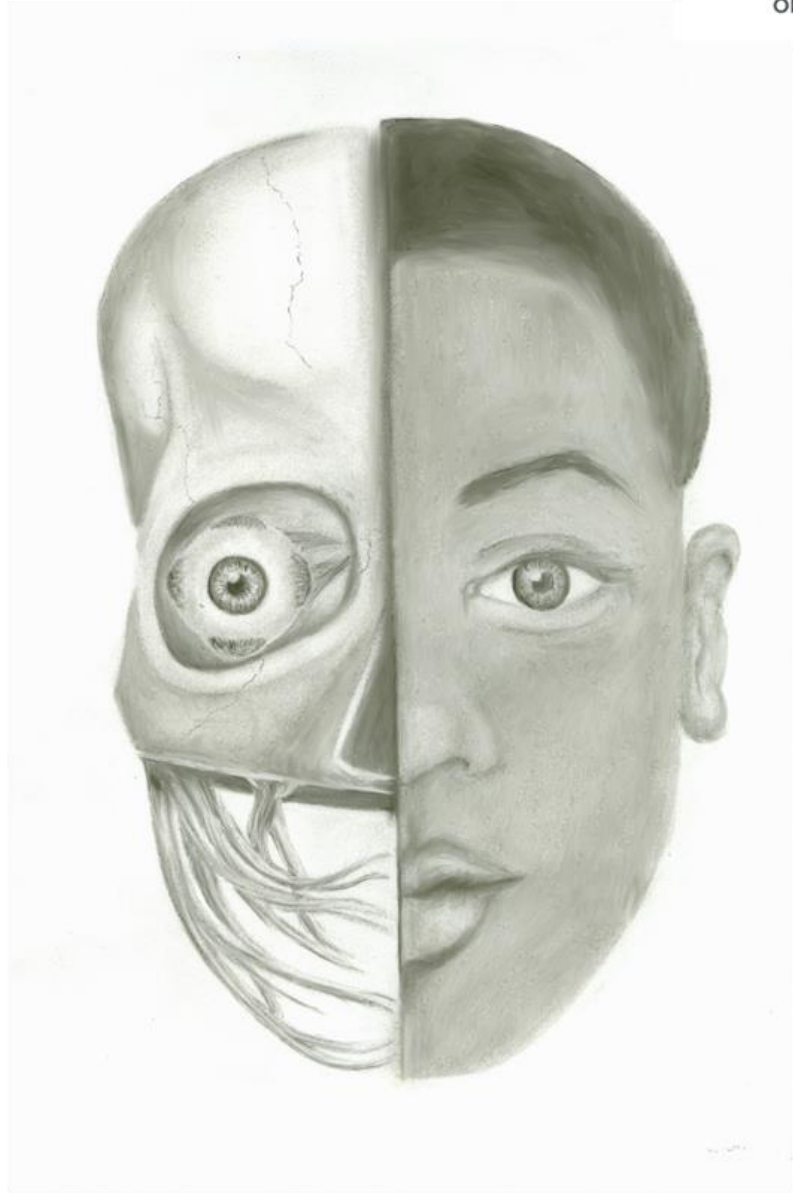


# Behavioral & Systems Neuroscience



Student Handbook 2022-2023

## Introduction

Hello and welcome to the Behavioral and Systems Neuroscience (BSN) Program at OHSU! A group of current students recognized that transitioning to graduate school and moving to a new city is a stressful and overwhelming experience, so we decided to create the handbook we would have appreciated when we started at OHSU. This handbook is divided into 2 sections, (1) practical information and contacts for important people, and (2) suggestions of recreational activities available around the Portland metro area. Pictures and suggestions for fun things to do around Portland were collected from current students and post docs. We hope this can become a living document that is routinely updated with what you think is important for new students to know about the program, OHSU, and general life in Portland.

