

WELCOME TO

Discover URSMD Weekend **2024**

2024



SCHOOL OF  
**MEDICINE &  
DENTISTRY**  
UNIVERSITY *of* ROCHESTER









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# Welcome from the Dean

Dear Visiting Student:

Here at the University of Rochester School of Medicine & Dentistry, you hear and see many references to “Medicine of the Highest Order.” What exactly does that mean, how is it achieved, and what essential role does research play in this significant undertaking? You’ll find out this weekend as you become familiar with the rich opportunities in inquiry and discovery that await you as a Ph.D. candidate at the University of Rochester.

Let me say how very pleased we are to have you join us for what will be an informative and enlightening next couple of days. We hope you’re ready for a rigorous examination of what we have to offer, and what will be expected of you should you decide to attend here.

As part of the University of Rochester—a highly regarded R1 research institution—the School of Medicine & Dentistry is located in one of America’s most livable cities. The University of Rochester Medical Center (URMC) itself is well-funded, well-equipped, incredibly interdisciplinary, and staffed by some of the most gifted researchers anywhere. We have fostered a creative, professional atmosphere of inquiry that both demands and nurtures excellence. You’ll do outstanding work here, because all of us at URMC—as well as the prospective students accepted into our Ph.D. programs—aspire to nothing less.

We are proud of our collegial and close-knit research community. Our Ph.D. students are at the heart of URMC’s uniquely collaborative research, so I invite you to use this weekend as an opportunity to engage with our faculty, current students and your fellow peers. We hope that you’ll get a sense of what it’s like to learn, live and work here in Rochester.

On behalf of everyone at the School of Medicine & Dentistry, thank you for investing the time and effort to find out whether your future lies with us. We intend to make it worth your while.

Sincerely,

A handwritten signature in black ink, appearing to be 'R. Libby', with a long horizontal stroke extending to the right.

Richard T. Libby, Ph.D.  
Senior Associate Dean for Graduate Education and Postdoctoral Affairs  
University of Rochester Medical Center  
School of Medicine & Dentistry



# Welcome from the Graduate Student Society

Greetings!

On behalf of the Graduate Student Society (GSS), I welcome you to the University of Rochester and Discover URSMD Weekend 2024 for the School of Medicine and Dentistry. I sincerely hope that you enjoy these next few days as you get a picture of the unique learning experience and supportive community that Rochester has to offer.

GSS is a student organization that represents and supports all graduate students at the University of Rochester School of Medicine and Dentistry. GSS serves as a key interface between faculty and students and is the main graduate student organization for students enrolled in the graduate programs at the University of Rochester, School of Medicine and Dentistry. The Graduate Student Society:

- Represents the graduate study body through membership and active participation on numerous administrative committees
- Organizes charity/volunteer activities in the community including Willow Domestic Violence Center, Habitat for Humanity, and holiday food drives
- Honors outstanding faculty and students within the SMD
  - Faculty Awards for excellence in mentoring and promoting excellence in various realms of graduate education
- Coordinates social events such as holiday parties, wine tours, coffee hours, glass blowing, white water rafting, hockey games, virtual game nights, and more!

I hope that you enjoy the next few days visiting Rochester and the School of Medicine and Dentistry as you learn about and embrace our motto of *Meliora, Ever Better*.

Sincerely,



Madeline Jensen  
President, Graduate Student Society  
Ph.D. Student; Biochemistry and Molecular Biology



# Why Choose Rochester?

If you ask our students and alumni why they chose the University of Rochester School of Medicine & Dentistry, it comes down to two factors: our science and our people. The research happening in Rochester is made possible by creative scientists whose out-of-the-box thinking leads to incredibly unique collaborations and new possibilities. Our researchers have created a genuinely supportive and collegial scientific community that prioritizes mentorship and student success.

Individualized attention, close working relationships with your peers and faculty, and extensive participation in research are what you can expect from your experience in our graduate programs. We are a welcoming academic community with faculty mentoring, interdisciplinary programs, and progressively independent research opportunities.

## Interdisciplinary Collaboration

The School of Medicine and Dentistry's integration with the University of Rochester Medical Center—a leading academic medical center within an R1 university—affords opportunities to form collaborative partnerships with researchers and practitioners from multiple academic and health care disciplines.

By definition, all academic medical centers are interdisciplinary. But at Rochester, we do interdisciplinary differently. Our deep commitment to collaboration pushes us to see beyond boundaries. We pursue unexplored possibilities by asking new questions and forging unexpected partnerships.

This interdisciplinary environment allows you to pursue intellectual challenges in your specific field—as well as in other related areas of interest.

### Fast facts

- No. 47 ranking (US News & World Report National Universities category, 2023-24)
- \$176 million in NIH research funding (2022)
- 92% of 2021-22 Ph.D. graduates employed in a related field or pursuing further academic training in their first year after graduating.

## Student life

We know that choosing a graduate school isn't just about what you'll study. You're also making important choices about where you want to live. So, what is the city of Rochester all about? Rochester is one of America's most livable cities. Rich in history, arts, and culture, Rochester has all the amenities of bigger cities but has an undeniable sense of close-knit community—all while remaining incredibly affordable. For more on what it's like to live, learn, work and play in Rochester, see page 9.













# Diversity, Equity, and Inclusion at Rochester



The University of Rochester Medical Center aspires to make every person feel safe, welcome, and supported at all times; to be a place where everyone, regardless of identity or challenges they face, is lifted up to become their best and healthiest selves; to serve as a powerful force for eliminating racism, division, and exclusion in our communities and beyond.

As Rochester and other communities across the country grapple with racial injustices, URMCM views racism as a public health crisis. Our School of Medicine & Dentistry's students and trainees are key contributors to our [Equity & Anti-Racism Action Plan](#) guiding our work to make everyone feel welcome and supported in a richly diverse, inclusive medical center community. We invite you to help research and address health disparities globally and in Rochester.

**Learn more about our Equity & Anti-Racism Action Plan at [actionplan.urmc.edu](https://actionplan.urmc.edu)**

## Research

You'll find cutting-edge research on hundreds of topics undertaken by several thousand students, postdocs, and faculty researchers at the University of Rochester, fueled by over \$175M in annual grants from NIH and additional funding from other granting agencies. Visit our [Research Newsroom](#) to catch the latest headlines and check out a few highlights below that exemplify our commitment to diversity, equity and inclusion through our collective work.

- Marking another important step forward for our Equity and Anti-Racism Action Plan, the [UR CTSI](#) named a [founding director](#) for its new Office of Health Equity Research. Rochester native Edith Williams, Ph.D., who officially began her role as founding director of the office and associate professor of Public Health Sciences on Sept. 1, brings with her a rich combination of research expertise, institutional experience and local knowledge.

- A group, mostly consisting of neuroscientists, meets bi-weekly outside the lab with a simple but powerful common purpose – to fundamentally change the bench. The [Neuroscience Diversity Commission](#), established in 2020, is working on initiatives aimed at addressing issues related to diversity and inclusion in the field of neuroscience. They're working to provide real-world lab access to historically excluded students, bring in faculty that cultivate a place that values different perspectives and backgrounds, and create a space that will ultimately lead to better research. [Read more](#) about the latest work from the Commission.
- Public health researchers at URMCM concluded that [housing policies](#) established more than eight decades ago that effectively trapped people of color in low income and segregated neighborhoods continues to impact the health of residents to this day, specifically resulting in poor obstetric outcomes such as pre-term birth.





