<td>Office visit, office surgery, urgent care visit, allergy testing, diagnostic laboratory tests. There is a <strong>15-visit per person annual limit</strong>. Note that <strong>preventative care visits do not count</strong> towards the 15-visit limit.</td>
</tr>
<tr>
<td>Mental Health</td>
<td>$10</td>
<td>Visit to in-network practitioner. Note: <strong>Get a referral from the Health and Wellness Center psychologist.</strong> They will help you identify licensed practitioners that NYSHIP will cover. <strong>Some practitioners will also waive your copay</strong> if you let them know you are a GC student!</td>
</tr>
<tr>
<td>Dental</td>
<td>$20</td>
<td>Participating provider visit. For each covered individual, visits are limited to <strong>2 visits per 12-month period.</strong> Covered services include initial examination, charting, periodic examination, cleaning, bitewing X-rays (maximum of 4 X-rays per year). You can get up to <strong>2 fillings per year</strong> but will need to <strong>pay another $10 copay for fillings.</strong> Sometimes out-of-pocket costs may occur. <strong>Speak with provider before agreeing to procedures!</strong></td>
</tr>
<tr>
<td>Vision</td>
<td>$10</td>
<td>Routine eye exams <strong>once in any 24-month period</strong> (based on your last date of service). Our vision insurance will <strong>cover up to $100 if you need glasses.</strong> There is a limited selection of frames offered by participating providers at the time and place of eye exam. This benefit is only available once in any 24-month period.</td>
</tr>
</tbody>
</table>

### Medical Providers

Below is the abridged information for medical providers. *Complete information is available here.* If you have a **medical emergency and are at the Graduate Center, call Security at x7777.** They can get help to you most rapidly. For an emergency outside of the Graduate Center, **PLEASE call 911!** If you determine that you can safely seek emergency care on your own, there are numerous emergency service facilities throughout NYC. For specific healthcare facilities providing **Women's Health, Men's Health, LGBTQ Health, Sexual and Reproductive Health** and **specialty healthcare providers**, we recommend that you ask your primary healthcare provider. If you are insured, you should also refer to information provided by your individual insurance plans. Registered students, uninsured and insured, are also welcomed to contact them: healthed@gc.cuny.edu

### Emergency Rooms

<table>
<thead>
<tr>
<th>Manhattan</th>
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<tbody>
<tr>
<td><strong>New York (NYP-Cornell) Downtown Hospital</strong></td>
<td>o 70 William Street, (212) 312-5063</td>
</tr>
<tr>
<td><strong>Mount Sinai West (Roosevelt) Hospital</strong></td>
<td>o 1000 10th Avenue, (212) 523-4000</td>
</tr>
<tr>
<td><strong>NYU Langone Medical Center</strong></td>
<td>o 550 1st Avenue, (212) 263-5550</td>
</tr>
<tr>
<td><strong>Mount Sinai Medical Center</strong></td>
<td>o 1190 Fifth Avenue (East Harlem), (212) 241-6500</td>
</tr>
<tr>
<td><strong>Columbia University Medical Center</strong></td>
<td>o 622 West 168th Street, (212) 305-6204</td>
</tr>
</tbody>
</table>
## Brooklyn
- **Coney Island Hospital**  
  - 2601 Ocean Parkway, (718) 616-3000
- **New York Presbyterian Methodist Hospital**  
  - 506 Sixth Street, (718) 780-3137, or (718) 780-3148

## Queens
- **Mount Sinai Queens**  
  - 2510 30th Avenue (Astoria), (718) 267-4285
- **Elmhurst Hospital Center**  
  - 79-01 Broadway, (718) 334-4000

## Bronx
- **Montefiore Medical Center**  
  - 111 East 210th Street, (718) 741-2000
- **Lincoln Medical and Mental Health Center**  
  - 234 East 149th Street, (718) 579-5000

## Staten Island
- **Staten Island University Hospital**  
  - **NORTH SITE**: 475 Seaview Avenue, (718) 226-9000  
    Staten Island University Hospital  
  - **SOUTH SITE**: 375 Seguine Avenue, (718) 226-2000

### Urgent Care facilities*

<table>
<thead>
<tr>
<th>Facility</th>
<th>Address</th>
<th>Telephone</th>
<th>Website</th>
</tr>
</thead>
</table>
| CVS Minute Clinic         | 222 East 34th Street              | 212-729-4668       | [www.cvs.com/minuteclinic/clinic-visit](https://www.cvs.com/minuteclinic/clinic-visit)  
| City MD Urgent Care       | 561 3rd Ave. (at 37th Street)     | 212-729-4668       | [www.citymd.com/](https://www.citymd.com/)  
  [www.citymd.com/virtualcare](https://www.citymd.com/virtualcare) (Virtual Care Now Available). |

