

Fall 2023

New Student Arrival Guide

Prepared by:
PSR Office of
Community Life



About This Guide

GETTING GREEN WITH PSR



If you see this symbol (plant on a globe) next to a heading, it means that the information supports green practices and the sustainability of our environment. With this information we invite you to integrate green practices into your routines at PSR, GTU and beyond.

“We live in a planet replete with awesome beauty and sustenance for all creatures. And, as humans living in the United States, we tend toward excess, using more than our share of the earth’s resources, heedless of the impact our consumption has on other people, other creatures, and future generations. As we become leaders in religious communities and academia, we owe it to those whose voices are marginalized to stand up for the sacred planet. We must live by example and, with full integrity between our thoughts, words and actions, emphasize the premium we place on all life.”

Quote from “Getting Green with GTU” by Austen Sandifer (MA2007).

The Arrival Guide for new PSR students is designed to address some of the most frequently asked questions posed by students about their arrival on campus and getting settled in the community.

The information is presented in a sequence beneficial to the needs of a new arrival: from City of Berkeley to recreational activities. Please note that some sections are identified with this symbol * are pertinent to remote students on the table of contents and the pages. This guide will serve long-distance learners whenever they visit the campus.

We hope that you will find this guide helpful. Since the web addresses in the guide are hyperlinked, please note that this guide is most useful in electronic form (specifically, as a PDF document).

We welcome your suggestions for new material to enhance the experience of new PSR students.

Please contact the PSR Office of Community Life:

Rev. Ann Jefferson
510-849-8257
ajefferson@psr.edu

Kelly Weber & Manuel Falcon Padua
oassistant@psr.edu



Welcome from the Director of Community Life & Spiritual Care

Dear Incoming PSR Student:

Welcome to Pacific School of Religion and a new phase of your academic and life journey! You are joining our community at a time that is abundant with potential and transformative possibilities, not only here and throughout the GTU, but in our world. Our theme for this year's Orientation is "Journeying the Path of Greatest Resilience: Embracing Faith & Practicing Hope." We promise that your life will never be the same as you take this step of responding to your call to become a "theologically and spiritually rooted leader who works for the well-being of all." As Director of Community Life and Spiritual Care, I am pleased to assist you in your transition to PSR. I am grateful also for the work of our continuing students who are preparing now to welcome you to our life in community.

So that you can take full advantage of your experience in Berkeley we have compiled this Arrival Guide to complement the many other resources that exist about this and the surrounding communities. I encourage you to read this to help you ease into your new life here. This guide was initially prepared with residential students in mind, but we hope it will be beneficial for local commuter students and we have included some elements that address the hybrid nature of our community. Please note the pages with the * icon are particular to remote learners.

The information presented in this guidebook is a compilation of the most frequently asked questions that new students have when they first arrive at PSR. Internet links are conveniently included as a reference for each section. All the information in this Guide is current as of August 2023.

The staff at PSR takes great pride in supporting you as you enter and throughout the duration of your program. We look forward to meeting with and assisting you this fall. In the meantime, please visit the PSR website for more information or the Office of Community Life section. Additionally, do not hesitate to contact OCL student assistants Kelly Weber and Manuel Falcon Padua at oassistant@psr.edu with questions or concerns.

With great anticipation of meeting you all,

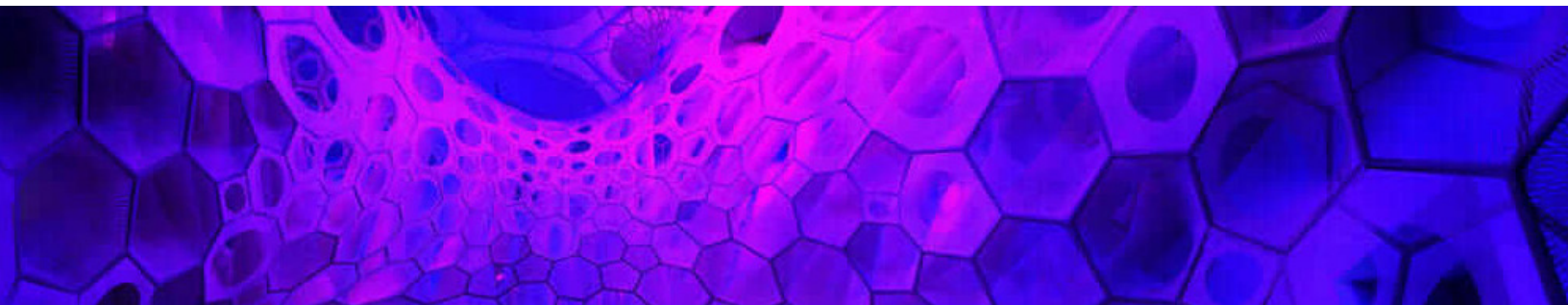
Rev. Ann Jefferson
Director of Community Life & Spiritual Care
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** Information relevant to Remote Learners*



Orientation Schedule



PSR FALL 2023 ORIENTATION

TUESDAY, AUGUST 29th – WEDNESDAY, AUGUST 30th - 8:00 AM – 2:30 PM DAILY
(all times listed are in Pacific Daylight Time zone)

"Journeying the Path of Greatest Resilience: Embracing Faith & Practicing Hope ..." Tuesday Zoom Link Meeting ID: 864 0094 4610 Passcode: 407012	
TIME	PROGRAM ELEMENT
8:00 am	Check-In
8:30 – 9:15	Welcome & Centering Reflection
9: 15 - 9:45	Conversation with President Vásquez-Levy and Dean Abraham
9:45 – 10:00	BREAK
10:00am – 12:00 noon	JOURNEYING IN RESILIENCE ... The Logistics of Learning at PSR <ul style="list-style-type: none"> ➤ Building Resilience through the Academic Journey (<i>maintaining strong graduate academic status, Advisor relationship & accountability including Zoom & Concurrent Learning Covenants</i>) ➤ Financial Aid ➤ Best Practices for Remote/Concurrent Learning/Hybrid Technology ➤ PSR Programs Session – Panel Discussion
12:00 – 12:45pm	BREAK
12:45 – 2:00	Conversation with PSR Faculty
2:00 – 2:10	BREAK
2:10 – 2:30	Wrap Up & Sending Blessing for the Day
3:30 – 5:30	GTU Welcome Reception Register Here.
"Embracing Faith & Practicing Hope" Wednesday Zoom Link Meeting ID: 828 2351 7917 Passcode: 039932	
TIME	PROGRAM ELEMENT
8:00 am	Check-In & Gathering Conversation
8:30 – 8:45	Centering Reflection
8:45 – 10:15	CULTIVATING RESILIENCE - Making Covenant, Becoming Community <ul style="list-style-type: none"> ➤ <i>Covenant Matters</i> ➤ <i>Student Panel w/Breakout Sessions – "Bringing All Our Gifts to the Table"</i> ➤ <i>Cultivating Community Safety – "We Keep Each Other Safe"</i>
10:15 – 10:30	BREAK
10:30am – 11:30	CULTIVATING RESILIENCE ... Cultivating Equity, Belonging & Community Impact <ul style="list-style-type: none"> ➤ <i>PSR's Commitment to Anti-Racism & Intersectional Equity</i> ➤ <i>Introduction to the Ignite Collective & Community Life "Page"</i>
11:30a – 12:15pm	BREAK
12:15 – 2:15	PRACTICING HOPE ... Whole Self Care & Spiritual Formation <ul style="list-style-type: none"> ➤ <i>Student Accessibility Services</i> ➤ <i>Community Care & Wellness</i> ➤ <i>The Gifts of Theological & Spiritual Formation</i>
2:15 – 2:30	SENDING BLESSING

More Orientation Week Events

Monday, August 28



Tolle Lege
**Theological
Reading & Writing
Workshop**



**Monday
August, 28th**
ONLINE
10:00 AM (PT)
Meeting ID:
865 6954 5598

**Register
here.**

Dean Abraham

Thursday, August 31



GTU Library Orientation

- 9:00 am In-Person GTU Library Tour
2400 Ridge Road
Berkeley, CA 94709
- 11:00 am PDT GTU Library Orientation
[Zoom Link](#)

Tuesday, August 29

Welcome to the
GTU Reception

An opportunity to connect with
representatives from Centers,
Member Schools, and Affiliates

Tuesday, August 29
3:30 - 5:30 pm

2nd Floor
GTU Library
& Online

To participate online:
[Register here](#)

[Register here](#)



International Hotel Tour Manila Town

- 11:45 am Leave to carpool from PSR
868 Kearny Street
San Francisco, CA 94108
- 1:00 pm Watch the award winning
documentary of the “Fall of the
I-Hotel”
- 2:00 pm Tour of the historical building
(ADA Accessible)

Campus Safety

PSR, GTU, UC Berkeley Campus Safety

Please consider signing up for the [PSR Omnilert](#), [GTU Alerts](#), [UC Berkeley WarnMe](#), and [AC Alert](#) (city and county emergency notifications) as well.

In accordance with the Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act, the Pacific School of Religion provides information related to crime statistics and security measures to all current students, faculty, and staff, and the current PSR annual security report is online. Download the [Pacific School of Religion Clery Report](#) to read more.

Emergency Procedures

Earthquake and Emergency Procedures at PSR please go to this [link](#).



[Shake Out](#)

[Drop Cover Hold On](#)

The Alerting and Warning System

The “Alerting and Warning System” (AWS) is a network of warning sirens that warn and inform the UC Berkeley campus community in the event of certain major emergencies such as earthquakes, chemical spills, flooding, power outages, transportation incidents, and other public safety incidents.

Siren testing occurs every first Wednesday of each month at noon. You will be able to hear this loud siren throughout the campus and in Berkeley. If you hear the siren on a test day, you do not need to do anything. The system is simply being tested for functionality. Follow the campus emergency response procedures:

1. Shelter - go inside
2. Shut - shut the doors and windows
3. Listen - do one of the following three things: call the emergency hotline at 1-800-705-9998, logon to the campus emergency web page, or listen to the campus radio station: KALX, 90.7 FM. Wait for instructions, then follow them.

You may hear these warning sirens in other locations off campus as they are found in nearly every city across the U.S. Follow the same procedures as above.

Covid-19 Protocol

[Download PDF](#) revised January 2023.

Student Connection

Community Chapel

Join us during the semester for a hybrid communal service gathering held every Tuesday at 11:10 am in the Badé Museum or [Zoom Link](#) | Meeting ID: 886 8627 9802 | PC: 670329 You may participate in providing service by completing the [Community Worship Volunteer Opportunities](#) form. Previous recordings are available [here](#).

Monday Online Cafe

This is a weekly safe and brave space to address student wellness, wholeness, and isolation in a hybrid learning community. Students design what happens in this hour. Each session start with check-ins, followed by a centering activity. [Zoom Link](#) | Meeting ID: 8117 8858 238 | PC: PSR1798

Study Hall

A virtual learning lab held every Wednesday 4 pm - 7 pm PST. [Zoom Link](#) | Meeting ID: 8117 8858 238 | PC: PSR1798. For up to date information please contact Kelly Weber Felch at oassistant@psr.edu.

Join the Resident WhatsApp Group

The [Ideas for Gathering](#) group provides access to one of the property managers, Jenny Staples, and some current residents to discuss our wellness as residents. The chat group can add to our general safety when we can reach each other at a moment's notice. Please update your name and picture before joining, as it helps to know each other in conversation. Once inside, please introduce yourself to the group.

Join the PSR Student WhatsApp Group

The [Prayers and Check-In](#) group is an entry point to connect with other students from various cohorts and programs. Please update your name and picture before joining, as it helps to know each other in conversation. Once inside, please introduce yourself to the group. Sharing your name, pronouns, location, and degree program is a great place to start. From there, you can connect to other classes or topic-specific groups, such as the Everything CPE (Clinical Pastoral Education) group.

Ignite Collective

The PSR Community Life page on the Mighty Networks platform is the place for interactive community chat and news, LIVE webinars, and meeting others, gathering information and inspiration while you journey with us. It's a great site to hold group video meetings and allows for more than the limited 40 minutes in the free version of Zoom. Register for a [complimentary account](#) while enrolled in PSR.