# Living in Rochester

**If you're looking for a great place to live, learn, work and play, take a look at Rochester.**

As the fourth-largest city in New York, Rochester is big enough to offer an array of cultural, recreational and leisure activities, and small enough to live affordably and navigate easily. Thanks to a cost of living significantly below the national average and proximity to the state's beautiful Finger Lakes region, many who come to Rochester to study choose to stay.



## Rochester Rankings

**#26** [Best Places to Live \(US News & World Report\)](#)

**#6** [Most Affordable Cities To Buy A Home In 2023 \(Forbes\)](#)

**#8** [Best Cities for Nightlife 2021 \(Rent.com\)](#)

## Art and Culture

Rochester's long list of museums, theatres, galleries and special events gives city dwellers year-round cultural experiences to enjoy. Here are a few favorites:

### Festivals

[Clothesline Arts Festival](#)

[Lilac Festival](#)

[Rochester International Jazz Festival](#)

### Museums

[Memorial Art Gallery](#)

[George Eastman Museum](#)

[The Strong National Museum of Play](#)

### Theatre & Music

[Eastman Theatre](#)

[Geva Theatre Center](#)

[The Little Theatre](#)

## Food & Drink

Whether you're in the mood for specific international cuisine or a place to enjoy drinks with friends, Rochester's dining scene has something for you. From Italian fare at [Grappa](#) in nearby College Town to house-brewed beers and small bites at [Swiftwater Brewery Company](#) down the road to Cajun classics downtown at [French Quarter Cafe](#)—the options are endless.

Outdoor Activities

Just steps away from campus, you'll find historic areas to explore, a diverse array of events and activities, and scenic gardens—as in Highland Park, home of Rochester's famous Lilac Festival. In a short drive, you can be on the shore of Lake Ontario, touring one of many wineries or craft breweries, taking in a concert, meandering through a museum, gathering farm-fresh foods at the Public Market, bicycling along the Erie Canal or hiking in the "Grand Canyon of the East"—Letchworth State Park. Rochester truly has something for everyone, every season of the year.

Sports

Rochester is home for many popular sports teams such as [Red Wings baseball](#), [Amerks hockey](#), and [RNY FC Soccer](#). Fair warning: for better or for worse, Rochesterians love the Buffalo Bills. Rochester is also one of the Northeast's premier golf destinations regularly hosting PGA, LPGA, and other prestigious golf tournaments.



For just a taste of what Rochester and the Finger Lakes region have to offer, check out this interactive map with a few selected attractions. (Scan the QR code)

Where We're Located

Rochester is located within 400 miles of 14 states and is within driving distance to major cities, including Toronto and New York City.



How far does my stipend go?

We know how important financial considerations are when you're weighing your grad school options. Our 2023-24 stipend for Ph.D. students is \$32,300—that's like earning [\\$84,378 in NYC!](#)

Compared to these cities,	Rochester's cost of living is:
New York City	62% lower
San Francisco	52% lower
Washington, DC metro	41% lower
Seattle	39% lower
Philadelphia	12% lower
Madison, WI	9% lower
Pittsburgh	5% lower

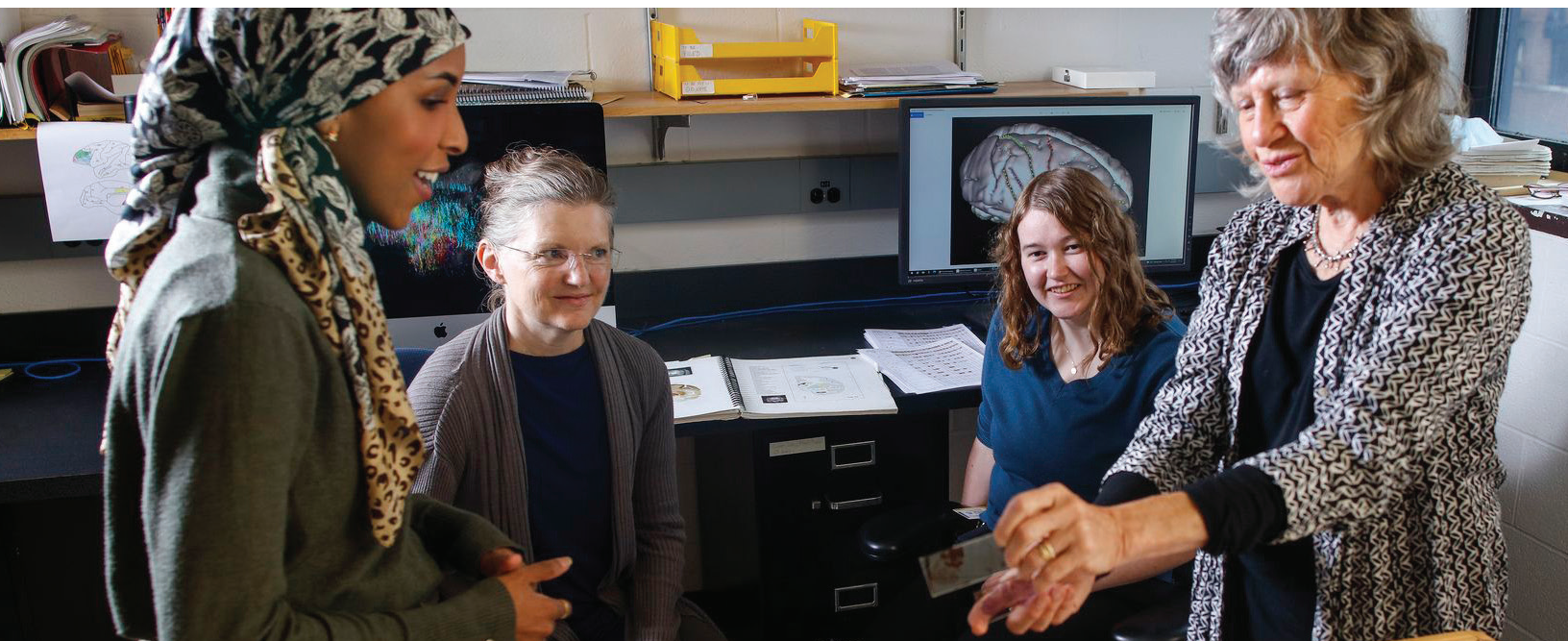


Resource: See how far your stipend goes compared to other cities with these cost-of-living calculators by [CNN Money](#) or [NerdWallet](#).



# Research at URM

University of Rochester School of Medicine & Dentistry scientists and clinicians attract a growing amount of NIH funding each year, well over the \$100M mark annually. Thanks to our highly collaborative research community, here are some of the exciting projects happening in Rochester.



