

# **Weill Graduate School of Medical Sciences of Cornell University**

## **Orientation Guide for Graduate Students**

**2006-2007**

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## Welcome 1<sup>st</sup> years!

The Graduate Student Executive Council (GSEC) would like to welcome you to the Weill Graduate School of Medical Sciences. You will be joining a wonderful community of students, post-docs, faculty, and staff all in what many regard as the center of the universe, New York City. As you might have learned from Recruitment Weekend, the Upper East Side of Manhattan is a great place to live. You'll find a variety of restaurants, food markets, great shops, bars, pubs, and lounges. If that's not enough, Central Park is only minutes away and runners can jog down a path by the East River. Of course you can always grab a cab or catch a train or bus to all the different neighborhoods in New York City. In time you will be able to experience all the vitality and a culture New York City has to offer. Soon enough, you will call this amazing city "home."

Orientation Week is packed with events, talks, and activities. Your schedule may seem a little exhausting, but trust me: it will be lots of fun. There is plenty of information to take in, so we created this Unofficial Orientation Guide to help you get settled into Graduate School. In here you will find information about local stores and banks, how to set up Internet/email, insurance information, and much more.

We recently launched the first GSEC website too! Even though we are still adding content to it, you'll find a lot of very helpful information already added there. Check it out!

<http://gsec.med.cornell.edu>

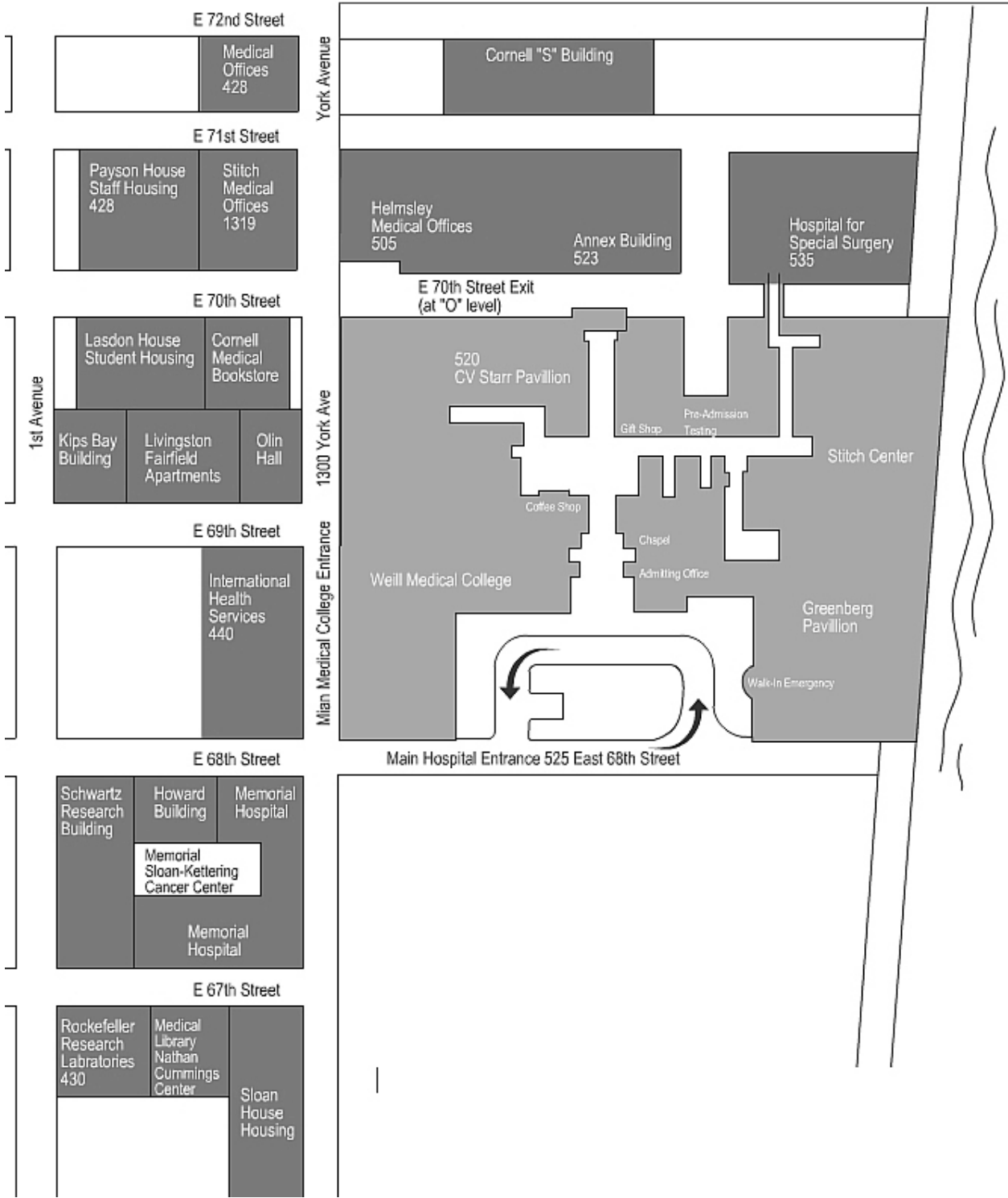
If you have any questions or concerns always feel free to bring them to GSEC. The GSEC officers and reps are dedicated to helping you make a smooth transition into Graduate School.