Join the PSR Community Facebook Groups

These groups encourage community-wide conversations among the current students (and families!), staff, and faculty of Pacific School of Religion. Request to join at: PSR [Current Student Life](#) | [PSR Living Boldly](#) | [PSR DMin Cohort](#)

PSR Events

Institution wide [events page](#). Social media handles are as follows: Facebook & Instagram: @pacificschoolofreligion | Twitter: @psrberkeley | LinkedIn @pacific-school-of-religion.

Join the Ignite Platform

The ignite Collective x
www.igniteatpsr.com



As an exclusive benefit for PSR students, we are excited to provide you all access to The Ignite Collective platform. Ignite is a wisdom-based leadership collective that seeks to cultivate transformation at the intersections of spirituality, justice, and social innovation.

As a member, you will receive full access to the Ignite Collection where you can connect with members from all over the world diving into **4 On-demand Workshops** focused on personal leadership discovery, and an introduction **Wisdom-Based Leadership** workshop.

Along with the Ignite Collection, you will be receiving exclusive, private access to the PSR Collection only available to PSR students. This collection includes the following spaces and offerings:

PSR Community Life | The Office of Community Life provides space for relationship building and networks of support.

The Sanctuary | A space for spiritual care and resource. We gather weekly – in-person and via Zoom – at 11:10 am on Tuesdays during the academic year.

Membership gets you access to:

- ✓ 4 On-Demand Courses
- ✓ Actionable Worksheets
- ✓ Exclusive Access to Change Happens Now Podcast
- ✓ Live Events and Workshops

* **BONUS!** Engage with an interactive community of diverse leaders.



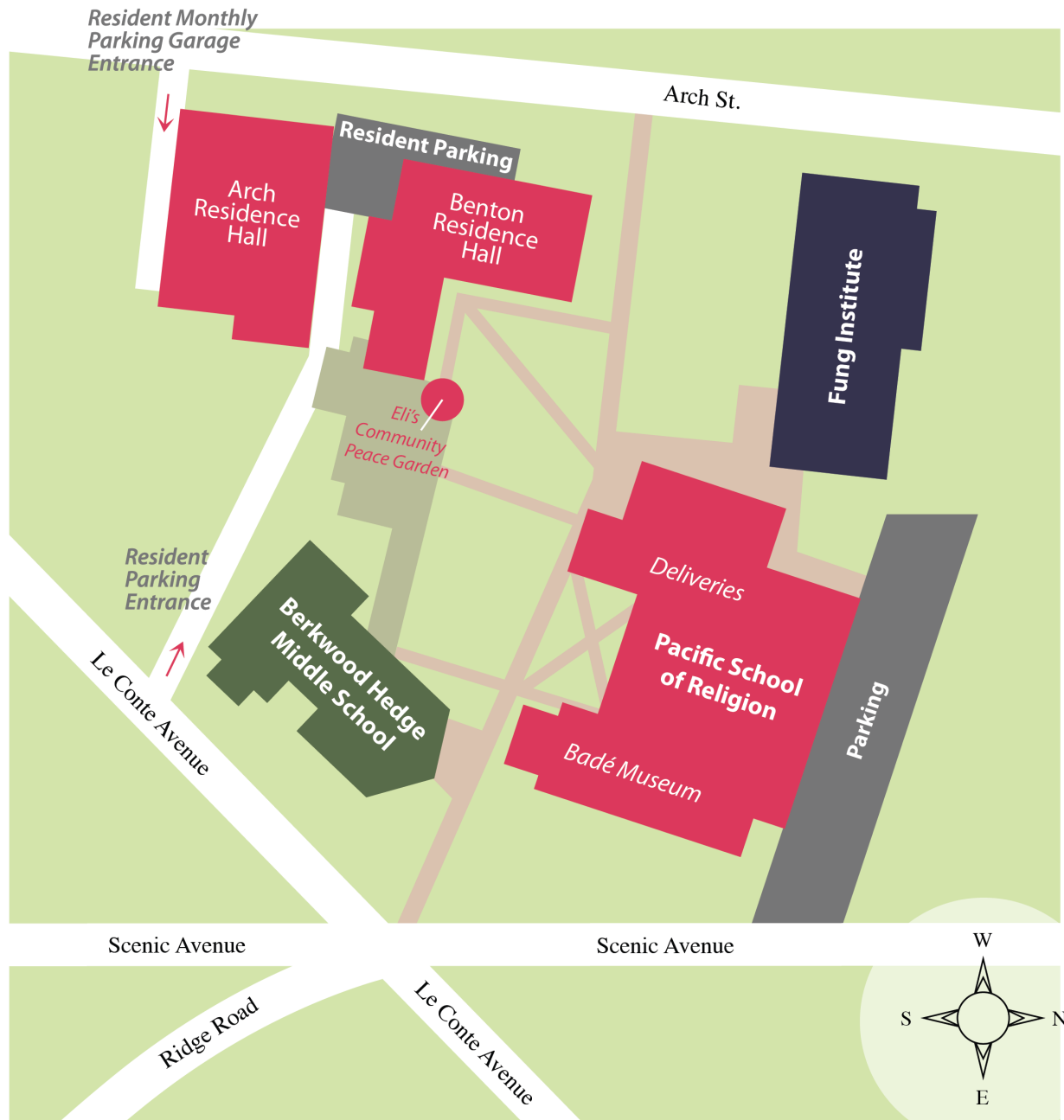
CLICK THIS LINK.

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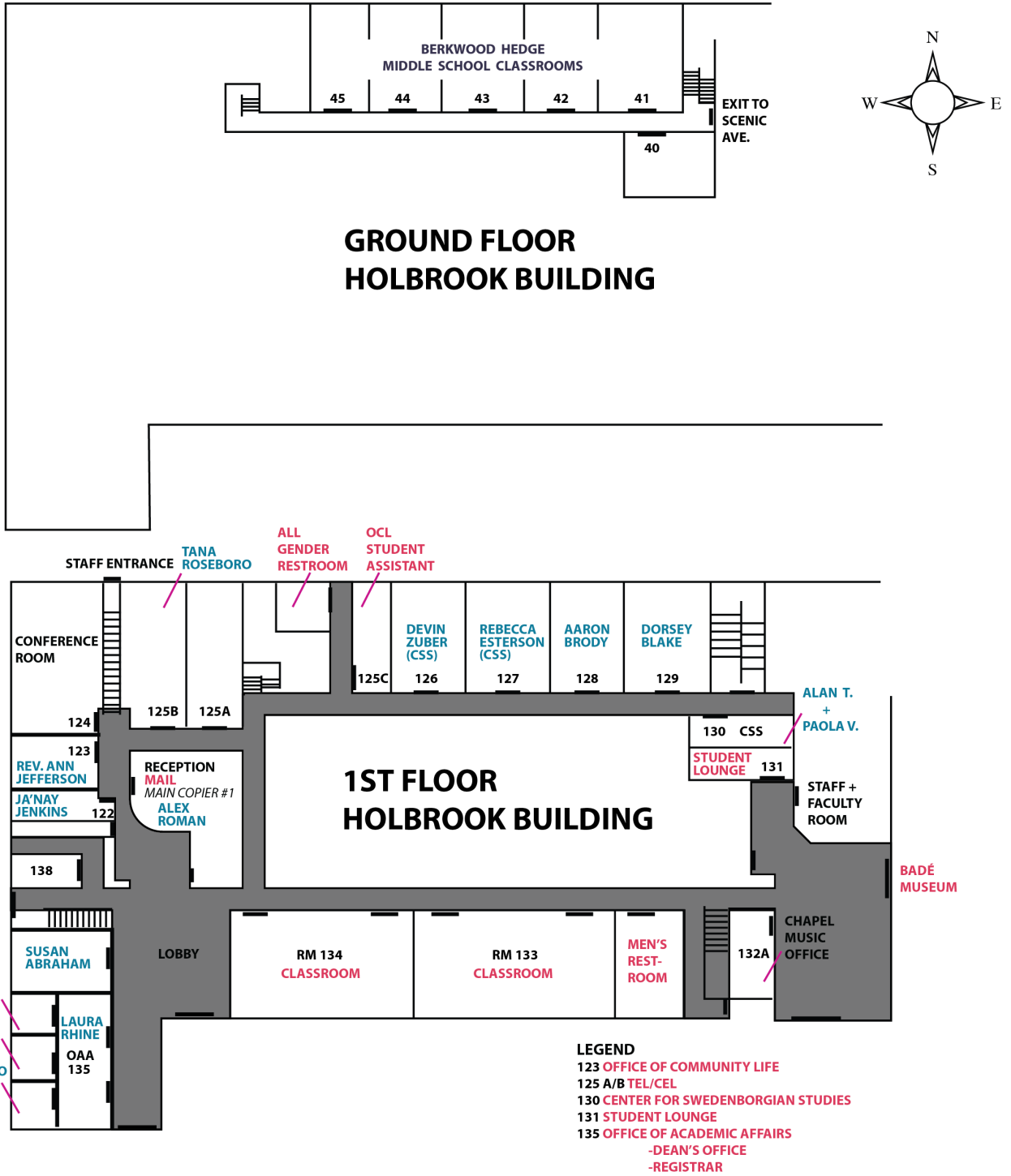
Scan the **QR** code to sign up, and dive into the courses + community.



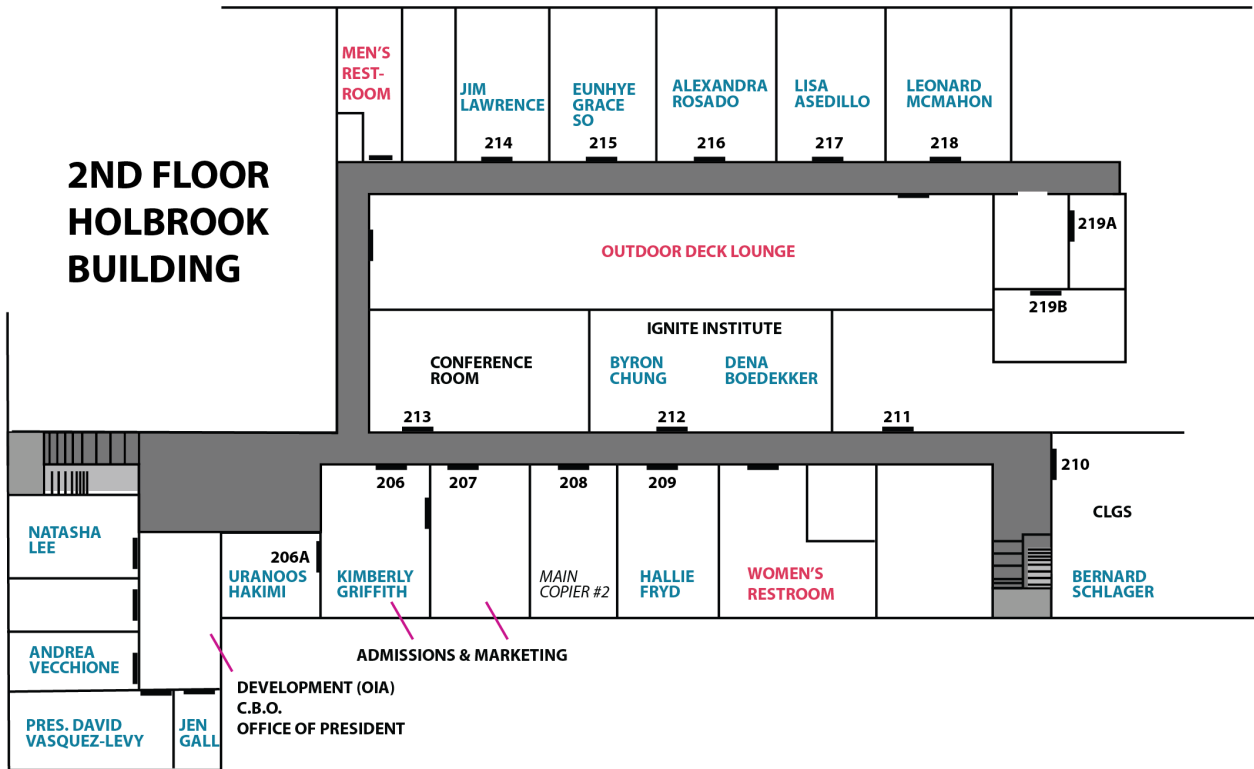
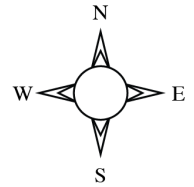
Map of PSR Campus