## New Gene Therapy for Duchenne Muscular Dystrophy a “Monumental Advance”

Earlier this year, the U.S. Food and Drug Administration (FDA) granted accelerated approval of a new drug to treat ambulatory pediatric patients aged 4-5 years with Duchenne muscular dystrophy (DMD). This is the first gene therapy approved to treat this debilitating and fatal disease found almost exclusively in boys. Emma Ciafaloni, MD, is a neuromuscular neurologist with the University of Rochester Medical Center (URMC) Department of Neurology and Golisano Children’s Hospital, and director of the UR Medicine Duchenne Muscular Dystrophy Clinic, which treats boys with DMD from across upstate New York. She’s been involved in DMD clinical research for decades and URM was [one of the first three sites](#) in the nation to start dosing patients in the phase 3 clinical trial for the new gene therapy.

## Newly Discovered Anatomy Shields and Monitors Brain

From the complexity of neural networks to basic biological functions and structures, the human brain only reluctantly reveals its secrets. Advances in neuro-imaging and molecular biology have only recently enabled scientists to study the living brain at level of detail not previously achievable, unlocking many of its mysteries. The [latest discovery](#) from the labs of Maiken Nedergaard, co-director of our Center for Translational Neuromedicine is a previously unknown component of brain anatomy that acts as both a protective barrier and platform from which immune cells monitor the brain for infection and inflammation.

## URMC Researchers at Center of RSV Vaccine Development

After nearly five decades of vaccine development efforts, the [FDA approved Pfizer’s vaccine](#) for RSV prevention in older adults in May 2023. Edward Walsh, MD, professor of Medicine, has a long history with Pfizer, working on multiple viral pathogens over the years. This long-standing relationship led to URM being named a lead site with Walsh as national lead investigator for Pfizer’s phase 3 clinical trial of the RSV vaccine for older adults.

## A Fountain of Youth? These Researchers See It – Absent of Cancer

A longevity gene can be effectively transferred from one mammal to another to extend the lifespan and potentially fend off cancer, according to a [new study](#) by a University of Rochester and Wilmot Cancer Institute scientist. The next goal? To transfer the benefit to humans. The latest groundbreaking work was led by Vera Gorbunova, Ph.D., the Doris Johns Cherry professor of Biology and Medicine, and Andrei Seluanov, Ph.D., professor of Biology. The research part of a long series of studies involving the naked mole rat — a rodent that can live up to 41 years and will not likely contract age-related illnesses like cancer or heart disease.

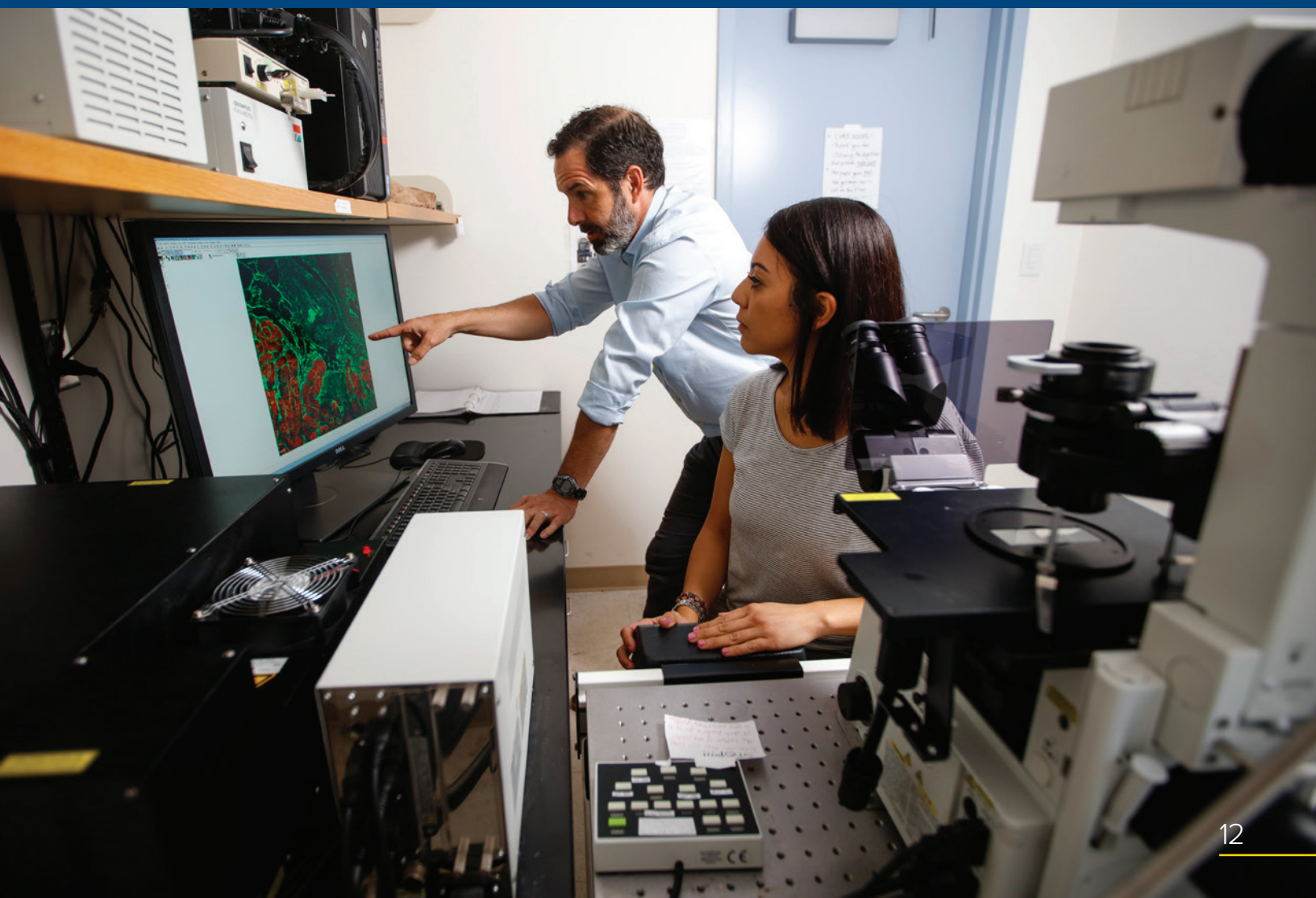


## Protecting the vulnerable, informing the future

Preventing the spread of an airborne virus can prove difficult in a population of people who do not understand social distancing and, in many cases, cannot wear or tolerate a mask. URMC researchers partnered with the Mary Cariola Center to [help prevent the spread of COVID](#) and also understand how the virus moves through people and a school building. This NIH funded project could change how organizations respond to airborne viruses in settings that support those with intellectual and developmental disabilities in the future.

## A Search Engine for mRNA: Algorithm Identifies Optimal Sequences to Improve COVID Vaccines

25 years ago, David Mathews, professor of Biochemistry & Biophysics, was a student in the lab of Douglas Turner, a now-retired professor of Chemistry at University of Rochester. Back then, little was known about RNA. Even though it was less popular than DNA-based research, Mathews and Turner were intrigued by the field. Together, they devised the Turner Rules—a set of parameters that predict the folding stability of RNA. Little did they know that this work would be integral to vaccine design. The rules are the backbone of Mathews' [latest research](#) which details an algorithm to identify mRNA sequences that lead to dramatically increased immune responses from COVID vaccines.