Sincerely,

Student Handbook Committee (aka,  
Project Mullet):

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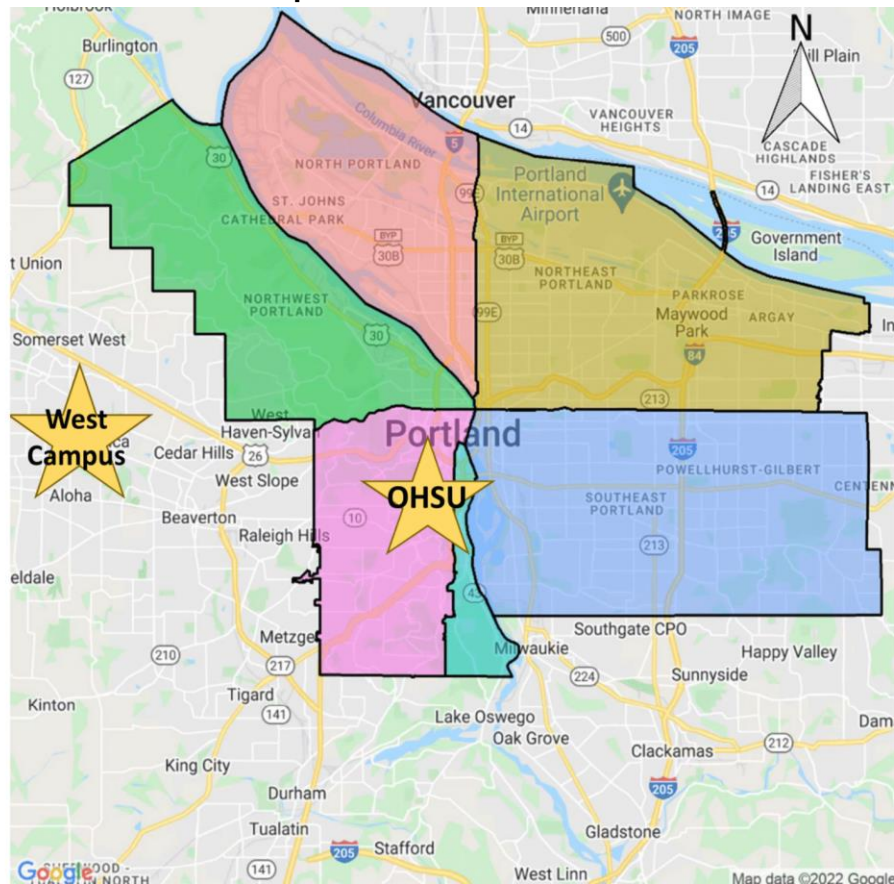
## Table of Contents

Topic	Page Number
1. Regions of Portland and OHSU Campuses	4
2. Housing and Transportation in Portland	5-6
3. Key People and their Roles in BEHN	7
4. Key People and their Roles at West Campus	8
5. Support Services	9-10
6. Finances	11
7. Health, Wellness and Insurance	12
8. Extracurricular Activities	13
9. Other Portland-Area Interest Groups	13
10. Portland Arts, Entertainment, Museums, Shows etc.	14-16
11. Off-Campus Food and Beverage	17
12. Activities	18-19
13. Tips from Students	20

**Note:** Some of the links below, denoted with an asterisk (\*), are private OHSU sites. You'll need your login credentials to access them, and if accessing off-site then you may need to use 2-factor authentication or the OHSU Citrix VPN portal.



## Regions of Portland and OHSU Campuses



1. **Getting to OHSU and West Campus** - *“Where can I find general information about getting to OHSU’s campuses?”*:
  - a. [Visiting OHSU](#)
  - b. [Maps of OHSU Campuses](#)
  - c. [Marquam Hill Campus Information](#)
  - d. [South Waterfront Campus Information](#)
  - e. [West Campus \(ONPRC\) Information](#)

## Housing and Transportation in Portland

1. **Layout of Portland** - *“How is Portland organized, and where can I find info about housing?”*:
  - a. There are six main sections in the city; current students are spread throughout the city, so ask us about the pros/cons of the areas.
  - b. Housing Resources:
    - i. [Chuckslist \(OHSU site\)](#)\*
    - ii. [Portland Craigslist](#)
    - iii. [Portland Housing Group \(Facebook\)](#)
    - iv. [Zillow](#)
  
2. **Getting an OR driver’s license** - *“Where can I find information about getting an OR driver’s license?”*:
  - a. New to Oregon (OR Department of Transportation)
    - i. More details [here](#)
    - ii. Vehicle will likely need a [DEQ inspection](#)
  
