



Ten Resources Every Stanford Graduate Student Should Know



STANFORD UNIVERSITY
VICE PROVOST FOR GRADUATE EDUCATION

If you are like most Stanford graduate students, your life revolves around your department. The most important resources to help you survive and thrive are the staff members and faculty in your department. But one of the best parts of being at Stanford is the ability to take advantage of resources all around campus and the region. Here are ten resources to help you make the most of your time on campus.

1. Graduate Life Office (glo.stanford.edu)

The Graduate Life Office (GLO) is a comprehensive resource on graduate student life. The GLO and the graduate life deans administer the residential program and help students manage personal difficulties. The Graduate Life Office is in the Graduate Community Center, 750 Escondido Road, (650) 736-7078.

2. Vaden Student Health Center (vaden.stanford.edu)

The Vaden Health Center serves the health needs of Stanford students and their spouses or domestic partners. Vaden provides comprehensive on-site health care, Counseling and Psychological Services (650-723-3785 for 24-hour crisis counseling), a pharmacy, and health promotion programs. Vaden is located at 866 Campus Drive, (650) 498-2336.

3. Graduate Student Council (gsc.stanford.edu)

The Graduate Student Council (GSC) is the student government and advocacy organization for graduate students. Every Stanford graduate student is a member of the GSC and is invited to attend the weekly meetings (usually Wednesday at 6 p.m. in the Nairobi conference room of the GCC).

4. Student Organizations (mygroups.stanford.edu/search)

Stanford's hundreds of student organizations cover nearly all interests: academic, international, ethnic, social, and recreational. Learn more about these groups at the Activities Fair, 12 - 4 PM, White Plaza on Fri, Sept 26, 2008

5. Stanford on iTunes (itunes.stanford.edu)

Stanford on iTunes U provides free access to a wide range of Stanford-related digital audio content via Apple's iTunes Store. There is public site which includes Stanford courses, faculty lectures, event highlights, music, and sports; and an access-restricted site for the Stanford community.

6. Events at Stanford (events.stanford.edu)

The Events website offers a comprehensive listing of Stanford events – from lectures to concerts.

7. Visitor Information (visitorinformation.stanford.edu)

Be a tourist on campus. Take a free walking tour, and visit all parts of campus. Be sure to see: Hoover Tower, Memorial Church, Cantor Arts Center and the Rodin Sculpture garden, walk The Dish, Hanna House designed by Frank Lloyd Wright, Jasper Ridge Biological Preserve and the Stanford Linear Accelerator.

8. Health and Fitness (pe.stanford.edu) and (Be Well: stanford.wellsphere.com)

Staying healthy is essential to your academic success. The Department of Physical Education, Recreation, and Wellness offers classes and recreation facilities for all students. The BeWell site offers comprehensive resources from physical wellness to financial health.

9. Campus Eateries (stanford.edu/home/visitors/eateries)

The Stanford campus offers almost 30 dining options; check out this listing so you don't go hungry!

Last, but not least, the Office of the Vice Provost for Graduate Education (vpge.stanford.edu)

The VPGE website is a compendium of university-wide resources and programs to enhance your education.