Welcome to Mayo Clinic Graduate School of Biomedical Sciences!

Congratulations on your decision to come to Mayo for your Ph.D. training!

In an effort to assist in your transition to the Mayo Clinic Graduate School of Biomedical Sciences, the Graduate Student Association (GSA) would like to offer this “survival guide” to help as you plan your arrival to the Mayo Clinic. This survival guide has been compiled from the combined wisdom of current and former graduate students, and we hope you find it useful. The guide covers many aspects of moving to Rochester/Arizona/Florida, commencing your coursework and laboratory rotations, and thriving (not merely surviving) during the graduate school transition.

For the first of what promises to be a wealth of advice:

Keep an open mind as you register for classes, and take classes beyond your projected area of expertise. Rotate within a lab that has no direct relevance to your track or research interests and learn a diverse set of techniques. Train to become a scientist with both breadth and depth of knowledge. Most importantly, find a project that excites you and a mentor who supports you. Set goals (small and large), and work diligently to reach them. Graduate students are the lifeblood of a research institution—still, remember to not only work hard, but also take time to relax, unwind, and cater to your other interests. Plainly stated, this means don't forget to have FUN and live a balanced life! Graduate school is not only a place for scientific training, but personal growth as well. In addition, graduate school is a place for crafting lifelong friendships and relationships both personal and professional . . . this is definitely something to keep in mind.

Best regards,

-Past and present members of the Graduate Student Association (GSA)
## Table of Contents

**Graduate School Administration**  ...  4

**Program Directors**  ...  6

**Office for Diversity, College of Medicine**  ...  7

**Graduate Student Association**  ...  8

**Mayo Graduate Students**
- Biochemistry and Molecular Biology  ...  9
- Biomedical Engineering and Physiology  ...  10
- Clinical and Translational Science  ...  11
- Immunology  ...  12
- Molecular Pharmacology and Experimental Therapeutics  ...  13
- Neuroscience  ...  14
- Virology and Gene Therapy  ...  15

**Student Perspectives**  ...  16
- Rochester, MN  ...  18
- Jacksonville, FL  ...  19
- Scottsdale, AZ  ...  23

**Laboratory Rotations**  ...  26

**Balancing Research, Classes, and Life**  ...  28

**Courses**  ...  30

**Studying**
- Places to study in Rochester, MN  ...  31
- Places to study in Jacksonville, FL  ...  33
- Places to study in Scottsdale, AZ  ...  35
- Textbook, computer, and web resources  ...  36, 37, 39

**Mayo Clinic Diversity and Education Blog**  ...  40

**Mayo Clinic Graduate School Social Media**  ...  41
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Program Directors
All tracks have a Program Director who heads the track and is a member of the MCGSBS Education Committee. Some tracks also have an Associate Program Director.

**Biochemistry and Molecular Biology**
- David Katzmann, Ph.D., Program Director
- John Hawse, Ph.D., Associate Program Director
- Elizabeth (EB) Allen, Track Coordinator

**Biomedical Engineering and Physiology**
- Carlos Mantilla, M.D., Ph.D., Program Director
- Armando Manduca, Ph.D., Associate Program Director
- Shirley Kingsley-Berg, Track Coordinator

**Clinical and Translational Sciences**
- Anthony Windebank, Ph.D., Program Director
- Stephen Ekker, Ph.D., Associate Program Director
- Becca Gas, Track Coordinator

**Immunology**
- Aaron Johnson, Ph.D., Program Director
- Andrea Oevering, Track Coordinator

**Molecular Pharmacology and Experimental Therapeutics**
- Richard Weinshilboum, M.D., Program Director
- Liewei Wang, M.D., Ph.D., Associate Program Director
- Terry Stephenson, Track Coordinator

**Neuroscience**
- Pamela McLean, Ph.D., Program Director
- Owen Ross, Ph.D., Associate Program Director
- Jane Meyer, Track Coordinator

**Virology and Gene Therapy**
- Michael Barry, Ph.D., Program Director
- Stephanie Ferguson, Track Coordinator
Office for Diversity, College of Medicine

Yonas Geda, M.D.
Associate Dean for Diversity and Inclusion

J. Luis Lujan, M.S., Ph.D.
Program Manager - Assistant Dean for Diversity and Inclusion

Nicole Nfonoyim-Hara
Program Director

Barbara Jordan
Administrator

Marcy Averill
Program Director

Cheryl Dornink
Operations Specialist-Education

Nicole Nfonoyim-Hara
Program Director

Yoshika Ikeda
Administrative Assistant/Data Assistant

Chara Chamie, M.P.H.
Program Director

Cheryl Dornink
Operations Specialist-Education

Joyce (Joy) Balls-Berry, Ph.D.
Sr. Associate Consultant - Director of Diversity Education

Caleta Beards
Administrative Assistant

Dalia Mikhail, Ph.D.
Research Fellow

Peter Grahn, Ph.D.
Sr. Engineer

Ashley Jagodzinski
Administrative Assistant
Graduate Student Association

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Nidhi Desai

Track Representatives

Biochemistry and Molecular Biology (BMB)
David Tse & Paige Arneson

Biomedical Engineering & Physiology (BMEP)
Matthew Brown & April McPherson

Clinical & Translational Science (CTS)
Alaa Koleilat & Hirotaka Ata

Immunology (IMM)
Laura Becher

Neuroscience (NSC)
Ethan Grund

Molecular Pharmacology & Experimental Therapeutics (MPET)
Katherine Caflisch & Brooke Paradise

Virology & Gene Therapy (VGT)
Jeffrey Rubin
Mayo Graduate Students
Mayo graduate students (and their advisors) are listed below according to their track. The photos that follow include all graduate students from 2018-2019 and many include recent graduates. They are a good source of knowledge about classes, advisors, labs, student life, and fun.

Biochemistry and Molecular Biology (BMB)
Click here for current students’ photos

<table>
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<tr>
<th>Student</th>
<th>Advisor</th>
<th>Campus</th>
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<tr>
<td>Mohammed Al Suraih</td>
<td>Nicholas La Russo, M.D.</td>
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<tr>
<td>Paige Arneson</td>
<td>Jason Doles, Ph.D.</td>
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<td>Kirsten Aspros</td>
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<td>Kevin Burton</td>
<td>Mark McNiven, Ph.D.</td>
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<tr>
<td>Tyler Bussian</td>
<td>Darren Baker, M.S., Ph.D.</td>
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<td>Ismail Can</td>
<td>Jan van Deursen, Ph.D.</td>
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<tr>
<td>Elizabeth Dillinger</td>
<td>Peter Harris, Ph.D.</td>
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<tr>
<td>Luke Doskey</td>
<td>David Katzmann, Ph.D.</td>
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<td>Kristina Drizyte-Miller</td>
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<tr>
<td>Alicia Fleming Martinez</td>
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<td>Luis Flores</td>
<td>Martin Fernandez Zapico, M.D.</td>
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<tr>
<td>Martina Gluscevic</td>
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<tr>
<td>Sara Graves</td>
<td>Darren Baker, M.S., Ph.D.</td>
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<tr>
<td>Omar Gutierrez Ruiz</td>
<td>Gina Razidlo, Ph.D.</td>
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<td>Danielle Hernandez</td>
<td>Edward Leof, Ph.D.</td>
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<td>Sarah Jachim</td>
<td>Nathan LeBrasseur, Ph.D., M.S.</td>
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<tr>
<td>Scott Johnson</td>
<td>Jun Liu, Ph.D.</td>
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<td>Calley Jones</td>
<td>John Hawse, Ph.D.</td>
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<td>Jazeel Limzerwala</td>
<td>Jan van Deursen, Ph.D.</td>
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<td>Christine Mehner</td>
<td>Evette Radisky, Ph.D.</td>
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<td>Pei Ng</td>
<td>Darren Baker, M.S., Ph.D.</td>
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<tr>
<td>Sowmiya Palani</td>
<td>Yuichi Machida, Ph.D.</td>
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<td>Keenan Pearson</td>
<td>Louis Maher, Ph.D.</td>
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<td>Panagiotis Anastasiadis, Ph.D.</td>
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<td>Luis Prieto</td>
<td>Darren Baker, M.S., Ph.D.</td>
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<td>Annycelci Santiago</td>
<td>Jan van Deursen, Ph.D.</td>
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<td>Shafiq Shaikh</td>
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<tr>
<td>Ao (Kevin) Shi</td>
<td>Atta Behfar, M.D., Ph.D.</td>
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<td>Cynthia Sieben</td>
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<tr>
<td>Chun Che (Ted) Tseng</td>
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<tr>
<td>Sierra Walker</td>
<td>Joy Wolfram, Ph.D.</td>
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</table>
Biomedical Engineering and Physiology (BMEP)

Click [here](#) for current students’ photos.

