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Introduction

Welcome to the Handbook of the Transition to Rochester Advisory Committee (TRAC). This guide is intended to assist new members of the University of Rochester's Chemistry Department, including visiting scholars, graduate students, postdoctoral scholars, and faculty members, in navigating the initial stages of their journey. TRAC, which operates under the Committee on Equity, Inclusion, and Outreach (DEIO), is dedicated to ensuring a smooth and welcoming transition for all new community members, with a particular focus on our international colleagues. Moving to a new city, and often a new country, can be a daunting experience filled with challenges and uncertainties. Each step, from establishing a new home to adapting to the local culture, presents its own unique obstacles. With this in mind, this handbook has been carefully crafted to address the most common difficulties you may encounter, providing practical advice, local insights, and essential resources to assist you in transitioning to life in Rochester. Our goal is to make your arrival and adjustment process as seamless and enjoyable as possible.

Mission Statement

The Transition to Rochester Advisory Committee (TRAC), under the umbrella of DEIO, primarily serves as a resource for incoming visiting scholars, graduate students, postdoctoral scholars, and faculty during their transition to the chemistry department at University of Rochester. With a particular focus on helping international incoming members of our community, TRAC aims to ease incoming community members' transition by proactively addressing the common difficulties faced during the transition.



Support Network for Incoming International Students

We are deeply committed to ensuring a welcoming and supportive environment for all our students, especially those joining us from around the globe. Recognizing the unique challenges faced by international students, we are thrilled to introduce a dedicated "Support Network for International Students" section in this guide. This network comprises a group of current international graduate students who have volunteered to offer their assistance and share their insights on a variety of crucial topics, including visa information, obtaining a Social Security Number (SSN), finding suitable housing, navigating courses, and much more. Whether you're seeking practical advice or looking for a friendly ear, our volunteers are here to support your transition and enrich your experience in our department. Welcome aboard, and remember, you're not alone on this journey! Don't hesitate to reach out and contact us; we're here to help you every step of the way.

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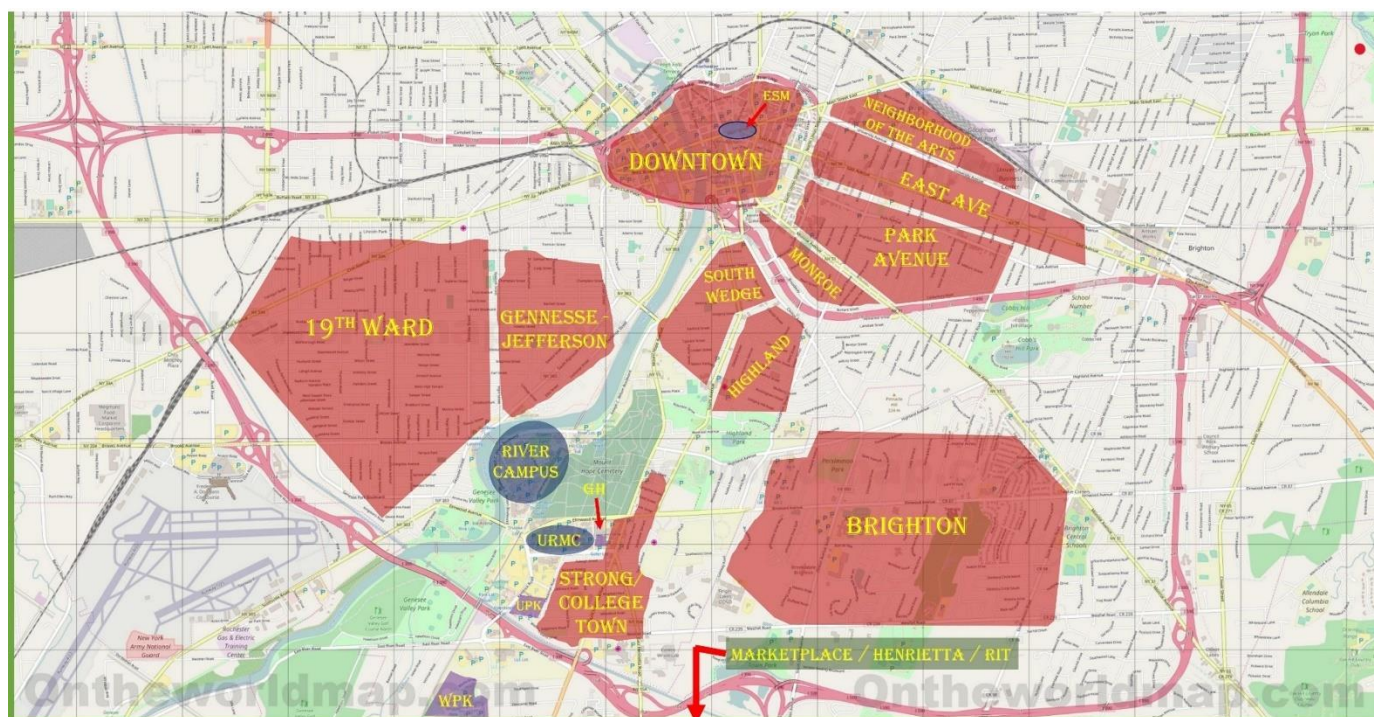