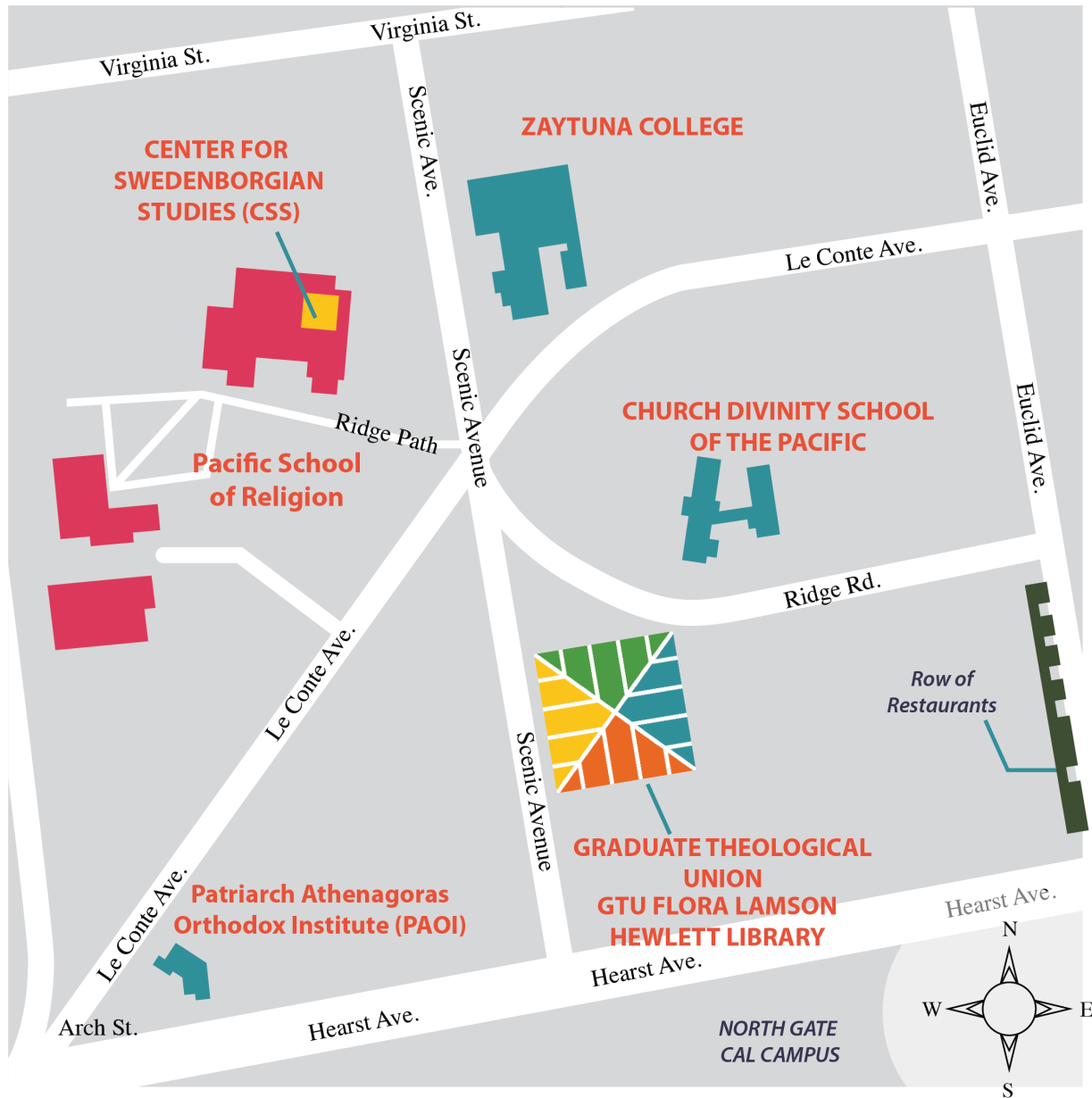
Map of Holbrook: 1st Floor



Map of Holbrook: 2nd Floor

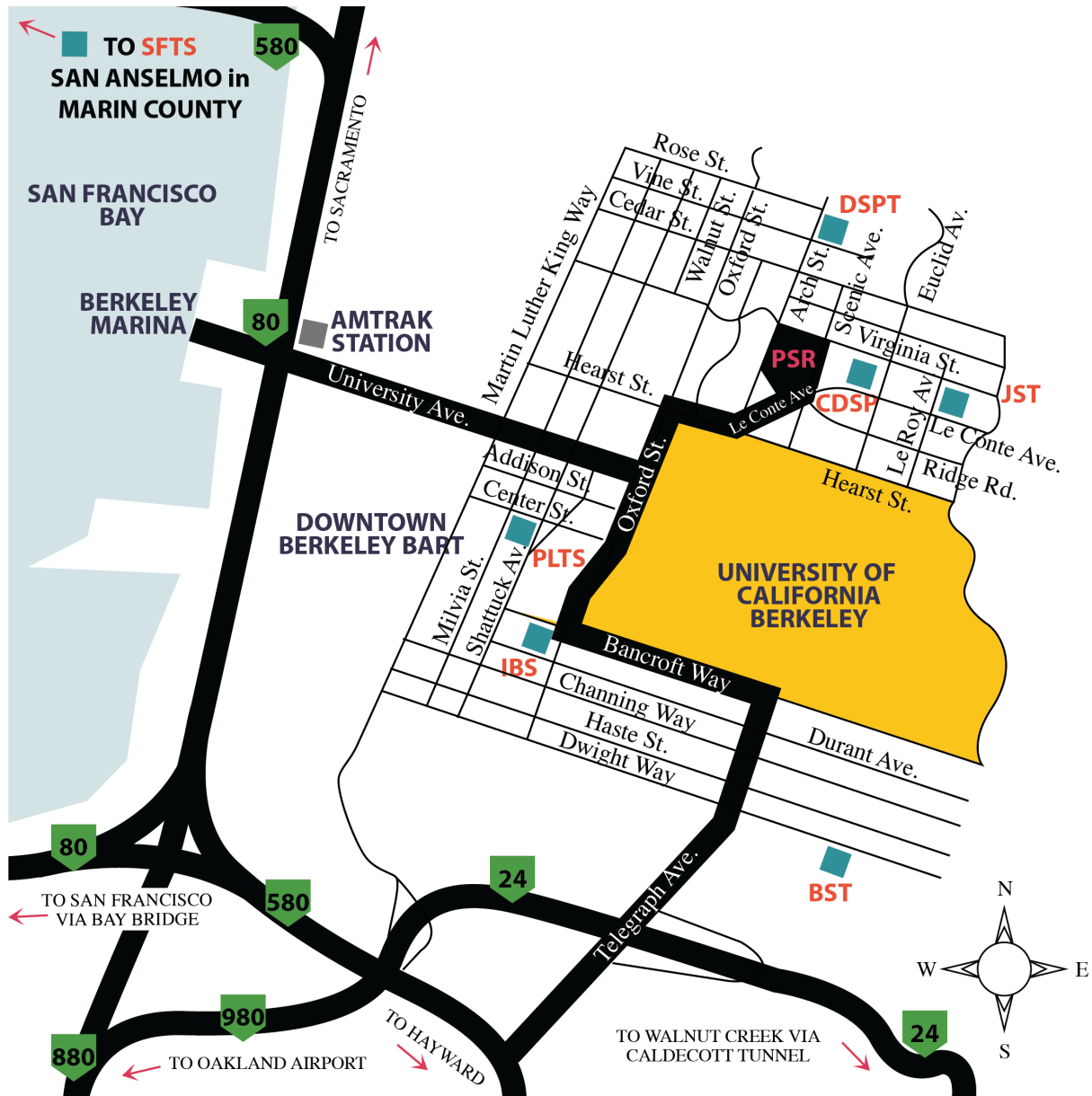


Map of GTU & Holy Hill



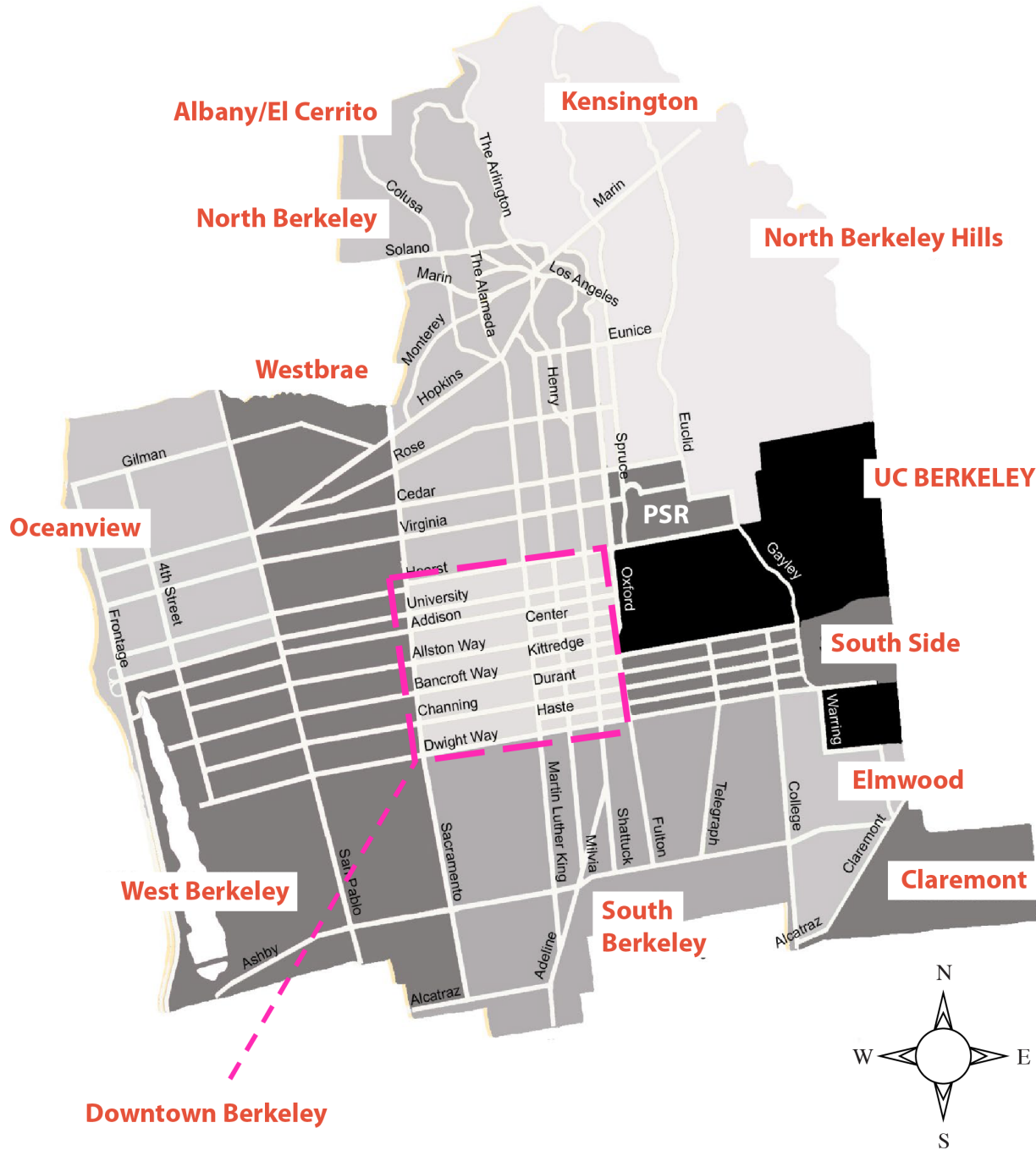
[Overview Map](#) | [Detailed Map](#)

Map of North Berkeley



- GTU Member Schools
- BST Berkeley School of Theology previously (American Baptist Seminary of the West)
- CDSF Church Divinity School of the Pacific
- DSPT Dominican School of Philosophy and Theology
- JST Jesuit School of Theology
- IBS Institute of Buddhist Studies
- PLTS Pacific Lutheran Theological Seminary
- PSR Pacific School of Religion
- SFTS San Francisco Theological Seminary

Map of Berkeley Neighborhoods



Downtown Berkeley

City of Berkeley Website
This site contains detailed information about the city.

Visitor's Bureau of Berkeley
Contains information on how to have fun in the city.

