

A guide to
Biochemistry & Cellular and Molecular Biology,
The University of Tennessee,
and **life in Knoxville**



WELCOME!

Congratulations and welcome to your first year as a BCMB graduate student! The BCMB Graduate Student Organization (GSO) has prepared this slideshow as a way to help you prepare for life as a graduate student.

We certainly hope you find the information helpful, but if you still have questions, please feel free to email the BCMB GSO (bcmbgso@utk.edu) or any GSO officer:

Justin Westerfield	President	jwester4@vols.utk.edu
Gabriel Fuente	Vice President	gfuente@vols.utk.edu
Jacob Sanders	Treasurer	jsande66@vols.utk.edu
Julie Rich	Secretary	jrich10@vols.utk.edu
Jessica Hendricks	Social Chair	jhendr11@vols.utk.edu
Kathleen King	Election Manager	kking62@vols.utk.edu
Brandon Reagan	Graduate Student Senator	breagan@vols.utk.edu

Visit bcmbgso.weebly.com for more information about who we are and more helpful resources.

Looking for a place to live?

Let us know if you plan to come to Knoxville before the beginning of the semester. We are always here to help give advice on places you're interested in.

Please do not hesitate to contact us if you:

- Would like to stay with a host student while you look for apartments
- Need a ride to or from the airport
- Need advice or general support in the process!

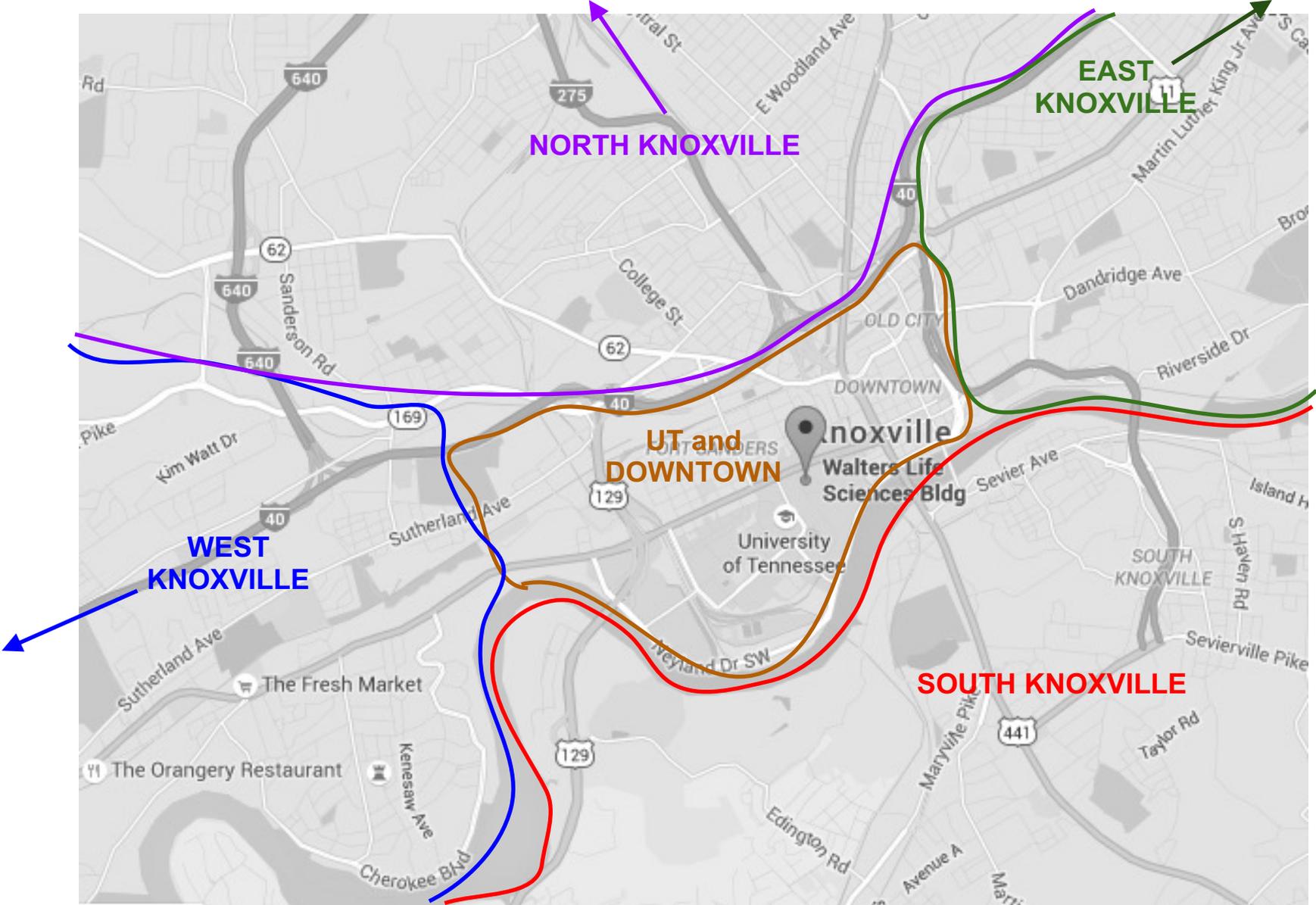
E-mail bcmbgso@utk.edu and we can set you up with a current student who is happy to help.