Welcome and best of luck!

Sincerely,

Sumit N. Niogi  
GSEC President, 2005-2006

# Campus Map



For online maps and interactive maps please go here:  
[http://www.cornellphysicians.com/for/map\\_dir.html](http://www.cornellphysicians.com/for/map_dir.html)

## **Emergency Information**

### **Emergency Contacts**

|  |              |
|--|--------------|
| WMC Security, Command Center .....                         | 212-746-0911 |
| City Emergency Service .....                               | 911          |
| Suicide Prevention, NYC (24-hour Crisis-Emergency Hotline) | 212-673-3000 |
| Poison Control Center.....                                 | 800-222-1222 |

### **New York Presbyterian Hospital Emergency room:**

525 East 68th Street, Greenberg Pavilion South, 1st Floor.

### **Medical Reference Information**

#### **Student Health Services:**

418 East 71<sup>st</sup> Street (btwn 1<sup>st</sup> ave and York ave), Suite 21

Phone: 212-746-1450

Fax: 212-746-1732

#### **Mental Health and Substance Abuse**

Dr. Richard Friedman, Mental Health Medical Director

Phone: 212-746-5775

**Dental Clinic:** 212-746-5190

**International Travel:** 212-746-1601

*In the event of a true emergency go to the nearest emergency room or call 911 and notify Student Health Services within 24 hours.*

### **Housing Emergencies**

**Cornell Housing Emergency:** 212-746-1001 (contact receptionist in lobby during non-business hours)

**SKI Housing Emergency:** 212-639-7887

## **Administrative Information**

### **Graduate School Office**

Dean – David P. Hajjar

Associate Dean – Randi B. Silver

Assistant Dean – Francoise Freyre

Senior Administrative Secretary – Marlene Hewitt

Administrative Secretary – Suzanne Baly

Administrative Secretary – Denise Jenkins

Administrative Secretary – Georgette “Charlie” Yandolino

Registrar – Noreen Smith

Fellowship & Outreach Administrator - Xiaoai Chen

Located:

Olin Hall

445 East 69<sup>th</sup> Street

Room 412 (4<sup>th</sup> Floor)

Phone: 212-746-6565

Fax: 212-746-8906

### **Human Resources Department**

Olin Hall

445 East 69<sup>th</sup> Street

Room 217 (2<sup>nd</sup> Floor)

Fax: 212-746-8766

Email: [hrresume@med.cornell.edu](mailto:hrresume@med.cornell.edu)

### **Student Health Services:**

418 East 71<sup>st</sup> Street (btwn 1<sup>st</sup> ave and York ave), Suite 21

Phone: 212-746-1450

Fax: 212-746-1732

### **Information Technologies & Services Department**

**(Formerly, Office of Academic Computing)**

1300 York Avenue, Box 12

New York, NY 10021

User Support: 212-746-4878 (Mon-Fri, 7am to 7pm)

