URGE Resource Map for Stanford University

This is a draft Resource Map for Stanford ESS Pod at Stanford University. This was adapted from the “Sample Ph.D. Mentoring Plan” developed by Vashan Wright (Woods Hole Oceanographic Institution) and Karin Block (City College of New York and CUNY Graduate Center), License: CC BY-NC-SA 4.0. Some of these will be resources common to all and some will be questions for identifying specific resources based on needs/interests identified during initial meetings while implementing the mentoring plan.

● Mentoring plan
  ○ Summary of the intent of the resource map as well as the plan for working with new hires/students for connecting them with resources that will be of most use to them, e.g. schedule for initial call(s) and/or meeting(s) to identify needs/interests
  ○ Individual/Group meeting expectations (interval/frequency, journal articles, presentations, socializing, time management, reviewing manuscripts, revising manuscripts/dealing with rejection, careers, current events, media requests)
  ○ Evaluations:
    ■ Spring Review annually: currently a pretty loose structure, but potentially switching to Biology’s IDP plan (link)

● Community Support Resources
  ○ Stanford Housing program (guaranteed for PhD students)
  ○ Finding listservs/communities: Mailman Mailing List Tools
  ○ Stanford Earth Events Calendar: https://earth.stanford.edu/events/all
  ○ Athletics: Club Sports program, AOERC (gym) access (with pool, rock climbing wall, etc.)
  ○ Equipment (field, recreational): Stanford Outdoor Center
  ○ Asian American Activities Center
  ○ Bechtel International Center
  ○ Black Community Services Center
  ○ Diversity and First-Gen Office
  ○ El Centro Chicana y Latino
  ○ Graduate Student Council
  ○ Graduate Student Programming Board
  ○ The Markaz Resource Center
  ○ Native American Cultural Center
  ○ Office for Military-Affiliated Communities
  ○ Queer Student Resources
- Religious Life Office
- Student Activities and Leadership
- Women's Community Center

- Mental Health Resources
  - Stress & Coping
    - Counseling and Psychological Services: 650-723-3785. Call or walk in M-F, 9-5 for same-day needs. 24/7 support available by phone.
    - The Bridge Peer Counseling Center: 650-723-3392. Peer counseling by trained students 24/7 - Closed due to COVID-19
    - The Office for Religious Life: 650-723-1762
    - The Graduate Life Office: 650-736-7078. Support for grad student needs 24/7: 650-723-8222, pager ID 25085
    - The Help Center for Faculty and Staff: (650) 723-4577
    - KARA, for local and national grief support: https://kara-grief.org/
    - Well-being Coaches - offering appointments via Zoom
    - Hume Center - doing remote appointments
    - Office for Military-Affiliated Communities

- Stanford Cultural Community Center
  - Asian American Activities Center
  - Black Community Services Center
  - El Centro Chicano y Latino
  - The Markaz.
  - Native American Cultural Center
  - Queer Student Resources Center
  - Women's Community Center
  - Vice Provost for Teaching and Learning (VPTL)
  - Center for Teaching and Learning (CTL)
    - Academic Skills Coaching
  - The Resilience Project
  - Schwab Learning Center

- Courses
  - 3-unit Academic Class, CHPR 234: Applying Contemplative Practices
  - Wellness courses
  - Physical Education Courses
  - Outdoor Rec. Courses
    - Physical and mental wellness:
  - Stanford Recreation (Virtual and socially distanced (in person) recreation/fitness)
  - Windhover Contemplative Programs (yoga and meditation)
  - m/w/f 20 min drop-in meditation
    - Stanford Medicine WellMD:
  - Mindfulness/compassion
  - Work-life balance
  - Resilience
Stress & burnout
Depression

Skillset support resources
- Coding
  - Stanford Libraries workshops
  - Courses
- Computer cluster training/access
  - Sherlock
  - CEES tools
- Statistics resources
  - Courses
- Fieldwork Training
  - Wilderness First Aid
  - Outdoor Center classes/equipment
- Stanford Earth “Skillshares” program

Professional development resources
- Teaching/pedagogy
  - CTL and inclusive teaching
  - Pedagogy resources in general
- GSB (will look up name, 2 week program for all grad students)
  - Budgeting/finance
  - People management
- Media training
  - Alan Alda center for science communication at Stony Brook?
- Proposal writing
  - ESS has a mandatory class
  - Lab level - folder of past members’ qualifying exam proposals + NSF GRFP proposals (and personal statements) + other funding opportunities
  - Proposal bootcamp from [https://grantwriting.stanford.edu](https://grantwriting.stanford.edu)
- Public speaking
  - Hume center
  - Public speaking Engin 203
  - Technical Communication Program
- Networking
  - Alumni events
  - BEAM
  - AWIS
- Design/drafting of figures using Adobe Suite/Python/ArcGIS
  - Through library services
  - Inkscape is free :)
- Getting involved in professional societies
  - Not much formally at the lab level (for Fendorf group)
• Outreach resources
  ○ Jenny Saltzman
  ○ https://earth.stanford.edu/academics/k12-outreach
  ○ EJ listserv
  ○ Graduate School of Education - e.g. Science Night!