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Housing

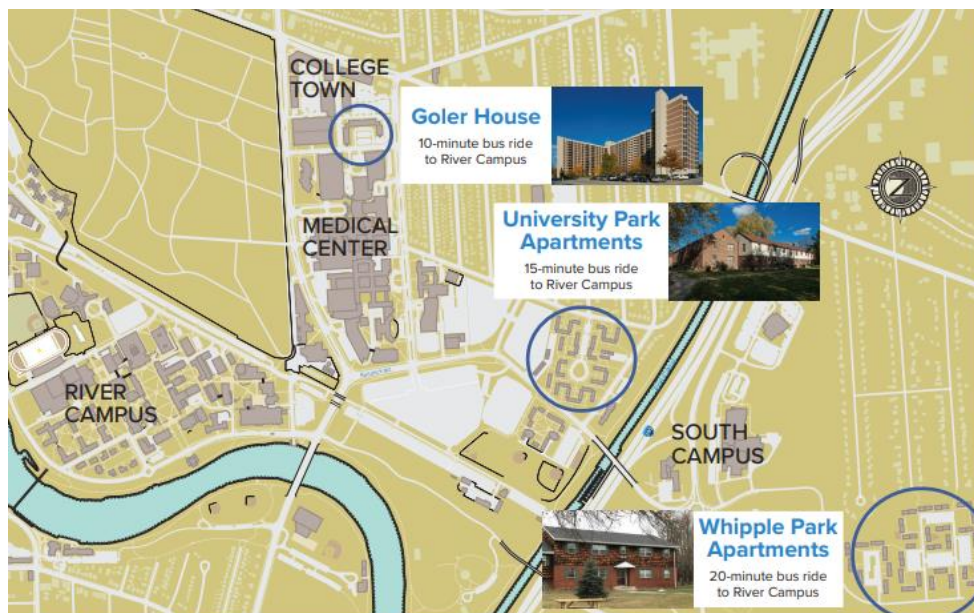
Housing Map



- | | | |
|---------------------|------------------------|--------------------------------|
| ● Neighborhood | • GH: Goler House | • ESM: Eastman School of Music |
| ● UofR Campuses | • UPK: University Park | • URMD: UofR Medical Center |
| ● UofR Grad Housing | • WPK: Whipple Park | |

Graduate Housing at UofR

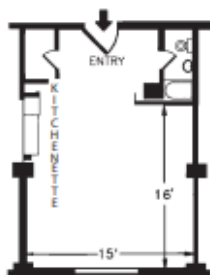
The University of Rochester offers housing options for its graduate students and post-doctoral associates, admitted both on the River Campus and at the Medical Center. Upon accepting an admission offer from UofR, candidates are encouraged to apply for graduate housing and join the waiting list. As apartments become available each semester, candidates next in line will receive notification about apartment availability. Applicants have the opportunity to specify their preferred apartments on a priority list. With three graduate housing locations near the campus, the University also provides bus services for residents. Those interested in university housing should submit their application through mail, in person, or by applying online at <http://rochester.edu/reslife/graduate/index.html>. It is important to note that only one application per applicant should be submitted.



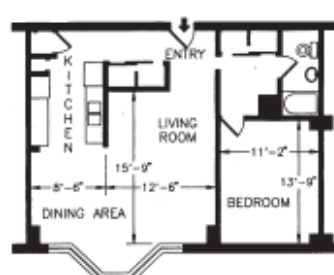
Goler House

Located right next to the Medical Center, George Washington Goler House (GHS) stands as a 13-story tower and is a brief journey from the River Campus: either a 10- to 15-minute walk or an 8-minute bus ride away. The building has 321 apartments, which include a selection of short-term options, and offers some of the University's largest living spaces in studio, one-bedroom, and two-bedroom configurations, with select two-bedroom apartments featuring two bathrooms. Additionally, certain apartments come furnished. GHS provides a communal room for events related to the GHS community, which tenants can also reserve for personal gatherings. The location boasts convenience to University bus services to the River Campus, and sits close to College Town, offering easy access to public transit, retail, and dining options. For those desiring parking closer to Goler House, new tenants have the option to join a waiting list for parking near the building's base (costing approximately \$500/year) or to opt for a spot in the College Town Garage (\$1,732 per year). The front of Goler House includes short-term drop-off spots designed to ease the unloading of passengers and goods. Below are the various floor plans available at Goler House.

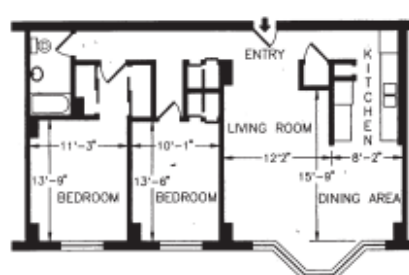
Studio Apartment
399 sq. ft.



One-Bedroom Apartment
672 sq. ft.



Two-Bedroom Apartment
903 sq. ft.

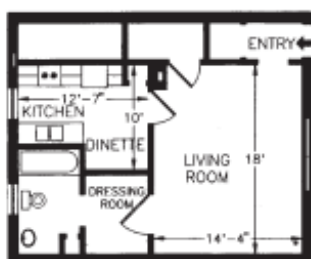




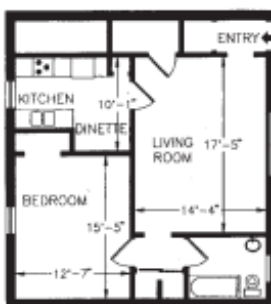
University Park

Situated just a 15-minute stroll from the River Campus and a mere five minutes by foot from the Medical Center, the University Park (UPK) residential area features quaint, two-story buildings surrounded by lawns. This complex offers a range of unfurnished living options, including 40 studio apartments, 86 one-bedroom apartments, and 80 two-bedroom apartments, all adorned with hardwood flooring. The complex provides plentiful parking, requiring all vehicles to display a parking permit and adhere to fee regulations. Residents are advised to present their vehicle registration at the UR parking office located in Goler House to secure their permits. Further details can be found at <https://www.rochester.edu/parking/>. University Park falls within the boundaries of the Rochester City School District, offering convenient bus pickups for school-age children within the complex. Additionally, Kendrick Road, adjacent to University Park, serves as a convenient nearest point for university bus services. When allocating two-bedroom apartments, preference is given to single applicants with identified roommates (IRMs) and those with children, while studios and one-bedroom apartments prioritize couples and single applicants. Below are the various floor plans available at the UPK apartment complex.

Studio Apartment
587 sq. ft.



One-Bedroom Apartment
736 sq. ft.