<table>
<thead>
<tr>
<th>Student</th>
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<th>Campus</th>
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<tbody>
<tr>
<td>Katherine Arnold</td>
<td>TBD</td>
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<tr>
<td>Anders Asp</td>
<td>Luis Lujan, Ph.D.</td>
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<tr>
<td>Irena Balzekas</td>
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<td>Lydia Bardwell</td>
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<tr>
<td>Alyssa Brown</td>
<td>Gary Sieck, Ph.D.</td>
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<tr>
<td>Matthew Brown</td>
<td>Aleksey Matveyenko, Ph.D.</td>
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<tr>
<td>Jonathan Calvert</td>
<td>Kendall Lee, M.D., Ph.D.</td>
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<tr>
<td>Sydney Gorman</td>
<td>TBD</td>
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<tr>
<td>Philip Holmes</td>
<td>Matthew Urban, Ph.D. &amp; Shawn O’Driscoll, M.D., Ph.D.</td>
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<tr>
<td>Nathan Huber</td>
<td>Cynthia McCollough, Ph.D.</td>
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<td>Dakota Jones</td>
<td>Daniel Tschumperlin, Ph.D.</td>
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<td>Caitlin Jorgenson</td>
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<td>Soudabeh Kangar</td>
<td>Stephen Riederer, Ph.D.</td>
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<td>Marcello Laurenti</td>
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<tr>
<td>Manuela Lopera Higuina</td>
<td>Leigh Griffiths, Ph.D., MRCVS</td>
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<td>Daniel Macias</td>
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<td>Victoria Marks</td>
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<td>Gabriel Martinez Galvez</td>
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<td>April McPherson</td>
<td>Clifton Haider, Ph.D.</td>
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<td>Dushyant Mehra</td>
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<td>Nolan Meyer</td>
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<td>Brandon Nelson</td>
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<td>Evan Nicolai</td>
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<tr>
<td>Joseph Panos</td>
<td>Christopher Evans, Ph.D.</td>
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<td>Kylee Schaffer</td>
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<td>Jonathan Scott</td>
<td>Richard Ehman, M.D.</td>
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<td>John Strikwerda</td>
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<td>James Trevathan</td>
<td>J. Luis Lujan, M.S., Ph.D.</td>
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<td>Christina Webber</td>
<td>Kenton Kaufman, Ph.D.</td>
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<tr>
<td>Alexander Weston</td>
<td>Bradley Erickson, M.D., Ph.D.</td>
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<tr>
<td>Lydia Wheeler</td>
<td>TBD</td>
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<tr>
<td>Casey Whitney</td>
<td>Carlos Mantilla, M.D., Ph.D.</td>
<td>RST</td>
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</table>
### Clinical and Translational Science (CTS)

Click [here](#) for current students’ photos.

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<tr>
<th>Student</th>
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<tr>
<td>Hinnah Abid</td>
<td>Ian Lanza, Ph.D.</td>
<td>RST</td>
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<td>Stephanie Anguiano-Zarate</td>
<td>Michael Barry, Ph.D.</td>
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<td>Amelia Barwise</td>
<td>Ognjen Gajic, M.D.</td>
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<tr>
<td>Susanna Basappa</td>
<td>Lila Rutten, Ph.D.</td>
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<tr>
<td>Bradley Bowles</td>
<td>Eric Klee, Ph.D.</td>
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<tr>
<td>Damian Di Florio</td>
<td>DeLisa Fairweather, Ph.D.</td>
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<tr>
<td>Elizabeth Eckert</td>
<td>Stephen Russell, M.D., Ph.D.</td>
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<tr>
<td>Maria Irazabal Mira</td>
<td>Vicente Torres, M.D., Ph.D.</td>
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<td>Josiane Joseph</td>
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<td>Catherine Knier</td>
<td>Mike Fautsch, Ph.D.</td>
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<td>Ahaa Koleilat</td>
<td>Stephen Ekker, Ph.D.</td>
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<tr>
<td>Aarti Kolluri</td>
<td>Lewis Roberts, M.B., Ch.B., Ph.D.</td>
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<tr>
<td>Shaheen Kurani</td>
<td>Nilay Shah, Ph.D.</td>
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<tr>
<td>Ethan Law</td>
<td>Quinn Peterson, Ph.D.</td>
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<tr>
<td>Joshua Ohde</td>
<td>David Warner, M.D.</td>
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<tr>
<td>Erica Power</td>
<td>David J Daniels, M.D., Ph.D.</td>
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<td>Aaron Rusheen</td>
<td>Kendall Lee, M.D., Ph.D.</td>
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<tr>
<td>Megan Settel</td>
<td>Kip Ludwig, Ph.D.</td>
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<tr>
<td>Kari Turkowski</td>
<td>Michael Ackerman, M.D., Ph.D.</td>
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<td>Kenneth Valles</td>
<td>Lewis Roberts, M.B., Ch.B., Ph.D.</td>
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<tr>
<td>Stefanie Velgos</td>
<td>Yonas Geda, M.D.</td>
<td>ARZ</td>
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**Immunology (IMM)**

Click [here](#) for current students’ photos.

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<tr>
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<tr>
<td>Whitney Barham</td>
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<td>Paul Belmonte</td>
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<td>Sarah Castro</td>
<td>Larry Pease, Ph.D.</td>
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<tr>
<td>Luz Cumba-Garcia</td>
<td>Ian Parney, M.D., Ph.D.</td>
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<tr>
<td>Barsha Dash</td>
<td>Virginia Shapiro, Ph.D.</td>
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<tr>
<td>Nidhi Desai</td>
<td>Jie Sun, Ph.D.</td>
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<tr>
<td>Laura Becher</td>
<td>Svetomir Markovic, M.D., Ph.D.</td>
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<tr>
<td>Cori Fain</td>
<td>Aaron Johnson, Ph.D.</td>
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<td>Cody Fisher</td>
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<td>Emma Goddery</td>
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<td>Benjamin Himes</td>
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<td>James (Jay) Jenkins</td>
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<td>Roman Khadka</td>
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<td>Michael Medlyn</td>
<td>Dan Biladeau, Ph.D.</td>
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<td>Richard Vile, Ph.D. and Hu Li, Ph.D.</td>
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<td>Anjali Panicker</td>
<td>Leigh Griffiths, Ph.D</td>
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<td>Zachariah Tritz</td>
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<td>Baustin Welch</td>
<td>Kay Medina, Ph.D.</td>
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<td>Drew Willfahrt</td>
<td>Virginia Shapiro, Ph.D.</td>
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<td>Yue Wu</td>
<td>Jie Sun, Ph.D.</td>
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<td>Nazanin Yeganeh Kazemi</td>
<td>Svetomir Markovic, M.D., Ph.D.</td>
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<tr>
<td>Lila Yokanovich</td>
<td>Aaron Johnson, Ph.D.</td>
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Molecular Pharmacology and Experimental Therapeutics (MPET)
Click [here](#) for current students’ photos.