* The urgent care facilities listed above are near the GC, but they have clinics all over the city.
CUNY GC Student Organizations

The Doctoral Graduate Students’ Council recognizes 46 interdisciplinary chartered organizations*. Below are a few of the charted organizations, for a full list of organizations click here.
*These organizations are affiliated with the Graduate Center. There are even more student organizations at each individual campus in the CUNY system.

<table>
<thead>
<tr>
<th>Chartered Organizations at the Graduate Center</th>
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<tbody>
<tr>
<td>CUNY STEM Outreach</td>
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<tr>
<td>CUNY Women in STEM</td>
</tr>
<tr>
<td>Women of Color Network</td>
</tr>
<tr>
<td>Mentoring Future Faculty of Color</td>
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</table>
# Funding Opportunities

- **Doctoral Student Research Grant Program**
- **NSF GRFP**
- **NIH NSRA (F31)**
- **NIH NRSA Diversity (F31*)**
- **HHMI Gilliam**
- **Ford**
- **Hertz**
- **Ben Barres Fellowship**

<table>
<thead>
<tr>
<th>Funding Opportunity</th>
<th>Description</th>
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<tbody>
<tr>
<td>Doctoral Student Research Grant Program</td>
<td>Award amount between $250 and $1,500</td>
</tr>
<tr>
<td>NSF GRFP</td>
<td>Award amount $34,000 annual stipend + $12,000 towards education cost</td>
</tr>
<tr>
<td>NINDS NSRA (F31)</td>
<td>Award amount $25,000 annual stipend</td>
</tr>
<tr>
<td>NINDS NRSA Diversity (F31*)</td>
<td>Award amount $25,000 annual stipend</td>
</tr>
<tr>
<td>HHMI Gilliam Diversity Fellowship</td>
<td>Award amount $50,000. This includes an annual fellow stipend of $33,000, an institution allowance of $10,000, a fellow educational allowance of $3,000, and an adviser allowance of $4,000 to support diversity and inclusion efforts at the graduate level.</td>
</tr>
<tr>
<td>Ford Fellowship</td>
<td>Award amount $27,000 annual stipend for up to 3 years</td>
</tr>
<tr>
<td>Hertz Fellowship</td>
<td>Five years of funding up to $250,000 total</td>
</tr>
<tr>
<td>Ben Barres Fellowship</td>
<td>Award amount between $2,000 - $5,000 for professional development of trans, intersex, and non-binary graduate students in STEM.</td>
</tr>
</tbody>
</table>
Doctoral Student Research Grant Program

The mission of the Doctoral Student Research Grant Program is to foster a research-oriented academic culture among Ph.D. students by: (a) providing incentives for students to model and meet, early in their careers, the requirements for succeeding in the competition for funds by clearly defining a problem, a project, and a realistic budget; (b) providing an occasion for faculty-student mentoring relationships that are oriented around the concrete problems of proposing, planning for, and executing research; and (c) furthering student professional progress by providing funds for pre-doctoral research publications, presentations, and professional networking. Applicants may submit a budget between $250 and $1,500. However, keep in mind that if you are awarded, you won’t necessarily get as much as you requested.

Eligibility:
- Doctoral students in good standing in their 2nd to 6th year at The Graduate Center are eligible to apply.
- Students can only receive the award every other year. For example, those who received a Doctoral Student Research Grant in Round 14 are not eligible to apply for Round 15.
- Students must plan to register for the Fall 2020 semester to be eligible to apply.
- Students who are not registered for Fall 2020 but are registered for Spring 2021 are eligible if they meet all other eligibility requirements.

NSF GRFP

The NSF Graduate Research Fellowship Program (GRFP) program recognizes and supports outstanding graduate students in STEM disciplines who are pursuing research-based master's and doctoral degrees. Fellows share in the prestige and opportunities that become available when they are selected. Fellowships provide the student with a three-year annual stipend of $34,000 along with a $12,000 cost of education allowance for tuition and fees (paid to the institution), as well as access to opportunities for professional development available to NSF-supported graduate students.