Two-Bedroom Apartment
904 sq. ft.

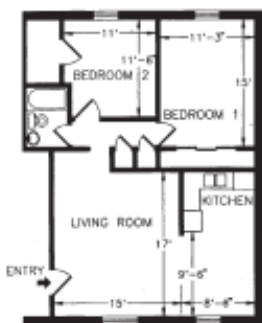


Whipple Park

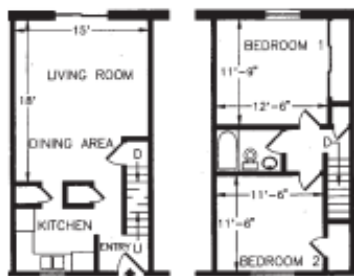
Nestled in a serene, park-like environment surrounded by forests, Whipple Park (WPK) offers a tranquil living space just a mile from the Medical Center and a mile and a half (~30- to 40-minute walk) from the River Campus. This residential area, featuring a collection of cedar-shingled two-story buildings, includes a total of 250 units comprising two-bedroom garden apartments and townhouses with two and three bedrooms, all of which are unfurnished. The convenience of University bus services makes it easy to reach both the Medical Center and River Campus, although the distance is also comfortably manageable by foot or bicycle. For those with vehicles, ample parking is available, but a parking permit is required, which can be obtained from the UR parking office located in Goler House. For more details on parking regulations, residents can visit <https://www.rochester.edu/parking/>. Additionally, all units in Whipple Park, including both townhouses and garden apartments, are provided with University Wi-Fi. Each townhouse features a small basement intended for storage purposes only, and the garden apartment buildings also

offer limited storage space on their lower levels. Families with children are prioritized for occupancy in the townhouses. The complex falls within the Rush-Henrietta School District, and school buses serve the community by picking up students directly from the Whipple Park parking lot. For prospective residents interested in the layout of the accommodations, samples of the floor plans for WPK apartments are available for review.

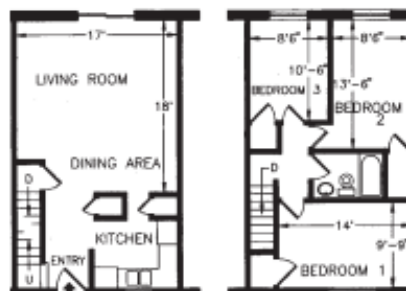
**Two-Bedroom
 Garden Apartment**
 782 sq. ft.



Two-Bedroom Town House
 780 sq. ft.



Three-Bedroom Town House
 832 sq. ft.



Graduate Housing outside UofR

This table provides an overview of housing options for graduate students at the University of Rochester, located outside the UofR campus, based on survey responses from current students. It details travel times, transportation connectivity, proximity to shopping and grocery facilities, rent ranges, and other relevant information about various neighborhoods. While this guide highlights the areas that are popular among graduate students, it does not encompass all possible neighborhoods. You are encouraged to explore additional options that may suit your individual needs and preferences! This resource aims to assist students in making informed decisions about their housing choices while attending the university.



Neighborhoods	Travel Time	Connectivity	Groceries	Rent (per month)	Remarks
<ul style="list-style-type: none"> - Strong - White Coat Village - College Town 	<p>10–25 min walk 5–7 min car 8–12 min shuttle</p> <p>(0.8–1.3 miles / 1.3–2.1 km)</p>	Very well connected via Blue Line (every 20 min)	College town has several general stores. For groceries, most residents travel via car, order online or rely on Green Line on weekends.	\$600 – 1000	Within walking distance of river campus, med center, Chase Bank & Strong Hospital. College town has several cafes, restaurants & convenience stores.
<ul style="list-style-type: none"> - 19th Ward - Genessee - Jefferson 	<p>8–20 min walk 3–5 min via car 8–12 min shuttle</p> <p>(0.5–1.5 miles / 0.8–2.4 km)</p>	Very well connected via Gold Line (every 30 min)	For groceries, most residents travel via car, order online or rely on Green Line on weekends.	\$500 – 900	Within walking distance of river campus. Slightly farther away from the med center. Proximity to ROC Airport & Genessee Valley Park.
<ul style="list-style-type: none"> - Highland - South Wedge - Monroe 	<p>35–50 min walk 8–10 min car</p> <p>(1.8–2.8 miles / 2.9–4.5 km)</p>	Poorly connected (closest shuttle stops are 20-30 min walking)	Few general stores/delis in the area. For groceries, most residents rely on their car.	\$600 – 1100	Within walking distance of Highland Park & Highland Hospital. Not many UR shuttle stops in the area.
<ul style="list-style-type: none"> - Park Avenue 	<p>12–15 min car 30–60 min shuttle</p> <p>(2.7–3.6 miles / 4.3–5.8 km)</p>	Decent connectivity via Orange Line (every 45 min)	Some grocery outlets within walking distance. Else, via car.	\$850 – 1100	Several cafes, restaurants & bars within walking distance. A decent credit score is usually a requirement.
<ul style="list-style-type: none"> - Downtown - East Ave - Neighborhood of the Arts 	<p>10–15 min car 40–60 min shuttle</p> <p>(2.4–3.6 miles / 3.9–5.8 km)</p>	Decent connectivity via Orange & Red Lines (every 45 min)	Mostly, via car.	\$1000 – 1500	Several cafes, restaurants & bars within walking distance. Proximity to Eastman School of Music, ROC Museum & Little Theater. A decent credit score is usually a requirement.