Fax: (212) 746-8161

## Departmental Information

### **BCMB**

|                              |                      |
|------------------------------|----------------------|
| Co-Director (Allied Program) | Christopher D. Lima  |
| Co-Director (Allied Program) | Anthony Brown        |
| Program Co-Chair (BSB)       | Fredrick R. Maxfield |
| Program Co-Chair (BSB)       | Niklo Pavletich      |
| Program Co-Chair (CBG)       | Katharine Hajjar     |
| Program Co-Chair (CBG)       | Alan Hall            |
| Program Co-Chair (MB)        | Erick Falck-Pedersen |
| Program Co-Chair (MB)        | Stewart Shuman       |
| Admissions Coordinator       | Linda Smith          |

BSB – Biochemistry & Structural Biology

CBG – Cell Biology & Genetics

MB – Molecular Biology

### **Clinical Epidemiology & Health Services Research**

|                         |                   |
|-------------------------|-------------------|
| Program Chair           | Mary E. Charlson  |
| Program Director        | Carol A. Mancuso  |
| Admissions Coordinator  | Bridget McElroy   |
| Admin Div of Compl Med. | Susan Samuel-Toro |

### **Immunology**

|                        |                   |
|------------------------|-------------------|
| Program Co-Chair       | James P. Allison  |
| Program Co-Chair       | Carl F. Nathan    |
| Program Director       | Ulrich Hammerling |
| Admissions Coordinator | Shannon Barker    |

### **Neuroscience**

|                        |                  |
|------------------------|------------------|
| Program Chair          | Flint M. Beal    |
| Program Director       | Stewart Anderson |
| Admissions Coordinator | Alime Lukaj      |

### **Pharmacology**

|                        |                   |
|------------------------|-------------------|
| Program Co-Chair       | Lorraine J. Gudas |
| Program Co-Chair       | David Scheinberg  |
| Program Director       | Lonny Levin       |
| Admissions Coordinator | Jeremy Friedman   |

### **Physiology, Biophysics & Systems Biology**

|                        |                  |
|------------------------|------------------|
| Program Chair          | Harel Weinstein  |
| Program Director       | Doris Herzlinger |
| Admissions Coordinator | Audrey Rivera    |

## **Housing**

You should have already chosen your housing. Those that live on-campus have the option of living in either Cornell owned housing (Lasdon, Olin Hall, & Livingston-Farrand) or Sloan-Kettering owned housing (Sloan House and 303 East 71<sup>st</sup>).

### **Cornell owned housing contact information**

420 East 70th Street, Suite 2S (In Lasdon House, 2<sup>nd</sup> floor)

Phone: (212) 746-1001

Fax: (212) 746-8876

E-mail: [housing@med.cornell.edu](mailto:housing@med.cornell.edu)

<http://www.med.cornell.edu/housing>

Housing placement: contact Cornell housing office

### **Sloan-Kettering Institute (SKI) owned housing contact information**

SKI Housing: 212-639-7696

SKI Housing Emergency: 212-639-7887

Housing placement: contact Assistant Dean Francoise Freyre

You can change rooms and roommates if you there is a major conflict or problem. Contact the appropriate housing office for more information on the process.

## **Mandatory Orientation Activities**

There are many orientation activities, and I strongly suggest you make every effort to attend all of them. Each activity is highly informative, many are lots of fun, and all are a great ways to get to you know your fellow classmates.

The following activities **MUST** be completed:

### 1) Registration

Tuesday, August 29. 9am – 12pm

Wednesday, August 30. 9am – 1pm

Thursday, August 31. 11am – 1pm

You only need to stop by the grad school office, Olin 412, one of these days. Registration takes about 30 minutes. Registration includes completing tax information and if you wish arranging direct deposit of your stipend to your checking account.

### 2) ID Card

You will need to stop by the Security Office to get your Official Photo ID Card. You can do this whenever you have some free time during Orientation between 7am and 5pm. It only takes a few minutes! The Security office is located on 70<sup>th</sup> Street between York Ave and the river. The address is 523 East 70<sup>th</sup> Street. You need to go through a door on the North side of the street (the left side if you are facing the river). It is often locked so just ring the door bell and someone will buzz you in. Go down the hall and around the corridor and look for signs for the Security Office.