The following slides have information about the Knoxville residential areas.

Knoxville Residential Areas



Knoxville Residential Areas



Downtown and UT area

The Fort Sanders neighborhood is known for cheap student rental houses. It has a very large undergraduate population (it can get quite noisy), but it is close to campus and makes walking to school an option.

Apartment complexes that graduate students currently live in:

Maplehurst Park Apartments \$\$ Overlook the Tennessee River

Fort Sanders Manor \$ Probably the cheapest option, no pets

Barclay House Apartments \$\$ Across from FSM, allows pets

The Tower at Morgan Hill \$\$ Fully furnished apartments, farther away

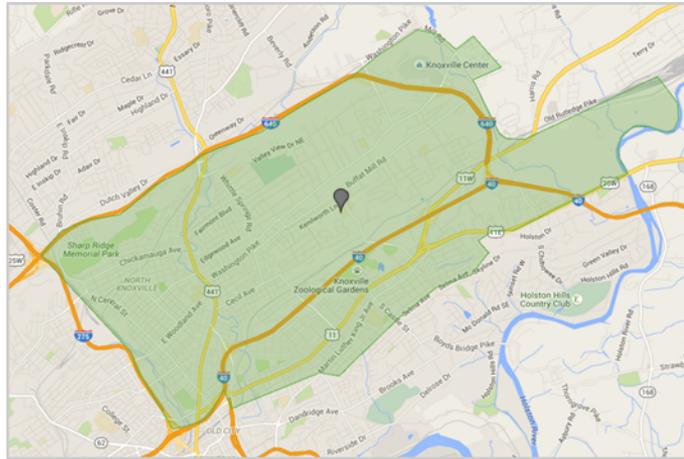
The Standard \$\$ Easy walking distance

Highland Terrace \$ Closest to our buildings

North Knoxville

A very good place to look for houses to rent. Neighborhoods that are safe and have graduate students already living in them include:

- Happy Holler
- Fourth and Gill
- Old North Knoxville
- Fairmont
- North Hills
- Oakwood/Lincoln Park
- Edgewood



This map provided by Knoxify (<http://knoxify.com/neighborhoods/north-knoxville-neighborhoods/guide-to-old-north-knoxville/>) gives a pretty good idea of the area that all of these neighborhoods are in....however, you should stay north of I-40.

Check Craigslist or Zillow for rentals.

Contact Kate Abrahamsson (kabraha2@vols.utk.edu) and she can keep an eye out for any “For Rent” signs in her neighborhood.

South Knoxville

There are a number of apartment complexes catering to student living, many of them do "roommate matching," where you will choose, or be assigned, a roommate to share your apartment.

All of the following complexes offer M-F shuttles to campus.

A few places recommended by students are:

The Henley

<http://www.thehenleyapartments.com/>

The Woodlands

<http://www.woodlandsofknoxville.com/>

University Park

<http://universityparkknoxville.com/>

Quarry Trail

<http://www.quarrytrail.com/>

The Heights

<http://live-theheights.com/>

West Knoxville

West Knoxville offers a diverse mix of communities to call home. This part of town is also home to an immense selection of retail therapy. There are too many places to list. The majority of students in our department live in this area.

Neighborhoods (from East to West):

- Sequoyah Hills (A great neighborhood to take a drive or walk the river) \$\$\$\$
- Bearden (Family friendly and very accessible) \$\$\$
- West Hills (Home to the West Town Mall and a lot of other great shopping) \$\$
- Cedar Bluff (Farther out but still accessible thanks to I-40) \$\$

Some apartment complexes to check out:

- The Hammond
 - West Hills Village
 - West Towne Manor
 - Greenbriar Ridge
 - Metropolitan Apartments
 - Briarcliff at West Hills
-
- And there are many, many more! Feel free to ask any of us if you want an honest opinion on a complex you are considering!

East Knoxville

East Knoxville is for the brave at heart. It is also a longer commute to campus.