Berkeley Neighborhood Descriptions

The information is from UC Berkeley Cal Rentals Office:

SOUTHSIDE: A bustling, student-oriented area adjacent to south campus. Bookstores, record stores, cafes and restaurants abound. Telegraph Avenue is a main feature, with its colorful street vendors. Student housing is relatively plentiful in Southside.

ELMWOOD: Just to the south of Southside is the Elmwood district, which can be found by following College Avenue away from campus. Elmwood is a charming mix of small apartment complexes and large homes. Gift shopping is a delight, and there are many restaurants featuring international cuisine. There is also a popular movie theater.

CLAREMONT: A neighborhood consisting primarily of grand, expensive homes and few rentals. The typical Claremont rental might be an “in-law” apartment in someone’s house, or a room in a private home. The Claremont area is generally characterized as the area surrounding the Claremont Resort and Hotel.

SOUTH BERKELEY: West of the Southside, Elmwood and Claremont districts and south of Dwight Way is an area generally known as South Berkeley. This area, in addition to West Berkeley and the Westbrae neighborhoods, is where the most affordable housing is likely to be found. Small, single-family bungalows, duplexes and fourplexes are featured on the tree-lined streets. Cute cafes, antique shops and the Ashby BART station with its weekend flea market in the parking lot are part of the South Berkeley scene.

DOWNTOWN BERKELEY: While “downtown” can be found just a block from the West Entrance of campus, continue a few more blocks westward and you will find tree-lined streets with a mix of apartments and houses. Many students live in this area and enjoy its convenience to downtown BART, movies, restaurants and the campus.

WEST BERKELEY: South of University Avenue and west of Sacramento Street is the area known as West Berkeley. Modest single-family homes are interspersed with apartment buildings, and the neighborhood is dotted with Victorian farmhouses that were the original dwellings in the area.

WESTBRAE: A quiet, residential neighborhood just north and west of the North Berkeley BART station, the Westbrae area consists of small homes, duplexes and fourplexes. A highlight is a specialty produce store that attracts shoppers from all over Berkeley called Monterey Market. Easy access to BART and the campus makes this a popular area. Tennis, jogging track, pool and playground are nearby at the local middle school and are open to the public.

OCEANVIEW: The outlet stores, specialty shops and restaurants along the popular 4th Street area make this formerly sleepy place of small homes and light industry into a bustling, lively street scene.

NORTHSIDE: This area directly north of campus is a contrast to the bustling Southside area. Quiet by comparison, Northside boasts several student Coops and charming apartment buildings interspersed with large, single-family homes. The main street is Euclid Avenue, which features a small grocery store and shops and restaurants.

NORTH BERKELEY AND THOUSAND OAKS: Here you’ll find gourmet food shops and of course the famous restaurant, Chez Panisse, among others. Thousand Oaks continues the North Berkeley theme through the Solano Tunnel and down Solano Avenue with many restaurants, cafes and bookstores frequented by local residents.

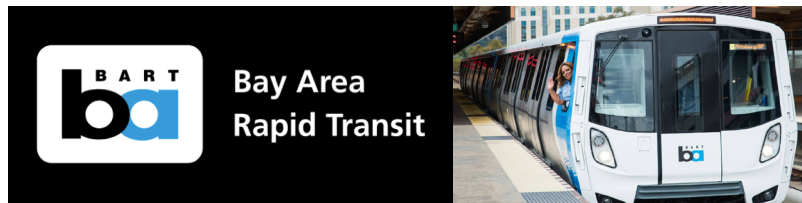
Map of the Bay Area

The “Bay Area” is a term you will hear often when you move to Berkeley since it refers to the region immediately surrounding the San Francisco Bay. “The City” (San Francisco) is the central point of reference for understanding where you are in the Bay Area and is divided into four regions 1) The North Bay, 2) The East Bay, 3) The South Bay and, 4) The (SF) Peninsula. Berkeley and Oakland are in the East Bay, San Jose is in the South Bay and Marin County makes up most of the North Bay.



Public Transportation: Airport to PSR

The most affordable way to travel to PSR from San Francisco & Oakland airports is using the public transportation system. For online transit information in the Bay Area, visit www.511.org.



The closest BART station is Downtown Berkeley BART. From there you can request Uber, Lyft or walk to campus. To walk from Downtown Berkeley BART station, cross Shattuck Ave, going East and walk until you reach Oxford Street (1 block). Turn Left, going North, and walk until you reach Hearst Ave (4-5 blocks). Turn right on Hearst. Make the 4th left onto Scenic Ave. This will lead you to Holy Hill (the intersection of Scenic Ave, Le Conte Ave, Ridge Road, and Arch St).

From OAK (Oakland Airport)

Oakland International Airport is closest to PSR. The Oakland Airport BART station is located just across from the Terminal 1 baggage claim area and a short walk from Terminal 2.

From SFO (San Francisco Airport)

The BART station at SFO is located in the International Terminal. It's a short walk from United Airlines in Terminal 3 and a slightly longer walk from Terminal 1. You can also take the free AirTrain from all terminals directly to the BART station; Terminals 1, 2 & 3 are approximately a one to three-minute AirTrain ride to the BART station.

Follow the signs to AirTrain and board the **Red Line** train to the BART station and purchase your BART ticket. If you have already purchased your ticket online take the Blue Line train to the International Terminal - G stop, exit the AirTrain there, walk to the right and take the escalator down to the Information/ BART Voucher Desk, next to the escalator. Exchange your ticket voucher for a BART ticket at the desk and proceed to the BART station to catch the train to your destination.

International passengers should turn right when leaving customs, walk to the escalator and go up to the departures level. Walk straight ahead and turn left at the art exhibit and you'll see the station entrance.

Driving Directions to PSR

From the north (I-80) or west (I-80): Exit onto University Avenue and go east. Turn left (north) on Oxford St. Turn right (east) on Hearst St. Take oblique left on Le Conte (a steep hill). Turn left at top of hill onto Scenic Ave. The PSR campus is on your left. Turn left into PSR parking lot, just past first building on your left.

From the east (Hwy 24): Exit right on Telegraph Ave and go north. Turn left (west) on Bancroft Ave. Turn right (north) on Oxford St. Turn right (east) on Hearst St. Take oblique left on Le Conte (a steep hill). Turn left at top of hill onto Scenic Ave. The PSR campus is on your left. Turn left into PSR parking lot, just past first building on your left.

From south (I-880/980 or I-580): On I-880/980, continue past I-580 interchange to Hwy 24. On 580, turn off at Hwy 24 toward Berkeley. From Hwy 24, exit immediately on Martin Luther King Jr. (MLK) and go north. Turn right (east) on University. Turn left (north) on Oxford. Turn right (east) on Hearst. Take oblique left on Le Conte Ave (a steep hill). Turn left at top of hill onto Scenic Ave. The PSR campus is on your left. Turn left into PSR parking lot, just past first building on your left.



Review Before Arriving at PSR

Academic & Administrative Calendar

Please note the important dates on the [Academic Calendar](#)



PSR Student Covenants, Academic Catalog & Statement of Understanding

By registering as a student at PSR, you agree that you have read the information in the Academic Catalog and that you have read and agree to the Community, Zoom, and Learning Covenants. Please review these documents before Orientation and sign the documents listed below. You can find the academic catalog here: <https://www.psr.edu/resource/students/>



Signatures Required

Please download, complete, save, and e-mail the signed copy to Rev. Ann at ajefferson@gmail.com

[Community Covenant](#)

Please download, complete, save, and e-mail the signed copies to Janett at jcabanero@psr.edu

[Concurrent-Hybrid Learning Covenant](#)

[Learning Covenant](#)

[Statement of Understanding](#)

Registering for Courses / Course Schedule

The GTU Course schedule is online, for your perusal at this [link](#). Registration for courses happens through the [SONIS Student Portal](#). Please reach out to Janett Cabanero, PSR Associate Dean for Academic Programs & Registrar, at jcabanero@psr.edu for any registration-related inquiries.

Computers & Tech Support



Wireless internet connectivity is available to on-campus students, faculty and staff. Wifi Network: PSR Student-Guest. To contact tech support, email support@endstight.net & include Ja'Nay Jenkins (jjenkins@psr.edu) to prevent creating duplicate maintenance tickets.

Review Before Arriving at PSR

Housing—Campus Residents

Hudson McDonald manages housing. Ensure to let them know that you are a PSR student so that they can follow protocols specific to our student body. Please review the [housing policy, floor plans and monthly rates](#) for complete information.

Benton Hall and Anderson (Arch) Hall resident's mailing address is:
1798 Scenic Avenue, Box # Berkeley, CA 94709

Verification of residency required to register children in area schools may be obtained from housing@psr.edu

Contact information for housing if you will be living on campus:

- Email Aurelia Marchetti at aurelia@hudsonmcdonald.com | (510) 665-9900 ext. 21
- Email Jenny Staples at jenny@hudsonmcdonald.com | (510) 665-9900
- Non-emergency [Maintenance Portal](#)
- Emergency maintenance contact Cesar at (510) 712-8690

There are 2 types of student dorms. Both have community kitchens w/ limited food storage.

- Single Room w/ shared co-ed bathroom down the hall
- Suite of 2-3 gender specific rooms w/ shared bathroom and living space (M/F/T)

Furnishings for Non-Dormitory Units

- Furnishings for **non-dormitory** units are not provided by PSR.
- Non-dormitory housing units come equipped with a stove and a refrigerator. Students may not bring additional major appliances, including refrigerators, washing machines/dryers, dishwashers, space heaters, etc.

Dorm Rooms come furnished. Apartments do not come furnished.

- All utilities except phone/cable are paid by PSR.
- Dorm Room Furnishings
 - Bed (If you would like to bring your own bed, you must notify the Hudson McDonald and it will be worked out during the contract-signing stage)
 - Desk w/ chair and lamp
 - Dresser
 - Wardrobe or Closet
 - Bookcase
- You may bring a mini refrigerator. In compliance with Fire Regulations other appliances (e.g. microwaves, toaster ovens, hot plates, crock pots, space heaters) are not permitted in the dormitories.

Guest rooms are available in Benton Hall. Please contact Hudson McDonald: (510) 665-9900; management@hudsonmcdonald.com to reserve a commuter room. Rooms can fill up fast, so don't delay! As a * **remote learner**, this is one option for lodging when visiting the campus.

Before Arriving at PSR Continued

Parking

Commuters: Parking on-campus ([see map](#)) is \$8 for full day and \$5 for the evening (usually begins after 4 PM). Please follow the signs in Holbrook and Mudd parking lots for payment information. If you have any questions, contact Douglas Parking at (510) 444-7412 or info@douglasparking.com.

Residents: Parking is \$72 per month. Please contact genet@douglasparking.com to reserve your spot or ask additional questions. If you have a CA license plate you may purchase a parking sticker for street parking, from the [City of Berkeley](#) (not PSR), which is approx. \$55 per year (subject to change). Otherwise parking is in 2-hour increments on the street, with hefty parking ticket rates for violations.



Bikes

If you are bringing a bicycle, be prepared for very steep hills. Bike parking is located in the garage under Anderson Hall (aka “Arch dorm”). Please go to the front desk at the Holbrook lobby for garage combination. For info on bike registration, bike locks/security, buying used bikes, and bicycle registration, go to [page 39](#).

Land Line Phone & Cable Service for PSR Residential Students

You will need to set up your own phone/cable service. You MUST use both the physical location address (for installation) and the mailing address (for billing) for phone service.

Laundry Machines

Coin operated laundry machines are located on campus; you must have a supply of quarters. The current rate is \$2.50 per wash load & \$2.00 per dry load (subject to change). For maintenance of the machines go to [CSC Service Request](#) or call (877) 264-6622.



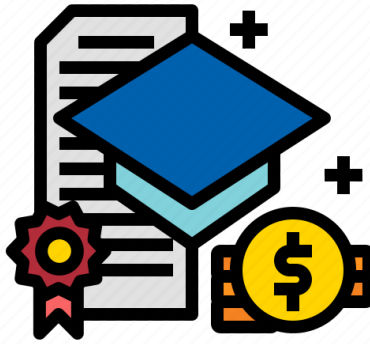
Before Arriving at PSR Continued

Financial Aid

Go to www.psr.edu/financial-aid or contact them at financialaid@psr.edu.