3. **Parking in the city** - *“Where do I park once I’m here?”*:
  - a. Info about different zones can be found [here](#)
  - b. Download the [Parking Kitty App](#) for an easy way to pay for parking
  
4. **Getting around Portland** - *“What are some ways that I can travel around the city?”*:
  - a. [BIKETOWNFORALL](#)
    - i. Reduced fares when accessing Biketown e-bikes across Portland
  - b. [LyftOff](#)
    - i. OHSU-specific
    - ii. Covers all or a portion of your ride from Marquam Hill or the waterfront during early or later hours
    - iii. Limited to 20 rides per month
  - c. [MyCommute](#)
    - i. OHSU-specific
    - ii. Log your walk, bike, carpool commute miles and get \$1.50 per day
    - iii. Can also be used to reserve parking (a wage-based system)
  - d. [TriMet](#)
    - i. City-based transit system in Portland
    - ii. Unlimited access to Trimet systems via the OHSU HOP pass, which you get at a reduced fee of \$50
    - iii. Check out the [OHSU Transportation Resource](#) page for more information about
  - e. [Zipcar](#)
    - i. Rent cars for short periods of time



- 5. Car services in Portland - “Where can I get my car fixed?”:**
- a. [Les Schwabb](#)
    - i. Local chain specializing in brake and tire services that offers 0% financing for costly repairs.
  - b. [Meineke](#)
    - i. Discounts for new customers and loyalty program
  - c. [Raleigh Hills Automotive](#)
    - i. Discounts for AAA members and punch cards for routine services and inspections
  - d. [TNA Auto Repair](#)
- 6. Discounts in and around Portland - “Where can I find discounts for goods and services in the area?”:**
- a. [Discount offers\\*](#)



## **Key People and Their Roles in BEHN**

### **Josh Merrick (he/him)**

Program Technician (BEHN, Psychiatry)

“Students should come talk to me if/when they have questions about or issues with supply purchasing (including computers and software), reimbursements, key requests, email listservs, website edits, campus resources, or help finding the right person or place to go for help.”

### **Kris Thomason (she/her, we/us)**

Department Administrator (BEHN)

“Students should come talk to me if/when they have questions about anything. I may not have an answer right away but can likely direct you to someone who does. More specifically, I work with the departmental budget, faculty, and staff.”

### **Marina Guzzetti (she/her)**

Professor, Program Director (BEHN, VA)

“Students should come talk to me if/when they have questions about or issues with graduate program policy or mentorship and interactions with faculty. Students are also welcome to come see me with suggestions on how to improve the program.”

### **Nicole Ernst (she/her) and Laura Young (she/her)**

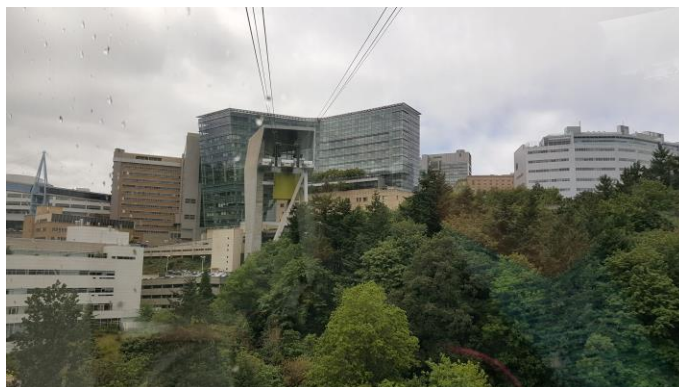
Senior Grants & Contracts Coordinators (BEHN, Psychiatry)

“Students should come talk to us if/when they plan to submit a grant application or have questions about or issues with grants and awards (applications, award set-up, progress reports). Each faculty member is assigned to either of us as their primary GCC, and trainees work with the GCC assigned to their mentor, so your mentor should be able to tell you which GCC to contact. When in doubt, you may always contact both, and one will get back to you.”

### **Tamara Phillips-Richards (she/her)**

Professor, Interim Department Chair (BEHN, VA)

“Students should come talk to me if/when they have questions about or issues with departmental policy or obtaining answers or issue resolution from other appropriate resources.”



