

Session 7: Racism and Self Care

Deliverable: Resource Map

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This is a draft Resource Map completed by the UNR Geoscience pod at the University of Nevada, Reno. 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).

This resource map will be distributed to incoming graduate students along with the graduate handbook and new faculty at the time of onboarding. Parts of this document will also be included on the DGSE website.

- **Mentoring Plan:**
 - Individual Development Plan - training plan for graduate school which involves establishment of clear communication, timelines, expectations, etc. between students and faculty advisor
 - Ongoing discussion for UNR graduate students (post docs only currently)
 - Program of Study, proposal defense - The Program of Study is to be completed by the Comprehensive Exam for both doctoral and masters students. For a more detailed discussion about the program of study, please see the graduate handbook.
 - during the proposal defense, Ph.D. students will present two proposals
 - Vacation expectations should be discussed in each lab group
 - Student Association of Geoscience and Engineering (SAGE) graduate student mentoring program (email sage.unr@gmail.com for more information)

- **Core work resources:**
 - [Code of Conduct](#)
 - Reporting of incidents (Taken from URGE session 2 & 6):

- **What mechanisms are available for reporting complaints, bias, microaggressions, harassment, and overt racism?**
 - Who are the designated individuals/positions for reporting incidents?
 - The victim, leadership, bystanders.
 - Can reports be made online? Where?
 - Yes [Title IX reporting](#)
 - Anonymously? Yes
 - Who do in-person and online reports go to? Who has access to see reports?
 - Title IX office and their team/staff*
 - Are police included in the process? When and how?
 - Only if requested by the complainant unless the complainant is a minor, and the Title IX office is required to report under University policy and state law.*
 - Are individuals accompanied by an advocate or someone from the organization?
 - If they choose but they have to find their own advocate.*
- Outdoor gear rentals:
 - REI Reno - camping/hiking gear; snow gear
 - [Prices of rentals](#)
 - Call for available gear
 - [Tahoe Mountain Sports](#)
 - [Gear Hut](#) (no rentals, but has used gear that can be quite cheap)
 - [Nevada Adventure Rentals](#) (Camping/outdoor gear rentals)
- Technology rentals:
 - [UNR @One Digital Media Equipment Checkout](#)
- Conference Travel Support:
 - Graduate Student Association [Travel Awards](#)
- Mental Health Resources:
 - [UNR Counseling Services](#)- free individual and group counseling for UNR students
 - [UNR Neurodiversity Alliance](#)- mission is to raise awareness, promote access and ensure equity for the neurodiverse population at the University of Nevada, Reno.
 - Seminar series

- [Downing Clinic](#)- counseling training center for graduate students supervised by Counseling and Educational Psychology faculty & staff
- [Mountain EAP](#)- available to employees and eligible dependents. Up to 3 free sessions per year.
- [Off-campus counseling support](#) covered by graduate student health insurance:
 - Find a provider:
 - Through the Aetna health coverage, select **Open Choice PPO** under **Student Health Medical Plans**
 - [Talkspace free counseling](#) for residents of Reno
 - UNR E. L. Weigand Fitness Center
 - [Drop-in Class Schedule](#)
 - [Facilities](#)
- Community Support:
 - Reno:
 - **UNR:**
 - [Diversity Committees & Affinity Groups](#)
 - [Post-Doc Monthly Meeting](#)
 - [Graduate Student Association \(GSA\) Clubs](#)
 - [Student Association of Geoscience and Engineering \(SAGE\)](#)
 - [Associated Students of the University of Nevada \(ASUN\) Clubs](#)
 - [The Center -Joe Crowley Student Union](#)
 - Basic needs assistance (food/housing)
 - Financial aid and scholarship assistance
 - Case management services
 - Mental health and well-being support
 - **City of Reno:**
 - Northern Nevada Black Cultural Awareness Society (NNBCAS)
 - [NAACP Reno-Sparks Branch No.1112](#)
 - [Our Center](#)
 - non-profit organization working to build, connect, and strengthen community and its support for