Social Security Number

To obtain a Social Security Number (SSN), you must first apply for a job within the University. The most common jobs for graduate students are: Graduate Chemistry Grader (Job ID 25960) and Exam Proctor (Job ID 26086), and you can apply for them through Student Employment's online portal:

https://rochester.studentemployment.ngwebsolutions.com/Cmx_Content.aspx?cpld=6

Once you are hired, you will receive an email with instructions to move to the next step in the process:

- Log into JobLink and select Applicants and Employees, then UR Hired from the Home Screen. Read through the necessary requirements for employment.
- At the bottom of the page, select Employee Acknowledgement. You will need the information in this email to complete the form (wage, job ID, etc.).
- Read and acknowledge your wage and primary language.
- Please note, if your primary language is one listed on the drop-down menu (Spanish, Haitian-Creole, Chinese, Korean, Polish, or Russian), you must also meet with your employer to complete a paper Wage Theft Prevention Act (WTPA) form after submitting this form.

Once you complete these steps, you will receive another email confirming your start date. Also, the University requires all new student employees complete the Student Employment Confidentiality training via MyPath. The training is only required once. Completion dates are listed on a student's dashboard. The training must be completed upon hire during the department onboarding process. Furthermore, before you start working, you need to be trained on how to clock-in and out in HRMS for when you start and end work. Please contact the Chemistry Graduate Coordinator to setup a brief training.

Once you have completed the hiring process, you can apply for an SSN, just follow the next steps:

1. Get your Employment Verification Letter from the ISO office. After hiring, your new employer will send your Employment Verification Letter to the ISO via campus mail. ISO will sign the letter and it will be ready for you to pick it up from the College Town Office.
2. Gather the documents you need.
 - i. Completed Social Security Form SS-5. When you pick up your Employment Verification Letter from the ISO office, they will provide you with this form.
 - ii. Original Immigration Documents. Passport and Student Visa, I-20 or DS-2019, printed I-94 Admission Record (or paper card).
 - iii. Proof of Status and SSN Eligibility. F1: Verification of F1 On-Campus Employment Letter
3. Go to the Social Security Office (200 E Main St, 2nd floor). SSA accepts applications Monday through Friday, from 9 a.m. to 4 p.m. (except national holidays). Applications are processed on a walk-in basis. The application process takes minutes, but the wait for an available representative can sometimes take a few hours, depending on office traffic. Typically, morning hours and days other than Monday or Friday are less busy.

4. Report your SSN to the Registrar (River Campus, 127 Lattimore Hall). You will be given a receipt with the date and location of your application. Most applications are usually processed within two to six weeks, and the SSN card will be mailed to you.

Once you receive your Social Security Card you will need to bring it to the Human Resource Service Center (910 Genesee Street, suite 100). The office hours of the HRS center are Monday – Friday, 8 am – 4:30 pm. Also, you will need to bring your card to the University’s Office of the Registrar (River Campus, 127 Lattimore Hall). The office hours of this office are Monday – Friday, 9 am – 5 pm. Finally, you will need to update your information in your Sprintax account.

This SSN application procedure is tailored specifically for students in the Chemistry Department. Please be aware that not all departments offer specific guidance for obtaining an SSN. For more comprehensive information on SSNs, including a detailed step-by-step guide on how to apply, please visit the [International Services Office \(ISO\)](#) or access the guide directly [here](#).

Completing the I-9 Form

When joining the University of Rochester as a new graduate student and if you plan to work, it's mandatory to complete an Employment Eligibility Verification Form, commonly known as the I-9 form. This form is essential to confirm your legal authorization to work in the United States.

Part I: Online Completion

1. Visit newi9.com and enter our employer code 11968.
2. Select the work location 100000-Student Workers.
3. After submitting Part I, you will receive a list of documents needed for Part II, which verifies your identity and work eligibility. You can find a list of acceptable documents on the [U.S. Citizenship and Immigration Services website](#).

Part II: In-Person Verification

- Bring all required documents (originals only; no copies or pictures) to the Office of Human Resources.
- Complete Part II at Brooks Landing, Genesee Street, Monday through Friday, 8:15 a.m. to 4:00 p.m. [Click here to make an appointment](#).

Next Steps After Completing I-9

- It may take up to four days for the I-9 to be processed into our student employment system. You can check the status of your I-9 in JobLink on your profile page.
- Your I-9 remains valid throughout your degree program and does not need to be repeated for other student employment jobs.
- Once processed, your supervisor will inform you of your start date via email. Remember, you are not permitted to work until all employment prerequisites are met.



Winter in Rochester

Winter in Rochester can be tough, especially if you're not used to the cold. The winter season in Rochester lasts several months: it can start as early as October and there can be snow as late as April! Average *high* temperatures in December to February are typically ~35 °F (2 °C) with average lows of ~20 °F (-7 °C), with individual days dropping as low as 5 °F (-15 °C). But don't worry, TRAC is here to share some tips from people who've been through it all. This part of the TRAC manual aims to make your winter experience a little warmer and easier to manage. We hope it helps!

Clothing

In winter, the right clothing is more than just a matter of style; it's essential for comfort, health, and well-being. As temperatures drop, your body must work harder to maintain its core temperature, making it crucial to layer up with the appropriate attire. Good winter clothing acts as a barrier against the cold, wind, and moisture, preventing heat loss and protecting you from the elements. Beyond keeping you warm, proper winter wear can also prevent health issues such as hypothermia and frostbite, which are serious risks in cold weather. Thus, investing in quality winter clothing is not only about comfort but also about ensuring safety during the coldest months of the year. Here you give you some tips!

Thermal Underwear: Start with a solid base layer. Thermal underwear, including tops and bottoms, provides an extra layer of insulation without adding bulk, keeping your core temperature steady.

Socks: A thick pair of winter socks will keep your legs warm during winter. You may carry a pair of extra socks with you during snowy days. If you are walking for long outside in snow or ice, the moisture in your shoes can make your socks wet. Having a pair on you will save you from wet socks irritation!

Layering Pieces: Layering is key to adjusting your body temperature as you move between indoors and outdoors. Include a variety of sweaters, fleece jackets, and vests in your wardrobe.

Winter Jackets: A good winter jacket is crucial for staying warm, acting as your main defense against the cold. There's a wide range of reputable brands available online. It's important to invest time in choosing the right one, as it greatly influences your comfort during the chilly months. Don't rush this decision; a high-quality jacket is worth the effort.

