

This is a draft Resource Map for the Wash U E(E)PSc pod at Washington University in St Louis. 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](https://creativecommons.org/licenses/by-nc-sa/4.0/).

- **Core work resources**

- **Code-of-conduct** – Members of our department are expected to follow the Wash U code of conduct (<https://universitycompliance.wustl.edu/code-of-conduct/>) as well as the department's Community Principles (<https://eps.wustl.edu/community-principles>).
- In the department, several **email lists** are maintained that can be used to send messages to all grad students (grad@epsc.wustl.edu), postdocs (postdocs@eps.wustl.edu), teaching faculty (tfaculty@epsc.wustl.edu), research faculty (rfaculty@epsc.wustl.edu), research staff (rstaff@epsc.wustl.edu), and administrative staff (astaff@epsc.wustl.edu). As with any mass email lists, please be considerate in using these lists, but definitely do use them when you need to communicate with the whole department.
 - Don't worry about signing up for these; you'll be added to the appropriate one(s) when you start
- **Reporting Policy** – Wash U has several avenues for reporting harassment or discrimination. The University policies on harassment and discrimination (ie that they are not tolerated) can be found here: <https://universitycompliance.wustl.edu/>
 - Students can report complaints through the Bias Report and Support System: <https://students.wustl.edu/bias-report-support-system/>
 - Anonymous reports can be made through the University's ethicspoint portal: <https://secure.ethicspoint.com/domain/media/en/gui/57349/index.html>
 - Reports can also be made online through the Compliance Office's form: <https://universitycompliance.wustl.edu/code-of-conduct/online-reporting-form/>
- **Field equipment** – The department maintains a "library" of field gear, including basic gear like tents, sleeping bags, and sleeping mats, and more field-specific items like hand lenses and Brunton compasses. Students who go on department field trips for classes have full access to this gear although they can also bring their own stuff.
 - If there's other field gear that you need but that isn't in the gear "library," talk to the leader of the field trip about having the department buy or borrow something for you, as financial need should not be a barrier for students to participate in fieldwork. If the professor or trip leader cannot come up with a solution, bring the question to the head of graduate or undergraduate studies, or to the department chair.
- If you need to be **reimbursed for travel** or other work expenses, info and forms are here: <https://eps.wustl.edu/travel-business-expenses>
 - You can also talk to anyone in the department office

- Here are the **EPS graduate program requirements**: <https://eps.wustl.edu/graduate-program-details-requirements>
- Info on **computing resources** in the department, including info on computer purchasing, tech support, internet access, VPN, printing, HPC and the cluster, etc.:
<https://eps.wustl.edu/earth-planetary-sciences-computing>
 - Hugh Chou is the person to talk to about all things technical (hugh@levee.wustl.edu)
- **Seminars:**
 - The main department seminar is on Tuesdays at 4pm. There is typically a student lunch the day of the seminar, and a reception (or zoom happy hour) afterwards
 - Anyone can ask for a one-on-one meeting with the speaker; just contact the person who is hosting that speaker, or ask any professor in the department (like your advisor) to get you on the speaker's schedule
 - The department has a less-formal brown bag seminar during the academic year, on Fridays at noon
- **Community support and mental health resources**
 - For **health/mental health** resources:
 - **Habif** is a big resource (<https://students.wustl.edu/habif-health-wellness-center/>), and counseling sessions are included in student insurance. Referrals are also available, as are support groups (some are identity-centered; others are based on stage in academia)
 - Habif will also come to departments to present on their resources
 - Could we take advantage of this in the brown bag seminar??
 - They will also come and help facilitate support groups within departments
 - The grad students in our department have a **peer mentoring** program; meeting in person is encouraged and will hopefully resume in the future. There are events and some funding for mentoring pairs to get coffee or a meal together,
 - Some professional societies also have mentoring programs which students and postdocs can take advantage of
 - The **Ombudsoffice** at Wash U has a website here: <https://staffombuds.wustl.edu/>
 - The ombuds can have confidential conversations about any issues you encounter, and can help you find other resources at the university if you decide you need further help.
 - **Community** - St Louis is a large city with a wealth of community organizations, religious communities, and social groups you can join and connect with. You might find groups you're interested in by searching online, asking friends/family/acquaintances, or by looking at a site like meetup.com where many groups list their upcoming activities. The department hosts some social activities, like occasional potlucks and casual gatherings

on Friday evenings (a weekly tradition known as “liquidus”), but you should in no way feel bound to attend these or to limit yourself to socializing within the department.