## **Key People and Their Role at West Campus**

### **Kathleen A. Grant, Ph.D.**

Chief, Division of Neuroscience (Oregon National Primate Research Center)  
Kathleen (Kathy) Grant's scientific interests are in animal models of addiction, particularly alcoholism. Her studies in non-human primates are aimed at understanding the co-morbidity of stress and excessive alcohol drinking examining risk factors such genetics, in utero exposure, adolescent vulnerability, sex differences and menstrual cycle effects, brain adaptations and cognitive impairments.

### **Diana Gordon**

Education Outreach Specialist  
[gordondi@ohsu.edu](mailto:gordondi@ohsu.edu)

### **Jane Rosato**

Manager, Human Resources  
[rosatoj@ohsu.edu](mailto:rosatoj@ohsu.edu)



## Support Services

1. **Accommodations** - *"I have unique needs due to a disability"*:  
[OHSU Office for Student Access - Academic Accommodations for Disabilities](#)
2. **Affirmative Action & Equal Opportunity** - *"I feel harassed and want to file a report"*:  
[OHSU Affirmative Action and Equal Opportunity](#)
3. **Confidential Advocacy Program** - *"I have a concern about sexual harassment, and I would like to discuss this with a confidential person"*:  
[OHSU Confidential Advocacy Program \(CAP\)](#)
4. **COVID-19 Resources** - *"I have questions about COVID-19"*:  
[COVID-19 Resources\\*](#)
5. **Diversity** - *"I would like to find multicultural resources on campus"*:  
[OHSU Center for Diversity and Inclusion](#)
6. **Environmental Safety** - *"I have a chemical or radiation safety issue"*:  
[ehrs@ohsu.edu](mailto:ehrs@ohsu.edu)  
(In case of a chemical or radiation emergency, contact Public Safety at 503-494-4444.)
7. **Financial Aid** - *"How do I manage my cost of attendance during graduate school?"*:  
[OHSU Financial Aid](#)
8. **General Support** - *"I have a question and don't know where to start"*:  
[OHSU Graduate Studies](#)
9. **General Student Support** - *"I have questions about being a student at OHSU"*:  
[OHSU Graduate Studies Student Handbook](#)
10. **International Affairs** - *"I'm coming to OHSU from another country and have questions"*:  
[OHSU Office of International Affairs](#)
11. **Learning Support** - *"I need to improve my study habits/skills" or "I want to improve my teaching skills"*:  
[OHSU Teaching and Learning Center](#)
12. **Library** - *"I need to check out materials/equipment and/or need to speak with a librarian"*:  
[OHSU Library](#)
13. **Ombudsperson** - *"I want to talk anonymously to an unbiased professional"*:  
[OHSU Ombudsperson](#)

**14. Campus Bites** - *“I’m looking for something to eat on or close to campus”*:

- a. Food court (1<sup>st</sup> floor, VA)
- b. Thai Yummy (food truck on Gibbs)
- c. OHSU Cafe\* (3<sup>rd</sup> floor, OHSU Hospital)
- d. Plaza Cafe\* (9<sup>th</sup> floor, OHSU Hospital)
- e. Food trucks (South Waterfront)
- f. Sam’s Cafe\* (1<sup>st</sup> floor, Sam Jackson Hall)
- g. Mac Hall Bistro\* (1<sup>st</sup> floor, Mac Hall)

\*OHSU students receive a 10% discount by swiping badge

**15. Food Resource Center (FRC)** - *“I am having trouble affording sufficient groceries and could use access to nutritious food resources”*:

- a. Open to all OHSU students and located at the OHSU Student Center (722 Campus Drive). Order weekly groceries for pick up or delivery with the [FRC Order Form](#). Find updates about shopping hours and other topics on the FRC Instagram [@foodresourcecenter](#) or by emailing [food@ohsu.edu](mailto:food@ohsu.edu).



## Finances

1. **W-2s** - *“Where can I find my W-2?”*:
  - a. To find your W-2, log onto O2 and use the AIS (Oracle) portal ([ais.ohsu.edu](https://ais.ohsu.edu)) to access the online version. (This requires being on-campus, using a VPN, or accessing the Citrix Desktop through [portal.ohsu.edu](https://portal.ohsu.edu), “light version”). If you requested your W-2 to be mailed and you would rather have a digital copy, email [w2@ohsu.edu](mailto:w2@ohsu.edu).
  