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<tr>
<td>Lindsey Andres-Beck</td>
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<td>Mark Li</td>
<td>Atta Behfar, M.D., Ph.D.</td>
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<td>Katherine Minter Dykhouse</td>
<td>Timothy Nelson, M.D., Ph.D./Clifford</td>
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<td>Deborah Msekela</td>
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<td>Richard Weinshilboum, M.D.</td>
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<td>Andre van Wijnen, Ph.D.</td>
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<td>Brooke Paradise</td>
<td>Martin Fernandez Zapico, M.D.</td>
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<td>Utkarsh Tripathi</td>
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<td>Tamiel Turley</td>
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<td>Jacqueline Zayas</td>
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Neurosciences (NSC)
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<tr>
<td>Rawan Al-kharboosh</td>
<td>Alfredo Quinones-Hinojosa, M.D.</td>
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<tr>
<td>Jeremy Burgess</td>
<td>Pamela McLean, Ph.D.</td>
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<tr>
<td>Daheun (Chloe) Chung</td>
<td>Leonard Petrucelli, Ph.D.</td>
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<td>Charles Howe, Ph.D.</td>
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<td>Jannifer Lee</td>
<td>Wilfried Rossoll, Ph.D.</td>
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<td>Daniel Lindberg</td>
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<tr>
<td>Emily Norton</td>
<td>Hugo Guerrero Cazares, M.D., Ph.D.</td>
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<td>Seungleal (Brian) Pack</td>
<td>Luis J. Lujan, Ph.D., M.S.</td>
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<tr>
<td>Sabhya Rana</td>
<td>Carlos Mantilla, M.D., Ph.D.</td>
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<tr>
<td>Jonathon Sens</td>
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<td>Miranda Standiford</td>
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<td>Phillip Starski</td>
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<td>Erin Triplet</td>
<td>Isobel Scarisbrick, Ph.D.</td>
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<td>Katheryn Wininger</td>
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<td>Aleksandra Wojtas</td>
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<td>Manling Xie</td>
<td>Long-Jun Wu, Ph.D.</td>
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<tr>
<td>Hyejin Yoon</td>
<td>Jungsu Kim, Ph.D.</td>
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Virology and Gene Therapy (VGT)

Click [here](#) for current students’ photos.

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<tr>
<td>Karol Budzik</td>
<td>Stephen Russell, M.D., Ph.D.</td>
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<tr>
<td>Susanna Concilio</td>
<td>Stephen Russell, M.D., Ph.D.</td>
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<tr>
<td>Ryan Donohue</td>
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<td>Christopher Driscoll</td>
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<td>Angela Florio</td>
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<td>Crystal Mendoza</td>
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<td>Naga Rallabandi</td>
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<td>Amanda Terlap</td>
<td>Atta Behfar, M.D., Ph.D.</td>
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First and foremost, let us give you an early welcome to Mayo Clinic Graduate School of Biomedical Sciences! It's a wild ride to say the least, but before you dive head first into your life as a rookie Mayo graduate student, let us shed some light and share some wisdom about your first year. We are sure you have all seen Ph.D. comics and memes so let's be honest—this is tough work and it will be an adjustment for some of you. As you begin to navigate through graduate school (and the underground maze we call the subway), here are a few helpful guidelines that may make the change go a little smoother.

Get to know the other people in your classes.
Depending on your undergraduate background, classes can be something of an adjustment, and study groups can be a great way to get through them. This group of students is going through the exact same things that you are with classes, rotations, and adjusting to graduate school life. It is in your best interest to take advantage of this built-in support system. Plus, it's the easiest way to quickly make friends to hang out with after work. In previous years, it helps for the matriculating class to organize get-togethers to meet and interact outside the realm of school.

Go to the Graduate Student Association social events.
The GSA events, which occur every month or two on the Rochester campus, are designed to increase camaraderie between graduate students across tracks, so they can be great places to connect with familiar faces and to meet some new students. The activities include socials, bowling, volleyball, and baseball games, and they're all free or provided at a reduced cost.

Ask lots of questions to many people before deciding on a lab.
Lab rotations are about establishing the best environment for your thesis work and finding the right mentor for you. Pick your rotations wisely and use your time within the rotation effectively, because you want to know if you could stay there for the duration of a thesis project. Make sure the advisor is awesome to work with and matches the mentor-mentee style that is most beneficial for you. PS. the more pro-student the mentor is are, the better.

Take advantage of everyone as you get a feel for the lab. Talk to as many students that have rotated in, stayed in, left, or graduated from the labs you’re interested in. The students can be your greatest resource in figuring out what a lab is really like. Next, interact with the mentor as much as possible. They are going to be the person guiding you for the next 5 years, so make sure they teach in a way that you learn well from.

Also, don’t forget about the post-docs, research fellows, and technicians — you may be interacting with them even more than your mentor, so be sure to take them into consideration when you make your decision and talk to them about their opinions of the lab environment as well. It also helps to begin to set up lab rotations for the entire year in advance. Don’t wait until the last week of your current rotation to think about the next rotation. Additionally, meet with your prospective lab rotation PI ahead of starting the rotation to get an understanding of what project you will be working on or lay out any expectations you have in regards to the rotation. If you have already decided on a lab you want to join, make use of the rotations to establish a good working relationship with a faculty member you could collaborate with in the future or someone you could have on your thesis committee meeting. It’s never too early to lay the groundwork for this.

Work hard, but try not to let the work break you down.
Don’t freak out about coursework. The point of classes is for you to develop a fundamental understanding of topics in biomedical research which will improve the quality of your thesis work. If you don’t get a 100% on each exam, it is not the end of the world, but make sure you understand the material even if you aren’t the best test taker. The first-year classes are going to be the hardest so get through them and look forward to thesis work once those classes commence.

As you probably already know from previous research experience, most of the things you try in the lab aren’t going to work. There will be many days where you feel stupid, incompetent, and completely frustrated. Those are the days you second guess yourself and think, “Who in their right mind would want to do a PhD?” Well, that would be you and, like all of the rest of us, you’ll get through it. I promise. And always keep and open line of
17

communication with your mentor and peers. Don’t isolate yourself and don’t compare yourself to others. We all need some support and guidance to get us over that hump.

Days when it does break you – and it will – find an activity that helps you blow off the steam.
A number of graduate students are involved in Rochester recreation sports like volleyball, basketball, softball, soccer, and tennis, and it’s always possible to find someone with a team to join. Otherwise, you can usually convince fellow students into a run, happy hour, a game of ultimate Frisbee, movie night, or just about anything. Although Rochester might seem small at first, there are plenty of things to do. Hopefully this survival guide will direct you to some of those resources.

Take time to live.
With all the time it takes and experiments we have to get done, it can be easy to get caught up in lab work and classes. There will always be one more experiment to get done, and you can always get one more point on a homework assignment, but sometimes stopping and taking a break to see friends and have fun can actually make you more productive and happier in the long run.

Good luck!
We won’t lie to you and say that any of this is going to be easy, but you should feel proud and honored to be a part of Mayo Clinic Graduate School of Biomedical Sciences. You’re going to be learning things from some of the brightest minds in the world, and making friends that you’ll have for the rest of your life. So take a deep breath, take advantage of everything Rochester has to offer, and enjoy graduate school!

Incoming class—you are Mayo Clinic Graduate School of Biomedical Sciences’ latest and greatest. We are excited to have you join us.

Welcome to Mayo!
Emma Goddery & Tamiel Turley
2018-2019 GSA Co-Presidents
If you’re moving to Rochester to attend Mayo Clinic Graduate School, you’re likely undergoing a major life transition. You’re in a new town, maybe even a new state, and you probably only know a few familiar faces from interview weekends. Even in adulthood, change and making new friends can still be terrifying. Try to relax! You are not alone, everyone in your matriculating class is in the same boat you are, and the rest of us were all there at some point in the last few years. Rochester may seem like a very small town for some of you. However, Rochester will have everything you need to thrive while completing your degree. We would like to emphasize the fact that the size of the town does not matter as long as you make and covet relationships with your peers and spend time with loved ones (plus, the Twin Cities are only an hour away!).

Life in Rochester is quite enjoyable, especially in the warmer months. In fact, Rochester has been ranked one of the top 100 places to live in the United States, and is extremely family friendly. Additionally, Rochester is rapidly growing and expanding, with a “Destination Medical Center” endeavor that will lead to growth in population and in jobs. Rochester draws people in from all over the world and has a great economy through the clinic, culture, tourism, and amenities that it offers. Weekly gatherings in the spring, summer, and winter offer live bands, food, crafts, and vendors. Yummy new restaurants and bars are added in Rochester each year. Rochester also has its own International Airport for ease of travel.