However, east Knoxville is home to the Knoxville Zoo
(<http://www.zooknoxville.org/>)

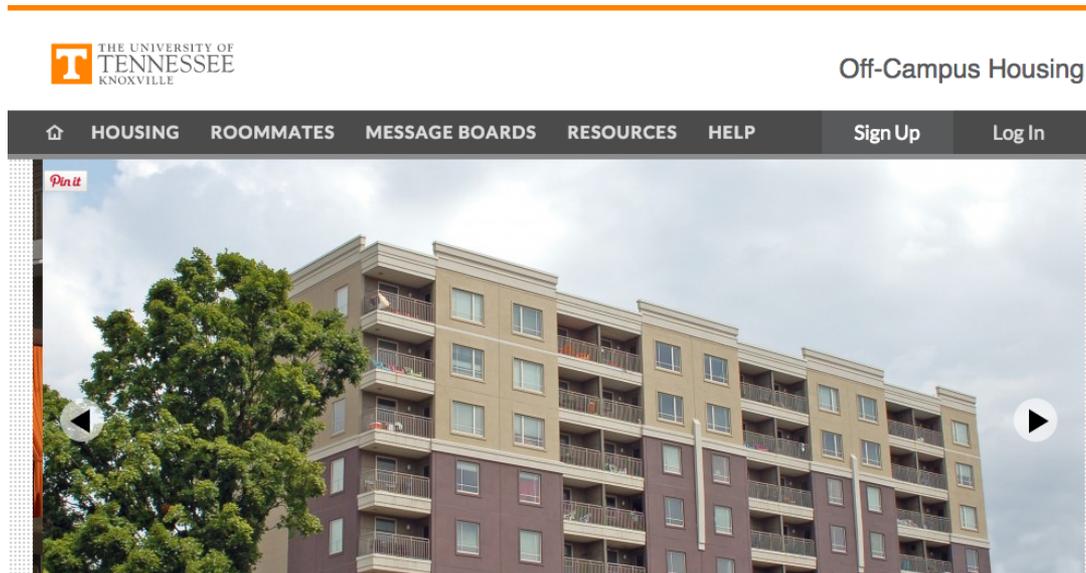
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Looking for a roommate?

UT now offers an off-campus roommate finding service

** <http://commuter.utk.edu/off-campus-housing/> **



Search for apartments, save listings, and search for roommates!
Don't be shy, if you're looking for a roommate, email the GSO
(bcmbgso@utk.edu)

Utilities

The local utility company is called Knoxville Utilities Board (KUB, www.kub.org). Depending on your apartment complex, you most likely will need to set up an account with KUB to pay your water and electricity bill. This is best done before you move in. Most apartment complexes will pay for your first week until you get the account transferred to your name (you will have to pay them back).

Domestic students:

You can set up your KUB account over the phone (865-524-2911)

International students:

You will most likely need to go to the KUB office downtown to set up an account.

Note: since you likely don't have a US credit record yet, you will have to pay a ~\$200 deposit to set up a new account. You will get this money back when you terminate your KUB account or move out of a KUB service area.

Bring your:

Social Security Card*

Passport

Bank account information*, Cash or Checks

*see [“getting set up as an international student”](#)

Planning your trip to Knoxville

By Air

The Knoxville Airport (TYS) is 20 minutes South of campus by car. When you get your flight details, let us know (bcmbgso@utk.edu) and we can arrange for someone to pick you up.

Ideally, plan to arrive in Knoxville, however are some nearby airports that may be cheaper:

Nashville Airport (BNA)	(3 hours West)
Atlanta (ATL)	(3 hours South)
Chattanooga Airport (CHA)	(1.5 hours South)

Arranging a ride from one of these airports will be much more difficult, and you may need to take a bus.

By Car

Knoxville is at the intersection of I-40, which runs from California to North Carolina, and I-75 which runs from Canada to Miami. So pretty much just follow all the trucks ...or just put it in your phone.

The First Few Weeks

Generally, the department begins organizing orientation and welcome sessions that begin the first week of August. Please plan to have your housing set up and be here by August 1st. A schedule of events and information regarding registering for classes should have been sent to you from the department.

Events include:

Graduate School Orientation

BCMB Retreat

If you are here early, get out and enjoy Knoxville!

Come visit campus! Feel free to get a head start meeting your fellow graduate students and professors. Email to set up meetings, take a campus tour, or hang out in a laboratory to get a feel of what life at UTK is like. Note that campus services (gym, checking out things from the library, etc) are not available to you until the semester starts.