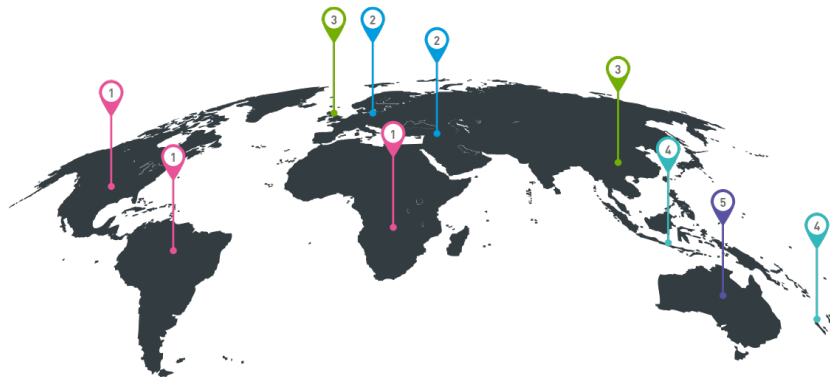
GTU Scholarship Database

Now is the right time to review scholarship resources that might be available, mark the application deadlines in your calendar, and fill out the applications in advance. The GTU scholarship database lists over 500 different scholarships, grants, fellowships, and loan opportunities. Go to this [link](#).



International Student Handbook:

Information pertinent to international students can be found on the Office of International Students and Scholars webpage [here](#):



Who to Contact Cheat Sheet

I need help with:	Who you should talk to:	Contact info:
Registering for classes & Sonis Adding or dropping a class Requesting a transcript Picking your required classes Veterans Affairs International Student Affairs	Janett Cabanero Associate Dean of Academic Affairs & Registrar Holbrook 135	jcabanero@psr.edu 510-849-8285
Ignite Collective (Mighty Networks) Questions	Janett Cabanero Janneth Orozco Asst. Registrar/Membership Manager Holbrook 135	jcabanero@psr.edu jorozco@psr.edu
Clinical Pastoral Education Field Education Accommodations	Grace Gilliam Assoc. Director of Community Engaged Learning Holbrook 135	ggilliam@psr.edu 510-849-8238
Meeting with the Dean	Laura Rhine Administrative Coordinator Office of Academic Affairs Holbrook 135	lrhine@psr.edu 510-849-8233
Pastoral Care Community Events Chapel Worship	Rev. Ann Jefferson Director of Community Life & Spiritual Care Holbrook 123	ajefferon@psr.edu 510-849-8257
Facility Questions Wifi Network Issues	Ja'Nay Jenkins Operations Manager Holbrook 123	jjenkins@psr.edu 510-849-8254
Front Desk	Alex Roman Holbrook Reception Desk	reception@psr.edu 510-529-5743
Financial Aid Tuition Payments	Jeff Aalbers Bursar	bursar@psr.edu 320-203-5533
Campus Resident Housing	Aurelia Marchetti 1600 Shattuck Ave, Ste. 218	aurelia@hudsonmcdonald.com 510-665-9900 ext. 21
Parking	Genet Haileselesie	genet@douglasparking.com 510-444-7412
Campus Residential Emergency Maintenance (anything related to health and safety risks)	Cesar Mejia	510-712-8690
After Hours Wifi Network Issues	Endsight (cc Ja'Nay Jenkins to prevent multiple maintenance tickets)	support@endsight.net jjenkins@psr.edu 510-280-2020
Quick Links to the commonly used links by students	Registration & Grades Moodle (Syllabi & Course Work) Non-emergency maintenance	Sonis Portal Moodle Campus Resident Maintenance Portal

Taking Care of Yourself

Counseling, Therapy, Spiritual Direction

Recommendation on Counseling/Therapy:

We suggest that students consider pastoral counseling or psychological counseling as part of their spiritual and leadership formation. Please reach out to Mz. Ann (ajefferson@psr.edu) for recommendations on local therapy and counseling resources.



I. What's the difference between spiritual direction, pastoral counseling, and psychological counseling?

	Spiritual Direction	Pastoral Counseling	Psychological Counseling
GOAL	To assist a person to discover God acting in their life and to facilitate that person's creative, loving response to God; presupposes a certain degree of healthy psychological functioning and a fidelity to daily personal prayer	In a faith context, to facilitate a person's growth to greater personal integration and freedom of choice through self-knowledge and awareness of God's healing grace.	To facilitate a person's growth to greater personal integration and freedom of choice through self-knowledge.
PROCESS	In the context of a one-to-one helping relationship, director and directee together attend to and discern the primary relationship and call of God in the directee's life and their response to the mystery of grace.	The therapeutic relationship between counselor and client discerning together the personal meaning of experience in light of faith.	The therapeutic relationship between counselor and client.
TECHNIQUES	Interaction between counselor and client, utilizing self-disclosure, support, questions, clarifications, and reflection on patterns of prayer and on the creative, redeeming, and sanctifying action of God.	Interaction between counselor and client, utilizing self-disclosure, support, observation, clarification, interpretation, reflection on God's love and forgiveness.	Interaction between counselor and client utilizing self-disclosure, observations, support, clarifications, interpretations, etc.
AREA OF FOCUS	Directee's relationship with God as experienced and developed through prayer, life experience, and relationships.	Client's life experience (past and present), events, thoughts, relationships, feelings, especially areas of pain, family of origin; all these seen as revealing God's call to the client.	Client's life experience (past and present) events, thoughts, relationships, feelings, especially areas of pain; family of origin.

*Taken from The Institute for Living, Winnetka,

Taking Care of Yourself Continued

II. What's the difference between pastoral care and pastoral counseling?

Pastoral Care: refers to a broad and inclusive way of pastoral work that is concerned with the support and nurturance of persons and interpersonal relationships. It includes the everyday expressions of concern that may occur in the midst of pastoring activities and relationships, such as prayer (restoration, enduring), guiding/educating (counsel, advise), reconciling (re-establish broken relationships).

Pastoral Counseling: an extended and structured conversation focused on the needs and concerns of the one seeking help. (*Definitions taken from the Dictionary of Pastoral Care and Counseling)

III. [Local Warmline](#): CALL or TEXT 855-845-7415 TO SPEAK TO A COUNSELOR | *[National Warmline](#)

The Peer-Run Warm Line—which began operation in 2014—is a non-emergency resource for anyone in California seeking mental and emotional support. They assist anyone in need via phone and web chat on a nondiscriminatory basis. Callers share challenges with interpersonal relationships, anxiety, pain, depression, finances, alcohol/drug use, etc.

Resources for Students in Addiction Recovery: ([Link](#))



Seminarians and clergy are not immune to addictions. The issue of substance abuse will come up again and again in communities that we serve; or we may find ourselves struggling with abuse of substances or other types of addictions.

The resources in the link above are provided solely as information. Only students can decide which, if any, of these resources might be helpful to them. Listing comes with no guarantees, promises, recommendations or endorsements. Exclusion from this list does not imply anything either. If a student finds himself/herself/themselves struggling with substance use or some type of addiction, finding help which suits him/her/they best will save time on the recovery journey, and give hope more quickly and be most cost efficient.

Retreat Centers

The Bay Area has an [abundance of places](#) that offer opportunities to unplug and recenter. For example, The [Northern California Vipassana Centers](#) offer free meditation retreats.

Gyms

- [Berkeley YMCA](#) 2001 Allston Way, Berkeley (510-848-9622). Financial assistance for membership is available for low-income applicants.
- [24 Hour Fitness](#) 10636 San Pablo Ave, El Cerrito (510-900-6279) Note that if you are not a member, it will cost \$25/day for a guest pass
- [The Queer Gym](#) The nation's only LGBTQ centered gym. They offer a variety of class & membership options, all online.

Taking Care of Yourself Continued

Culture Shock: The Process of Adjustment What is it?

Culture shock is the natural reaction to a series of transitions that occur when we are uprooted from our cultural environment and transplanted into a new situation. (While this phenomenon might be true for international students, it will also apply to Americans who [a.] transplant from a cultural context to a different one within the U.S.; [b.] individuals for whom the academic field of theology, humanities, or social sciences is new; [c.] folks who haven't been to school for a long time.) Most of all, culture shock happens when we have lost our social supports (family, friends, classmates, coworkers) and we must begin again in a place where things are unpredictable. While the words "culture shock" imply something immediate, the onset is usually gradual and cumulative.

How can I avoid it?

Since culture shock is a natural response, your strategy should not be how to avoid it, but instead, how to manage it. Being able to anticipate the feelings you may encounter and having an understanding of the cycle of adjustment should help minimize much of the difficulty of adjusting to life at PSR in Berkeley. While at times it may be an unpleasant experience to go through, adapting to a new culture provides great opportunities for personal growth and development.

When will it go away?

Sometimes the symptoms of the hostility stage last just a few days, but more commonly, a few weeks or even months. Your friends may appear to adjust easily while you are suffering miserably. Several different factors, such as your pre-departure expectations, coping skills, and any past experience living overseas can affect the degree to which a person is affected by culture shock, making each individual's experience unique. Also, people often move back and forth between the stages throughout their stay.

Suggestions for a Smooth Adjustment:

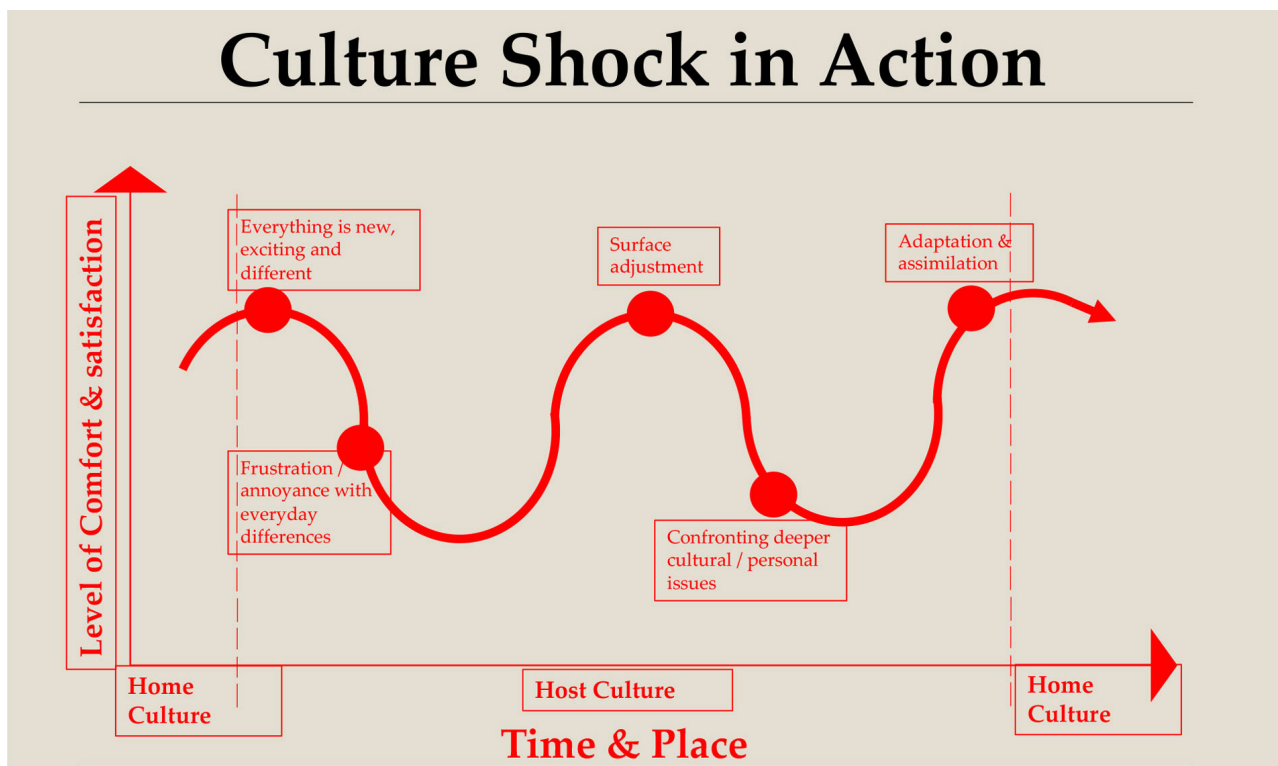
- Realize that what you are going through is normal. Remember that the unpleasant feelings are temporary, natural, and are common to any transition that a person makes during their life.
- Be patient and give yourself the time to work through this process.
- Take good care of yourself. Eat well, exercise, learn relaxation and stress reduction techniques.
- Maintain a sense of humor. Be able to laugh at yourself and at the predicaments you get into.
- Resist the temptation to constantly disparage the new culture you find yourself in. Begin to consciously look for logical reasons for anything in the new cultural context that seems strange, confusing, or threatening. There is a reason why people do things differently than people do in your culture of origin.
- Talk to someone about your experiences. Do not be afraid to talk to family, friends, Campus Care Network, Campus Pastors, and the Director of Community Life and Spiritual Care.