Snow boots: Snow boots are a must-have when it comes to walking on snowy and icy surfaces. They keep your feet warm and provide the necessary grip to ensure safe movement. Generally, long boots are preferred as they offer better protection against snow accumulation. It is also a good idea to carry an extra pair of shoes to use inside buildings.

Gloves: Protect your hands from the cold with a good pair of gloves. Your fingers are often the first to feel the chill, so keeping them covered is crucial.

Hats and Beanies: Protect your hands from the cold with a good pair of gloves. Your fingers are often the first to feel the chill, so keeping them covered is crucial.



Scarves: A good scarf can protect your neck and face from the cold wind. You can also pull it up over your mouth and nose on particularly chilly days.

Commuting

Commuting during the winter months presents a unique set of challenges, requiring careful preparation and adjustments to your routine. The cold temperatures, icy roads, and shorter daylight hours demand extra caution and the right gear to ensure safety and comfort. Whether you're driving, taking public transit, or walking, navigating winter conditions can significantly affect your travel time and overall experience. It's essential to plan ahead, allowing extra time for travel and being equipped with winter essentials. This way, you can minimize the risks and inconveniences posed by the season's harsh weather, ensuring a smoother and more reliable commute.

Walking outside: Walking outside in winter requires mindful precautions to ensure safety and warmth. Here are some key aspects that you should keep in mind:

- **Choose the Right Footwear:** Wear insulated, waterproof boots with a good grip to prevent slipping on ice and snow. Keeping your feet dry and warm is crucial to avoid frostbite.
- **Be Visible:** With shorter days and often overcast skies, visibility is reduced in winter. Wear bright colors or reflective gear, especially if you're walking early in the morning or late in the evening.
- **Protect Your Extremities:** Heat loss is fastest through your head, hands, and feet. Always wear gloves, a warm hat, and thick socks. Consider using hand and foot warmers in extremely cold temperatures.
- **Walk Carefully:** Icy patches can be deceptive and dangerous. Walk slowly, taking short steps to maintain your balance, and try to walk on cleared paths whenever possible.
- **Stay Hydrated and Carry Energy Snacks:** Cold air can be dehydrating, and your body uses more energy to stay warm. Carry a water bottle and some high-energy snacks if you'll be out for a long time.
- **Use Sunscreen and Lip Balm:** The sun's rays can still cause skin damage in the winter, especially when reflected off snow. Apply sunscreen to exposed skin and use lip balm to protect against chapped lips.
- **Plan Your Route:** Choose the safest route, preferably one that is well-lit and has been cleared of snow and ice. Let someone know your route and expected return time, especially during extreme weather conditions.
- **Check the Weather:** Always check the weather forecast before heading out. Don't underestimate the conditions; being aware can help you avoid dangerous weather changes or extreme cold.
- **Listen to Your Body:** Pay attention to how your body feels. If you start feeling too cold or fatigued, find refuge immediately. It's important to recognize the signs of hypothermia and frostbite early.

University Shuttles: For students at the University of Rochester, navigating the campus and



surrounding areas during the winter months is made easier with the university shuttle service. This convenient transportation option requires no special application—simply swipe your UofR ID to access any of the shuttle buses. What's more, rides are entirely free with a valid campus ID, eliminating the need for cash or additional cards.

The shuttle service offers a user-friendly way to plan your commute with real-time tracking. Through the designated app, available [here](#), you can view the buses on a map, get arrival predictions, and receive proximity alerts. This means you can minimize waiting times in the cold by timing your arrival at the shuttle stops with the shuttle's arrival. Whether you're moving between campus locations, heading to off-campus housing, or exploring the Rochester area, the university shuttles provide a warm, safe, and efficient way to travel, especially in the chilly winter months.

Regional Transit Service (RTS): You can also use the city transportation system, to move around Rochester. For this option you will need to pay but it is possible to have access to free rides for a year for UofR students! You can download the city transport app [here](#). This app assists in planning trips efficiently by providing route options and schedules. Furthermore, a comprehensive map outlining the University of Rochester and RTS connection points is available at this [link](#).

Driving: Driving in winter conditions can be challenging and requires extra caution to ensure safety on the roads. Here are some essential tips for navigating winter driving:

- **Prepare Your Vehicle:** Ensure your car is winter-ready by checking the battery, lights, brakes, tires, and antifreeze levels. Use winter tires for improved traction on snow and ice.
- **Keep a Winter Kit:** Stock your vehicle with a winter emergency kit that includes items like a snow shovel, ice scraper, jumper cables, sand or cat litter for traction, blankets, flashlights, water, and non-perishable snacks.
- **Drive Slowly and Steadily:** Speed is a major factor in winter accidents. Drive slowly to maintain control and give yourself time to react to ice, snow, and other drivers.
- **Increase Following Distance:** Stopping distances can be significantly longer on snowy or icy roads. Increase your following distance from other vehicles to allow for safe stopping.
- **Avoid Sudden Movements:** Accelerate and decelerate slowly. Sudden movements can cause your vehicle to slide or lose control, especially on icy roads.
- **Use Headlights:** Turn on your headlights to increase your visibility to other drivers, even during the day.
- **Know How to Handle Skids:** If your car starts to skid, remain calm. Steer in the direction you want to go and avoid slamming on the brakes, as this can exacerbate the skid.
- **Stay Informed:** Before heading out, check the weather forecast and road conditions. If possible, avoid driving during severe weather conditions.

Outdoor activities

As the winter season blankets the landscape in sparkling snow and ice, it opens the door to a realm of activities that celebrate the chilly months. Whether you're drawn to the peacefulness of



snowshoeing across untouched snow, the thrill of skiing down slopes, or the joy of ice skating on a frozen pond, winter is a time to explore and enjoy the outdoors in unique ways. Beyond individual adventures, winter also brings communities together through festive markets and seasonal celebrations, where the air is filled with the scent of hot cocoa and the glow of holiday lights. To help you make the most of this magical season, we'll provide a variety of options for winter activities. From serene to exhilarating, there's something for everyone to discover and love in the winter wonderland.