Getting a VolCard

One of the first things to do upon arriving on campus is to get yourself a VolCard

This card acts as your student ID and is required to access many UTK facilities

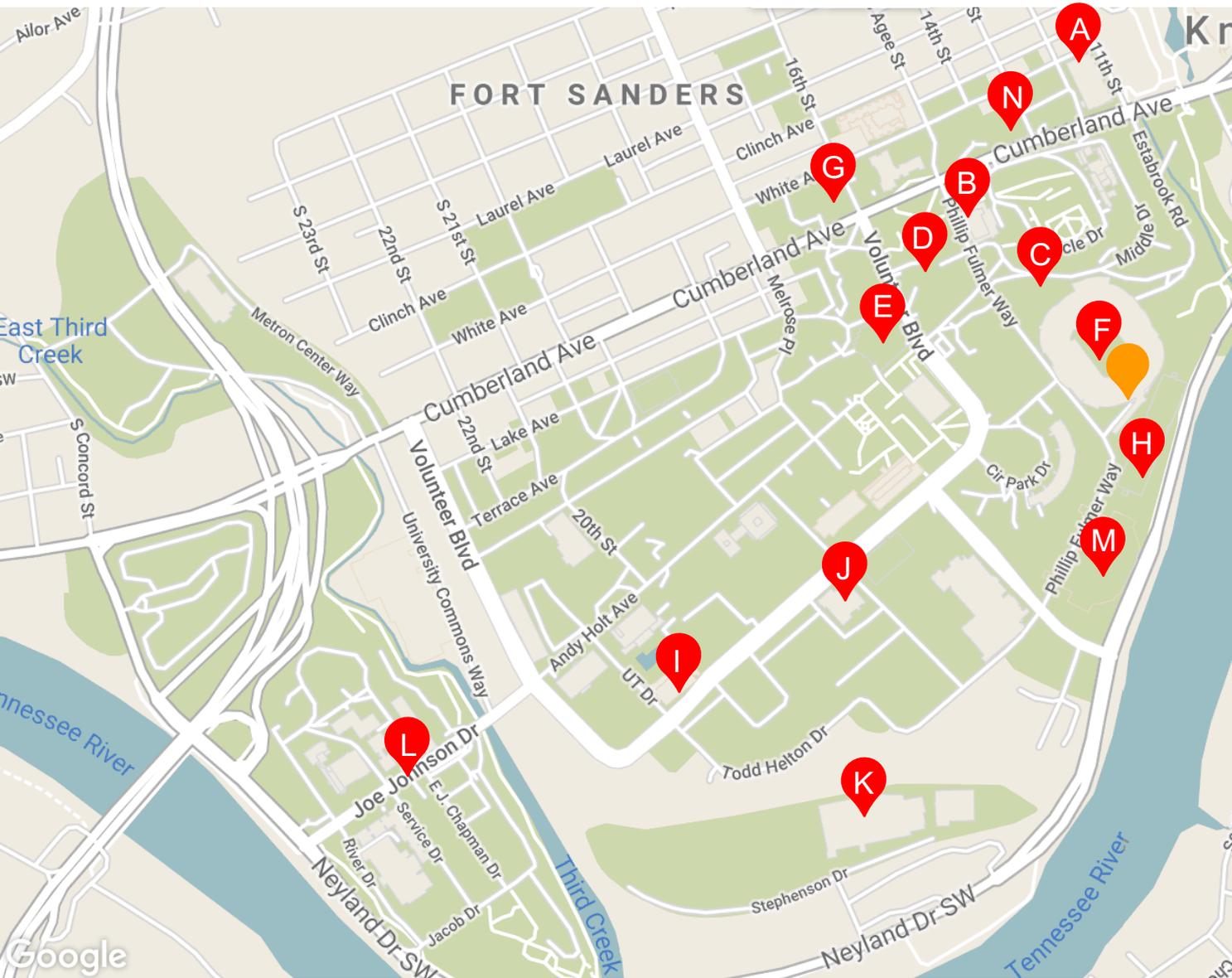
It also serves as your security card to access science buildings. Keep it with you when you're on campus.

The VolCard Office is located below Neyland Stadium. Check the campus map on the next page and look for the little orange flag indicating the location.

<http://volcard.utk.edu/>



Campus map



- A- 11th Street garage. Commuter Parking.
- B-Walters Life Sciences
- C-Hesler Biology Building
- D-Student Union
- E-Hodges Library
- F-Neyland Stadium
- G-Strong Hall
- H-Neyland Garage. Commuter Parking
- I-T-Recs (Gym)
- J- Student Health Center
- K-Parking Services. Where you can get your parking pass
- L-Agriculture Campus
- M-Thompson-Boling Arena
- N-Ken and Blaire Mossman
- Vol Card Office

<http://www.utk.edu/maps/>

Getting Set Up as an International Student

Center for International Education (CIE) First go to the CIE orientation, where you will get a signature on your I-20. This will allow you to get a Social Security Number. They will assign you a CIE mentor who can help you with immigration and visa status, CPT and OPT, insurance, tax, etc.

<http://web.utk.edu/~globe/about.shtml>

Social Security Numbers A nine-digit Social Security number (SSN) remains your first and continuous link with Social Security and the US government. It helps to accurately record your activities such as employments, visa status, stay, bank accounts, etc. SSN generally are assigned to people who are authorized to work in the United States. For international students, please see -

<http://www.ssa.gov/pubs/EN-05-10181.pdf>

There are two ways to get there. 1) The KAT (see bus slide) route 11 will take you from in front of Walters/Hesler/Mossman on Cumberland 37 stops (1 hour) to the Social Security Office stop (8530 Kingston Pike). Bring \$3 for the round trip. 2) Alternatively, we encourage you to ask us for a ride (bcmbgso@utk.edu) and we will try to find someone to take you.