Taking Care of Yourself Continued

The Stages of Culture Shock

1. Honeymoon – When you first arrive, the differences you observe are new, exciting and interesting. You are optimistic and are likely to focus on the positive aspects of your new environment.
2. Hostility – As some time passes, the differences that were once interesting have now become obstacles for you to get things done or communicate effectively. You may begin experiencing any of the following feelings or behaviors: • disorientation and confusion • acute homesickness for family, friends and places • loneliness • helplessness • irritability • sadness and depression • frequent frustration • being easily angered • fatigue • withdrawing from friends or other people • self-doubt, sense of failure • recurrent sickness • desire to go home
3. Recovery and Adjustment – Gradually, you begin to feel more comfortable in the new culture and are functioning well at work or school. Your confidence builds as you start to adjust to the differences and expand your social network. You are able to view things more objectively and are becoming more flexible.
4. Reverse Culture Shock – Do not underestimate the adjustment that will be required when you return home from your sojourn. People go through a similar series of stages upon re-entry to their home culture.



Churches in the Bay Area

How to look for churches

If you are looking for churches in the bay area, please use [Google Maps](#). You may search in this format: “[Church denomination] in [location parameters]”

Examples:

[UCC Church in Berkeley](#)

[DOC Church in 94709](#)

[UU Church in bay area](#)

[UMC Church near me](#)

[Popular churches in the bay area](#)

On recommendations for churches you might want to join:

For recommendations, please click on reviews in the google map page, or you may use www.yelp.com, or ask people in the PSR/GTU community who have lived in the Bay Area for a while. If you are interested in churches that have some connection with PSR, you may browse through CLGS [Coalition of Welcoming Congregations](#) directory.

Popular churches

A few popular churches you might visit while living in the Bay Area:

[City of Refuge UCC](#):

A radically inclusive UCC church known for its ministry of restoration and reconciliation. Bishop Yvette Flunder, Founder and Senior Pastor, leads worship services described as ‘Bapta-Metho-costal’, that is, worship with prayer, preaching and song from the Baptist, Methodist and Pentecostal traditions.

[Glide Memorial Church](#): Through the leadership of PSR alumnx Rev. Marvin K. White, this church has served as a counterculture rallying point and has been one of the most prominently liberal churches in the United States. The church got featured in the Hollywood film, In Pursuit of Happiness, with actor Will Smith.

[Grace Cathedral, Episcopal Church](#): An open-minded Episcopal church known for its mosaics by De Rosen, a replica of Ghiberti’s Gates of Paradise, two labyrinths, varied stained glass windows, Keith Haring AIDS Chapel altarpiece, and medieval and contemporary furnishings, as well as its 44-bell carillon, three organs, and choirs.



[Mission Bay Community Church](#): Presbyterian Church that is attentive to social media and cultural changes on the church (emergent church movement).

[St. Gregory’s \(of Nyssa\) Episcopal Church](#): A very artsy, colorful, smells and bells dancing church. This is not your typical Episcopal church; lots of influence from Orthodox Christian tradition.

Sports & Outdoor Recreation

Cal Recreational Sports

As a Cal Rec Club member, you have access to cardio equipment; indoor basketball courts, pools, weight rooms, outdoor tracks, tennis, racquetball, handball and squash courts, group exercise classes, Intramural Sports Teams classes such as strength training, dance, Pilate's, sailing, windsurfing, kayaking and personal training. The main facility is called the RSF (Recreational Sports Facility), located on 2301 Bancroft Way.

YMCA

The YMCA is a health club and non-profit community organization that provides fitness classes, childcare, family resources, volunteerism, and many other programs for all ages. You must purchase a membership to use their services; ask about the low-income discount on membership prices. The downtown Berkeley YMCA has a wonderful indoor "Kindergym" for young children with a slide, ball pit, bounce house and other play equipment. The Kindergym is a great place for kids to run, climb, jump and explore (good place for birthday parties too!)

The Berkeley YMCA is located in downtown Berkeley at 2001 Allston Way, just one block from Shattuck Avenue. There are YMCAs throughout the city and the country-- check their web site for a location near you.



East Bay Regional Parks

East Bay Regional Park District (EBRPD) is a system of beautiful public parks and trails in Alameda and Contra Costa counties. The system encompasses 1,745 square miles on the eastern side of San Francisco Bay. The parks offer many fun programs and activities for such as swimming, boating, horseback riding lessons, hiking, camping, music concerts and more.



Tilden Park

Tilden is a popular destination for Berkeley students and scholars and their families. Plenty of picnic areas, hiking trails and open fields for impromptu ball games or sunbathing. Don't miss the Little Farm, the carousel and steam train or the Golf Course and Botanical Garden. Tilden Park is located just up the hill behind the UC Berkeley campus.



Hiking

There are over 2,000 miles of hiking trails in the Bay Area, most with breathtaking views. There are a range of challenging excursions for the experienced to easier hikes for families with children. Nearby hiking spots include Tilden Park, Mount Diablo, and Lafayette Reservoir, just to name a few.

Lake Swimming

The East Bay Regional Parks system has many options for swimming and other outdoor activities. Many lakes have sandy beaches, lifeguards on-duty and snack bar during the summer months. Hours of operation vary, so it's best to check the web site of the particular park you are planning to visit in advance. Here are some highlights:

[Lake Anza](#), Tilden Park-Berkeley

[Lake Temescal](#), Oakland hills

[Shadow Cliffs Lake](#), Pleasanton

Public Swimming Pools

There are public pools located in most cities. Since the weather in the Bay Area is moderate most of the year, some pools stay open all year. The city of El Cerrito has a nice outdoor pool, and the city of Albany has an indoor pool (currently closed for remodeling). Check the web site of the city where you want to swim for hours and locations.

Sports & Outdoor Recreation



Public Beaches

The beaches of the San Francisco Bay Area can often be foggy, so even on the warmest days of the year a chill can usually be felt in the ocean air. Your best beach days will occur during the warmest months of the year—September and October. Not too many people actually go swimming due to the cold water (unless you own a wetsuit), but you can still enjoy beach activities on the shore. Take a jacket along to keep out the cold and an extra blanket just in case.

[Ocean Beach](#)

The largest of the San Francisco beaches, it takes up the entire west side of San Francisco and offers a panoramic view of the Pacific Ocean. It offers approximately five miles of peaceful surf and sand. For people living in The City, it is a pleasant getaway from the rapid pace of city life. It's often foggy and the water is cold, but on a rare hot day, it can be a great escape. This beach is accessible by MUNI train/bus in SF.

[East Beach](#) (commonly known as China Beach) Named after the history of Chinese fishermen who camped here in days past. It is located in Pacific Heights, at the intersection of Seacliff and 28th Avenue. This is one of the safest beaches for families with younger children, with shallow waters for the kids to play in and lifeguards on duty during the summer.

[Stinson Beach](#)

Stinson Beach is located in Marin County, about a one-hour drive from Berkeley down Highway 1. The drive itself offer stunning views along winding seaside roads. On your way, stop by to see Muir Woods, home of some of the oldest Redwood trees in California.

[Muir Beach](#) is near Stinson Beach. It's a little smaller and parking is limited, but it's closer than Stinson.



Cycling

There are many p e Bay Area. If you are a serious cyclist, join the [Cal Cycling](#). Their website also provides a quick list of some of the more popular routes. Here are a couple of suggested places to ride:

[San Francisco Bay Trail](#)

Currently, a 290-mile biking and hiking trail. It is also a great place to view wildlife in the Bay, The East Bay section of the Trail extends from Richmond to Hayward. The easiest access point is on University Avenue near the Berkeley Marina. Expansion of the trail to a 500-mile circle around the San Francisco Bay is on-going.

[Nimitz Trail](#)

This is a well maintained, wide, 4-mile paved trail that starts out at Inspiration Point off Wildcat Canyon Road in Tilden Park. This trail is great for young children to ride their bikes on.

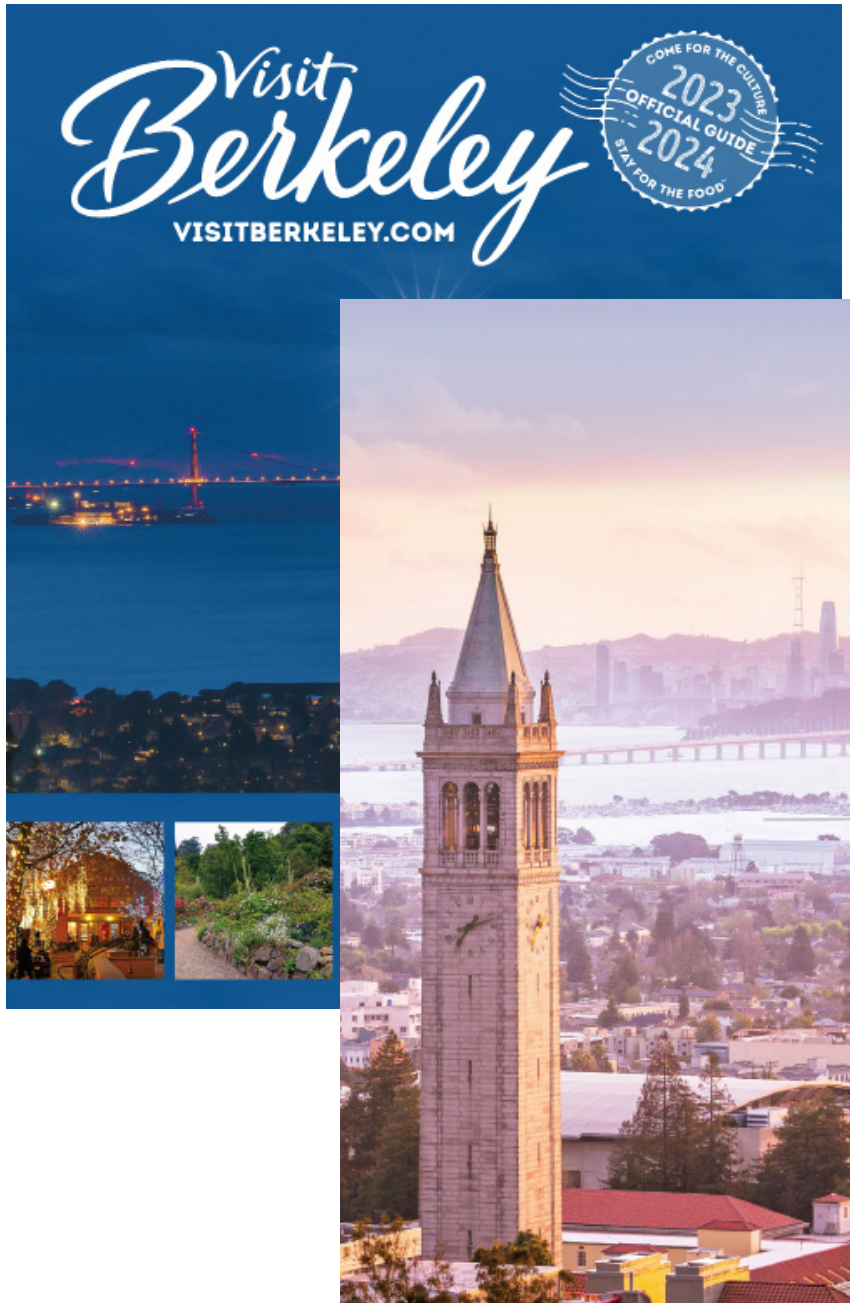
Sailing

[Cal Sailing Club](#)

The Cal Sailing Club is a non-profit, volunteer-run sailing and windsurfing club that offers lessons, recreation, and free programs for the general public and for summer programs. Located on the south side of the Berkeley Marina, CSC's major activity is teaching sailing and windsurfing safety.



Visit Berkeley Official Guide



Visit Berkeley
VISITBERKELEY.COM

COME FOR THE CULTURE
2023
OFFICIAL GUIDE
2024
STAY FOR THE FOOD

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VISITBERKELEY.COM

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[Click this link](#) for highlights, sites, and bites in Berkeley.