There are many nearby towns to explore that incorporate small-town living. Some of these towns may even be places to consider buying a house. These towns include Byron, Kasson, Mantorville, Stewartville, Zumbrota, Pine Island, and beyond. Many of these towns are also growing.

In regards to the graduate school, Rochester is the home base for the Biochemistry and Molecular Biology track, Biomedical Engineering and Physiology track, Clinical and Translational Sciences track, Immunology track, Molecular Pharmacology and Experimental Therapeutics track, and Virology and Gene Therapy track. There are over 300 faculty with full MCGSBS privileges at the Rochester campus, and you can find researchers conducting basic science studies to clinical trials and beyond. Many of the core research facilities can be found in Rochester (https://www.mayo.edu/research/core-resources) and amenities are abundant for you to conduct your research and achieve work-life-balance outside of school in the town of Rochester.

We urge you to read the GSA’s “Life in Rochester Student Survival Guide” to learn all you need to know about living in Rochester. This guide includes information about housing (buying vs. renting), utilities, grocery stores, food, winter survival, life outside of school, budget, leisure, athletics, and more!

Best of luck!
Emma Goddery (originally from Colorado, moved here from Arizona, still thriving in Rochester!)
Jacksonville, Florida

Congratulations on making a very wise decision to come to Mayo Clinic Graduate School of Biomedical Sciences! We are writing you to let you know that just because you chose Mayo does not mean you choose to spend your next 5 years living in Rochester, MN. One of our favorite things about Mayo is that it has 3 locations thereby giving us graduate students the opportunity to check out 3 different cities in 3 very different climates, each having their own distinct flavor of research! After checking out labs at all 3 campuses (which we highly suggest you do), we chose a lab at the Jacksonville campus for a variety of reasons. Let’s start with the science side of things – after all, that’s what we’re all doing here, isn’t it?

**Jacksonville - the science side:**
Mayo Clinic Jacksonville is predominantly known for its research in Neurosciences as well as Cancer biology. All researchers enjoy access to state-of-the-art facilities that include animal core facility, histopathology facility, RNA interference core facility, imaging facility, Flow Cytometry facility, and a Brain bank and accession core.

**Neuroscience Department**
- 16 Principal Investigators
- Research Focus: Parkinson’s Disease, Alzheimer’s Disease, ALS, and other causes of frontotemporal dementia and neurodegeneration

**Mission**
- Identifying novel genes and variants implicated in neurodegeneration for individuals who are at increased risk for development of these diseases
- Understanding disease mechanisms, or the cellular and molecular processes associated with disease
- Developing animal and cell culture-based models of neurodegenerative diseases
- Discovering effective therapies to target disease mechanisms
- Evaluating therapies in clinical settings
- Developing diagnostic paradigms that will enable better management of disease biomarkers

**Highlights**
- Patient participation in basic research and clinical trials
- Extensive biospecimen collection

**Cancer Department**
- 16 Principal Investigators
- Research Focus: translational cancer research in breast, pancreatic, thyroid, prostate, brain, ovarian, lung, skin, kidney, liver, and hematologic malignancies

**Mission**
- Delineating molecular drivers of tumor progression, proliferation, invasion and metastasis
- Identification of novel targets for therapy
- Understanding molecular mechanisms of drug resistance
- Development of novel biological models

**Highlights**
- Integration of three-site Mayo Clinic Comprehensive Cancer Center
- Participation in several Specialized Programs of Research Excellence (SPORES) that involve multi-institutional collaboration
- Several MCF findings have translated into clinical trials
• Access to clinical biospecimens

What's New?
Recently, Mayo Clinic Jacksonville has enjoyed growth within the research departments, expanding the research focus to include tumor immunology (cancer vaccine, T cell vaccine, Adoptive T cell therapy), cardiomyopathy (atherosclerosis & inflammation of the cardiovascular system), and nanomedicine. Within the past three years, we have welcomed several new PI's, who have helped to establish several new research departments including Neurosurgery Research, Cardiovascular Disease Research, and Immunology.

Jacksonville – the life outside of lab side:

Clubs/activities
Thanks in part to the tropical climate, Jacksonville residents enjoy the ability to participate in numerous clubs and amateur sporting leagues year-round, which include Rowing, Running, Surfing, Paddleboard, Boating, Golfing, Hiking, Cycling, Kayaking, Fishing, Camping, Rugby, Softball, Basketball, and Kickball to name a few.

Sports
As a major metropolitan area, Jacksonville is home to several professional and semi-professional sports teams. These include:

• Jaguars (NFL)
• Sharks (Arena Football)
• Giants (Basketball)
• Jumbo Shrimp (Baseball)
• The Axemen (Rugby League)
• Icemen (Ice Hockey)

Museums/Parks
Jacksonville is also home to several museums, local attractions, and parks/preserves, many of which offer free admission. Below is a list of some student favorites:

• The Cummer Museum of Art and Gardens
• Museum of Science and History
• Museum of Contemporary Art Jacksonville
• Alexander Brest Planetarium
• Jacksonville Zoo and Gardens
• Catty Shack Ranch Wildlife Sanctuary (Big Cat rescue)
• Huguenot Park
• Hanna Park

Music/Theater
If you’re interested in music and theater, Jacksonville has several venues that host world-renowned musicians, musicals, opera, symphony, comedians, and other performers. These include the Florida Theatre, Times Union Center for the Performing Arts, Daily’s Place Amphitheater, VyStar Veterans Memorial Arena and the St. Augustine Amphitheater. There are a number of smaller venues throughout the city as well that host local artists and performers.

Shopping
If shopping is more in tune with your interests, you’ll be happy to learn that Jacksonville is home to several shopping centers, including the massive outdoor mall The St. Johns Town Center, the Avenues Mall, and other numerous smaller outlet malls. The St. Augustine outlets are also 30 min drive from the city and you can drive a
bit further for the Daytona Outlets (~1hr). There are also a variety of farmers markets throughout the area that also showcase live music in addition to vendors selling prepared foods, produce, and hand-crafted goods year-round.

**Major Events, Festivals, and Local Attractions**
One of the highlights of living in Jacksonville is that the city and surrounding area hosts a bevvy a major events and festivals all year long. Some of the student favorites include TPC Sawgrass Players Championship Golf Tournament (May), 26.2 with Donna Marathon (February), Seawalk Music Festival (Feb), Riverside Craft Beer Festival (Feb), Riverside Wine Festival (Nov), Jax Beach Springing the Blues Festival (April), World of Nations (April), Welcome to Rockville music festival (April), Jacksonville Jazz Festival (May), Oktoberfest (September), NAS Jax Air Show (Nov), Jacksonville Sea and Sky Spectacular (Nov), Jacksonville Light Boat Parade and Fireworks (Nov), Art Walk (1st Wed/month). There are also many food and cultural festivals that take place in Jacksonville and the surrounding area including St. Augustine on a near weekly basis!

**Dining and Nightlife**
As a large city and a city of refuge, Jacksonville has a wide variety of cuisine, boasting excellent restaurants serving up southern favorites to the more epicurious fare including Ethiopian, Indian, Korean, and more! We have included some of graduate student favorites below:

- Black Sheep (Riverside, Modern American)
- BB’s or Biscotti’s (Riverside/San Marco, American/Dessert)
- Safe Harbor (Intracoastal, Seafood)
- Maple Street Biscuit Company (multiple locations, Southern)
- Metro Diner (multiple locations, Breakfast)
- 4 Rivers Smokehouse (Baymeadows, BBQ)
- Mojos (multiple locations, BBQ)
- Hawker’s Asian Street Fare (Riverside, Asian Fusion)
- Ovinte’ (Town Center, Italian)
- Taco Lu (Intracoastal, Baja Mexican)
- India’s Restaurant (Baymeadows, Indian)

If you’re interested in finding someplace that serves up hand-crafted cocktails, or craft beer, or wine, Jacksonville has you covered. Let’s start with the beer. Jacksonville is one of the fastest growing craft beer communities. Similar to the Bourbon Trail in Kentucky, we have what we lovingly call the Jax Ale Trail. The Ale Trail includes 8 craft breweries, each serving up unique brews to cater to all palates: Aardwolf Brewing Company, Bold City Brewery, Engine 15 Brewing Co., Green Room Brewing, Intuition Ale Works, Pinglehead Brewing Company, Veterans United Craft Brewery, and Zeta Brewing Company.