ID Card / Driver's License: You shouldn't carry your passport everywhere, and your student ID won't work for identification off campus. For this reason it will help to get a state-issued ID card. Once you have an address and a Social Security Number, you can go to the Tennessee Department of Motor Vehicles (DMV) to pick up a card. You will need proof of residence, (a bill (e.g. KUB) will work for this) and some other documents that are listed [here](#).

Bank Account After you get a social security number, you need to have a US bank account in order to get paid. Bank of America (BoFA) is the best option for international students. There is a BoFA downtown where you can set up an account. The BCMB office will need your bank routing number and account number to set up a direct deposit.

Getting Set Up as an International Student

Cell phone If you need to make a phone call and don't have a US cell phone yet, feel free to ask any of us to use our phones. Local calls don't cost us anything. The office is especially helpful for situations like this. There are inexpensive providers like Virgin mobile that allow you to pay-as-you-go. Or you can get a phone plan with one of the more expensive providers such as Verizon, AT&T, or T-Mobile. Download WhatsApp and please ask [Justin](#) or [Gabriel](#) to add you to the BCMB graduate student group where we share information about events, free food, and help each other with problems.

The International House (I-House): offers social events, and exposure to different cultures and activities. This are an excellent resource for meeting new people in the same situation as you!

International Travel: To travel outside the US, you will need a signature from CIE on your I-20. When you return, you will need to hand them an I-94 form.

Health Insurance: Download the Health Insurance Fee Waiver Request form, print it out, fill it out, scan it as a PDF and send it back to gradinsurancewaiver@utk.edu. Your MyUTK account will have a high health insurance fee until this form is accepted. Don't freak out, be patient and eventually the the waiver will be accepted and the health fee will be dropped. You will have to do this every semester until you graduate.

The Indian Student Organization has also put together great resources for international students from all over. <http://web.utk.edu/~manthan/>

Fees and Finances

Historically, BCMB graduate students receive their paychecks the last day of each month. If that day lands on the weekend or on a holiday, you will be paid the preceding Friday.

Be prepared to receive **your first paycheck on the last day of August**. Keeping that in mind, make sure you are financially prepared for the following:

- Paying your first month's rent and fees associated with your landlord or apartment complex.
- Utility bills for the first month. (+\$200 deposit for internationals, see [Utilities](#))
- Food and transportation costs.
- Student Fees...this is a big one.
 - Although in almost all cases your tuition is waived, you are still responsible for paying student fees that are charged to us by the University. Generally, for an out-of-state graduate student taking a full course load (9 or more credit hours), you can expect to pay upwards of \$1000 in student fees.
 - If you already live in TN, (i.e. you didn't come here just for school) you should be getting in-state tuition. They get this wrong sometimes, so check! Issues can be brought up with the Bursar.
 - If you cannot pay your student fees upfront on their due date, which aligns with the first week of class, you can **defer** your payment for three months. Deferment, however, comes with a \$35-40 deferment fee.
 - Fee and deferment information can be found on [MyUTK](#)
 - Trust us, we know this is a painful subject, but we have all been in your shoes. **Please feel free to notify us if you need help navigating this issue.**

Student Health Center

“Being a graduate student is like becoming all of the seven dwarves. In the beginning you’re Dopey and Bashful. In the middle you are usually Sneezzy, Sleepy, and Grumpy. But at the end, they call you Doc, and then you’re Happy.” -- unknown

For the times when you are feeling more like Sneezzy, Sleepy, and Grumpy the University’s Student Health Center is a great resource.

A per-semester fee gets you access to:

- Primary Care
- Physicals
- Access to labs and diagnostics
- Physical Therapy
- Women’s health
- Mental Health Clinic

Appointments can be made online! studenthealth.utk.edu



Health Insurance

Your Graduate Student position comes with health insurance through [UnitedHealthcare](#). You will be contacted to set this up and get introduced to their online portal. [More info](#).

- The Student Health Center exclusively takes **UnitedHealthcare StudentResources**, so almost anything that they will do (including diagnostic tests) is covered.
- If you need help outside of the scope of the Health Center's services, you must go to the Health Center first for a referral for your insurance to work. They will refer you to another provider. Most likely you will be referred to a specialist at University of Tennessee Medical Center.
- This plan does not include dental or vision insurance, which are currently not offered by UT.
- International Students see [international slide](#). You will have extra steps.