Embrace the Chill: Winter Adventures Await!

- **Ice-Skating:** Lace up your skates and glide across the ice at [Tim Horton's Iceplex](#), [Dick's House of Sport](#), or the scenic [Martin Luther King Jr. Memorial Park](#). Each venue offers a unique skating experience for enthusiasts of all levels.
- **Skiing Adventures:** Challenge the snowy slopes at [Bristol Mountain](#) or [Swain Ski Resort](#). Whether you're a beginner or a seasoned skier, these destinations promise exhilarating runs, breathtaking views, and lots of fun!
- **Greystone Tubing Fun:** Dive into the excitement of snow tubing at [Greystone Tubing Park](#). With specially crafted lanes and an easy lift system, it's the ideal spot for endless snowy fun. A must for anyone seeking a thrilling winter activity.
- **Sledding at Rochester's Best Hills:** Discover the top sledding spots in Rochester, perfect for a day filled with laughter and exhilarating downhill rides. From gentle slopes for the little ones to more adventurous hills for the thrill-seekers, Rochester's variety of sledding hills offers something for everyone. This are some of our favorites: [Cobb's Hill Park](#), [Northampton Park](#), [Highland Park](#), [Mendon Ponds Park](#), [Frisbee Hill Park](#).
- **Visit the Public Market:** The [Rochester Public Market](#) welcomes visitors throughout the year, regardless of the weather! Make a point to visit on Tuesday, Thursday, or Saturday mornings to explore a wide selection of local, seasonally fresh items. Enjoy a hot meal, or warm up with a coffee from Java's Café or a chai from the Chai Guy.

Winter Festivals and Events

- **ROC Holiday Village:** This festive event transforms the city into a seasonal celebration with something for everyone. From unique shopping opportunities to indulge in holiday gifts, to festive food and drink options that will warm your heart. The village offers an array of activities, including ice skating, holiday-themed workshops, and live entertainment. A must-visit destination to experience the joy and magic of the holiday season in Rochester. [Save the dates: December 6-29 2024!](#)
- **Amazing Display of Christmas Lights:** Illuminate your holiday season with a tour of Rochester's spectacular Christmas lights. Explore the dazzling displays and twinkling lights that adorn homes, streets, and landmarks throughout the city. This guide offers a curated list of must-see locations, turning a simple evening drive into a magical holiday adventure. Perfect for families, couples, and anyone looking to bask in the festive spirit of the season. See the winners of [last year's edition here!](#)
- **Canandaigua's Fire & Ice Winter Festival:** This annual event features a mesmerizing mix of fire-lit evenings and icy adventures, including ice sculptures, live fire performances,



and a variety of winter sports activities. Indulge in local culinary delights, warm beverages, and partake in family-friendly games and crafts. It's an enchanting experience that highlights the best of winter in the Finger Lakes region.

Take a Winter Walk

- **Cobb's Hill Park:** Located in the southeastern part of the city, Cobb's Hill Park covers 109 acres of beautiful landscapes, recreational activities, and scenic trails. The park's highest point provides an extraordinary viewpoint of the city. Washington Grove, a woodland area owned by the city, is situated on the eastern side of the Cobbs Hill Reservoir and provides an authentic urban sanctuary. Whether you're exploring the vast array of oak trees in Washington Grove, taking a leisurely walk around the reservoir, or enjoying sledding down the park's prominent hill, Cobb's Hill is an excellent option for a winter stroll in Rochester. Don't forget to capture a photo of the city skyline from this vantage point!
- **Highland Park:** A stunning park that spans 150 acres and is equally delightful to explore in both winter and spring. In the springtime, the park boasts the largest collection of lilacs in North America, which is truly a sight to behold. During the winter months, visitors can enjoy clear walking paths, various memorials, and gardens throughout the park. Notable attractions include the Vietnam Veterans Memorial and a Lily Pond, which turns into a natural skating rink in the winter. Furthermore, Highland Park is the home of the Lambertson Conservatory, which showcases a diverse array of plants from all around the world and is open year-round.
- **Mount Hope Cemetery:** Visitors to Mount Hope Cemetery, the oldest municipal cemetery in the United States, can enjoy the scenic rolling hills and walking trails. The cemetery's headstones, grave markers, and mausoleums showcase a variety of architectural styles. A visit to Mount Hope would not be complete without paying respects to the graves of Susan B. Anthony and Frederick Douglass, prominent historic figures from Rochester.
- **Letchworth State Park:** Letchworth State Park is a beautiful area in the eastern U.S. that is often called the "Grand Canyon of the East." It is home to lush forests, rocky cliffs, and the Genesee River, which flows through the gorge and creates three major waterfalls. The cliffs reach up to 600 feet in some places, making for a stunning view. The park boasts 66 miles of hiking trails that are perfect for hiking, horseback riding, biking, snowmobiling, and cross-country skiing. Additionally, Letchworth offers various activities like nature, history, and performing arts programs, guided tours, summer lecture series, whitewater rafting, kayaking, swimming pool, and hot air ballooning. Hot air balloon rides are a unique and unforgettable way to experience Letchworth.

Staying Healthy

Staying healthy during the winter months involves more than just keeping warm and avoiding colds. It's also crucial to address the mental and emotional challenges that can come with the season, such as seasonal depression. The shorter days and longer nights can significantly impact one's mood, leading to what is often referred to as the winter blues or seasonal affective disorder (SAD). One key factor in managing these feelings is Vitamin D. With sunlight in scarce supply



during winter, many people don't receive enough Vitamin D, which is vital for bone health and overall well-being. Supplementation can be an effective way to ensure adequate Vitamin D levels, potentially improving mood and energy levels. (Disclaimer: You should seek advice from a medical professional before taking nutritional supplements.)