# myHub: Career Resources & Academic Support



myHub brings together eight critical areas, including writing services, alumni mentorship, events, fellowships and grants, research ethics, graduate student and postdoctoral groups, URBEST career services and internships.

## Empower your Education and Career

Resources provided through myHub:

- Career Stories with SMD Alumni
- Handshake
- Internship & Job Shadowing Funding Grants
- The Meliora Collective
- Networking events with alumni and employers
- Professional development seminars and workshops

myHub is led by Eric Vaughn, M.Ed., director of career services, and Elaine Smolock, Ph.D., director of Scientific writing services.

Learn more: [myhub.urmc.edu](https://myhub.urmc.edu)





# Recent Graduate Placement Facts

For information on career outcomes for our 2010-2022 graduates, [click here](#).

## 2021-2022 Ph.D. Graduate Placement Data

Who hired our 2021-2022 SMD Grads?

Position Type (50 total graduates)	Number	Percent
Academia	16	33%
Government/Nonprofit	11	22%
Industry	19	39%
Not currently employed	3	6%

- Agilent Technologies
- Akero Therapeutics
- Barnes-Jewish Hospital
- Bluebird Bio
- Bristol Myers Squibb
- Broad Institute of MIT and Harvard/Harvard Medical
- Charles River Laboratories
- CNL-Einstein
- Curia (formerly AMRI)
- Goldbelt Apex
- Harvard Medical School
- HDT Bio
- ICF
- Jackson Laboratories
- John Hopkins University
- OncoC4
- Phlotonics
- PPD (Part of Thermo Fisher Scientific)
- Roswell Park Cancer Institute, Health Research Inc
- Sanofi
- Seattle Children's
- Sherwin-Williams
- Shoreline Biosciences, Inc
- Stanford University
- Stony Brook University
- The Jackson Laboratory (2)
- The Janssen Pharmaceutical Companies of Johnson & Johnson
- The National Institute of Dental and Craniofacial Research
- The National Institutes of Health
- Travelers
- U.S. Department of Veterans Affairs
- University of California San Diego
- University of North Carolina Chapel Hill
- University of Pennsylvania (2)
- University Of Rochester (3)
- US Environmental Protection Agency (EPA)
- Vertex Pharmaceuticals
- Washington University at St. Louis
- Worldwide Medical
- WuXi AppTec
- Yale University (2)





# Center for Advanced Research Technologies

The University of Rochester School of Medicine & Dentistry is highly committed to providing shared instrumentation and core facilities in support of basic, translational and clinical research across departments and centers. Our Shared Resource Facilities play a central role in URM's Strategic Plan and exemplify our culture of interdisciplinary collaboration. [Read more here.](#)

## Center for Advanced Light Microscopy and Nanoscopy

The mission of the Center for Advanced Light Microscopy and Nanoscopy (CALMN) is to provide state-of-the-art microscopy imaging and image analysis capabilities to further biomedical and bio-optical research.

The CALMN lab provides access to high end confocal LSM, laser microdissection, conventional brightfield, immunofluorescence and multiphoton microscopy. The CALMN provides assistance with all imaging procedures, aids in customizing staining protocols, provides UR researchers the ability and expertise to obtain high quality imaging-based data from tissue, culture, and materials-based research studies and professional, customized assistance in image analysis to support high quality quantitative imaging and publications.

- Abberior STED
- Leica DMI8
- Olympus FVMPE-RS with 2 lasers
- Zeiss Palm MicroBeam Laser Microdissection
- Keyence BZ-X800 Epifluorescence Microscopes
- Imaris and Amira/Avizo for Image Analysis
- Nikon A1R HD Laser Scanning Confocal Microscope with TIRF
- Olympus FV1000 Laser Scanning Confocal Microscope

**Contact: Kaye Thomas, Ph.D., (585) 275 1317,  
[kaye\\_thomas@urmc.rochester.edu](mailto:kaye_thomas@urmc.rochester.edu)**

## Electron Microscopy Shared Resource Laboratory

The Electron Microscopy Shared Resource Laboratory supports investigators in their pursuit of studies involving electron microscopy.

Investigators can examine their research specimens on a Hitachi 7650 transmission electron microscope as the real-time digital image is displayed on a computer monitor. The size of each digital image captured is 7 MB and is saved as a TIFF or JPEG file.

The EM-SRL can also perform Scanning Electron Microscopy on any specimen type using a Zeiss Auriga SEM.

The electron microscopy core can now support cryo-electron microscopy projects. We offer screening at the negative stain and initial vitrification stages for single particle analysis (SPA) as well as preliminary data collection on proteins and/or complexes (MW > ~150 kDa). Outside of SPA, vitrification can be utilized to view other specimens in a more native state.

Examples include exosomes, virus-like particles (VLPs) or nano-materials (nano-particles and tubules) which have traditionally been imaged dehydrated following negative stain.

Samples are imaged with a 16 MP CMOS camera and can be acquired both manually or automated depending on the project.

**Contact: Karen Bentley, MS, (585) 275-1954,  
[karen\\_bentley@urmc.rochester.edu](mailto:karen_bentley@urmc.rochester.edu)**

## BioSafety Level 3 Core Facility

The Biosafety Level 3 (BSL3) core facility is available for use by any researcher at the university whose work requires the manipulation of biological agents that may cause serious or potentially lethal disease as a result of exposure by the inhalation route.

**Contact: Martin Pavelka, Ph.D., (585) 275-4670,  
[martin\\_pavelka@urmc.rochester.edu](mailto:martin_pavelka@urmc.rochester.edu)**

## Cold Storage Core

The CSC is a large area located in the medical center which provides a controlled environment designed for the long-term storage of clinical/research materials in -20°C or -80°C freezers.

The core also has four spare -80°C freezers that can be used by anyone in the University for emergencies. These spares are for short-term use (less than one month) while malfunctioning freezers are being repaired or replaced.

## Metabolomics Resource

The mission of the Metabolomics Resource is to support innovative metabolism-related research by providing the technological infrastructure and expertise required to comprehensively assess the complex metabolic landscape of biological samples.

The Metabolomics Resource is an up-and-coming resource for researchers in the Upstate New York region that enables small molecule identification and quantification in biological samples of interest. The Metabolomics Resource houses an Orbitrap Exploris 240 mass spectrometer, as well as dedicated staff for consultation and the analysis of biological samples.

**Contact: Bradley Smith, Ph.D.,  
[bradley\\_smith@urmc.rochester.edu](mailto:bradley_smith@urmc.rochester.edu)**

## Flow Cytometry Shared Resource

The URMC Flow Cytometry Resource provides investigators with state-of-the-art instrumentation along with the human expertise to support all that is possible now, while pushing the limits of what can be done with flow cytometry. The resource is equipped with a wide array of instrumentation that is rarely matched the world over. This includes 8 traditional analytical cytometers, two full spectrum cytometers, 3 cell sorters, 2 imaging cytometers, a small(nano) particle detection system, a Metabolomics instrument, a BioPlex200 bead based array instrument, and a mass cytometer.