LGBTQA issues in Northern Nevada, and build community center

- [Newcomers and Neighbors Club of Northern Nevada](#)
- [Black Wall Street](#)
- Professional Societies and Affinity Groups:
 - [GeoLatinas](#)
 - [International Association of Geoscience Diversity \(IAGD\)](#)
 - [National Association of Black Geoscientists \(NABG\)](#)
 - [Black in Geoscience](#)
 - [Geoscience Alliance \(GA\)](#)
 - [Association of Women Geoscientists \(AWG\)](#)
 - [American Indian Science and Engineering Society \(AISES\)](#)
 - [Society for the Advancement of Chicanos/Hispanics and Native Americans in Science \(SACNAS\)](#)
 - [AAPI in Geosci](#)
 - [Mentorship for Underrepresented STEM Enthusiasts \(M.U.S.E.\)](#)-
“created to connect underrepresented students to STEM professionals...[to] provide support, advice, encouragement and help students navigate applying to STEM programs at the undergraduate, post-bacc or graduate level” and more
- Need-based services:
 - UNR Graduate Student Association (GSA) - [Household Items Program](#)
 - [GSA Need Based services](#)
 - Children’s Assistance Scholarship
 - Computer Loan Program
 - Financial Crisis Grant Program
 - International Student Transitional Loan
 - [UNR Pack Provisions](#)
 - Food pantry for all members of the University of Nevada, Reno
 - Access to:
 - Perishables
 - Non-perishables
 - School supplies

- Hygiene items
 - And more
 - [Nevada Money Mentors](#)
 - Skillset support resources:
 - Outdoor and Safety:
 - First Aid- regularly offered through the Environment Health and Safety (EHS) department at UNR. Please check the [website](#) for course offerings.
 - [UNR CPR training](#)- Free for students and faculty
 - [Defensive Driving](#)
 - Required if using a university vehicle
 - Classroom Support Training:
 - [Teaching & Learning Technology \(TLT\) Workshops](#)
 - Accessibility Resources: [Teaching accessibility](#)
 - Research Computing:
 - [GRAD 778 - Elements of Research Computing](#)
 - Introduction to programming and shell scripting
 - This class is open to all who do research and not limited to graduate students
 - Writing resources:
 - [UNR Writing center](#)
- Professional Development Resources:
 - [Professional Development Workshop Series](#)
 - University Graduate Classes:
 - [GRAD 701/703 - Effective Teaching Practices in Higher Education I & II](#)
 - [GRAD 704 - "Teaching with Technology" for Future Faculty](#)
 - [MATLAB Onramp course](#)
 - DGSE Science Communication class - check with department for offering
 - Fellowships and Grants:
 - This list is not exhaustive, and, instead, is intended to point students in the direction of finding supplementary fellowships
 - UNR specific fellowships/Grants:
 - [Robert E. Dickenson Scholarship program](#)
 - [Graduate Dean's Award](#)
 - [GSA Spring Awards](#)

- Outside UNR fellowships/Grants:
 - [Fellowship for the Future - 500 Women Scientists](#);
 - “Self-identified Women of Color who have demonstrated an extensive commitment to justice and equity within a science, technology, math, and/or medicine (STEMM)-related field. Applicants must be residing in the United States, or a United States territory, for the duration of the fellowship term.”
 - Two-year fellowship
 - Ford Foundation Fellowship Programs:
 - [Pre-doctoral Fellowship](#)
 - [Dissertation Fellowship](#)
 - [Post-Doctoral Fellowship](#)
 - American Geoscience Institute (AGI):
 - [Harriet Evelyn Wallace Scholarship](#)
 - [AGI Scholarship for Advancing Diversity in the Geoscience Profession](#)
 - Many of the professional societies listed above have small fellowships and grants
- Outreach resources:
 - DGSE weekly seminar series -
 - [UNR DGSE DEI Committee](#)
 - [Community Outreach Opportunities](#)
 - [Making-a-difference Award for Dedication to Justice, Equity, Diversity, and Inclusivity \(JEDI\) in the Geoscience](#)
 - UNR DGSE