Additionally, the use of special lamps that mimic natural sunlight can help combat the effects of seasonal depression by providing a source of bright light that influences mood positively. These lamps are designed to simulate daylight, offering a natural boost that can help maintain a healthy circadian rhythm and mitigate the symptoms of SAD.

Integrating these approaches into your winter routine can help maintain both physical and mental health during the colder, darker months.



Graduate Student Associations

Graduate student organizations are a vital component of the University of Rochester's vibrant community. These groups offer invaluable opportunities for building interdepartmental networks, celebrating diverse cultures, engaging in social events, participating in community service, and enhancing diversity awareness. Explore our directory of active student organizations below. If you're interested in joining or participating in any group, please use the provided links in their descriptions to contact them directly or access the list of officers in the CCC to reach out via email.

Alliance for Diversity in Science and Engineering: The Alliance for Diversity in Science and Engineering (ADSE) chapter works to increase the representation and visibility of underrepresented groups in the STEM fields. The group's goals are to connect scientists across our campus, showcase non-traditional career paths and minority experiences in academia, industry, and government, and educate students at all levels about opportunities in STEM.

Chemistry Contact: Chari Peter; cpeter@ur.rochester.edu
[Click here to join the group](#)

Association of Latin American Students: The mission of the Association of Latin American Students (ALAS) is to create a community and provide support for people being away from home, especially for incoming grad students. Trying to connect with different cultures and creating bonds with them, socializing about the different and common things between them. The group maintains regular social gatherings including weekly sports events such as volleyball or soccer games.

Chemistry Contact: Ignacio Gustin; igustin@ur.rochester.edu
[Click here to join the group](#)

Chemistry Graduate Association: The Chemistry Graduate Association is a student-led organization for and by chemistry graduate students. Our goal is to provide a platform for the members of the department to pivot from their academic life, come together as one big family to bond, celebrate, and give back to the community.

Chemistry Contact: Mamta Dagar; mdagar2@ur.rochester.edu
[Click here to join the group](#)

Chem In Motion: Our organization was created to promote good mental and physical health, as well as grow social connections among graduate students. We host monthly events centered around exploring new hobbies and networking with those in the department.

Chemistry Contact: Dasha Rodina; drodina@ur.rochester.edu
Chemistry Contact: Cay McNichol; cmcnicho@ur.rochester.edu

Graduate Student Association: The Graduate Student Association (GSA) is an organization of student leaders which is meant to advocate on behalf of all Arts, Sciences, & Engineering graduate students. The GSA works to improve the graduate student experience at University of Rochester by assessing and addressing student concerns, connecting students to resources, and organizing professional and social events.

Chemistry Contact: Shannon Cooney; scooney3@ur.rochester.edu



[Click here to join the group](#)

Graduate Students of Color: Graduate Students of Color (GSOC) is an organization founded to celebrate and empower historically-marginalized voices at the University of Rochester. We stand by the University's motto of Meliora: to be ever better for racially-underrepresented students in the U of R community.

Group contact: Micah Williams; mwill152@ur.rochester.edu

[Click here to join the group](#)

InterVarsity Graduate Christian Fellowship: The InterVarsity Graduate Christian Fellowship encourages and equips graduate students and faculty to follow Christ as they seek to be a redeeming influence among the people, ideas, and structures of the university and professions.

Group contact: Angelica Guzman; aguzm15@ur.rochester.edu

[Click here to join the group](#)

International Students and Scholars Association: A student-led organization dedicated to fostering a vibrant and inclusive community for international students and scholars at SMD. We recognize the unique challenges faced by international students, including social integration, cultural assimilation, and navigating complex immigration rules. Our mission is to provide comprehensive support, promote cultural exchange, and empower our members to thrive academically, professionally, and personally.

Group contact: Adarsh Kumar; urochesterisa@gmail.com

[Click here to join the group](#)

outGRADS: outGRADS @ UR is a campus-wide graduate/post-doctoral student organization dedicated to forming a community of gender and sexual minorities (GSM), including but not limited to: lesbian, gay, bisexual, transgender, queer, genderqueer, intersex, asexual, aromantic, pansexual, and other identities across the spectrum. Formation of this community is aimed to foster personal and professional relationships and development among GSM at the University of Rochester.

Group contact: Zee Click; zee.click@rochester.edu

[Click here to join the group](#)

Rochester Indian Association: Rochester Indian Association serves as a platform for conducting social events geared towards students of Indian origin at the University of Rochester. The group also supports incoming graduate students to help them make a smooth transition to life in Rochester.

Group contact: Nabendu Mishra; nmishra2@ur.rochester.edu

[Click here to join the group](#)

Younger Chemists Committee: The Younger Chemists Committee advocates for and provides resources to early-career chemists and professionals in the chemical sciences and related fields. Addresses specific issues facing younger chemists within the ACS and serves as a voice to the Society on behalf of younger chemists.



Chemistry contact: Revathy Rajan; rrajan2@ur.rochester.edu

SACNAS: The UR Chapter of the Society for Advancement of Chicanos/Hispanics & Native Americans in Science (SACNAS) is an inclusive student-run group recognized by the national organization. In addition to perusing the goals of the national organization, our chapter emphasizes profession development, social activities, community outreach, and undergraduate mentorship. As a graduate group, we attempt to provide our members with relevant tools to strengthen their professional goals through seminars and workshops while also acknowledging the importance behind a work-life balance by providing a support system outside of our academic careers through social events. As our demographic consists of predominantly underrepresented minorities in STEAM, we demonstrate the value of engaging both the future scientist on campus as well as the greater Rochester community through mentorship seminars and community outreach.

Chemistry contact: Roberto Leon Baxin; rleonbax@ur.rochester.edu

[Click here to join the group](#)



Study Spots

The University of Rochester offers a variety of study spaces to suit different study needs. If you're looking for recommendations on the best places to study, check out the [University of Rochester blog](#) where they highlight top study spots based on community feedback. However, here is a list with our favourites!