In addition to providing access to and maintaining cytometry instrumentation the FCR is also dedicated to providing education and consultation to our investigators.

**Contact: Matt Cochran, MS (585) 273-4020,  
matthew\_cochran@urmc.rochester.edu**

## Genomics Research Center

The UR Genomics Research Center (GRC) provides core laboratory support, technical consultation, assistance with experimental design, execution, and data analysis for investigators using high-throughput next-generation sequencing (NGS), genotyping, and gene expression in their research programs.

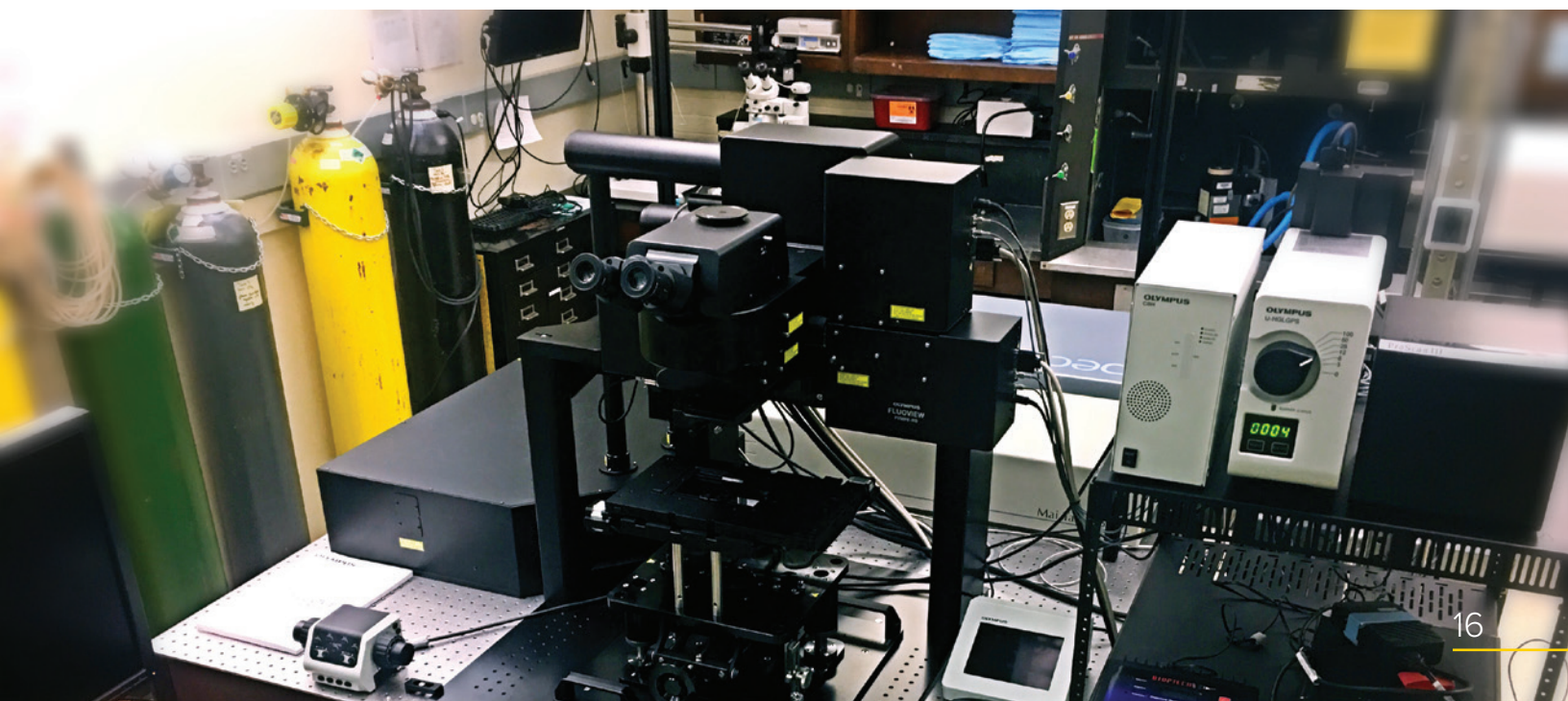
In addition, GRC staff lead collaborative projects with URMC investigators to develop new methodologies and incorporate emerging genomic technologies into faculty research programs and the GRC workflow. Dedicated computational support for hardware, data analysis, and storage of high-throughput sequence data is provided by the Center for Integrated Research Computing (CIRC) with 37 24-core computer nodes and 300TB of space dedicated solely for GRC analyses.

**Contact: (585) 275-7250,  
URGenomics@urmc.rochester.edu**

## Mass Spectrometry Resource Laboratory

The Mass Spectrometry Resource Laboratory (MSRL) provides instrumentation and technical expertise to local researchers seeking to conduct MS-based protein or small molecule assays. MSRL technicians assist with project design, sample preparation collection, and interpretation of mass spectrometric data. Common analyses include the identification of unknown proteins, characterization of protein complexes, mapping of post-translational modifications (PTMs), and quantification of peptides and small molecules from a range of sample types, including complex clinical matrices, tissue extracts, and cell lysates. Specialized MS instrumentation operated and maintained by the core include a Thermo Q Exactive Plus Hybrid Quadrupole-Orbitrap and a Fusion Lumos Tribrid mass spectrometer. The laboratory also has access to a variety of automated database searching software and resources to facilitate discovery-based proteomics projects.

**Contact: Sina Ghaemmaghami, (585) 275-4829,  
sghaemma@ur.rochester.edu or Kevin Welle,  
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# Graduate Student Clubs & Additional Resources

## Alliance for Diversity in Science and Engineering

Alliance for Diversity in Science and Engineering (ADSE)'s mission is to increase the participation of underrepresented groups in academia, industry, and government through graduate student organizations that reach out to students and scientists of all ages and backgrounds. ADSE provides a space where underrepresented graduate students in STEM fields from across the University can meet, network, and hold workshops and panels to openly discuss the issues they face.

## Brain Awareness Campaign

The University of Rochester's Brain Awareness Campaign is a community outreach program sponsored by the Rochester Chapter of the Society for Neuroscience.

## Daybreakers Toastmasters Club

Toastmasters International is a non-profit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. The University of Rochester club meets two to three times per month.

## Graduate Student Society (GSS)

The Graduate Student Society is an organization that supports the graduate students in the School of Medicine & Dentistry and exists to coordinate social events, organize charity/volunteer activities in the community, and honor outstanding faculty and students within the SMD.

## Graduate Students of Color (GSOC) Council

Graduate Students of Color aims to raise awareness in regard to diversity in higher education throughout the community and the University by serving as a voice and advocate for students of color regarding University policies.

## Graduate Students Raising Families (GSRF)

The aim of URM Graduate Students Raising Families (GSRF) is to find solutions to alleviate the problems that students have while balancing family life and educational pursuit.

## Graduate Women in Science (GWIS)

Graduate Women in Science provides mentoring for the professional and personal development of all graduate women at the University of Rochester Medical Center and College of Arts and Sciences.