Paying the fee that gives you access to the student health center also activates your health insurance. It is *automatically* added to your account if:

- you are taking 9 or more credits
- you are an international student

If you are taking less than 3 credits, you are ineligible for student health insurance.

Parking on Campus

If you aren't using campus housing (dorms, typically reserved for undergraduates), you will be labeled a "commuter."

There are multiple commuter lots scattered across campus. The 11th Street Garage or the Neyland Stadium garage offer the most convenient walk to our buildings. [Map](#) of available parking

- In order to park in these commuter lots you will need to purchase a parking pass. In the 2018-2019 school year, a commuter parking is:
 - Fall + Spring Semester: \$188.00
 - Summer: \$63.00
 - See for more details: <http://parking.utk.edu/about-permits/students/>
- Once the Undergraduates pile back into campus, it is good to arrive before 9:00-9:30 in order to get a spot in the parking garages.
 - They sell 1.85 parking passes for each parking space
 - As the semester goes on and students stop trying, it gets easier
- During Football Season, parking can be a nightmare on game days. We suggest either taking Saturdays off when there's a home game and avoiding campus, or coming early in the morning if you need to do something. NOTE: Parking Lots that are normally free become paid parking on game days
- Many people park in the Fort Sanders neighborhood, although there's less space and more competition (and you have to parallel park). Arriving after 9, you may not be able to park at all.

Bus Transit System

Hesler Biology (H)
Ken and Blaire Mossman (KBM?)
Walter's Life Sciences (WLS)

The T

University bus system

Busses are free

UT app gives you real-time location of each bus

<http://ridethet.utk.edu>

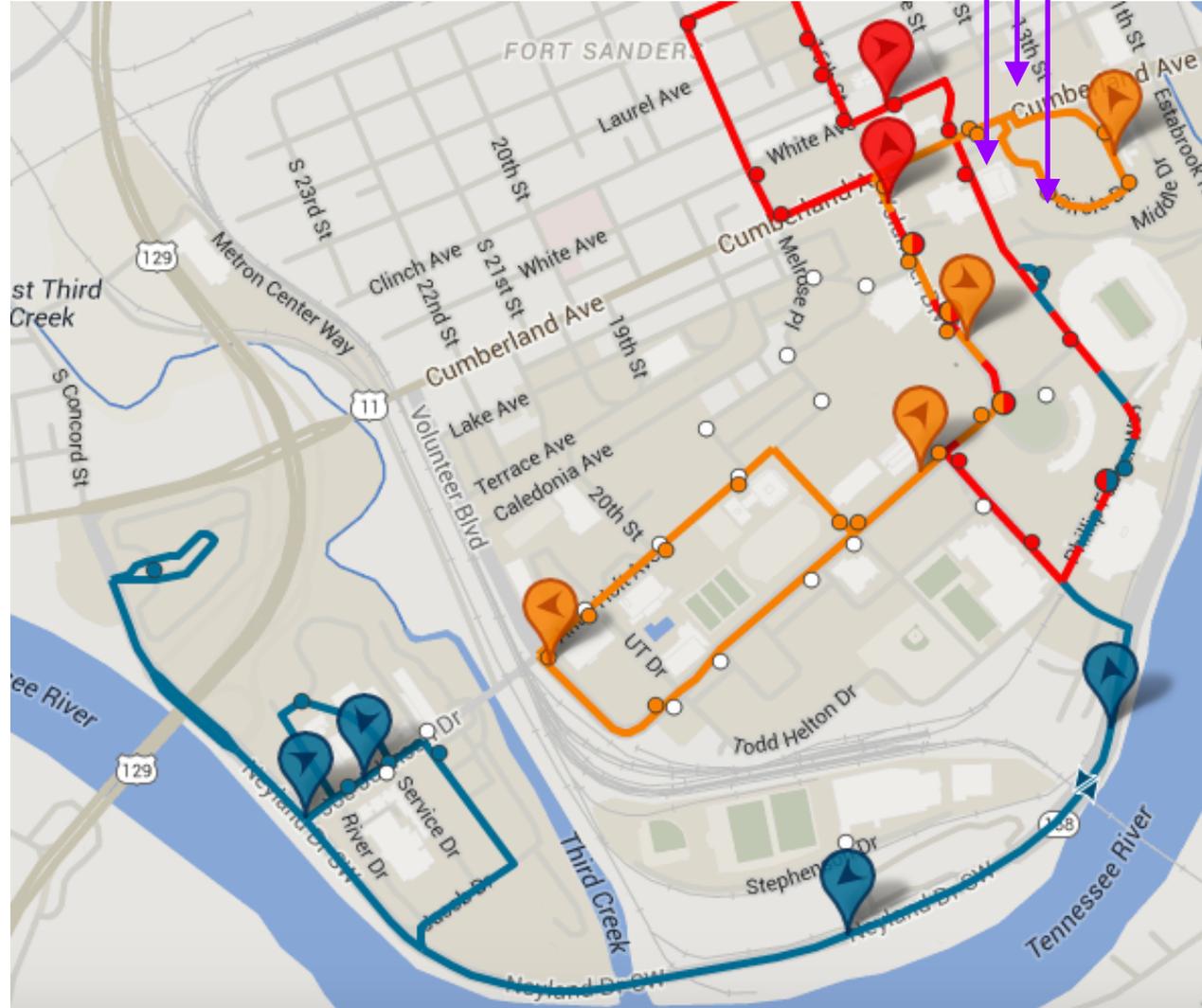
KAT

Knoxville's bus system

Costs money, but works well for East-West travel.