### 3) Medical Exam

All new students are required to go to Student Health Services for blood tests and a PPD (a tuberculosis test). A few may be given a bill in the mail for this. You do NOT have to pay for this. Simply go to Student Health Services and notify them of the billing error. They will take care of the situation. Your credit will not be damaged in any way.

4) Radiation Safety Course

Learn about radiation safety!

Wednesday, August 30

2:00pm – 4:00pm

Weill Auditorium

1300 York Ave, 2<sup>nd</sup> floor

5) Biological/Chemical/Fire Safety Course

Learn more about safety!

Thursday, August 31

1:00pm – 3:00pm

Weill Auditorium

1300 York Ave, 2<sup>nd</sup> floor

6) Class Photo Session

You will be given a time slot. Go to room A-162 in the Medical College at that time to get your photo taken!

## Getting Settled in New York City

### **Telephone (Landlines)**

You have a few options if you wish to get a landline telephone in your apartment. Here are two of the more common providers:

AT&T

<http://www.att.com>

For new service call 800-205-6268 (M-F 7:00am – 7:00pm)

Verizon

<http://www.verizon.com>

For new service call 212-890-1550 (M-F, 8:00am – 6:00pm)

### **Cellular Phones**

Again, many options. As a Weill Cornell Graduate Student you are eligible for discounts on service from Cingular, Verizon Wireless, and Sprint/Nextel. For more information on discounts look for the perks section later in this guide or visit the following GSEC webpage:

<http://www.med.cornell.edu/gsec/info/perks/index.shtml>

Cingular

<http://www.cingular.com>

1103 Third Ave (between 64<sup>th</sup> and 65<sup>th</sup> Street)

Sprint/Nextel

<http://www.sprint.com>

169 East 86<sup>th</sup> Street (between 3<sup>rd</sup> Ave and Lexington Ave)

677 Lexington Ave (between 56<sup>th</sup> Street and 57<sup>th</sup> Street)

Verizon Wireless

<http://www.verizonwireless.com>

1266 Third Ave (corner of 73<sup>rd</sup> Street)

157 East 86<sup>th</sup> Street (between 3<sup>rd</sup> Ave and Lexington Ave)

## **Gas & Electric**

Provided for by Con Edison. Those in Olin and Lasdon do NOT have to pay for utilities because it is included in the rent.

Con Edison

<http://www.coned.com>

800-752-6633

## **Cable Television**

Time Warner Cable

<http://www.twcny.com>

212-358-0900

## **Internet**

For Graduate Students, any ITS (formerly OAC) connection is free. ITS connections are only provided in Lasdon House and Olin Hall. If you live off-campus or in Sloan-Kettering owned housing you must purchase your own service elsewhere.

Many students choose Time Warner Cable to receive high speed internet access or Earthlink (an affiliate of Time Warner). Please view [www.twcny.com](http://www.twcny.com) for more information on both of these providers.

If you live in Lasdon House or Olin Hall, ITS will be stationed in the lobby during orientation. You can also fill out an online form to request service:

<http://onlineforms.med.cornell.edu/>

Please call ITS at 212-746-4878 with questions.

## **Public Transportation**

Information on New York City public transportation can be found at:

<http://www.mta.nyc.ny.us>

The fare for a subway or local bus ride is \$2.00. This includes free transfers between subways and buses. A “Metrocard” is required to ride the subways and buses. These can be purchased at any subway stop and various other locations. City buses also accept \$2 in exact change, but you will need to ask the driver for a free transfer card if you will need to transfer to get to your destination.

The closest subway stop from the Weill Cornell campus is located on 68<sup>th</sup> Street and Lexington Avenue.

Please view the above website for bus stops.