So that the nation can build fully upon the strength and creativity of a diverse society, the Foundation welcomes applications from all qualified individuals. Women, under-represented minorities and people with disabilities are encouraged to apply.

Eligibility:
- Doctoral students in their first or second year. Doctoral students are only able to apply once, either during the fall of the first year or fall of the second year.

NINDS NRSA F31

NINDS provides National Research Service Award (NRSA) predoctoral training fellowships (F31) to applicants with the potential to become productive, independent investigators in the scientific mission areas of the Institute. NINDS uses this mechanism to support the career development of neuroscientists, so the applicant must propose dissertation research in an area within the scientific mission of the NINDS and a training program appropriate for a career in neuroscience research. The mentor should be committed to the successful transition of the applicant to a subsequent appropriate position, have a strong track record in training, and have an active, funded research program in the area of the applicant’s proposed research. Support will be provided for a maximum of 3 years and a minimum of 12 months. The applicant should provide evidence of potential for a productive research career based upon the quality of previous research training and academic record. The research training...
program should be carried out in a research environment that includes appropriate human and technical resources and is demonstrably committed to the research training of the applicant in the program he/she proposes in the application.

**Eligibility:**

- U.S. citizens or permanent residents
- Training support for doctoral candidates who are within their first 6 years of graduate school, have or will have successfully completed their comprehensive examinations or the equivalent by the time of award, and will be performing dissertation research and training.

### NINDS NRSA Diversity F31*

NINDS provides National Research Service Award (NRSA) training fellowships to outstanding predoctoral candidates from groups that have been shown to be underrepresented, including underrepresented racial and ethnic groups, individuals with disabilities, and individuals from disadvantaged backgrounds. The intent of this program is to increase the number of scientists from underrepresented populations in biomedical research. **Award recipients will receive up to five years of research training leading to a PhD. or equivalent research degree, a combined MD-PhD. degree, or another formally combined professional and research doctoral degree in biomedical, behavioral, health services, or clinical sciences who are within their first 6 years of graduate school.**

Applicants for diversity-related fellowship programs will be expected to attach a Description of Candidate’s Contribution to Program Goals, explaining how the candidate’s participation would further the goals of the program to promote diversity in health-related research (see Notice of NIH’s Interest in Diversity NOT-OD-20-031).

**Eligibility:** U.S. citizens or permanent residents; research doctoral programs; members of underrepresented groups

### HHMI Gilliam Diversity Fellowship

The goal of the Gilliam Fellowships for Advanced Study is to increase the diversity among scientists who are prepared to assume leadership roles in science, particularly as college and university faculty. The program provides awards to pairs of students and their dissertation advisers who are selected for their scientific leadership and commitment to advance diversity and inclusion in the sciences. The fellows’ advisers are expected to participate in mentor training workshops. The year-long workshops include monthly online and two in-person components that are designed to optimize their mentoring skills and sharpen their ability to evaluate themselves as mentors to a diverse and inclusive pool of future scholars. Additional activities are designed to facilitate connections and encourage a sense of community among the different cohorts of awardees.

**Eligibility:**

- Adviser-student pairs from eligible disciplines must be nominated by the HHMI-designated institutional representative.
- Prospective fellows must be U.S. citizens, permanent residents, or other immigrants to the U.S., and be from racial, ethnic, or other groups recognized in the U.S. as underrepresented in the
sciences, or Alumni of the HHMI EXROP, and be at the appropriate program stage of their PhD training.

**Ford Fellowship**

*Predoctoral Fellows* are required to enroll full-time in a program leading to a Ph.D. or Sc.D. degree in an eligible, research-based (dissertation-required) field of study. Institutional supplementation of the Ford Fellowship stipend is encouraged. However, Fellows may not accept full-time teaching or research appointments, other major fellowships, internships, or similar internal or external awards during fellowship tenure. Through its Fellowship Programs, the Ford Foundation seeks to increase the diversity of the nation’s college and university faculties by increasing their ethnic and racial diversity, maximize the educational benefits of diversity, and increase the number of professors who can and will use diversity as a resource for enriching the education of all students.

**Eligibility:**
- All U.S. citizens, U.S. nationals, and U.S. permanent residents (holders of a Permanent Resident Card), as well as individuals granted deferred action status under the Deferred Action for Childhood Arrivals Program
- Indigenous individuals exercising rights associated with the Jay Treaty of 1794, political asylees, and refugees, regardless of race, national origin, religion, gender, age, disability, or sexual orientation
- Individuals with evidence of superior academic achievement (such as grade point average, class rank, honors or other designations)
- Individuals committed to a career in teaching and research at the college or university level in the U.S.