2. **Filing taxes** - *“Where can I file taxes for free or find out if I’m entitled to more of a refund?”*:
  - a. [Free Tax USA](#)
  - b. [“Oregon Kicker”](#)
  
3. **Financial planning & debt management** - *“I need financial advice!”*
  - a. OHSU has a financial advisor who is free to students! Reach out to Janna Mckay ([mckayj@ohsu.edu](mailto:mckayj@ohsu.edu)) to make an appointment.
  
4. **IRAs and Roth IRAs** - *“I have questions about saving money as a student”*:
  - a. Students can now save money in an IRA, regardless of whether the stipend is reported on a 1099 or W-2! For more information about how this works, check out these resources.
  - b. [Fellowship Income Is Now Eligible to Be Contributed to an IRA! - Personal Finance for PhDs](#)
  - c. [Everything You Need to Know about Roth IRAs in Graduate School - Personal Finance for PhDs](#)
  
5. **OHSU 457(b) employer-sponsored retirement account** - *“I’d like to save for retirement”*:
  - a. If you are a GRU-represented PhD student, you can elect to place part of your paycheck into an employer-sponsored retirement account. Up to \$19,500 per year can be contributed on a pre- or post-tax basis. Feel free to browse the [University Voluntary Savings Program](#) page, or contact [retire@ohsu.edu](mailto:retire@ohsu.edu) for more information or to get started.



## Health, Wellness, and Insurance

1. **Health and Wellness** - *"I don't feel well" or "I need to talk to someone"*:  
[OHSU Student Health and Wellness Center](#)
2. **On-Campus Gym** - *"I need to exercise and/or need fitness training"*:  
[OHSU march wellness](#) is free for all students.
3. **Insurance** - *"I need to see my benefits and/or find a provider"*:
  - a. Students in the School of Medicine are eligible and automatically enrolled in the Student Health Insurance Plan at no cost. OHSU is partnered with [PacificSource](#). You can find the medical and dental benefits at the [PacificSource Medical and Dental Benefits](#) site.
4. **COVID-19 Testing** - *"I think I may have been exposed and need to be tested"*:  
[Free COVID-19 Testing](#)

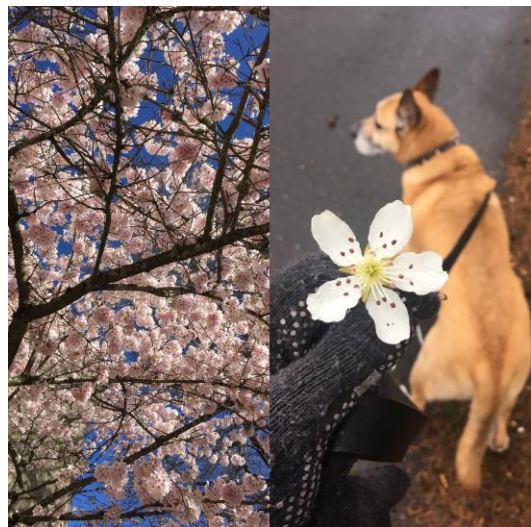


## Extracurricular Activities

1. **All-Hill Council** - *"I want to be part of OHSU's student body government"*:  
[Student Life: All-Hill Council](#)
2. **Employee Resource Groups (ERGs)** - *"I'm looking for like-minded employees to connect with"*:  
[Employee Resource Groups](#)
3. **Graduate Researchers United (GRU)** - *"I'd like to be part of the student union" or "I have questions for a union rep"*:  
[OHSU Graduate Researchers United](#)
4. **Graduate Student Organization (GSO)** - *"I have student issues I'd like addressed" or "I'd like to be more a part of the OHSU student community"*:  
[OHSU Graduate Student Organization](#)
5. **Science Education** - *"I want to teach science to various age groups"*:  
[Explore Science Education](#)
6. **Student Center** - *"I need a meeting/study space" or "I want to work out, play intramural sports"*:  
[OHSU Student Center](#)
7. **Student Interest Groups** - *"I'm looking for like-minded students to connect with"*:  
[Student Interest Groups](#)