If Wine is your go-to libation, then there are a few places that might pique your interest. Ovinte’ in the Town Center, and the Wine Cellar in San Marco each serve a large variety of wines from across the world, served by the glass. In St. Augustine, there is the San Sebastian Winery, offering daily wine tastings, or if you prefer, an outdoor patio where you can enjoy a glass of sangria while listening to Reggae music each Sunday. There is also the annual Riverside Wine Festival where you can taste wines from up to 100+ offerings by different vendors.

Jacksonville is also home to some unique spots that specialize in making handcrafted cocktails. Most if not all of these establishments feature live entertainment as well. Some favorites include Dos Gatos (downtown), The Volstead (downtown), Sidecar (San Marco), Grape and Grain Exchange (San Marco), Ocean 50 (Atlantic Beach), and Moxie (Town Center). Vibrant nightlife in general, can be found in almost every neighborhood. Some hot spots include the Atlantic and Jacksonville Beaches area, San Marco, Riverside, Town Center, and the Downtown areas.
Travel
For those interested in embarking on a mini-getaway from the city, Jacksonville is strategically located near several major cities and historical towns listed below (approx. drive times).

- St. Augustine, FL (40 min)
- Amelia Island, FL (55 min)
- Cumberland Island, GA (65 min)
- Savannah, GA (2 hours)
- Daytona Beach, FL (80 min)
- Orlando, FL (2 hours)
- Tampa, FL (3.5 hours)
- Charleston, SC (4 hours)
- Miami, FL (5 hours)
- Key West, FL (8 hours)
- New Orleans, LA (8 hours)

If you’re not up for driving, Jacksonville is home to a cruise ship port that offers several leisurely cruises to the Bahamas and the Caribbean. The Jacksonville International Airport, located 30 minutes from Mayo Clinic also can easily connect you to a number of destinations, especially if you’ve got family across the country or located overseas.

If you’re considering doing a rotation in Florida, please keep in mind, that the graduate school also offers the opportunity for incoming students to come visit the Jacksonville campus for a few days in July- all expenses covered. This will allow you the opportunity to meet some the investigators first hand, and also explore the city, giving you a better idea of what we have to offer at our beautiful campus.

- Jennifer Lee and Lindy Pence (FL GSA Representatives)
Scottsdale, Arizona

Life in Scottsdale moves at a faster pace. The area is teeming with life -- so many things to do both day and night -- yet the city maintains a laid-back western feel.

Set in the beautiful Sonoran Desert, Scottsdale enjoys 300 days of sun a year and is a fantastic location for outdoor activities like hiking, biking, golfing or boating (yes, we have water!). Scottsdale shares a valley location nestled between rugged mountains with several other cities including Phoenix. The population of the Phoenix metro area ranks 5th largest in the country and is among the fastest growing urban areas. Residents and visitors of Scottsdale enjoy many of the benefits of large cities. The area has numerous hospitals and research centers, the largest university in the United States (Arizona State University- ASU), diverse culture and numerous professional sports teams.

Thanks in part to excellent climate, the Phoenix metro region is home to many spring training facilities for professional baseball teams. There are also many places to visit and things to do, such as concerts, the Phoenix zoo, the Desert Botanical Garden, wine tasting events featuring local vineyards, the Arizona Science Center, multiple art galleries, the Musical Instrument Museum, Frank Lloyd Wright's Taliesin West and much more. If you enjoy snow, go two hours north where the elevation jumps to 8,000 feet and ski in Flagstaff. On the way, visit the red rocks of Sedona, or go a little further and see the Grand Canyon! We are five hours from the beach in Mexico to the south or San Diego to the west. Incredible hiking is available in the non-summer months locally and just a short drive away during the summer. The desert in bloom in the spring is not to be missed. The views from the mountain tops are breathtaking, and the sunrises and sunsets will leave you in awe.

Mayo Clinic is growing in Arizona as fast as the Phoenix metro area. In 2016, the Mayo Clinic Cancer Center on the Phoenix Campus which houses the new proton beam opened. The clinic on the Scottsdale campus has also expanded in recent years to include a collaborative research building and renovations to the Johnson research building, which houses ASU's Department of Biomedical Informatics and has brought more than 45 students to campus. The Mayo Clinic Alix School of Medicine - Arizona Campus is also going to enroll its third class of medical students and will bring more scholars to this campus and more potential for interaction and collaboration! Amid all this exciting growth, the calm and friendly Mayo Clinic atmosphere prevails.

Caution: you probably will need a car in Arizona as many things are spread out. However, there are numerous apartments close to the Scottsdale Clinic campus and a grocery store nearby with lots of unique restaurants in walking distance (Mexican food, Thai food, Persian food, Italian food, the list goes on!). Just make sure if you don’t have a car and walk to the clinic in the summer, leave early in the morning before it reaches triple digits! Or buddy up with fellow students and medical students who have cars—the Arizona campus is extremely friendly.

The Scottsdale campus is a comfortable research and education environment. Students have access to the Core Facilities in Rochester as well as facilities in Arizona, including the biobank and immunology, mouse phenotype, histology, confocal and flow cytometry cores. Classes are via videoconference and it feels like you have a front row seat in lecture. Students routinely take advantage of the excellent videoconference facilities to join study groups with friends in Rochester and Jacksonville. Students in Arizona are encouraged and funded
by the graduate school to visit Rochester for Interview Weekend (usually in January/February) as well as the Mayo Clinic Graduate School of Biomedical Sciences Graduate Student Symposium (usually in August or September) - so this means you can still feel connected to Rochester and see your peers twice a year. The main areas of research at Mayo Clinic in Arizona are metabolic diseases, cancer, immunology, neurobiology, and cardiology.

There are many opportunities to collaborate with Mayo labs and outside institutions, including the Translational Genomics Research Institute (TGen), ASU, University of Arizona, and numerous local hospitals around the valley. Both TGen and ASU have a presence in the Mayo Collaborative Research Building on campus and interaction and collaboration are encouraged.

Don't miss out on the opportunity to experience research at Mayo Clinic in Arizona and see all that Mayo has to offer. Scottsdale has are plenty of opportunities for graduate students to grow in both professional and social settings. With 17 full faculty members in Arizona, students thrive in a more intimate learning atmosphere. This close-knit environment facilitates learning and provides students easy access to resources and training in techniques from different labs. Principal investigators are actively looking for students, and the faculty base is continually growing.

Just make sure wherever you end up, you are happy. Your lab needs to fit your personality to give you the best support. As another graduate student noted, we still don't have a pool by the research buildings, but we have outdoor balconies for lunch and coffee breaks. Where better to get some sun in the middle of winter, while working on your degree? Grab some sunblock and come join us!

When you're not working on your degree...check out some of the nearby cities in AZ!

Phoenix is the state capital and the largest city in Arizona. Attractions include the Arizona Center, America West Arena, Chase Field, the Heard Museum, Phoenix Art Museum, the Phoenix Museum of History, Pueblo Grande Museum, Desert Botanical Garden, Papago Park, Heritage Square, and the Arizona Science Center.

**Scottsdale** - [http://www.scottsdalecvb.com](http://www.scottsdalecvb.com)
Scottsdale is the destination for many out-of-state visitors. Many upscale resorts are located here as well as Scottsdale Fashion Square, Scottsdale Waterfront, 5th Avenue shops and boutiques, and Old Town Scottsdale in the downtown area.

Tempe is home to Arizona State University. It is directly south of Scottsdale and centrally located southeast of Phoenix. Attractions include Mill Avenue (see below), Tempe Town Lake, Tempe Marketplace, Hayden Square, Tempe Arts Center, and Nelson Fine Arts Center and Grady Gammage Memorial Auditorium, located on ASU’s campus. In addition, there are various concerts and festivals, theater performances, impromptu street performers and artists, and always something new and exciting to see and experience.
Mill Avenue is in downtown Tempe and has a lot of clubs, restaurants, and things to do all year round. It’s the go-to place for the college students at ASU and has a fun energy to it. Various events are held down Mill Ave, like the PF Chang’s Rock and Roll Marathon, Arizona Ironman Triathlon, the Tempe Festival of the Arts, the Festival of Lights, the Fiesta Bowl New Year’s Eve Block Party and the Insight Bowl.