**Hertz Fellowship**

The Hertz Fellowship is awarded annually to the nation’s most promising graduate students in science and technology. Using a rigorous, merit-based process, we identify innovators with the greatest potential to create transformative solutions to the world’s most urgent challenges. You’ll join a diverse community of more than 1,200 peers, creating lifelong connections that will accelerate your career. You’ll be invited to special events throughout your career, including scientific symposia, professional development workshops, and social networking opportunities.

**Eligibility:**
- **First-year graduate students, or in a gap year preparing to apply to graduate school;**
- Intend to pursue a PhD in the applied physical and biological sciences, mathematics, or engineering
- Intend to direct their studies toward understanding and solving major, near-term problems facing society
- Be citizens or permanent residents of the United States
**Ben Barres Fellowship**

The Ben Barres Fellowship is a merit-based award for the recipient’s professional development of trans, intersex, and non-binary graduate students and post-doctoral fellows in the fields of science, technology, engineering, and mathematics (STEM). Awards will range from $2000 to $5000 per recipient until all funds are awarded. This fellowship is named after Ben Barres, a prominent passionate transgender Stanford scientist who researched the role of microglia, an immune cell of the brain, and its interaction with neurons in development and disease. Barres was an ardent campaigner for equal opportunity in science, speaking his truth in media before telling his story through a posthumous memoir released after Barres’ death from cancer in 2017 at the age of 63.

**Eligibility:**
- There is **no age or citizenship restriction** on eligibility for this fellowship, however, funds will be disbursed only to persons or institutions with US bank accounts or Zelle or PayPal accounts.
- Eligible purposes include research support, conference/workshop attendance, research travel, equipment/supplies, research assistant or translation services, and/or other professional uses.
- The funds are **not intended to support personal expenses unrelated to research**, such as food or rent.
Teaching and Outreach

The neuroscience program requires one semester of teaching, you can fulfill this requirement at your convenience!

Students are also allowed to teach to supplement our stipend (please speak with your PI before agreeing to something!). However, we need to look for Graduate Assistant B (GAB) positions. These appointments generally last 12 months and payments are included in the bi-weekly paycheck. The starting salary for an annual appointment is $10,841 and the annual appointment cannot be more than 120 teaching hours during the work year. As a GAB, we can hold an appointment as an Adjunct Lecturer at one of the CUNY colleges and receive separate compensation for this position. If you hold an Adjunct Lecturer appointment, you cannot be appointed for more than 120 contact hours.

For full information on Graduate Assistant positions click here.

If you are interested in teaching, speak with your PI first, then contact your Program Officer. If you need to find out which courses are looking for TAs, you can contact the Dean at the campus you are interested in teaching at to find out more information.

Outreach is a critical community service. As graduate students, we are incredibly privileged to be in higher education. We hope that you are able to find organizations to work with that have missions that align with your values to give back to our society.

There are multiple organizations at CUNY and in NYC for outreach opportunities. See the chartered organizations through the DGSC. Many are outreach organizations. Some other outreach organizations at CUNY include:

- CCNY WiSE: Women in Science and Engineering
- Women in Science @ Hunter
- CUNY Research Scholars Program

Outreach opportunities in NYC:

- Brain Awareness Week
- New York Academy of Sciences
- BioBus
- Sackler Educational Lab at AMNH
- Columbia University Neuroscience Outreach
- NYC Science and Engineering Fair
- RockEDU

These are just a few suggestions for outreach. Feel free to join other organizations that have missions you resonate with, and let us know so we can keep an updated list. We hope that you are able to find outreach organizations where you can perform fulfilling community service ☺

Contributors: Jasmine Pathan, Nora Awadallah, Regis Shanley
Last updated: 9/23/20
Q&A Session from 2020 Cohort Meet and Greet

Thank you for attending the 2020 Cohort Meet and Greet! We were all incredibly thrilled to meet you and look forward to getting to know everyone over the next few years! Feel free to reach out to Dean of GC Sciences, Dr. Joshua Brumberg, at jbrumberg@gc.cuny.edu if you have any further questions!

Check out www.gcsciences.ws.gc.cuny.edu/ for most up-to-date orientation information for incoming 2020 students.

One Stop Services—an opportunity to have admin fill out ALL your required paperwork with you, an opportunity to learn about financial aid, the GC in general, safety, sexual harassment training, SPARC training, etc… For any questions regarding financial aid, contact Phyllis Schultz at pschultz@gc.cuny.edu.