- Within Wash U, there are a bunch of **grad student organizations** you can get involved in: <https://grouporganizer.wustl.edu/organizations?categories=9317> and <https://gpc.wustl.edu/get-involved/graduate-student-groups/>
- **Some businesses**, e.g. gyms, barber shops/hair services, etc.
 - <https://www.scheduleanyone.com/FadedBarbershopLoop> <-- Faded in the Loop barber shop (men’s hair, serve all nationalities/ethnicities, but they’re not great with mask-wearing)
 - <https://www.pilatesyogastudio.com/> <-- Pilates + Yoga studio offers several types of yoga and you can pay per class instead of getting a membership
 - <https://bearsports.wustl.edu/facilities/athletic-complex> <-- Wash U’s own athletic complex, also offers various types of fitness classes
 - <https://www.upperlimits.com/> <-- a climbing gym with multiple locations, including one in downtown StL
 - <https://climbsoill.com/> <-- a very cool and artsy climbing gym, also in downtown
 - http://www.richmondheights.org/departments/parks_and_recreation_cooperative/the_heights/index.php <-- Richmond Heights has a really nice rec center with a pool and everything. Non-residents can get day passes or memberships, though it’s cheaper for residents. About a 10 minute drive from campus; currently closed as it’s serving as a covid vaccination site but that will probably change in the future.
 - <https://www.cocastl.org/> <-- the Center Of Creative Arts is very close to campus, right by the 560 Music Building. They offer lots of kinds of dance classes; a bit pricey but good.
 - <http://maccjudotkd.com/> <-- Judo and Taekwondo in Clayton
 - <https://www.leaguelineup.com/welcome.asp?url=stlbigballs> <-- adult kickball league that plays in Tower Grove park
 - <http://www.theboxinggym-stl.com/> <-- group classes and personal training for boxing
- **Work hours** – grad school (or a postdoc, or a faculty job) often involves working long hours at least some of the time. We encourage everyone to discuss expectations for working hours with their supervisor and make sure that everyone is on the same page. We also encourage students to take breaks, and remember that working excessive hours is not always productive, nor should it be a badge of honor to be the last one in the office every day. Flexible work schedules are common in academic settings, so often work emails are flying around outside of typical 9-to-5 hours; remember that it’s ok to set boundaries for your time away from work, and be understanding of others if they don’t respond to email at night or on weekends.
- **Where to live in St Louis:**
 - There’s a lot of rental housing near Wash U, including University-owned apartments.

- Quadrangle Housing is the Wash U-affiliated housing: <https://quadrangle-postgrad.reslisting.com/>
 - Wash U also has the Apartment Referral Service website, which can help you find listings (<https://ars.wustl.edu/Getting-Started/Pages/default.aspx>), though craigslist is also a good resource, as are the websites of some of the major rental companies like Barron Realty, Byron Company, etc.
- **Neighborhoods** - St Louis is a city of neighborhoods, and you can find lots of info online about their various characters. Important factors to keep in mind are character/atmosphere, safety, and cost. A lot of grad students live in University City, north of the Danforth campus. Many others live in the Central West End neighborhood; others are dispersed throughout other neighborhoods
- Rent in St Louis is fairly cheap for a big U.S. city, particularly if you look early relative to when you need to move
- **Safety** - like any big city where lots of people are concentrated in a small place, St Louis has crime; it also has a reputation for being a particularly dangerous place that you might have encountered before coming here. Note, though, that the area around Wash U has much lower crime rates than much of the rest of the city, and much of the crime is petty crime rather than violent. **Use common sense:** be careful and alert, particularly if you're out at night; lock your door (and windows, if you're at ground level). If you're concerned about safety, consider renting in the western suburbs (Demun, Clayton, University City west of Big Bend). Note that average rent tends to vary inversely with crime rate.
 - If you are looking at the Debaliviere Place or Central West End neighborhoods, it's typically recommended that you not live north of Delmar Blvd
 - If you're looking at U City, north of Delmar is a fine place to live, but north of Olive may not be (north of Olive is also farther from campus and outside the range of Wash U shuttle services)
- **Transportation** – If you don't have a car, consider a neighborhood that's within walking distance of campus or that's on a metrolink line or served by campus shuttles. Public transportation in St Louis is ok but not great, and larger stores/grocery stores are often not easy to access on foot.
 - Wash U provides public transit passes (<https://parking.wustl.edu/items/metro-transit/>) so you can ride the buses and metrolink for free!
 - Parking on campus is fairly expensive, so living within walking distance and/or biking or taking public transit is highly recommended
- **Fun things to do or see in the city** – again, St Louis is a big city with a lot to offer! But here are a few things/places that tend to be popular:
 - Forest Park: right by campus, big and beautiful green space with lots of biking/walking/running paths
 - City Museum: it's an experience. Tickets are pricey and if you go on a rainy weekend day you will be caught in a swirling horde of tiny children and their harried parents, but it's worth visiting at least once, and they're open very very

late on weekends (fewer small children are around at those times). Lights out after 10pm so you need a flashlight. If you go during the day, though, be sure to stop by the last remaining vestige of the building's original purpose: a shoelace factory. The shoelace-weaving machines are mesmerizing.