Mesa is the third largest city in Arizona located east of Tempe. Mesa is also home of the Polytechnic campus of Arizona State University. Attractions include the Mesa Arts Center, Arizona Museum for Youth, and Arizona Museum of Natural History, as well as shopping at Mesa Riverview. It offers the least variety of entertainment of the major valley cities. However, since housing is more affordable in Mesa, and given its close proximity to Tempe, many students rent apartments in Mesa.

Chandler is a rapidly growing community south of Tempe. Attractions include the Chandler Center for the Arts, Chandler Museum, and shopping at Chandler Fashion Center. Much of the growth is occurring in west Chandler, near the Ahwatukee section of Phoenix. West Chandler and Ahwatukee have several large shopping and entertainment centers.

Glendale - [http://www.glendaleaz.com/](http://www.glendaleaz.com/)
Glendale is home to the West campus of Arizona State University. Attractions include downtown Glendale (named one of the country’s ten best places for antique shopping by USA today), Arrowhead Towne Center, Westgate City Center, Jobing.com Arena, and University of Phoenix Stadium.

- Hope to see you soon!
  Stefanie Velgos
Laboratory Rotations

- **Note the “privilege” requirement.** Rotations must be done in the laboratories of faculty with full graduate faculty privileges. The Find a Mentor tool is a great resource for full graduate level faculty seeking students and their current research interests. This tool is updated yearly in late spring.

- **Plan early.** Start looking for laboratories with projects that interest you as soon as possible. However, don’t be discouraged if you don’t have all three of your rotation labs chosen before arriving at Mayo. It can be helpful to speak with other students and faculty who may be able to suggest labs of interest to you based on their experiences. You may find that you have an interest in something completely unexpected after starting here, and it’s always good to keep an open mind to the diverse options available to you. Please communicate with your track’s Program Director before arriving at Mayo regarding any specific expectations or guidelines for your track, since some tracks require that you have your first and only your first rotation arranged before arriving.

- **Investigate.** Find out about principle investigators (PIs), their labs, and what they do by reading a few of their papers. Don’t forget to talk with your Program Director, Associate Program Director, and other students. In particular, older students in your track are an invaluable resource since they have been in your shoes in terms of rotating through labs in the recent past. Don’t forget the Find a Mentor tool!

- **Think outside the box.** Don’t be afraid to explore a wide variety of rotation options. This could include mentors with different teaching styles, unique projects (maybe even in a track outside of your primary focus), or a visit to one of the other campuses (Scottsdale or Jacksonville). Rotations are a great way to broaden your interests, make connections with potential collaborators or committee members, or learn a novel technique that you could apply to your project of interest.

- **Schedule a meeting with the PI.** After you have a list of potential labs, set up an appointment with each PI. During this meeting, ask the PI about his/her research, potential projects you could work on, rotation duration and expectations, and for a lab tour to see the lab and meet the other lab members.

- **Make sure the PI’s style complements your own.** Do you want independence in the lab, someone to discuss experimental design/analyses with, or both? Each PI is very different in his/her mentoring philosophy, so make sure you feel as though you will be given the right amount of mentorship that you need. It may be helpful to rotate with mentors that vary in their teaching style so you can learn how you work best. Talk with the other students in the lab to get their honest opinion about the things they like and dislike about the PI’s mentoring style.

- **Make sure you work well with the other members of the lab.** The other graduate students, post-docs, and technicians in a lab will often be the people that you work along-side the most. Make sure that the lab dynamic is a positive one and that you feel as though there are people that you can turn to should you have a question. While your research project is your primary concern, it is difficult to make progress if you have no one to help you or if a colleague makes you dread coming to work. Science is hard enough, so having a good, supportive lab environment can make a huge difference.

- **Be honest about your schedule.** Talk to the PI about your classes and how much time you need to study. Most are very flexible and want to see you succeed.

- **Schedule 8-week laboratory rotations.** Usually, it takes a couple of weeks to adjust to the lab, get used to the techniques, and read background information. Leave yourself enough time for the fun research part. If you love the project or want to finish a few last experiments, you can easily extend the rotation. Alternatively, if it is not what you envisioned, you can always change rotations.
• **Work hard in the lab.** A good impression can go a long way, especially if you plan to return to that lab for your thesis work or have that PI on your committee someday.

• **Choose a lab that interests you regardless of your current track.** Being in a certain track does not prevent you from researching in a lab that is not in your track. Any student can join any lab, regardless of track choice. However, should you decide that a different curriculum interests you more than the track that you enter in, you can switch tracks relatively easily during your first year.

• **Don't expect a publication during the rotation.** Sometimes publications do arise from a rotation, but this is fairly uncommon. Remember, the primarily goal of a rotation is to see if the lab is a good fit for you.

• **Realize that doing more than three rotations is okay.** Declaring a thesis lab is a big decision, so make sure you have found the right one. It will take less time to do an extra rotation in the beginning and make sure that you’re confident in your decision than to switch labs halfway through your thesis.

• **Fill out and submit the paperwork.** Remember that for each laboratory rotation you will need to complete a paper course registration form and submitted to the registrar’s office.

• **Declare an advisor.** After completing at least three but no more than five rotations and deciding on a thesis lab, submit the Mentor Selection form.

_Don't forget Mayo comes in threes ..._

**Rochester | Scottsdale | Jacksonville**

Enjoy the benefits. MCGSBS covers certain expenses associated with lab rotations to other sites. Please contact the MCGSBS office for details.
Balancing Research, Classes, and Life

Research and classes can be overwhelming and frustrating at times. Do your best and follow the tips below to make your life much easier.

Form a study group. In the real world, people form teams to solve problems. Why? More heads are better than one. Bounce ideas off each other, quiz one another, and make problem solving fun. While working together is encouraged, remember to answer problem set questions in your own words to demonstrate you truly understand the concepts.

Review the videos. Some courses will be video-conferenced and recorded. Such videos are useful tools for reviewing a lecture and catching a missed concept. Archived webcasts are stored through the Mayo Clinic Video Exchange.

Utilize the teaching assistants (TAs). They are free! If you don't understand a concept, wording in a problem set, etc., see the TA.

Utilize the Tutors. There are tutors available through Student Services. There are tutors for many different classes and subjects that are there for you!

Talk to your PI about a realistic schedule. Keep your mentor in the know. If you are burning out, try to lighten the load. If you need to study more, just let them know! Be honest about what you are capable of doing and if you are mentally okay!

Don't procrastinate. Waiting until the last minute to study or complete homework is going to impact both your class and lab time. Manage your time wisely.

Find a comfortable pace. We all come from different backgrounds, and some will need to study harder and spend less time in the lab than others. Spend as much time in the lab as you realistically can while still passing your classes.

Stay healthy. Eat well, exercise often, and get adequate sleep.

Save time for yourself. Treat yourself every now and then. Your mental health is more important than your PhD.

Get a good work-life balance in place. Make sure you are giving yourself enough time in lab to work, but also enough time at home to rest, recoup, and have fun. Grad school is tough! But it should not be an all-consuming life event. You are allowed to have a life outside of school!

Volunteer and/or get a hobby. In addition to providing an outlet and making you feel good, these activities can be added to your CV. It’s nice to have something to do that isn’t science!

Prevent 'life' stuff from becoming overwhelming. Doing laundry, cleaning the house, etc. are part of life, but use them as mindless activities and not stressors.

Identify those with whom you can talk. Whether it is a classmate, faculty advisor, program director, friend, significant other, family member, etc., know who you can share your ideas, problems, hopes, and fears with.

Utilize the Counselor in Student Services. Student Services provides a free, anonymous counselor you can go talk to if you need a listening ear!
Have fun with other students! The GSA organizes many activities throughout the year, so take advantage of them.

Avoid burn out. The first year can be one of the most demanding times, but through dedication, efficient time management, and following the tips above, you will get through it.