Banks & Credit Unions



Bank locations

(walking distance from PSR)

Bank of America

2151 Shattuck Ave.
Berkeley, CA 94704
(510) 542-5405

Citibank

2000 Shattuck Ave.,
Berkeley, CA
(510) 356-0278

Wells Fargo

2144 Shattuck Ave
Berkeley, CA 94704
(510) 649-3630

Chase Bank

2150 Shattuck Ave Berkeley, CA
(510) 649-4041

Mechanics Bank

2301 Shattuck Ave
Berkeley, CA 94704
(510) 647-0720



If you prefer alternate options to corporate banks, please use these search tools if you are interested in [Credit Unions](#).



America's Credit Unions

Cooperative Center Federal Credit Union

Community Bank of the Bay

A community bank in Oakland, another great alternative to big corporate banks – this one reinvests in the local community

Grocery Stores & Markets

[Safeway](#) (*walking distance)

1444 Shattuck Place Berkeley, CA 94709
(510) 526-3086 (locations throughout California—
check web site for location near you)



[Andronico's](#) (*walking distance)

Upscale grocery store with higher prices, higher quality, more exotic selections, and bright, spacious presentation, fewer total items, and smaller square footage than the major popular priced markets.

1550 Shattuck Avenue Berkeley, CA 94709
(510) 841-7942

[Trader Joe's](#) (*walking distance)

Products sold include gourmet foods, organic foods, vegetarian food, unusual frozen foods, imported foods, kosher foods, domestic and imported wine, and basics like bread, cereal, eggs, dairy, coffee and produce as well as some non-food items. Customers rave about their products and are very dedicated. Shopping at TJ's always requires plenty of time—the lines are long and stores are crowded, but worth it.

1885 University Ave. (cross St.—MLK Way)

Berkeley, CA 94703
(510) 204-9074

[Lucky](#)

1000 El Cerrito Plaza (510) 524-7282



[Berkeley Bowl](#) (2 locations)

2020 Oregon St Berkeley, CA 94703
(510) 843-6929
920 Heinz Street Berkeley, CA 94710
(510) 898-9555

[Ranch 99](#)

Serves the pan-Asian population by providing hometown flavors and shopping experience.

3288 Pierce Street Richmond, CA 94804
(510) 769-8899



[Whole Foods Market](#)

The Whole Foods Market specializes in natural and organic foods. Their prices tend to cost more than the standard supermarket fare. A great place to find “health food” items and vegetarian meals.

3000 Telegraph Avenue
Berkeley, CA 94705
(510) 649-1333

[Costco](#)

Costco is a discount warehouse that sells many different products. They also have food at greatly reduced prices. You must buy a membership to shop at Costco and enjoy the savings.

4801 Central Avenue
Richmond, California 94804
(510) 898-2003



[The Natural Grocery Company](#)

This small, local store is overflowing with healthy selections. The produce department features all organic fruits, vegetables and herbs and the meat department is all natural. Grind your own peanuts at the store for fresh, homemade peanut butter!

1336 Gilman Street
Berkeley, CA 94706
(510) 526-115



Produce, Farmers Markets & Pharmacies

Produce Markets

A produce market specializes in fresh fruits and vegetables. They also carry a wide range of other items; the quantity and selection varies from store-to-store. Produce markets are generally less expensive than supermarkets.



Monterey Market

1550 Hopkins St.
Berkeley, CA 94707
(510) 526-6042



Farmer's Markets

Farmer's markets are outdoor, temporary markets set up on certain streets on certain times of the week where local farmers sell their goods. You can often find organic foods here. There are farmer's markets in every city. You may also find small fruit and vegetable stands along highways or other roadsides.



Berkeley

Organic Farmers' Markets
Tuesdays, 2-7pm at Derby & Martin Luther King
Thursdays, 3-7pm at Shattuck Ave. & Rose St.
Saturdays, Center & Shattuck 10-2pm

Old Oakland – The People's Market

Oakland Chinatown Fridays 8am-2pm

Freedom Farmer's Market

4521 Telegraph Ave Oakland, California
Saturdays 9am-2pm



El Cerrito Plaza Farmers Market

Tuesdays and Saturdays 9am-1pm



Organic Food Delivery Services

Community Supported Agriculture Boxes:

[Full Belly Farm](#)

[Terra Firma Farm](#)

[Eatwell Farm](#)

[Imperfect Produce Discount Delivery](#)

General Organic Food Delivery:

[Spud](#)



A community-supported cooperative

[Three Stone Hearth](#)

Food Banks

[Berkeley Food Pantry](#)

[Berkeley Food Network](#)

[Alameda County](#)



Pharmacies & Drug Stores

Walgreens

2310 Telegraph Avenue
Berkeley, CA 94704
(510)848-5121

CVS Pharmacies

1451 Shattuck Avenue,
Berkeley, CA
(510)849-0832

CVS Pharmacies

2300 Shattuck Avenue
Berkeley, CA 94704
510-549-4250

Pharmaca Integrative

Pharmacy
1744 Solano Ave
(510)527-8929

Discount Clothing Stores & Spiritual Practice

Discount Clothing Stores

Goodwill

2058 University Ave.
Berkeley, CA 94704
(510) 649-1287

Crossroads Trading Co.

2338 Shattuck Ave
Berkeley, CA 94704
(510) 843-7600

Out of the Closet

1600 University Ave.
Berkeley CA 94703
(510) 841-2088

DD's Discounts

7200 Bancroft Ave.
Oakland, CA 94605
(510) 563-5112

Marshall's

5795 Christie Ave.
Emeryville, CA 94608
(510) 594-81601

Ross

5722 Christie Ave.
Emeryville, CA 94608
(510) 450-0183

Old Navy

5777 Christie Ave.
Emeryville, CA 94608
(510) 595-8729

H&M

5630 Bay Street,
California, Emeryville,
CA 94608
(510) 547-2274



Stores with Spiritual Practice Supplies

Sagrada Sacred Arts

"Serving People of All Faiths"
since 1994.
4926 Telegraph Ave.
Oakland, CA 94609
(510) 653-7196

Ancient Ways

*Oakland's Favorite Pagan
Metaphysical Store
4075 Telegraph Ave.
Oakland, CA 94609
(510) 653-3244

Afikomen Judaica

*Live, Shop, Schmooze
Crafts, jewelry, candles,
books.
3042 Claremont Ave.
Berkeley, CA 94705
(510) 655-1977



Public Transportation

General Transit Info & Trip Planner:

<http://transit.511.org/>



Public Transportation

While at Berkeley, you will likely use three main modes of transportation: BART, buses and shuttles. Taxis are more expensive and not frequently used by students. For longer journeys, you may choose to ride the train or rent a car on your own. Described below are more details about each mode of transportation.



[Bay Area Rapid Transit System \(BART\)](#)

BART is a local light rail / subway system that serves the East & West Bay Area. Stops include San Francisco Airport (SFO), downtown San Francisco, Oakland, Berkeley, Fremont, Richmond, and Concord. BART runs seven days a week. Fares vary according to the distance to be traveled. When you enter a BART station, you must buy your ticket from a ticket machine before boarding. You will receive a small card which you will then insert into a machine marked “enter.” Remember to keep it until you arrive at your destination. When you leave the BART station, you insert the card again in the machine marked “exit.” If there is any money left on your card, the card will be returned to you, otherwise, the machine will keep it.

Children 12 years old and under are eligible for special discount tickets available at BART stations. Low-income adults are also eligible to apply for a [Clipper START card](#) for discounts on BART and other Bay Area transit options. No monthly passes are available, but you may buy prepaid cards (\$45-\$60). The Downtown Berkeley BART station is 12-15 minute walk from PSR.



[Alameda County \(AC\) Transit Bus System](#) The Alameda-Contra Costa Transit District is the third-largest public bus system in California, serving Berkeley, Albany, El Cerrito, Oakland and Kensington. AC Transit buses run through the UCB campus and also carry passengers across the Bay into San Francisco. [Clipper START card](#) provide a 20% discount on AC Transit.



[Taxis](#)

Although you can find taxis available near most BART stations (on Shattuck and Center Street), the best way to get service is to make a reservation in advance or call 15- 20 minutes before you want to be picked up. Taxis don't run as often in Berkeley as they might in other big cities, so you may have to wait if you don't have a reservation. Taxis can be expensive, thus are not a popular mode of transportation for students.



[Greyhound Bus System](#)

Greyhound is the largest provider of intercity bus transportation, serving more than 2,300 destinations with 13,000 daily departures across North America. It provides regularly scheduled passenger service and its “Greyhound Travel Services” unit offers charter packages for businesses, conventions, schools and other groups at competitive rates. Nearest bus terminals include:

[San Francisco Bus Station \(415\) 495-1569](#) | [West Oakland Bus Station \(800\) 231-2222](#)

Public Transportation Car Share & Rental



Caltrain

A commuter train that runs daily from San Francisco to San Jose, stopping at many cities along the way.



AMTRAK Trains

Amtrak is the largest passenger rail company operating in the United States. With more than 500 stations in 46 states, Amtrak makes it easy for you to go where you want. Although it's not the fastest way to travel, it is a great way to see the country and relax while someone else drives! You can reserve a sleeper car for overnight trips, or just take a day trip along the California coast on

the Coast Starlight where the scenery is unsurpassed. You can purchase tickets online or at the station. There is an Amtrak station in Berkeley and in Emeryville, use their helpful web site to plan your trip.

Car Share Programs

Car-sharing is a neighborhood-based transportation service that allows people to use a car when needed, without the costs and responsibilities of ownership. Cars of various sizes are kept in small parking lots all over a city. Members make reservations on-line or via a toll-free phone number, walk to the closest car, access it using an electronic key, and drive off. They are billed at the end of each month based on usage. Car share programs come in many forms. Two of the most well-known programs in the Bay Area are: [Zip Car](#) & [City Care Share](#)

Zimride.com

Ridesharing for everyone! A new spin on ridesharing, using social networks to enable real connections. In seconds you can set up a profile, book a ride in your area, or post a ride of your own. With Zimride profiles, you can check out interests, music tastes, and feedback before you share a ride.

•RENT•



Rental Cars

There are many rental car agencies located within the [Oakland](#) and [San Francisco](#) Airport as well as other locations around the city. However, on most rentals the minimum age is 25 (or in some cases, 21 with an additional fee) and you must have a valid driver's license. Each rental agency has its own policies regarding what is acceptable proof of a driver's license, so it's best to check their web site in advance. Go to the airport web site provided and click on "Ground Transportation" for links to all the rental car agencies.

Car Registration & Bicycles

Car Registration

You must register your car with the state within twenty days if you brought it with you from another state and within thirty days if you purchase it in California. Failure to do so can result in a penalty and other legal difficulties. Registration can be accomplished at the DMV. If your car does not have a California emissions control system, you may have to pay \$300 in fees or have your car retrofitted. Your car may also have to undergo a smog control test. This will cost about \$100. The test can be done at most gas stations but look for an official "Emissions Control" sign. Don't panic if your car fails the first time. You may only need a tune-up. Consult the Vehicle Registration booklet which you can download from the [DMV website](#) for registration fees.

Parking in the City of Berkeley

You can park on Berkeley neighborhood streets for two-hour periods as long as there are no restricted parking signs posted. If you live in the city of Berkeley, you can purchase a residential parking permit which allows you to leave your car on the street for up to 72 hours at a time. To apply for a residential permit in Berkeley, see the [City of Berkeley website](#) and search under "Parking." Parking spaces near the UC Berkeley campus are very difficult to find.

Read carefully the street signs for parking limits and street cleaning times. Failure to obey these signs or parking in illegal spaces will result in parking citation fees of \$30 and up. For parking rules and regulations, read the [California Driver's Handbook](#).



Bicycles

Owning a bicycle to get around on campus is a good investment. Due to the population density and the resultant traffic congestion, riding a bike is often a faster mode of transportation than a car!

A person under 18 years of age is required by California state law to wear a properly fitted and fastened bicycle helmet to operate a bicycle, or ride upon a bicycle as a passenger.

Bicycle theft is the most common crime in Berkeley. Thieves will also take bicycle parts (such as seats, wheels, accessories) if they are not locked up.

The higher quality "U"-shaped locks have proven to be the most effective. You may actually need two or more locks, depending on where you park and what accessories you have on your bike.