## Other Portland-Area Interest groups

1. **Partners in Diversity** - *"I want to build my network with other professionals of color"*:  
[Partners in Diversity](#)
2. **Women in Science** - *"I want a community of supportive women in sciences"*:  
[Women in Science](#)
3. **Q Center** - *"I'm looking for a community of other LGBT+ folks"*:  
[Q Center](#)



## **Portland Arts, Entertainment, Museums, Etc.**

### **1. Art, Cultural Museums**

- a. [Japanese American Museum of Oregon](#)
- b. [Jordan Schnitzer Museum of Art](#)
- c. [Museum of Contemporary Craft](#)
- d. [Portland Chinatown Museum](#)
- e. [Portland Art Museum](#)
- f. [Portland Institute for Contemporary Art](#)
- g. [Portland Museum of Art](#)

### **2. Drag Shows, Comedy Clubs, Karaoke, Other**

- a. [CC Slaughter's](#)
- b. [Darcelle XV & Co](#)
- c. [Shine Distillery Drag Bingo](#)
- d. [Helium Comedy club](#)
- e. [Baby Ketten](#)
- f. [Cheerful Tortoise](#)
- g. [QuarterWorld](#) - barcade with retro arcade games
- h. [Suki's Bar & Grill](#)

### **3. Historical, Military, Science/Industry Museums**

- a. [Architectural Heritage Center](#)
- b. [Oregon Historical Society Museum](#)
- c. [Oregon Maritime Museum](#)
- d. [Oregon Museum of Science and Industry \(OMSI\)](#)
- e. [Oregon Rail Heritage Center](#)

### **4. Movie Theaters**

- a. [Academy Theater](#)
- b. [Cinema 21](#)
- c. [CineMagic Theater](#)
- d. [Hollywood Theatre](#)
- e. [Laurelhurst Theater and Pub](#)
- f. [McMenamins Bagdad Theater & Pub](#)
- g. [Moreland Theatre](#)
- h. [Regal Cinemas](#)
- i. [Studio One Theater](#)



### **5. Plants, Animals, General Weirdness**

- a. [Crystal Springs Rhododendron Garden](#)
- b. [Freakybuttrue Peculiarium](#)
- c. [Lilac garden](#) (by the Chevron at the bottom of Marquam Hill)
- d. [Lan Su Chinese Garden](#)

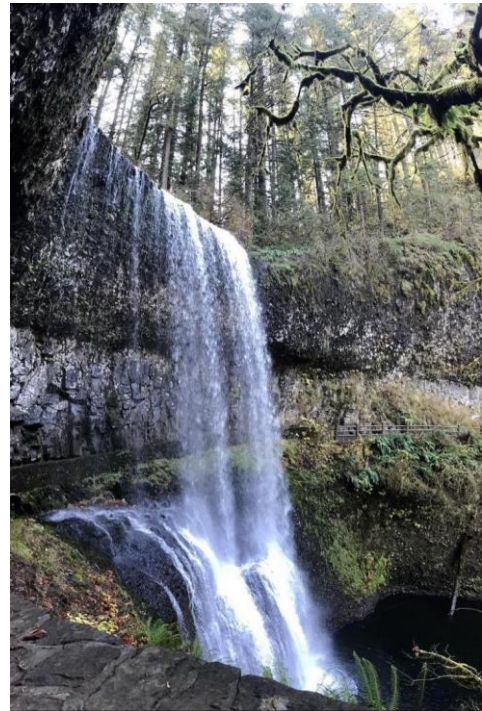
- e. [Lavender farms](#)
- f. [National Hat Museum](#)
- g. [Oregon Puppet Museum](#)
- h. [Oregon Zoo](#)
- i. [Pittock Mansion](#)
- j. [Portland Japanese Garden](#)
- k. [Rose garden](#) (in Washington Park)

## 6. Sports Teams

- a. [Hillsboro Hops](#) (MiLB)
- b. [Portland Fighting Shockwave](#) (Women's full-contact football)
- c. [Portland Pickles](#) (WCL)
- d. [Portland Thorns](#) (WMLS)
- e. [Portland Timbers](#) (MLS)
- f. [Portland Trail Blazers](#) (NBA)
  - i. Look for discounted OHSU Blazer tickets emails
- g. [Portland Winterhawks](#) (WHL)
- h. [Rose City Rollers](#) (Roller Derby)