If you are in crisis: Student services has numerous resources on their website to help manage mental health, stress, or other issues that may impact you during your PhD. Don’t be afraid to use them, and don’t be afraid to admit you need help or can’t do something. Many PhD students struggle with their mental health. If you find yourself struggling, you are not alone. Please reach out to someone you feel comfortable with, and put yourself first. Student Services and the Grad School has numerous resources to support you, and many of your fellow students will be able to relate.

Your mental health is more important than your PhD. Take care of yourself!
Courses

Course Registration
You must register every term until your appointment end date. Note: even if you are not taking any official courses, lab rotations and thesis lab research are activities that require registration.

Search. Find out what courses your track requires and course information in the Mayo Clinic Graduate School of Biomedical Sciences Course Catalog. Our online catalog is updated throughout the year with revisions that come up. We do have a print version on hand in Guggenheim 2-24, but it is the original publication and is only printed once a year.

Plan. If possible, plan out all your graduate courses ASAP. The graduate school provides a Degree Planning Tool (DPT). This tool lists all course work to fulfill degree requirements based on catalog year. DPTs for each track can be found here: http://intranet.mayo.edu/charlie/mayo-clinic-graduate-school-biomedical-sciences/students/forms/ph-d-forms/

Get advice. Both the Program Director and Associate Program Director (if applicable) are available to answer questions related to your track, courses, and lab rotations. Don’t forget that students who have already taken the courses are also able to answer questions and offer advice.

Obtain Approvals. Until you declare an advisor (i.e., before you choose a thesis lab), the Graduate Program Director is required to approve your course registrations. Obtain approval before you register online.

Course Schedule/Registration. Term schedules and online course registration is available prior to each term. Log in to EdLink Portal with your Mayo Clinic LANID and Password to access self-service registration.

Lab Rotation Registration, Late Registration and Withdrawal. These are done via paper form. Hand deliver or fax the completed form with all required signatures to the Registrar.

Forms and Paperwork
Typically, all necessary forms can be found online on the graduate school intranet page. See the Key Resource page for more information.

Transcripts. View your unofficial transcript or request an official transcript through EdLink Portal. Log in with your LANID and password.

Minimum Grade Requirement A minimum GPA of 3.0 in didactic coursework is required to stay in the program. For more information, visit our online policy manual.

Typical Program Structure
Year 1: Core/track courses, laboratory rotations, works in progress and journal clubs (possibly attendance without requirement to present first year), and preliminary thesis research. The written qualifying exam may be taken at the end of the first year depending on track.

Year 2: Advanced courses, written and oral qualifying exams, thesis proposal, committee meetings, works in progress, journal club, and research.

Years 3-5: Thesis research, works in progress, journal club, committee meetings and thesis defense.
Studying

Places to study in Rochester, MN

On Campus

Mitchell Student Center
Mitchell houses several study options, all of which have wireless access. The Great Hall is reserved for silent study. Behind the computer lab is a small room with a white board and TV/VCR. In the subway level there are computer labs (with a printing station), lounge seating, small study rooms (with whiteboards), and Med/Grad student lounge.

Mayo Libraries
See [http://library.mayo.edu/locations.html](http://library.mayo.edu/locations.html) for locations and hours of the Mayo libraries.
Catalog Search and Databases: [http://library.mayo.edu/](http://library.mayo.edu/)

Outdoors
- Courtyard behind Mitchell Student Center. Get some fresh air and soak in the sun while studying.
- The Peace Plaza running from the Mayo/Gonda building to the Shoppes at University Square.
- The green space behind Harwick, across from Guggenheim.

Off Campus

Barnes and Noble
1201 12th St SW #425 (Apache Mall)

Caribou Coffee
101 First Ave SW (Subway Level – Rochester Marriott)
1147 Second St SW (across from St. Mary’s Hospital)
3938 Marketplace Drive NW (near north Target)
4662 Maine Avenue SE (near south Target)

Café Steam
315 S Broadway (Downtown)
150 S Broadway (inside Doubletree by Hilton)

Old Abe Coffee Shop
832 7th St NW (not far from HyVee on Civic center. Note that it is small and can be crowded)

Fiddlehead Coffee, CO
412 3rd Ave SE (near the East lot. Close to Farmer’s market in the summer)

Dunn Brothers Coffee
100 1st Ave SW (Skyway Level – Downtown)
120 Elton Hills Drive NW (next to Play It Again Sports on Elton Hills Dr)
1340 Salem Road SW (near Apache Mall)
2550 S Broadway (near Walmart South)

Panera Bread
825 16th St SW (next to Buffalo Wild Wings)
3780 Marketplace Drive NW (near north Target)
Parks
https://www.rochestermn.gov/departments/park/
Plummer House garden (1091 Plummer Lane SW)

Rochester Public Library
http://www.rochesterpubliclibrary.org
101 2nd St SE

Starbucks
20 2nd Ave SW (in the Kahler Grand Hotel)
150 S. Broadway (in the Doubletree Hotel)
Places to study in Jacksonville, FL

On Campus

**Winn-Dixie Foundation Medical Library**
Located in Stabile 784N, the library on the Florida campus offers a few study environments, whether you want to study in a group study room, work on a library computer, or work on your own at a desk.

**Conference rooms & student office space**
There are a multitude of conference rooms around Mayo Jacksonville’s campus. Most conveniently there are some located on each floor of the Birdsall and Griffin research buildings. There is also office space dedicated to graduate students (Griffin 304). Whether you want to study alone, in a group, or via videoconference (or skype on a personal computer), there are a variety of conference rooms available!

Outdoors
- **Louchery Island** is a place set in one of the lakes and connected by a footbridge on the side of Davis and Mayo Buildings. At the center of the island, there is a fountain, which is a rotating granite sphere, surrounded by tropical landscape. This gives a unique and peaceful place to study.
- **The Plaza** is a place located near the entrance to Davis Building and surrounded by lakes and a park.

Off Campus

**Bold Bean Coffee Roasters**
Closest location to Mayo:
2400 3rd St S, Jacksonville Beach, FL 32250

**Southern Grounds**
200 1st St, Neptune Beach, FL 32266

**Pura Bean**
14286 Beach Blvd #25, Jacksonville, FL 32250

**Brass Tacks Coffee Co**
4352 Southside Blvd, Jacksonville, FL 32216

**Starbucks**
Locations closest to Mayo:
4765-1 Hodges Blvd, Jacksonville, FL 32224
14355 Beach Blvd, Jacksonville, FL 32224
975 3rd St S, Jacksonville Beach, FL 32250 *Reserve store (sells reserve batch coffees)
There are many more locations around town!

**Sippers Coffeehouse**
7643 Gate Parkway, Jacksonville, FL 32256

**Panera Bread**
Location closest to Mayo:
13740 Beach Blvd, Jacksonville, FL 32224
University of North Florida library & student center (Mayo provides free access to UNF)
1 UNF Dr, Jacksonville, FL 32224

Jacksonville Public Library
There are 21 locations; the following are closest to Mayo:
13295 Beach Blvd, Jacksonville, FL 32246
10599 Deerwood Park Blvd, Jacksonville, FL 32256

Barnes & Noble
10280 MidTown Pkwy, Jacksonville, FL 32246
Places to study in Scottsdale, AZ

On Campus

Mayo Libraries: Phoenix and Scottsdale Campuses

Arizona has two staff libraries which are perfect for studying, located on each campus (Scottsdale and Phoenix). See [http://library.mayo.edu/locations.html](http://library.mayo.edu/locations.html) for locations and hours of the Mayo libraries.

Conference Rooms

Arizona has a lot of conference rooms which can definitely be used to study (and hide!). Conference rooms are available in every Arizona building, so in the Collaborative Research Building where most our laboratories are based there’s at least three available on the 3rd floor.

Outdoors

- Balconies on the 2nd and 3rd floor of the Johnson Research Building has covered patio space, tables and chairs to study.
- Outside tables across from the Cafeteria have an umbrella for shade and are surrounded by beautiful desert plants.
- Scottsdale campus Nature Trail has a couple benches- if you go in there, no one will find you so it’s a perfect escape!