One Stop is usually at the GC, but because of COVID, you will need to upload the required documents to the online portal. Admin will contact you to confirm paperwork submission and you will be required to schedule a 1 on 1 video chat to show the admin documents that confirm your identity (e.g. passport, Social Security card).

Make sure to check your gradcenter.cuny.edu email for important announcements from the GC. If you DID NOT receive One Stop information, contact Nora Awadallah (nawadallah@ccny.cuny.edu).

Things to consider when rotating in a lab:
- Does the area of research excite you?
- Do you like the lab environment, the other students, the PI, etc…?

Note that selecting a home lab should be a mutual fit between you and the advisor, both financially and personality wise. It is totally fine to quit a rotation, especially if it isn’t a good fit between the PI and student, or if it’s a toxic environment. Students are also welcomed to do a 4th rotation, which isn’t uncommon! We suggest cold emailing PIs to set up rotations. We can also help you contact PIs if you are unsure who is available, or if you need help setting rotations up in general.

Rotations are a great opportunity to learn techniques to bring back to your research. However, you should be upfront and honest about learning techniques for the rotation vs. rotating for the purpose of potentially joining the lab for your dissertation work.

Also note that if you are interested in rotating in a lab to potentially conduct dissertation work, that faculty member needs to be affiliated with the CNC program. The CNC website is likely not up-to-date, so contact the faculty you are interested in working with to confirm if they are affiliated with CNC. If not, ask if they are interested in becoming affiliated and to contact Dean Brumberg for more details. In the scenario that faculty are not interested in becoming affiliated with the CNC, you are still allowed to rotate, but you won’t be able to choose that lab for dissertation research.

If you are interested in applying to the NSF GRFP fellowship, reach out to our star student in the neuroscience program Regis Shanley (mshanley@gradcenter.cuny.edu). She is a GRFP fellowship recipient and is willing to share her application materials and provide students advice. She is currently a 5th year student in Dr. Allyson Friedman’s lab at Hunter College and utilizes electrophysiology to study estrogen signaling in dopamine neurons. Regis has served as the
student representative to the biology executive committee for a few years now, so she has tons of technical knowledge for how the CNC program runs from the inside.

Classes to sign up for during the first semester:
- NS1
- CNC Colloquium
- Rotation credits
- Statistics 1

After completing the required course work during the first year, students in good standing are eligible to take courses outside of CUNY. See Inter-University Doctoral Consortium for more details. Find the Consortium Permit here.

After passing the First Level Exam at the end of your first year, if you completed graduate coursework prior to starting the program, you can transfer those credits to count towards your degree. Remember, you need to reach 60 credits before advancing to candidacy, transferring credits is a nice way to max out credits! Contact your Assistant Program Officer after completing the First Level Exam to inquire about transferring credits (Biology: biology@gc.cuny.edu, Psychology: wmercado@gc.cuny.edu).

Regarding TAing, there is a limit to how many class sections you can teach depending on which department and campus you are affiliated with. This depends on which lab you end up choosing as a home lab. We highly recommend asking PIs how much they expect you to teach. TAing is a great experience, but you need to ensure it does not cut into your research. You are here to mainly do research, not TA! The GC also has resources for TAing, they offer mini summer courses for teaching in academia, designing a course, and also remotely TAing (super relevant right now).

The First Level Exam dates vary each year, but the format is ultimately the same. The Neuroscience Advisory Committee will provide students a list of papers. Students pick their top 3 choices and rank the papers. Note that the students are NOT allowed to pick a paper from an area that is related to a rotation (e.g. If for one of the rotations you examined amyloid-beta plaques in Alzheimer’s Disease, don’t pick a paper that is related to amyloid-beta plaques or Alzheimer’s Disease). Out of the 3 papers that you ranked and chose, the Neuroscience Advisory Committee will pick 1 out of the 3 papers and assign it to you. You will need to write a 1 page critique of the paper and a 10 page research proposal for the written exam. Once you pass the written exam, the Neuroscience Advisory Committee will assign 3 Committee members to be on your First Level Committee. You will need to prepare a ~20 min talk to defend your research proposal to your First Level Committee. The exam takes around 1hr to 1.5hrs with questions from the committee. Feel free to reach out to 2nd and 3rd year students for help on the exam as their experiences are most likely to reflect yours.

We are your resource, always here to help, and just an email away 😊

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