## 7. Venues (with past events)

- a. [Aladdin Theater](#)
  - i. Keola Beamer and Henry Kapono
  - ii. Son Volt
  - iii. Fly Fishing Film Tour
- b. [Arlene Schnitzer Concert Hall](#)
  - i. Rimsky-Korsakov's "Scheherazade"
  - ii. Tig Notaro
  - iii. Beethoven and Brahms
- c. [Expo Center](#)
  - i. Cirque du Soleil's Kurios
  - ii. Cirque du Soleil's OVO
  - iii. Drive-Thru Christmas Light Show
- d. [Keller Auditorium](#)
  - i. Oregon 2022 Lunar New Year Celebration
  - ii. Dracula
  - iii. Glass Animals
- e. [McMenamins Crystal Ballroom](#)
  - i. Beats Antique
  - ii. An Evening with They Might Be Giants
  - iii. The Wonder Years
- f. [McMenamins Mission Theater](#)



- i. 80's Video Dance Attack
  - ii. New Constellations
  - iii. Point North
- g. [Moda Center](#)
  - i. Celine Dion
  - ii. Justin Bieber
  - iii. Alicia Keys
- h. [Newmark Theater](#)
  - i. Mike Birbiglia Live
  - ii. 2022 BIAMP PDX Jazz Festival
  - iii. Metropolitan Youth Symphony
- i. [Revolution Hall](#)
  - i. Fortune Feimster
  - ii. Letterkenny Live!
  - iii. Violet Chachki
- j. [Wonder Ballroom](#)
  - i. Todrick Hall
  - ii. Jojo
  - iii. Boombox





## **Off-Campus Food and Beverage**

### **1. Coffee Spots**

- a. Dutch Bros
- b. Keeper Coffee - 4515 SE 41st Ave, Portland, OR 97202
- c. Kopi - 2327 E Burnside St, Portland, OR 97214
- d. Oui presse - 1740 SE Hawthorne Blvd, Portland, OR 97214
- e. Nossa Familia - 1633 SE 3rd Ave Portland, Oregon 97214; 1350 NW Lovejoy St Portland, Oregon 97209; 2007 SE Division St. Portland, OR 97202
- f. Portland Cà Phê - 2815 SE Holgate Blvd, Portland, OR 97202
- g. Rose City - 3370 SE Milwaukie Ave, Portland, OR 97202
- h. Upper Left - 1204 SE Clay St, Portland, OR 97214
- i. 40lb Coffee - 824 SW 2nd Ave, Portland, OR 97204

### **2. Restaurants**

- a. Akadi PDX (West African) – 1001 SE Division, Unit 2, Portland, OR 97202.
- b. Biscuits Cafe (American) - 460 SW Miller Rd A, Portland, OR 97225
- c. Eastburn (American) - 1800 E Burnside St, Portland, OR 97214
- d. Eem Pdx (Thai) - 3808 N Williams Ave, Portland, OR
- e. Dove Vivi (Pizza) - 2727 NE Glisan St, Portland, OR 97232
- f. Fire on the Mountain Buffalo Wings (American) - 1708 E Burnside St, Portland, OR 97214
- g. Jam on Hawthorne (American) - 2239 SE Hawthorne Blvd, Portland, OR 97214
- h. Kashiwagi Sushi - 2425 SE 26th Ave, Portland, OR 97214
- i. Luc Lac (Vietnamese) - 835 SW 2nd Ave, Portland, OR 97204
- j. Matt's BBQ Tacos - 3207 SE Hawthorne Blvd, Portland, OR 97214
- k. Mirisata (Sri Lankan) - 2420 SE Belmont St, Portland, OR 97214
- l. Original Hotcakes House (Pancakes) - 1002 SE Powell Blvd Portland, Oregon, 97202
- m. Shalom Y'all (Mediterranean) - 117 SE Taylor St #101, Portland, OR 97214
- n. Sure Shot Burger - 5013 NE 42nd Ave, Portland, OR 97218
- o. Thai Yummy - 1010 SW Gibbs St, Portland, OR 97239
- p. Wajan (Indonesian) - 4611 E Burnside St, Portland, OR 97215