Off Campus

Starbucks

- **Closest to Mayo Scottsdale Campus:**
  - Frank Lloyd Wright & Thompson Peak: 15029 N. Thompson Peak Parkway (in AJ’s parking lot)
  - 92nd Street and Shea: 9301 E. Shea Boulevard (next to Chipotle)
  - Frank Lloyd Wright & Loop 101: 15811 N. Frank Lloyd Wright Blvd

- **Closest to Mayo Phoenix Campus:**
  - Tatum and Bell: 16900 N. Tatum Blvd
  - Tatum and 101 (Desert Ridge): 21001 N. Tatum Blvd
  - Tatum and Rose Garden: 21050 N. Tatum Blvd

Coffee Bean and Tea Leaf

- 20235 N. Cave Creek Rd.

Barnes and Noble

- Desert Ridge Marketplace, 21001 N. Tatum Blvd

Scottsdale and Phoenix Public Libraries

  [https://www.phoenixpubliclibrary.org/](https://www.phoenixpubliclibrary.org/)
Textbook Resources

Purchasing textbooks is not usually a requirement. Although MCGSBS doesn't require students to buy textbooks for most courses, some textbooks are good to reference for your classwork and research. To purchase books at Mayo, either go to Mayo's bookstore (Plummer 11), call 507-284-2279, or fill out the online form at http://bookstore.mayo.edu/login.php?page=/orderbook.php.

Have textbooks sent to Mayo. When ordering through Amazon.com (or another source) use your Mayo address. If this address is unknown, ask your Graduate Program Director.

Mayo libraries have some textbooks. Two popular libraries for textbooks are Mitchell Student Center and Plummer (Rochester campus). Know that there are a limited number of copies of textbooks and most can only be checked out for a couple of weeks.

Some courses come with textbooks. Typically these are free for students and are distributed at the beginning of the course. Ask an upper level student in your track if you are curious about textbooks for specific classes.


To compare book prices from a number of online sites at once, use: http://www.cheaptextbooks.com/
Computer Resources

Student Laptops
Starting in 2019, all incoming Ph.D. students will receive standard Mayo-issued laptop computers for use during the duration of their training. This laptop will be fully configured. More information will be available at orientation and can be found here.
http://intranet.mayo.edu/charlie/mayo-clinic-graduate-school-biomedical-sciences/students/student-laptops/

Research Lab
Usually there will be a computer available in student’s research labs for researchers to utilize, especially when lab work requires more extensive processing systems. If so, make sure you inquire with the PI about the availability of this sort of resource. Remember to save to the “H:” drive (It will have your LAN ID as the drive name) or the laboratory shared drives. Files saved to this drive can be accessed via any Mayo computer.

Computer Labs (Arizona Campus)
Scottsdale and Phoenix Staff libraries have computers and printers available, free of charge. Just log in to the computers with your Mayo LAN ID.

Computer Labs (Jacksonville Campus)
Winn-Dixie Foundation Medical Library

Computer Labs (Rochester Campus)
Mitchell Student Center (Free black and white printing)
Generose Drop-In Center (St. Mary’s)
Plummer Library (Plummer 12)

Remote Access – to be requested once on campus
Windows laptops have remote access through the preloaded BIGIP Edge Client. Mac client is available at
https://itconnect.mayo.edu/knowledge-article-detail?id=KB0024851

You must apply for remote access privileges at http://javaprod.mayo.edu/RemoteAccess/RMAWeb/login.jsp

Connecting to File Servers or Printer Servers
PC: Computer > Map Network Drive > \servername\folder

MAC: Go > Connect to Server > smb://servername/folder

PC Printers: Control Panel > Devices and Printers > Add a Printer > Add a Net-work, Wireless, or Bluetooth Printer > “The Printer Isn’t Listed” > Select a shared printer by name > Add a printer using a TCP/IP address or hostname > Hostname or IP address = LN# listed on the printer

MAC Printers: System Preferences > Print Scan > + (Click this to add printer) > IP > Address = LN# listed on the printer

Help Desk
For tech help and more, call 507-284-5500 (Rochester), 480-792-3900 (Scottsdale), 904-783-0369 (Jacksonville). Not only can you get tech help for remote access, wireless internet, etc., free software can also be downloaded.
https://itconnect.mayo.edu/home

Mayo Dock
On-Campus Windows 7 computers now have the Mayo Dock on the desk-top. This dock has programs available for download including the Microsoft Office Suite, Photoshop Elements, HyperSnap (screen capture software), and others.
Web Resources – many of these links are accessible once you are on campus

**Mayo Clinic Intranet Homepage**
Most everything Mayo-related is linked to [http://mayoweb.mayo.edu/](http://mayoweb.mayo.edu/)

**Education Homepage**
This is the home page for the Mayo Clinic College of Medicine and Science. You can find any and all things related to education by exploring this page.
[http://mayoweb.mayo.edu/education/](http://mayoweb.mayo.edu/education/)

**Mayo Clinic Graduate School of Biomedical Sciences**
Course and catalog information, forms and guidelines, policies and procedures, student information, useful links and resources, contacts, and more can be found at:
[http://intranet.mayo.edu/charlie/mayo-clinic-graduate-school-biomedical-sciences/](http://intranet.mayo.edu/charlie/mayo-clinic-graduate-school-biomedical-sciences/)

**Student Services**
Student service is the primary point of contact for many of the services that students utilize, such as health insurance, stipend processing, class registration, academic support and disability accommodations, and student wellness.
[http://intranet.mayo.edu/charlie/student-services/](http://intranet.mayo.edu/charlie/student-services/)

**Checking Email**
On-campus or on VPN: [http://imail.mayo.edu](http://imail.mayo.edu)
Off-campus: [http://mcmail.mayo.edu](http://mcmail.mayo.edu)

**Remote Access**
To get started, submit a request at: [http://javaprod.mayo.edu/RemoteAccess/RMAWeb/login.jsp](http://javaprod.mayo.edu/RemoteAccess/RMAWeb/login.jsp)

**Classifieds and Research Studies**
You can search the Mayo Classifieds for furniture, housing, exercise equipment, etc. or for research studies you can participate in for extra money (remuneration) at [http://pxeswd100a.mayo.edu/Classifieds/](http://pxeswd100a.mayo.edu/Classifieds/)

**Leisure and Lifestyles Activities**
Find all the Mayo employee discounts, fun events, and travel opportunities at [https://mc.perkspot.com/login/](https://mc.perkspot.com/login/)

**Library and Journals**
To access the library catalog, databases, and electronic journals via the intranet, go to [http://library.mayo.edu/](http://library.mayo.edu/)

**Safety and Security Training on My Learning**
At the beginning of graduate school and yearly, you will be required to complete safety training at:
Note: Must use Internet Explorer.

**Blackboard**
Some courses post lecture notes, assignments, grades, discussion questions, and videos at
[https://eduonline.mayo.edu/webapps/portal/execute/tabs/tabAction?tab_tab_group_id=_101_1](https://eduonline.mayo.edu/webapps/portal/execute/tabs/tabAction?tab_tab_group_id=_101_1)

**Banner**
Mayo Clinic Graduate School of Biomedical Sciences now uses EdLink Portal/Self Service Banner for online course registration. [Log in to EdLink Portal](http://www.edlink.com) using your LAN ID and password.
Mayo Clinic Diversity in Education Blog

Check out the Mayo Clinic Diversity in Education blog, where students, residents, trainees, and faculty share their experiences about life and work at Mayo Clinic, as well as life outside of Mayo Clinic. The blog covers many topics ranging from how to prepare for graduate school, how to get the most out of your graduate training, and what Mayo graduates are doing now. This blog also aims to explore a wide spectrum of topics surrounding diversity and inclusion through diverse perspectives from our contributors. We hope to dig into these topics and discover ways in which the Mayo Clinic community can work toward being the most thoughtful and inclusive environment that it can be for all employees and patients. We welcome any feedback, and insights from those who would be willing to contribute to the blog.

http://educationdiversityblog.mayo.edu/

Contact Crystal Mendoza (Mendoza.Crystal@mayo.edu), blog editor-in-chief, for more information or if you are interested in becoming a blog editor or would like to contribute a blog post.
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Good Luck in all your endeavors!

Special thanks to all the students (past and present) who contributed to this publication.