Some routes near campus are free.

[Schedules and maps](#)



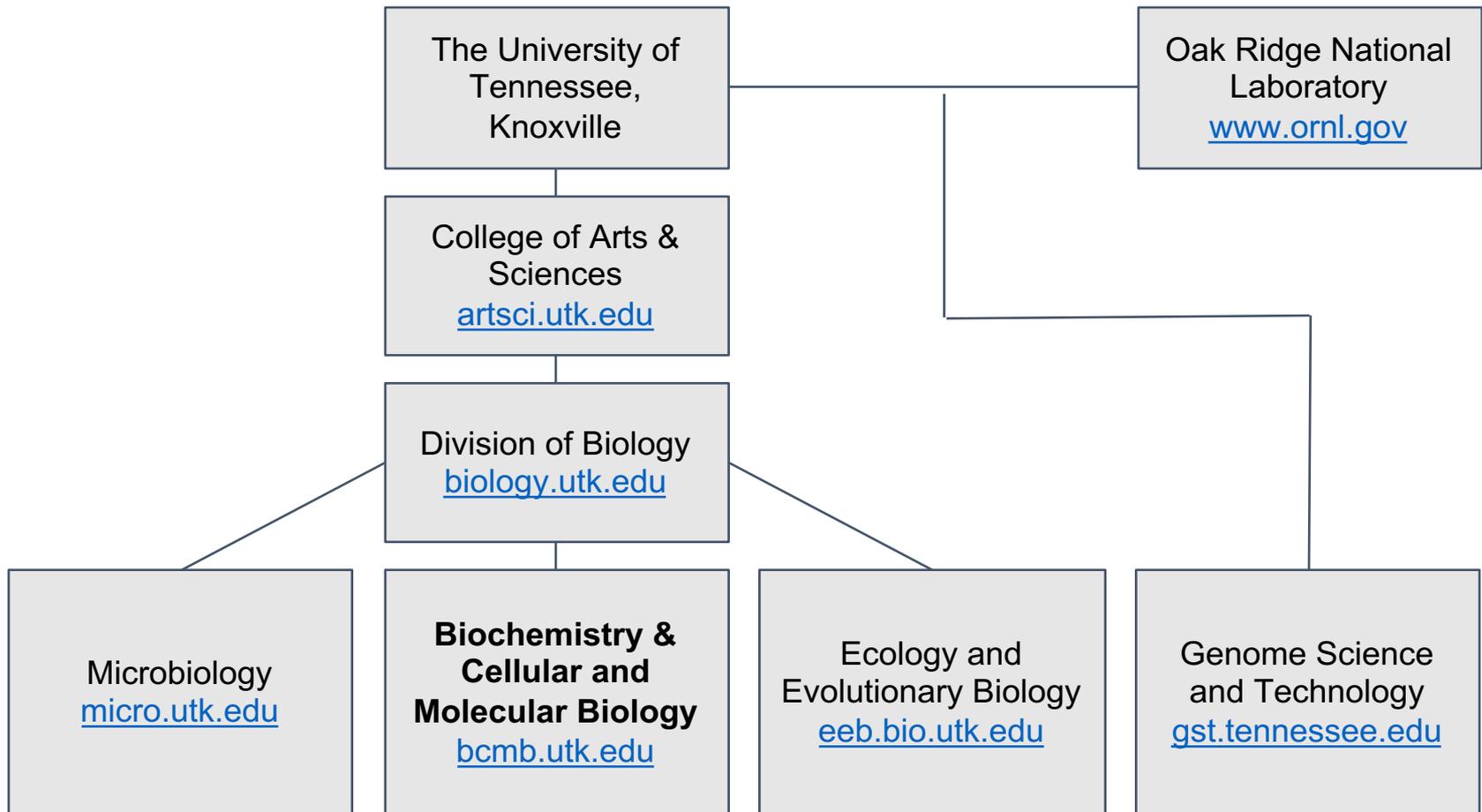
Organizational Structure

This is how BCMB fits into the University.

In your first semester you will most likely be teaching for the Division of Biology.

You will be taking classes alongside Genome Science and Technology students.

Many BCMB faculty are joint faculty with Genome Science and Technology.