- Sports: the Cardinals and the Blues are easy to get to by public transit and games can be fun, as both teams have very loyal fan bases. There are usually cheap seats available, and you can get group discounts if you get some friends to join you.
 - The Arch: the gateway to the West, or so they say. It's tall and quite shiny. There's a free museum under it, and a little tram where you can pay to ride up to the top.
 - Cathedral Basilica of St Louis: a truly beautiful building in the Central West End, with abundant mosaics and amazing acoustics. They offer free tours on Sundays and have various concert series, including an early music series that brings in some excellent groups if you're into that.
 - The Missouri Botanical Garden: north of Tower Grove Park, beautiful in the spring/summer/fall
 - The Art Museum: In Forest Park, on the aptly named Art Hill. It's free, and has a solid permanent collection as well as rotating/touring exhibits
 - The Zoo: also in Forest Park, also free (there are concessions every 5 feet which are how they are able to be free). Highly recommend finding the herpetology building and hanging out with the turtles.
 - Farmer's markets: there are many excellent ones around. The most famous one is in Soulard, but there's one very close to campus in University City and the market at Tower Grove Park is also excellent.
- **Professional development resources**
 - Some available resources for training/development or best practices in:
 - **Teaching/pedagogy** - check out the Center for Teaching and Learning. They can also help you prepare job application materials.
 - **Project management/budgeting**
 - <https://research.wustl.edu/events/> <-- Office of the Vice Chancellor for Research, which is a resource for faculty, staff, and students to access information on events related to research, administration, management, and compliance
 - <https://sites.wustl.edu/learnatwork/> <-- Learn@work has courses on this
 - **Proposal writing**
 - NSF GRFP workshop was really helpful --> <https://sites.wustl.edu/fellowship/> but this is only for one specific type of proposal (led by Micheal Wyssession for members of our department)

- Mock proposals are worked into the curriculum of some classes, such as EPSc 564
 - Many PIs are open to showing students the proposal-writing process and letting them get involved. If you want to know more about how grant proposals work, asking your advisor is often a good first step.
 - Many professional societies have small grant programs for things like conference travel stipends, or even for small research projects, that students can apply for. These can be a great way to practice writing short proposals and budgeting for your own experiments.
 - Check out AGU, AAAS, or other societies in your specific field
- **Public speaking**
- Brown bag is supposed to be a way to practice this in a friendly environment but it's not necessarily working as intended
 - Need for feedback on speaking (CONSTRUCTIVE feedback)
 - Would be useful to have a SciComm (scientific communication) course. Here is an example course schedule for one that is taught by Christy Till at ASU -->
 - https://www.christytill.com/uploads/1/6/1/4/16145564/schedule_for_s_cicomm_spring_2019_march_update.pdf
 - And the accompanying syllabus -->
 - https://www.christytill.com/uploads/1/6/1/4/16145564/s19_ses494_598_syllabus_final.pdf
 - Some grad programs have (required) seminar classes all about giving scientific presentations, covering a variety of styles (AGU-length talk, 1-hour talk, 5-minute poster spiel plus guidance/critiques on poster design). Would this be useful?
- **Design/drafting of figures** using Adobe Suite/Python/ArcGIS
- There are some library resources for GIS in particular, and other coding stuff (<https://libguides.wustl.edu/gis>)
 - The department has in the past provided a limited number of licenses for **Adobe Creative Suite** (talk to Hugh Chou about this). If you don't have access to that, a student/educator subscription to Adobe CC is currently \$19.99/month for the first year (\$29.99/month after that), which is ok but adds up quickly. The **Affinity suite** is a very nice alternative that's a one-time cost of \$50 for each program (often on sale for \$25) rather than a monthly subscription (<https://affinity.serif.com/en-us/>). Affinity Designer is a graphics program analogous to Adobe Illustrator, though it can do raster as well as vector; Affinity Photo does more fancy photo stuff. Regardless, if you need design software to do your work, definitely ask around the

department to see if there's a way to get it for free and/or ask your supervisor if they have funds to cover the cost for you.

- Many (most?) grad students do some amount of **coding** for their coursework and/or research, but plenty of people enter grad school with little or no prior experience with coding. Don't worry! There are plenty of resources out there, including courses at Wash U in the CS department, free online "code academy"-type classes, your peers and upperclassmen in your lab group (who can teach you more specifically about software you might use for your research), and good old google searches.
 - In the past, grad students have run informal seminars about coding for each other.
- Other assorted things:
 - **NCFDD** – Wash U has a membership and it's great (<https://diversity.wustl.edu/national-center-for-faculty-development-diversity-ncfdd/>)
 - **Learn@work** has lots of different kinds of training available
 - A list of **internship** opportunities that might be of interest to geoscientists: <https://eps.wustl.edu/internships>