Rush Rhees Library: This is the main university library and has many areas that can be explored! Here the most important:

- **Evans Lam Square:** Immediately visible upon entering the main lobby of Rush Rhees from the Eastman Quad, this area features spacious tables, booths, and access to computers and other digital tools. Assistance is available at the Questions and Information (Q & I) desk, and it is also a location from which you can check out books.
- **Periodical Reading Room (PRR):** Located upstairs, this room is adorned with elegant lamps and offers a quiet study environment. It exudes a classic ambiance reminiscent of Hogwarts, making it a favored spot for many (myself included). The room provides a view of the main quad and access to a balcony furnished with Adirondack chairs—a real treat if you manage to claim one.
- **The Great Hall:** Situated across the landing from the PRR, this smaller space offers a cozy atmosphere for study, much like that of the PRR.
- **Stacks:** Spread across multiple levels (ten, by last count) within the library, the stacks house an extensive collection ranging from contemporary young adult fiction to centuries-old encyclopedias. For those who prefer solitude, the stacks offer a profoundly quiet environment with minimal disturbances, surrounded almost entirely by books. Areas particularly conducive to study include the third floor, various basements, and the upper levels.



Other Spots:

- **Gleason Library:** This library has different areas for studying alone or with others. It offers quiet spaces if you need silence, or open areas if you prefer being around people. There are also computers you can use, printing facilities, and it's right next to the IT Center for any tech help or if you need to borrow a charger. For group study, there are private booths and even sleeping pods for resting.



- **Art and Music Library:** This small, quiet library is great for studying and you can also borrow DVDs, headphones, and use private study rooms. It has a good selection of films and music.
- **Carlson Library** (in the Computer Science Building): This library is a favorite among science and engineering students because it's in the science/engineering area of campus. It has comfortable desks, relaxing couches for taking breaks, and private booths for studying on the third floor. There are also computers and printers available. The best places to study here are the third floor and the basement.
- **Rettner Media Lab:** This lab is perfect for projects that need heavy-duty software, like digital media or engineering. It has powerful computers with software for design and video editing, and you can also use 3D printers. They lend out cameras, microphones, projectors, and other media equipment for free. You can also try out new virtual reality gear. A good spot to study here is on the third floor.
- **Physics, Optics, and Astronomy Library (POA):** A relaxed study space, particularly suitable for physics students or those interested in physics. It houses an excellent selection of physics books and offers board games like chess and Go for stress relief. Laptop and phone chargers are also available for rent.
- **LeChase (Warner Education Building):** LeChase stands out with its beautiful design and offers a different ambiance compared to other study locations. It's perfect if you prefer studying in a quiet, less crowded environment. The third floor is particularly quiet.





Best of Rochester

The team from the CITY conducts an annual survey with Rochester residents to discover their favorite spots around the city. You can view the full list on their [website](#). Here, we'll give you a quick glimpse of some of the top places that Rochester has to offer this year!

Food

Late Night Eats (past 11 P.M.)	<ol style="list-style-type: none"> 1. The Angry Goat 2. Mark's Texas Hots 3. Marshall Street Bar & Grill
Coffee Shop	<ol style="list-style-type: none"> 1. Java's 2. Ugly Duck Coffee 3. Fuego Coffee Roasters <p>Our choice: Cafe Sasso</p>
Barbecue	<ol style="list-style-type: none"> 1. Dinosaur Bar-B-Que 2. Sticky Lips BBQ Juke Joint 3. Good Smoke BBQ & Pub <p>Our choice: Texas de Brazil</p>
Burger	<ol style="list-style-type: none"> 1. The Gate House 2. The Playhouse // Swillburger 3. Good Luck
Ice Cream	<ol style="list-style-type: none"> 1. Abbott's Frozen Custard 2. Pittsford Farms Dairy 3. Hedonist ice Cream & Chocolates
Pizza	<ol style="list-style-type: none"> 1. Pizza Wizard 2. Strangebird 3. Peels on Wheels



Drinks

Cocktail Bar	<ol style="list-style-type: none"> 1. The Revelry 2. The Daily Refresher 3. Martine
LGBTQ Bar	<ol style="list-style-type: none"> 1. ROAR 2. Lux Lounge 3. Bachelor Forum
Bar To Drink Alone	<ol style="list-style-type: none"> 1. ROAR 2. Lux Lounge 3. Ziggy's
Craft Brewery	<ol style="list-style-type: none"> 1. Three Heads Brewing 2. Strangebird Beer 3. Irondequoit Beer Company
Sports Bar	<ol style="list-style-type: none"> 1. Jeremiah's Tavern 2. Ziggy's 3. Tin Cup Social
Winery	<ol style="list-style-type: none"> 1. Living Roots Wine & Co. 2. Dr. Konstantin Frank Winery 3. Hermann J. Wiemer Vineyard



Recreation

<i>Biking Trail</i>	<ol style="list-style-type: none"> 1. Erie Canalway Path 2. Genesee Riverway Trail 3. Tryon Park
<i>Bowling</i>	<ol style="list-style-type: none"> 1. Radio Social 2. L&M Lanes 3. Okay Beer Co.
<i>Day Hike</i>	<ol style="list-style-type: none"> 1. Letchworth State Park 2. Corbett's Glen Nature Park 3. Chimney Bluffs State Park
<i>People Watch</i>	<ol style="list-style-type: none"> 1. Rochester Public Market 2. Java's 3. Lux Lounge
<i>Stargazing Spot</i>	<ol style="list-style-type: none"> 1. Mendon Ponds Park 2. Cobbs Hill Park 3. Durand Beach
<i>Karaoke Night</i>	<ol style="list-style-type: none"> 1. ROAR 2. Lux Lounge 3. Firehouse Saloon
<i>Public Park</i>	<ol style="list-style-type: none"> 1. Highland Park 2. Cobbs Hill Park 3. Durand Eastman