Things To Do

[Downtown Knoxville](#)

Take a walk around Market Square. Market Square is a great place to dine, shop and people watch.

Events to watch out for:

- Farmer's Market on Saturdays from 9am-1pm during Summer
- Sunday Brunch
- Concerts and Shakespeare in the Square

Gay Street

Restaurants, movie theater, two music venues, sushi and a new bar-cade!

The Old City

More restaurants, bars, coffee shops.



Things to Do

Live Music

There's always music somewhere in Knoxville, here's a calendar of upcoming live shows. <http://knoxvillemusicwarehouse.com/events/>

Festivals and Events

It seems like every weekend has a new event going on. Some Grad Student favorites that come around every year are:

Big Ears Music Festival

Rythm and Blooms Music Festival

Rossini Festival and street fair (A celebration of Italian opera)

BrewFest (Sample craft beers and enjoy a summer day!)

Biscuit Festival (A celebration of everyones favorite morning treat)

GLBTQ Pride Festival

Mardi Growl Dog Parade

First Friday

On the First Friday of every month, galleries and storefronts overflow with art exhibitions, wine tastings, music and special sales

Other things to do: <http://www.visitknoxville.com/things-to-do/free-things-to-do/>

Get Outside!

You'd be surprised at how quickly you can get lost in the woods, within city limits. Here are some great websites to help you learn about what the city and surrounding area has to offer.

Outdoor Knoxville (<http://www.outdoorknoxville.com>) Fantastic website highlighting all the fun outdoor events and hobbies that Knoxville caters to, including:

Knoxville Urban Wilderness (<http://www.outdoorknoxville.com/urban-wilderness>) Contains links to trailheads for hiking, trail running, mountain biking and even rock climbing!

Great Smoky Mountains National Park (<https://www.nps.gov/grsm/index.htm>) If you have the time and means to get there, go hiking/camping in the mountains. A variety of trails that can be easy to difficult will bring you to some stunning views of eastern Tennessee.

Ijams Nature Center (<http://www.ijams.org>) If you want to get outside, but don't want to go all the way to the smokies, the nature center is a great option for running, hiking, rock climbing or kayaking in the quarry.

Big South Fork National Wildlife Refuge (<https://www.nps.gov/biso/index.htm>)

Play Sports! Various groups of students and faculty play competitive sports occasionally (basketball and volleyball). If you want to play volleyball, ask to be added to the mailing list (blau@utk.edu)



Knoxville is going to the Dogs!

If you have a four-legged friend, they will love Knoxville just as much as you!

Knoxville has become known for their incredibly dog-friendly environment

- Downtown restaurants allow dogs on patios and even provide refreshing water bowls
- Dogs can go into many of the stores downtown.
- Try going to Mast General Store, they'll get spoiled with treats

There are multiple dog parks throughout the city and in most neighborhoods.

Full list: [Knoxville Dog Parks via OutdoorKnoxville](#)



Other Useful Info

Electric

- Knoxville Utilities Board (KUB) www.kub.org

Cable/Internet

- Comcast Xfinity
- AT&T U-Verse
- Ask your apartment complex which companies they may have deals with. You can save a lot of money through promotions this way.

Banks

- Bank of America (best choice for international students)
- University of Tennessee Federal Credit Union
- First Tennessee
- US Bank (\$100 to students when they open an account!)

Mechanics

- Ray Human's BP Service Station (3309 Western Ave. (865)523-2072)
- Bao Auto Repair (1100 Bradshaw Garden Rd. (865) 688-8695)

Grocery Stores: local chains include:

- Kroger
- Food City
- Publix
- WalMart

West Town Mall is located on Kingston Pike in West Knoxville

Contacts / Links

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BCMB GSO

[Website](#)

[Facebook](#)

Complete Lists of:

[Faculty](#)

[Students](#)

Be Social!

We strongly believe that one of the keys to success in this department is to **build strong bonds with your peers**. They are going through, or have already been through many of the same challenges you will face in the near future. You will at least have an invaluable resource for navigating graduate school, and at best make a friend that you will keep for the rest of your life.

Start with your cohort. If you are sitting in your house wondering what to do with your first few weeks in Knoxville, chances are that another first-year is doing the same. Reach out and be friendly. Many cohorts form chat groups in WhatsApp or elsewhere to stay connected. One cohort even has dinner together once per month.

Next reach out to more advanced students, perhaps those that work on what you're interested in, or share your interests. Email [Justin](#) or [Gabriel](#) to add you to our WhatsApp group of all BCMB grad students, where we often share information about events.

BCMB is your new home, get to know the people in it!

Good Luck!!!

We hope your transition is easy and remember, we are always here to answer questions. Email us at any time!

If you feel like something is missing, please let us know so we can improve this slideshow for future students!

bcmbgso@utk.edu