**Yellow cabs are also available.** They can be hailed from anywhere (no need to go to a taxi stand). The fare is:

\$2.50 upon entry

\$0.40 for each additional *unit*

Night surcharge of \$.50 after 8:00 PM & before 6:00 AM

Peak hour Weekday Surcharge of \$1.00 Monday - Friday after 4:00 PM & before 8:00 PM

*The unit fare is:*

one-fifth of a mile, when the taxicab is traveling at 6 miles an hour or more; or

120 seconds (at a rate of twenty cents per minute), when not in motion or is traveling at less than 6 miles an hour

## **Postal Service**

The U.S. Post Office is located on 217 East 70<sup>th</sup> Street (between 2<sup>nd</sup> and 3<sup>rd</sup> Ave)

Hours:

MO 08:00-07:00PM

TU 08:00-07:00PM

WE 08:00-07:00PM

TH 08:00-08:00PM

FR 08:00-07:00PM

SA 09:00-04:00PM

The Medical College Mailroom is located on the basement floor.

## **Banking**

There are several banking options in the area. Weill Medical College employees receive preferential treatment at Citibank and Chase Manhattan Bank. They both offer no monthly service charge to employees of Weill Medical College who have direct deposit of their paychecks. Contact Human Resources to setup Direct Deposit.

### **Citibank**

1285 1<sup>st</sup> Ave (between 69<sup>th</sup> and 70<sup>th</sup> Street)

212-249-3999

### **Chase Manhattan Bank**

360 East 72<sup>nd</sup> Street (corner of 1<sup>st</sup> Ave and 72<sup>nd</sup> Street)

212-935-9935

### **Commerce Bank**

1470 2<sup>nd</sup> Avenue (at 77<sup>th</sup> street)

888-751-9000

### **HSBC**

1165 Third Avenue (at 68<sup>th</sup> Street)

800-975-4722

### **Washington Mutual**

1308 1<sup>st</sup> Avenue (between 70<sup>th</sup> and 71<sup>st</sup> Street)

212-439-6176

## **Public Library**

New York Public Library is an expansive library system with several branches and locations in New York City. Go to <http://www.nypl.org> for more information.

The closest branch is located at:  
328 East 67<sup>th</sup> Street (between 1<sup>st</sup> and 2<sup>nd</sup> Avenue)  
212-734-1717

## **Local Stores**

There are several stores in the area. Here are a few stores nearby that might help you get settled...

### **Bed Bath & Beyond**

<http://www.bedbathandbeyond.com>

bedroom, bathroom, kitchen supplies, and much more!  
410 East 61<sup>st</sup> Street (on 1<sup>st</sup> Avenue)

*Drug stores:*

### **CVS**

72<sup>nd</sup> Street and 2<sup>nd</sup> Avenue

### **Duane Reede**

1<sup>st</sup> Avenue between 72<sup>nd</sup> and 73<sup>rd</sup> Street

### **Walgreens**

2<sup>nd</sup> Avenue between 70<sup>th</sup> and 71<sup>st</sup> Street

*Hardware stores:*

### **Rainbow**

Carries a little bit of everything... hardware supplies, toasters, curtains, shampoo, lamps, just about everything. Trying to buy something, but don't know where to find it? Try here first.

1<sup>st</sup> Avenue between 75<sup>th</sup> and 76<sup>th</sup> Street

*Office Supplies:*

**Staples**

On Lexington between 86<sup>th</sup> and 87<sup>th</sup> Street

*Electronics:*

**Circuit City**

86<sup>th</sup> Street between 2<sup>nd</sup> and 3<sup>rd</sup> Avenue

**Best Buy**

86<sup>th</sup> Street and Lexington Avenue

*Groceries:*

**Food Emporium**

1<sup>st</sup> Avenue between 71<sup>st</sup> and 72<sup>nd</sup> Street

**Gristedes**

1<sup>st</sup> Avenue between 72<sup>nd</sup> and 73<sup>rd</sup> Street

Many people shop online for their groceries. FreshDirect has quality food at great prices and they deliver to your door! <http://www.freshdirect.com>

*Bookstores:*

**Barnes & Noble**

86<sup>th</sup> Street between 2<sup>nd</sup> and 3<sup>rd</sup> Avenue

*Department Stores:*

**Bloomingdales**

59<sup>th</sup> Street and 3<sup>rd</sup> Avenue

**Macy's**

34<sup>th</sup> Street and Broadway (between 6<sup>th</sup> and 7<sup>th</sup> Avenue)

**Lord & Taylor**

5<sup>th</sup> Avenue between 38<sup>th</sup> and 39<sup>th</sup> Street

## **Dining Options**

Far too many to list! Check out the following websites to search for restaurants, read reviews and view menus.