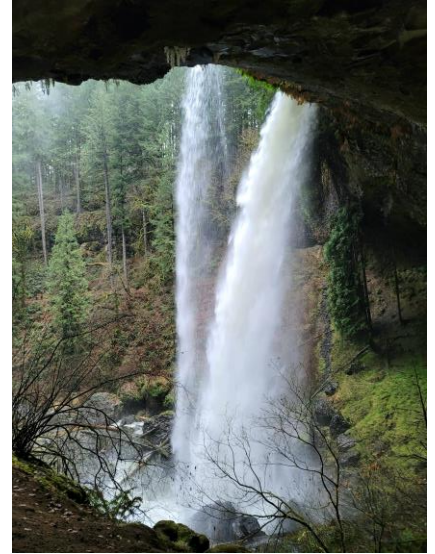
### **3. Bars**

- a. Double Mountain Taproom - 4336 SE Woodstock Blvd, Portland, OR 97206
- b. Lutz Tavern - 4639 SE Woodstock Blvd, Portland, OR 97206
- c. Shine Distillery - 4232 N Williams Ave, Portland, OR 97217
- d. Suki's Bar & Grill - 2401 SW 4th Ave, Portland, OR 97201
- e. The Alibi - 4024 N Interstate Ave, Portland, OR 97227
- f. The Bear Paw Inn - 3237 SE Milwaukie Ave, Portland, OR 97202
- g. The Midnight PDX - 3341 SE Belmont St, Portland, OR 97214
- h. The Space Room - 4800 SE Hawthorne Blvd, Portland, OR 97215

## Activities

### 1. Sports to Participate In

- a. [Better Off Bowling](#)
  - i. Co-ed adult bowling league
- b. Climbing Gyms
  - i. [Portland Rock Gym](#)
  - ii. [Movement Gym](#)
  - iii. [The Circuit Bouldering Gym](#)
- c. [Oregon Trail Runners](#)
  - i. Public Facebook group
- d. [Rose City Futsal](#)
  - i. Tournaments, community events
- e. [Underdog Sports Leagues](#)
  - i. Co-ed adult sports league
  - ii. Cornhole, dodgeball, softball, kickball, flag football, volleyball, trivia
  - iii. Can join as a team or individual
- f. [Unicorn Jiu Jitsu](#)
  - i. Brazilian Jiu Jitsu



### 2. Outdoor Activities

- a. Favorite parks around Portland
  - i. Cathedral Park
  - ii. Colonel Summers Park
  - iii. Irving Park
  - iv. Mt. Tabor
  - v. Oaks Park
  - vi. Peninsula Park
  - vii. Sellwood Riverfront Park
  - viii. Washington Park
  - ix. Westmoreland Park
- b. Hiking near Portland
  - i. Angel's Rest in the Columbia River Gorge
  - ii. Connor Trail by Mac Hall/RJH on Marquam Hill
  - iii. Council Crest - tallest point in Portland with mountain views
  - iv. Hamilton mountain
  - v. Oak Bottom Wildlife Refuge
  - vi. Powell Butte
  - vii. Waterfront loop (Tilikum Crossing Bridge to Steel Bridge, walk both sides of river)

### 3. Random Portland Stuff

- a. [Brain & Cognitive Science Seminar \(Portland, OR\) | Meetup](#)
- b. [Columbia Farms U-Pick](#)
  - i. Pick your own berries
- c. [Helvetia Christmas Tree Farm](#)
  - i. Cut your own Christmas tree
- d. [The Pumpkin Patch](#)
  - i. Pumpkin patch, hay rides, corn maze



## Tips from Students

1. *“Portland is equal distance from the beach and mountains, get out of town. Take a train somewhere. Do a hike. Get outside the weird bubble!”*
2. *“Public transit is great! There are buses, light rails, and street cars. Keep in mind it’s not 24 hours though, for some reason I didn’t realize this and almost missed the last bus home...”*
3. *“A lot of breakfast places close at 2 or 3 in the afternoon. The Original Hotcakes House is open 24/7 though.”*