[Mike's Bikes](#): 2161 University Ave, (510) 845-BIKE

[Wrench Science](#): 1022 Murray St, 1-866-497-3624

Buying Used Bikes

Shop for used bicycles at garage sales, bicycle shops and through Craigslist (garage sales are listed on Craigslist as well). Not all bicycle shops carry used bikes; the following used bike shops are located in Berkeley:

[Karim Cycle](#)

2800 Telegraph Ave.

Berkeley, CA 94705 (510) 841-2181



[Missing Link Bicycle Co-op](#)

New and used bicycles, bike accessories, parts, and clothing. We are cooperatively run, that means that each employee of the business is an equal owner. 1988 Shattuck Ave (between University Ave. and Berkeley Way), 510-843-7471

[Bicycle Registration](#)

The UC Police department offers FREE bicycle licensing services to campus affiliates once a week on upper Sproul Plaza. Each semester a new schedule will be posted. UCPD will not be offering any more bike licensing for the rest of the summer 2008. UCPD will begin offering Bike Licensing during the beginning of welcome week and the fall semester.

At UC Berkeley and in the City of Berkeley, bicycles are required to have a California Bicycle License. If the UCPD stops you while riding a bicycle without a valid license, you could be subject to citation.

Additionally, licensing your bicycle increases the likelihood of recovery in case of theft. A new license is valid for three years. Renewals, also available, are valid for up to three years.

Licensing may be done at the following location:

University of California at Berkeley

2150 Kittredge Street, between Shattuck and Fulton Streets, one block from Bancroft; next to the Touchless Car Wash. The customer service lobby is on the first floor. (510)643-7701.

Family Resources: Spouses / Partners



Spouses / Partners

If your partner/spouse accompanies you during your stay at PSR, you will need unique services and resources to help your spouse feel at home. Living in one of the PSR housing units is a good way to find community and supportive resources. Listed below are some common topics of interest for partner/spouses of PSR students:

[Auditing a Class at PSR Spouses](#) (domestic partners, husbands, wives) of PSR students may be eligible to audit up to one course in the consortium for free per semester for every semester that the PSR student is registered at 9.0 units or more. To do this, spouses should fill out an [Audit Application at the PSR website](#).

Recommended book & online resource:
Committed relationships take work, and a partner attending grad school can put stress in the relationship. For relationship maintenance, please check out the book, “The Seven Principles for Making Marriage Work,” by John M. Gottman.

Free Articles: For online resources go to the website of the [Relationship Institute](#). Check articles from Psychology Today: [Are You with the Right Mate?](#) And [Thinking About Getting Marriage Counseling?](#)

Employment:
Some students’ partner-spouses work in PSR and/or GTU. [Current job postings are available online](#).

Other job listings include:
[Craigslist](#) | [Monster.com](#) | [Bay Area Jobs](#)
[Kelly Services](#) (Temp Agency) | [San Francisco Chronicle](#)

Unpaid or Volunteer Work
Unpaid or volunteer work may be a good alternative, especially for international student spouses who are not eligible for paid employment. As a volunteer, your spouse can gain experience and become a part of the community. There are a few online organizations such as [Volunteer Match](#) that can help you find something in the Bay Area. However, the best way to find opportunities is simply to ask people who work in places of interest to your spouse. Some ideas include hospitals, libraries, public or private Schools, senior centers, museums, zoos or animal shelters, to name just a few.



Family Resources: Parents & Children

Childcare and Other Resources

[Bananas Child Care Information and Referral Service](#) Bananas is a community-based service for finding either regular daily care or the occasional babysitter.

[Berkeley Parents Network](#)

A great web site to find information related to children, parenting, families and a wide variety of other topics related to living in the Bay Area. This web site contains thousands of pages of recommendations and advice contributed by members of the Berkeley Parents Network, a parent-to-parent email network for the community of parents in the Berkeley, California area. Since 1993, this network has been run by a group of volunteer parents who send out email newsletters each week to local parents. You can subscribe to their email newsletter or just browse their index of subjects at the web link provided above.

[Parent's Press Magazine](#)

This free, local newspaper is available at most supermarkets, public libraries and other places that cater to children (and online, too). It has a section every month on fun things to do with the kids and provides a lot of useful information about living in the Bay Area.



Education for Children

All children in California between the ages of 6 and 18 are required to be registered in and attending school. Your children will be required to have certain medical exams before entering school. The quality of schools in the Bay Area varies considerably from one school to another. To help your children make a smooth transition into their new school, read as much as you can about how the school systems works and what you can expect. Some helpful web sites for general information include:

[U.S. Education System](#) | [The U.S. Department of Education](#) | [Great Schools](#)

Family Resources: Public Schools

Public Schools

In the U.S., all children are eligible for free elementary and secondary education provided by the local public school district in the city where you reside. In light of that, you may want to choose where to live based on the school district serving that area. Many schools offer after-school programs that provide homework assistance and organized activities. English as a Second Language (ESL) instruction is offered at many public schools. For information on how to get your child enrolled in public school, contact the appropriate school district for your

[Albany Unified School District](#)

[Berkeley Unified School District](#)

[Oakland Unified School District](#)

[West Contra Costa Unified School District](#) (El Cerrito/Richmond)

Private and Parochial Schools

Private and parochial (religious) schools also educate a large percentage of the Bay Area's students but are often filled quite early and charge tuition. It is advisable to arrange a visit to find the school that best suits your child's needs.

Homeschooling

Homeschooling is a legal option in California and has recently become more popular. There are many ways to home school your children, but it's important that you do research to make sure you are complying with state laws. The California Homeschool Association web site is a good place to learn more about this type of education.

U.S. Educational Structure

Preschools (Ages 2.5 - 5)

Pre-school is not mandatory and therefore most of them are privately-owned. You do not need to reserve a space in a preschool prior to your arrival, although spaces at some of the better schools fill up quickly. Before choosing a preschool for your child, visit several to decide where your child would feel most comfortable. Fees range from approximately \$375/month (part time) to \$1200/month (full time). Most preschools require children to be toilet trained. State law requires a nap or resting period for all

children in pre-school. See the above links to UCB early childcare programs and Bananas Referral Service to find out what programs are available in your area.

Kindergarten (Age 5 or 6)

Kindergarten is the first level of elementary school. It usually runs for a half day only — either in the mornings or afternoons. To enter kindergarten in the public school system, your child must be 5 years old by December 1st to start school in September of the same year.

Some private schools require that your child be 5 years old by September 5th or October 10th to begin school in September of the same year.

Many schools require certain immunizations before the child can begin school. Bring copies of your child's medical records to the U.S. for this purpose

Elementary School (Ages 6-11)

Elementary school includes Kindergarten through 5th grade.

Secondary School (Ages 11-18)

Secondary Schools include Middle School for grades 6, 7 and 8 and High School for grades 9, 10, 11 and 12. In the public school system, Elementary, Middle Schools and High Schools may not necessarily be near each other geographically. Many private schools include grades K-8, but there are other configurations depending on the school.



Family Resources Continued

Family Legal Matters

It is important that you know some of the laws designed to protect children in the U.S. Violation of some laws may result in payment of a fine, others may result in arrest.

Car Safety Seats

California law requires that anyone riding in a moving car must be wearing a seat belts. Children must be secured in an appropriate child passenger restraint (safety seat or booster seat) until they are at least 6 years old or weigh at least 60 pounds. Infants under 20 lbs. must be secured in a rear-facing car seat.

Unattended Children

There are strict laws about leaving very young children alone, either in cars, in public, or at home. The law states that it is a crime to leave anyone in a car who is incapable of getting out without help.

These laws stem from cases where young children have died from being left in cars with closed windows in warm weather. In addition, it is considered “child neglect” to leave very young children unattended (such as outside of a restaurant) or home alone. It is better to awaken a sleeping child than to risk their possible harm, and/or face arrest.

[Kids and the Law: An A- to-Z Guide for Parents](#)

Published by the California Bar Association. This booklet is designed to give you a basic overview of some of the laws that apply to children—laws created, in many instances, to help safeguard your youngsters at school, in part-time jobs and at play. This updated version of the guide can also help you understand your rights and responsibilities as a parent and assist you in answering your children’s questions about the law.

Intimate Partner Violence

Intimate partner violence and emotional abuse are behaviors used by one person in a relationship to control the other. Violence can be criminal and includes physical assault (hitting, pushing, shoving, etc.), sexual abuse (unwanted or forced sexual activity), and stalking. Although emotional, psychological and financial abuse is not criminal behavior, they are forms of abuse and can lead to criminal violence. Although both men and women can be abused, most victims are women (see Resources below for suggestions on where to find help).

Child Abuse

Child abuse is a very serious crime in the U.S. Child Abuse is defined as any act or failure to act (neglect) on the part of a parent or caretaker which results in death, serious physical or emotional harm, sexual abuse or exploitation or any act which presents an imminent risk of serious harm.

In the U.S., the following people are required by law to report suspected child abuse: Doctors, nurses, dentists, mental health professionals, social workers, teachers, day care workers, and law enforcement personnel.

Cycle of Abuse

- 1 Tensions Build**
Tensions increase, breakdown of communication, fearfulness
- 2 Incident**
Verbal, emotional and physical abuse, anger, blaming, threats, intimidation
- 3 Reconciliation**
Abuser apologises, gives excuses, blames the victim, denies the abuse
- 4 Calm**
Incident is 'forgotten', no abuse is taking place, 'honeymoon' phase
- 5 Repeat**
The cycle continues to happen

Current Events in Berkeley

PSR

[Newsroom](#) - most up to date news in PSR.

Print

[The Berkeley Daily Planet](#) - focuses on local news in Berkeley and Oakland.

[Berkeleyside](#) - local news from Berkeley.

[The East Bay Express](#) - focuses on the arts and dining in Berkeley and Oakland.

[The Daily Californian](#) - campus student-run newspaper, available throughout the UC Berkeley campus.

[UC Berkeley News Center](#) - articles of interest to UC Berkeley faculty and staff.

[The Berkeley Public Library](#)

[The SF Bay Guardian](#) - free alternative newspaper published weekly in San Francisco.

[SFist](#) - news from San Francisco.



Radio

[KPFA 94.1 FM](#) - is a Berkeley-based radio station, and was the first community-supported radio station in the U.S. Their programs include news, interviews, review and an ongoing drama, literature and performance series. They play a lot of world music and a mix of eclectic sounds.

The staff is unpaid community volunteers.

[KQED 88.5 FM](#) - is a public radio station for northern California.

[KALW 91.7 FM](#) - is a local public radio in San Francisco.

[KALX 90.7](#) - is UC Berkeley's radio station. They accept community members as interns.

[KPOO 89.5](#) - is a local, community run radio station in San Francisco.



Recycling and Community Gardens

Recycling

[Residential Recycling in Berkeley](#) (City of Berkeley)
[Berkeley Recycling Guide](#) (Ecology Center)



Reusing

[Green Citizen](#): provides convenient, accountable and safe solutions that help individuals and business repair, reuse, and recycle computers and electronic equipment responsibly.

[Freecycle](#): It's a grassroots and entirely nonprofit movement of people who are giving (& getting) stuff for free in their own towns. It's all about reuse and keeping good stuff out of landfills. Each local group is moderated by a local volunteer. Membership is free. To sign up, find your community by entering it into the search box.

[Local Goodwill](#) and many thrift shops will be happy to pick up large items (clean of course!) and Goodwill on University Ave. near Shattuck will except walk-in drop-offs.

For disposal of electronics [Community Conservation Center](#) is located at 669 Gilman Street (corner of 2nd Street) Berkeley, CA 94710. Tel 510-524-0113. info@berkeleyrecycling.org Drop-off donations: Mon-Sun 8:30-4PM.

The [East Bay Depot for Creative Reuse](#) is an ecological treasure trove of art & craft materials, educational supplies, vintage furniture, home décor, paper goods, fabric, and much more.

Gardens

[Community Gardens in Berkeley](#): Community gardens in Berkeley make plots available to individuals, families, and groups for growing food, flowers, and herbs. Community gardeners use food to feed their families and share with neighbors.

[Eli's Community Peace Garden](#): PSR Student led sustainability project dedicated to Isamaeli Mata'afa a fellow seminarian that fell victim to gun violence in October 2022.



Air

[Spare the Air](#): Their mission is to educate residents about the effects of air pollution and encourage actions to improve air quality in the Bay Area.