<http://www.menupages.com>

<http://newyork.citysearch.com>

If you need a place to start, there are several good dining options on 1<sup>st</sup> and 2<sup>nd</sup> Avenue between 60<sup>th</sup> Street and 80<sup>th</sup> Street.

The hospital cafeteria, called the Garden Café, is located on the basement level. Weill Graduate Students receive a discount so remember to bring your ID!

Rockefeller University has a great cafeteria and an equally spectacular view of 59<sup>th</sup> Street Bridge! Try it for lunch one day.

Pyramid Café located in Archibald Commons next to Weill Auditorium on the 2<sup>nd</sup> floor serves sandwiches, coffee, and many other things. A very popular option for many and a great place to go just to take a break!

## **Health Insurance**

Health Insurance is provided for by United Healthcare. Travers O'Keefe is the plan administrator for our United Healthcare medical insurance coverage. They act as our liaison to our insurance company. If you have questions about the insurance policy or problems with payment contact them first. They will be able to provide answers and will work with you to provide a resolution.

Travers O'Keefe  
212-742-7900  
800-950-9477

Remember to mention you are a Weill Cornell Graduate Student

For current information about Weill Cornell Student Healthcare Coverage please access:

<http://www.med.cornell.edu/gsec/info/health/index.shtml>

Follow the link to “Insurance Information”

# **Weill Graduate School of Medical Sciences Resources and Services**

## **Library**

The Weill Cornell Library is located immediately to the right as you enter 1300 York Avenue. In addition to print resources, the library also has several computers available for use and offers free black and white printing. Information about the library and access to electronic journals can be found on this website:

<http://library.med.cornell.edu>

Regular Hours of Operation are:

Monday - Friday 7:00am - 12:00am

Saturday 9:00am - 8:00pm

Sunday 12:00pm - 12:00am

## **Weill Medical College Bookstore**

The Bookstore is located next to Lasdon House on 420 East 70<sup>th</sup> Street. You can purchase metrocards here!

Hours of Operation are:

Monday – Friday 9:00am – 5:00pm

## **Medical Art, Photography, Digital Imaging and Duplicating**

Biomedical Communications (Medical Art, Photography & Digital Imaging, and Duplicating) has been providing a full range of professional Photographic, illustration and computer graphics services to the surrounding medical institutions for over half a century. Information about their services can be found here:

<http://www.med.cornell.edu/art>

## **Education Center**

Apple G5 Computers with 22” monitors are available 24 hours a day on the 2<sup>nd</sup> floor of the medical college adjacent to Weill Auditorium. Students are allowed to print 150 pages a week for free from these computers.

# Email, Internet & Computing

## Email/Listserv

Email can be accessed on the web at <http://email.med.cornell.edu> from any location.

Your ORIGINAL password is the first three letters of the CWID (Cornell Wide ID, which is your email address) in lowercase and the first 5 digits of your social security number. You should change your default password as soon as possible.

Email clients (such as Eudora, Outlook Express, or Thunderbird) can also be used. You can configure your email client to use either POP3 or IMAP.

A POP (Post Office Protocol) configuration checks the server for new messages and downloads them to the computer for reading and sorting. Using a POP protocol you can automatically erase downloaded messages off the internet email server or have them remain so you can manually remove them at a later date. With a POP account, you can read old mail without being connected to the internet.

An IMAP (Internet Message Access Protocol) configuration accesses the e-mail messages directly on server and leaves them there. The messages can be read, deleted, and organized in to folders, but the messages never get downloaded to the computer. This means you must be connected to the internet to view old read mail.

Configure email clients with the following settings:

The address of the outgoing (SMTP) server is:

smtp.med.cornell.edu

The addresses of the incoming mail servers (POP/IMAP) are:

pop.med.cornell.edu

imap.med.cornell.edu

## **Password and Email Settings**

You can change your email password, set an automatic email vacation response, and view/change other email settings here: <http://myaccount.med.cornell.edu>

## **Quota**

Email messages to be either sent or received by the WMC e-mail system can not exceed a total of 75 megabytes in size, including the message and any attached file(s).