## International Students & Scholars Association (ISSA)

The International Students and Scholars Association (ISSA) is a student-led organization dedicated to creating a vibrant and inclusive community for international students and scholars at the School of Medicine and Dentistry (SMD). ISSA recognizes the distinct challenges that international students face, including social integration, cultural assimilation, and navigating complex immigration rules. By fostering a sense of belonging and providing targeted support, ISSA aims to empower international students and scholars to thrive academically, professionally, and personally.

## Meliora Collective

The Meliora Collective for UR Student and Alumni Networking goes beyond what social media networks offer - an exclusive University of Rochester community of alumni, students, parents, and friends who want to make meaningful connections for personal and professional exploration and growth.





### outGRADS / oSTEM

outGRADS is a graduate student group that focuses on the needs of gender and sexual minorities (GSM) across all UR-affiliated schools and programs. For its members in science-related graduate programs, outGRADS is also recognized as an affiliate chapter of oSTEM. Out in Science, Technology, Engineering, and Mathematics, Inc. (oSTEM) is a national non-profit professional society dedicated to LGBTQ+ individuals within the science, technology, engineering, and mathematics community.

### Pre-doctoral Organization for the Neurosciences

The Pre-doctoral Organization for the Neurosciences (PONS) mission is to increase neuroscience awareness in Rochester and Western New York through an integrated organization.

### Postdoctoral Association (PDA)

The Postdoctoral Association provides career development and networking opportunities, as well as professional recognition specifically for postdoctoral appointees. Through these efforts the PDA hopes to contribute to the professional advancement of postdoctoral appointees and highlight the contributions of postdoctoral appointees to scientific research at the University of Rochester.

### Rochester Young Scientists Club

The Rochester Young Scientists Club focus is to engage fifth- and sixth-grade students in science experiences that promote science as a profession.

### Science Policy Initiative

The University of Rochester Science Policy Initiative is a group of graduate students and post-doctoral fellows that are passionate about science and public policy. The group organizes various skill building events and workshops so that trainees can get hands on experience with science policy. Seminars are held to facilitate discussion about science policy, better understand key issues that the nation and local government is facing and provide an opportunity to explore different career paths.

### SMD Ambassadors

The ambassador program develops relationships and fosters pride between current graduate trainees, postdoctoral trainees, medical students, and alumni through events, programs, tours, volunteering, and more. In addition to increasing student and trainee presence at alumni events, the program provides education on the variety of professional opportunities in medicine, research, academia, industry, government, and not-for-profit.

### SMD Entrepreneurs

SMD Entrepreneurs is designed to be a group that is focused on educating and promoting entrepreneurship to SMD GEPA trainees. Members will learn how to fill out a business model canvas and a business plan, develop and practice pitches in front of experienced students and judges, compete in pitch competitions for monetary prizes, network with local entrepreneurs and a prestigious network of Ain Center Alumni, and improve on valuable leadership skills that are transferable to any future professional setting.



### Society for Advancement of Chicanos/Hispanics and Native Americans in Science (SACNAS)

SACNAS is an inclusive organization dedicated to fostering the success of Chicanos/Hispanics and Native Americans, from college students to professionals, in attaining advanced degrees, careers, and positions of leadership in STEM.

### Susan B. Anthony Institute

The Susan B. Anthony Institute, based on the River Campus, supports the research and curricular development of graduate students whose work focuses on gender and women's studies. Graduate students, postdocs and PREP trainees may all take advantage of the Institute's many events and faculty research seminars.

### UR Thinkers

At UR Thinkers, our mission is simple: go public. Through training, practice, and community-based discussion, we aim to show scholars and community members alike that research of all disciplines is at its best when it's shared.

### University of Rochester Veterans Alliance

It is the University of Rochester Veterans Alliance mission to provide military veteran students, staff, faculty, and alumni and their families with the resources, support, and advocacy needed to succeed in higher education.

### UR Writing

Scientific writing is the cornerstone of success in academia. UR Writing is a trainee-led program that aims to provide comprehensive writing support for URSMD graduate students and postdocs. Through this program, we hope to help our fellow trainees become productive and prolific writers and to succeed academically and professionally.



# Ombudsperson Program

Ombudspersons provide confidential, neutral, independent, and informal advice to help trainees address their concerns.

The Ombudspersons provide a resource for and information about institutional policies, act as facilitators to help trainees resolve their problems and connect trainees with those who can help, accompany the trainee in discussions of problems or issues with faculty or administrators, and act as an informal mediator between the trainee and faculty or administrators.

## **Ombudspersons for SMD Research Trainees**

Bob Freeman, Professor of Pharmacology and Physiology

Medical Center room 4-6718

Phone: 585-273-4893

Email: [robert\\_freeman@urmc.rochester.edu](mailto:robert_freeman@urmc.rochester.edu)

Krystel Huxlin, Professor of Ophthalmology

Medical Center room G-3186

Phone: 585-275-5495

Email: [khuxlin@ur.rochester.edu](mailto:khuxlin@ur.rochester.edu)

Chris Seplaki, Associate Professor of Public Health Sciences

Saunders Research Building Room 3.238

Phone: 585-273-1549

Email: [christopher\\_seplaki@urmc.rochester.edu](mailto:christopher_seplaki@urmc.rochester.edu)



# University Counseling Center (UCC)

## Services for Full-Time Students

The University Counseling Center (UCC) provides comprehensive initial assessments, individualized treatment plans, and support to put such a plan into action to all University of Rochester full-time students who pay the mandatory health fee. Services include group therapy, referral services to community providers, brief individual and couples therapy, and psychiatry services for medication management.

## Time-Limited Therapy Model

Brief therapy is available for a variety of problems, including anxiety, depression, relationship difficulties, family problems, grief, school-related problems, and general discomfort about what's happening in a person's life.

Our therapists are licensed professionals and professionals-in-training from a variety of mental health disciplines. They employ many treatment approaches and draw upon a wide range of training and experience in the field of psychotherapy.

Before your first visit, you will be asked to complete assessment forms that will help us understand you better and aid in our working with you. This allows UCC to manage resources more efficiently and provide you with the most appropriate care.

## Confidentiality

We are extremely careful to protect the confidentiality of our records. Your University Counseling Center record is available only to those professionals directly involved in your care. UCC records are kept separate from URM records.

Information about your visits will not be disclosed without your written permission to any University official or faculty member or to your family, friends, or roommates except in very specific circumstances. Those circumstances are limited to instances when your own life or that of another person is in danger and the rare occasions when we are presented with a court order. Additionally, for evaluation purposes, we will not provide clinical information, even with your permission, to current or future employers or to agencies of the government, etc. We will, at your written request, provide clinical information to another professional for the purpose of your further treatment.

## Appointments—Call (585) 275-3113

Students can schedule appointments by calling the River Campus office. Eastman School of Music, Medical Center and School of Nursing students should call the River Campus office to schedule their initial assessment appointment.

## After-Hours Emergencies

Call (585) 275-3113 ~ 24 hours/7 days per week

Students who are in distress themselves or are concerned about a friend can call the UCC after-hours emergency service.