## **Spam**

During the 2005-06 year, GSEC has taken measures to remove ALL Spam from the GSEC listserv. Unfortunately, Spam can still enter your email inbox by other means.

Don't Despair! ITS has spam filters in place. You can manage the Antispam settings by clicking this link: <http://antispam.med.cornell.edu>

## **Graduate Student Listserv**

Students can send email to the graduate student listserv by sending email to this address: [grad-students@med.cornell.edu](mailto:grad-students@med.cornell.edu)

GSEC has taken measures to remove Spam from the listserv. As a result there will be a delay between the time the message is sent to the listserv and when the message is forwarded to the listserv recipients. Depending on when the message is originally sent this can be up to 24 hours. Messages sent during normal business hours will likely be approved immediately.

If you are not on the Graduate Student Listserv please contact [sun2003@med.cornell.edu](mailto:sun2003@med.cornell.edu)

*(How do you know if you are not on the listserv? You will not be receiving messages with [GRAD-STUDENTS] in the subject line each day. All 1<sup>st</sup> year students should already be added to the listserv)*

## **Internet**

For Graduate Students, any ITS (formerly OAC) connection is free. ITS connections are only provided in Lasdon House and Olin Hall. If you live off-campus or in Sloan-Kettering owned housing you must purchase your own service elsewhere.

Many students choose Time Warner Cable to receive high speed internet access or Earthlink (an affiliate of Time Warner). Please view [www.twcny.com](http://www.twcny.com) for more information on both of these providers.

If you live in Lasdon House or Olin Hall, ITS will be stationed in the lobby during orientation. You can also fill out an online form to request service:

<http://onlineforms.med.cornell.edu/>

Please call ITS at 212-746-4878 with questions.

## **GSEC and Grad School Perks**

Believe it or not there are lots of perks to being a graduate student at Weill Cornell! Here are just a few that we can exploit! For more information go to the following GSEC website: <http://med.cornell.edu/gsec/info/perks/index.shtml>

### **Tickets from Charlie!**

Discount Movie Tickets

Discount Broadway, Ballet, Opera, and Philharmonic Tickets

Discount Tickets to Asphalt Green

### **Conference Travel Stipend**

Presenting a poster or giving a talk at a Conference? Receive \$1000 from the Graduate School each year!

### **Cell Phone Service Discounts!**

Save on Verizon Wireless, Cingular, and Sprint/Nextel!

### **Health Club Special Offers!**

Global Fit Health Club - Up to 60% savings for you on month-to-month memberships!

[www.globalfit.com](http://www.globalfit.com)

800-294-1500

### **New York Health and Racquet Club - Save BIG!**

[www.nyhrc.com](http://www.nyhrc.com)

800-472-2378

### **Beauty, Health, and Spa Discounts!**

Save on Massages, vitamins, supplements, fragrances, and beauty products

### **Shopping Discounts!**

Save on Flowers, Gifts, Groceries, and Much More!

### **Technology Discounts! Save at the:**

Apple Higher Education Store

Dell Higher Education Store

IBM Higher Education Store

## New York Area Recreation

Each Friday, there is a happy hour that begins at 6:00pm with free beverages at the Student-Faculty club located in the 1<sup>st</sup> floor of RRL.

GSEC also sponsors a number of clubs. Check your email and the GSEC website for an updated list of clubs this year!

**Asphalt Green** is a state-of-the-art sports center at 91<sup>st</sup> Street and York Avenue. Graduate Students can purchase discounted day passes for \$5 for Asphalt Green in the Graduate School Office from Charlie Yandolino.

<http://www.asphaltgreen.com>

There are countless activities in New York City. Here are some guides worth checking out for more information on what is happening in the various neighborhoods of New York City.

To learn more about the unparalleled cultural, social and educational opportunities in NYC, visit the official NYC website at:

<http://www.nyc.gov>

**Time Out New York**, available at newsstands throughout the city, provides a schedule of current theatre, museum and gallery exhibits, as well as film, music and children's activities

<http://www.timeoutny.com/>

The following websites offer information about what to see and do in New York City:

<http://newyork.citysearch.com/>

<http://www.nycvisit.com>

<http://www.iloveny.com/>