## Missed Appointments

If you are unable to keep your appointment, we ask you to call our office to cancel or reschedule. If you do not keep your appointment, your therapist will contact you to determine your desire to continue in treatment. It is possible your appointment time for the following session will be given to another student if we do not hear from you at that time.

## Recording Therapy Sessions

UCC is committed to providing high-quality services. We routinely make videotaped recordings of therapy sessions for review by our supervisory staff for program evaluation and for the therapist to plan for subsequent visits. Group therapy sessions are videotaped. Your therapist can answer questions about our policy.

## UCC Locations and Hours

### River Campus Office

UHS Building, 3rd floor  
(585) 275-3113

### Open weekdays

- 8:30 a.m.—6 p.m., Monday—Thursday
- 8:30 a.m.—5 p.m., Friday

### Medical Center Satellite Office

Please note that the MCO is currently closed until further notice.

### Eastman School Office

Room 107, ESM Student Living Center

A UCC therapist is available for limited hours at the Eastman School of Music during the academic year. Services are limited, and students who are initially seen may move to one of our fully staffed locations.



*Accredited by the*  
**ACCREDITATION ASSOCIATION**  
*for AMBULATORY HEALTH CARE, INC.*

For more information about UHS services, visit us online: [www.rochester.edu/ucc](http://www.rochester.edu/ucc)



# Graduate Student Housing

## University Housing Options

### Residential Life & Housing Services

The [Office for Residential Life](#) has several graduate housing options available for students and their families in any University graduate program.

University housing is limited and cannot be guaranteed for all those admitted into graduate programs at the University of Rochester.

Our communities encourage our residents and their families to become involved and celebrate the unique contributions each person can bring to this living and learning environment. There are many ways to participate—from potluck dinners to picnics, outings (such as apple picking) to biking, art classes to community gardening—with something for everyone at the level they wish to participate.

### Goler House

George Washington Goler House (GHS), built in 1972, is a 13-story high-rise building immediately adjacent to the Medical Center and a 10- to 15-minute walk from River Campus. The main entrance security system is controlled by resident telephones. A University bus stop is at the front door; shopping, public transportation, and restaurants are close by.

The 321 apartments are among the University's most spacious and include studio, one-, and two-bedroom apartments and are furnished.



### University Park

The University Park (UPK) apartment complex is a 15-minute walk from the River Campus and a five-minute walk from the Medical Center. Built in 1947, the lawn-bordered, two-story buildings include 40 studio, 86 one-bedroom, and 80 two-bedroom unfurnished apartments.

University Park is located within the [Rochester City School District](#) and has University bus service. Single applicants with identified roommates (IRMs) and applicants with children are given first priority in two-bedroom apartments. Preference in studios and one-bedroom apartments is given to couples and single applicants.



### Whipple Park

This complex of cedar-shingled, two-story buildings constructed in 1968 has a combination of 250 two-bedroom garden apartments and two- and three-bedroom town houses.

Whipple Park (WPK) is in a park-like setting bordered by wooded areas. It is approximately one mile from the Medical Center and a mile and a half from the River Campus. Whipple Park has landscaped grounds, a community garden, and low street noise. It has University bus service and ample parking facilities.

Town houses have laundry connections and are individually metered for electric service. Each town house has a basement suitable for storage. Several garden apartments have been modified to accommodate students with disabilities.

Applicants with children are given priority in Whipple Park town houses. Whipple Park is in the Rush-Henrietta School District. School buses come to the Whipple Park parking lot.

**Additional Details:** <https://www.rochester.edu/reslife/graduate/index.html>



### Off-campus housing

In addition, the University maintains an [off-campus housing database](#). It includes available properties, contact information for local real estate agents, and other pertinent information.

### White Coat Neighborhood

The [White Coat Neighborhood](#), so named because of its high concentration of physician and medical student residents, is a 20 square-block area south of Strong and west of Mount Hope Ave. (Note that some students also live directly on the other side of Mount Hope, where the housing is very similar to the WCN proper.) Within the White Coat is the SoLa neighborhood, which is located South of Lattimore Road and features some of the most appealing student housing. Most of the housing in the White Coat Neighborhood consists of single-family homes that can be easily and affordably shared by 3-4 people.

### More options

Rochester is a city of many distinctive and charming neighborhoods. Many students live in the South Wedge/Highland Park, Park Ave area, Neighborhood of the Arts (NoTA), and North Winton Village, among others. For more on Rochester's neighborhoods, check out [Celebrate City Living](#).



# Incoming Class Stats/Facts

## Characteristics of the 2023 Entering Ph.D. Class

The following report is a summary of the 69 members of the School of Medicine and Dentistry's 2023 entering class of Ph.D. students. They were selected from a total of 1,511 applicants. For stats on Ph.D. classes enrolling 2011-2022, [click here](#).

### Undergraduate Schools

The incoming students completed their undergraduate studies at the following schools. There is one incoming student from each school unless otherwise noted by a count.

- Agnes Scott College
- Allegheny College (2)
- American University
- Anhui Medical University at Hefei
- Appalachian State University
- Bennington College
- Binzhou Medical University
- Boise State University
- Boston College
- Brandeis University
- The British University in Egypt
- Brown University
- Calcutta University
- California State University at Sacramento
- The College of New Jersey
- Colorado State University (2)
- Dhaka University
- Elmira College
- Fudan University
- Hobart William Smith Colleges
- Indian Institute of Science Education and Research (IISER) in Tirupati
- Long Island University
- Marquette University
- McGill University
- National Chung Hsing University
- North South University
- Purdue University at West Lafayette
- Purdue University Main Campus
- Rochester Institute of Technology
- Saint Marys College of Maryland
- Rutgers University
- Sam Houston State University
- Shahjalal University of Science and Technology at Sylhet
- Skidmore College
- Stockton State University
- SUNY Fredonia
- SUNY Geneseo (3)
- Union College
- University at Albany
- University of Alabama at Birmingham
- University of California at Berkeley
- University of California at San Diego
- University of Isfahan
- University of Maryland College Park (2)
- University of Massachusetts at Amherst
- University of Mississippi Main Campus

- University of Nebraska at Omaha
- University of New Haven
- University of North Carolina at Chapel Hill
- University of Oklahoma Norman Campus
- University of Oregon
- University of Pharmacy
- University of Rochester (7)
- University of Utah
- University of Vermont and State Agricultural College
- Utica University
- Westminster College
- Willamette University

### Undergraduate Majors

There is one incoming student from each major unless otherwise noted by a count.

- Applied Statistics - Actuarial Science
- Biochemistry and Molecular Biology (4)
- Biochemistry (12)
- Biology (17)
- Biomedical Science
- Biotechnology
- Brain & Cognitive Sciences
- Cellular/Molecular Biology - Genetics
- Chemistry (2)
- Economics
- Environmental Studies
- Forensic Chemistry (2)
- Genetic Engineering and Biotechnology
- International Studies
- Life Science
- Microbiology (3)
- Molecular and Cell Biology
- Molecular Genetics (2)
- Neurobiology and Physiology
- Neuroscience (3)
- Pharmaceutical Sciences
- Pharmacy (2)
- Physics
- Psychology (2)
- Public Administration (2)
- Statistics (2)
- Stomatology
- Veterinary Medicine

### **Undergraduate GPA**

The average GPA was 3.64.

### **Domestic Students – State Residence**

There are 41 incoming domestic students.

- Alabama
- California (2)
- Colorado (2)
- Idaho
- Indiana
- Massachusetts (6)
- Maryland (4)
- North Carolina (4)
- Nebraska
- New Hampshire
- New Jersey
- New York (11)
- Oklahoma
- Pennsylvania
- Tennessee
- Texas
- Wisconsin (2)

### **International Students - Country of Origin**

There are 28 incoming international students.

- Bangladesh (3)
- Brazil
- China (12)
- Czech Republic
- Egypt
- Eswatini
- Georgia
- Germany
- India (4)
- Iran
- Myanmar
- Taiwan

### **Average English Language Test Scores**

Six students reported TOEFL scores with an average of 108.  
Three students reported IELTS scores with an average of 7.7.

### **Additional Degrees**

Twenty students in the 2023 incoming class hold Master's degrees or higher.

### **MD/Ph.D.**

Two entering Ph.D. students are enrolled in the MD/Ph.D. program.

### **Post-baccalaureate Research Education Program (PREP Program) Students**

One incoming student completed a PREP program.

### **Average Age**

The 69 incoming students have an average age of 23 years with a range of 19-37 years.

### **Race and Ethnicity**

The following summarizes how the 41 US Citizens and Permanent Residents in the incoming 2023 class identify their own race and ethnicity:

- American Indian – 2
- Asian – 5
- Black or African American – 6
- White – 28
- Not Reported – 1

### **Ethnicity**

- Hispanic – 3

### **Groups Underrepresented in Science**

Ten members (14%) of the incoming domestic 2023 class identify with one or more groups underrepresented in science.

Groups underrepresented in science include individuals from underrepresented racial and ethnic groups (African Americans, Hispanic Americans, Native Americans, Alaskan Natives, Hawaiian Natives, and natives of the U.S. Pacific Islands) and individuals with disabilities (those with a physical or mental impairment that substantially limits one or more major life activities).

### **Male/Female Ratio**

According to the students' self-reported information the male/female ratio of incoming students is the following:

- Female – 46 incoming students
- Male – 23 incoming students

### **Graduate Programs**

- Biochemistry and Molecular Biology – 5
- Biomedical Genetics and Genomics – 6
- Biophysics, Structural and Computational Biology – 2
- Cellular and Molecular Pharmacology and Physiology – 8
- Epidemiology – 2
- Health Services Research and Policy – 2
- Immunology, Microbiology and Virology – 9
- Neuroscience – 13
- Pathology – 6
- Statistics – 5
- Toxicology – 6
- Translational Biomedical Science – 5



# Connect with us!

## Social Media

### School of Medicine & Dentistry

- [Facebook](#)
- [X](#)
- [LinkedIn](#)
- [Instagram](#)

### Programs on Social

- Toxicology
- Public Health Sciences
- Neuroscience
- Immunology, Microbiology, Virology
- Biochemistry/Biophysics
- Translational Biomedical Science



## Phone Numbers & Websites

### General University Information

University of Rochester Medical Center Home Page

<http://www.urmc.rochester.edu/>

University Phone Book/Directory (Faculty, Staff)

<http://www.rochester.edu/FindPeople/>

### Graduate Student Information

Office for Graduate Education & Postdoctoral Affairs

[gepa.urmc.edu](http://gepa.urmc.edu) (585) 275-4522

Trainee Handbook

<http://www.urmc.rochester.edu/education/graduate/trainee-handbook/>

myHub Professional Development Resources

<http://www.urmc.rochester.edu/education/graduate/professional-development/>

Broadening Experiences in Scientific Training Program (URBEST)

<https://www.urmc.rochester.edu/education/graduate/myhub-professional-development/urbest-career-services.aspx>

Graduate Student Academic Calendar

<http://www.urmc.rochester.edu/education/graduate/current-students/academic-calendar.cfm>

Graduate Bulletin

<http://www.rochester.edu/GradBulletin/>

Graduate Student Society (GSS)

<http://www.urmc.rochester.edu/education/graduate/current-students/graduate-student-society/>

### Health Care

University Health Services (UHS)

<http://www.rochester.edu/uhs/>

Appointments (585) 275-2662

Insurance & Billing Info (585) 275-2637

University Counseling Center (UCC)

<http://www.rochester.edu/ucc/>

(585) 275-3113 24-hour on-call emergency service provided

### Safety & Security

University Security Services

<http://security.rochester.edu/>

On-Campus Emergency Only x13 or dial #413 from AT&T or Verizon cell phones

Non-Emergency (585) 275-3333

Medical Center Public Safety Office (585) 275-2221

## Specialized Assistance Programs

Sexual Violence Resources

<https://www.rochester.edu/public-safety/services/victim-support/>

RESTORE Hotline (585) 546-2777

CARE Network <https://www.rochester.edu/care/>

CAREnetwork@rochester.edu

Disability Resources

<https://www.rochester.edu/college/disability/>

Director of Equal Opportunity (585) 276-5075

SMD Access Services & Support

<https://www.urmc.rochester.edu/education/graduate/current-students/disability-supports-services.aspx>

Jen\_Proscio@urmc.rochester.edu

Center for Excellence in Teaching and Learning

<http://www.rochester.edu/college/cetl/>

International Services Office

<http://www.iso.rochester.edu/index.html>

(585) 275-2866

## Tuition, Billing & Financial Aid

SMD Bursar's Office

<http://www.urmc.rochester.edu/smd/bursar/>

(585) 275-4672

SMD Financial Aid Office

<https://www.urmc.rochester.edu/education/financial-aid.aspx>

(585) 275-4523

## Edward G. Miner Library

Edward G. Miner Library

<http://www.urmc.rochester.edu/hslt/miner/>

(585) 275-3361

Blackboard

<https://learn.rochester.edu>

(585) 275-2000

## Athletics/Gym Memberships

Goergen Gym/Athletics Center, River Campus

<http://www.rochester.edu/athletics/>

(585) 275-7643

Medical Center Athletic Club

<http://www.urmc.rochester.edu/fitness-wellness-center/>

(585) 275-2437

## Tech Support

Computing Center/Blackboard Support

[http://www.rochester.edu/blackboard/Contact\\_Support.html](http://www.rochester.edu/blackboard/Contact_Support.html)

ISD Help Desk Helpdesk\_ISD@URMC.Rochester.edu

(585) 275-3200

## Other University Services

Copy and Print Services

<http://www.rochester.edu/printcenter/>

(585) 275-3879

Parking and Transportation

<http://www.rochester.edu/parking/index.html>

(585) 275-4524

Mail Services

<https://www.rochester.edu/reslife/services/mail.html>

(585) 275-5208

ID Cards (585) 273-2000

Advantage Federal Credit Union Medical Center Branch

<http://advantagefcu.org>

(585) 454-5900

Chase Manhattan Bank Medical Center Branch

<http://www.chase.com>

(585) 242-0354

HSBC Bank Valley Office – 1475 Mt. Hope

<http://www.hsbc.com/1/2>







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