

# IMMUNO

## Welcome Document



### GETTING INFORMED

- Sign up for the [ImmunoX email list](#)
  - Note, please be sure you include your position and lab so you receive appropriate emails.
- Sign up for [Postdoc PRIPS announcements](#)
- Sign up to join the [ImmunoDiverse Allies group](#)
  - This org plans a series of additional events for those interested in combating systemic racism in academia (see below). Joining will send you emails about these events.
- Sign up to [join IgEquity](#) (Formerly ImmunoXX+)
  - This org plans a series of additional events for those interested in promoting gender equity in academia (see below). Joining will send you emails about these events.
- Many of our events can be listed on our [ImmunoX Calendar](#). Once subscribed, you can automatically add all listed events to your own personal calendar.
  - [Sync ImmunoX Calendar to personal Google Calendar](#)
  - [Sync ImmunoX Calendar to personal Mac Calendar](#)
  - [Sync ImmunoX Calendar to personal Outlook Calendar](#)
- General questions about program, [email Immcord@ucsf.edu](mailto:Immcord@ucsf.edu).

### [IgEquity](#)

IgEquity is a trainee led organization that highlights, connects, and supports women in immunology to promote gender equity in science at UCSF. This group leads many events, including their flagship annual symposium. Most IgEquity events and opportunities are circulated via the ImmunoX email list, though they also have their own dedicated email list for those interested in joining their meetings and leadership.



### [ImmunoDiverse](#)

ImmunoDiverse is a trainee led initiative with the goal of creating an anti-racist and welcoming environment for people from underrepresented minorities (URM). This is through meetings, events, and programs throughout the year. Most ImmunoDiverse events and opportunities are circulated via the ImmunoX email list, though they also have their own dedicated email list for those interested in joining as allies.

## ImmunoX Seminar Series

With support from our sponsoring departments, every Monday morning 9-10am, ImmunoX hosts top immunologists from all over the world for seminars. The speakers are collectively chosen by the whole community, so reach out if you have suggestions! We also assist in the hosting off-seminar speakers if you have a visiting speaker in mind for an additional seminar. General announcements about the seminar itself are also circulated via the ImmunoX email list.

## ImmunoX Journal Club

Journal Club is held every Thursday from 9-10am. Throughout the school year, every ImmunoX graduate student presents for half an hour about a recent immunology publication or, if near graduation, their own research. Also spread throughout the year are multiple faculty speakers. Announcements about ImmunoX journal club are circulated via the ImmunoX email list.

## ImmunoX Retreat

Each year, immunologists from UCSF and UC Berkeley co-sponsor a two-day conference. This conference, usually held outside the city, allows scientists from both institutions to share their work and interact with each other in a social setting. This event typically falls in September and announcements for registration are done through the ImmunoX email list.

## Seminar Series Trainee Meetings

Built into each Monday speaker's schedule is time to meet with graduate students and postdocs. With support from the Thoreau Endowment, we are now funding separate ImmunoDiverse meetings which allow for additional interactions with speakers who identify as under-represented minorities. Weekly signups for this are circulated via the ImmunoX email list (to those marked as grad students and postdocs).

## Practice of Science Meetings

The Practice of Science Open Forums are community events designed to share information about how we each best do our science. The intent is both to benefit our trainees to help them succeed in their careers and to share best ideas amongst ourselves. Announcements about Practice of Science events are circulated via the ImmunoX email list.

## Community Initiative Grants (ICI)

ImmunoX provides seed grants to members to launch new initiatives that enrich the community, such as social gatherings, recreational activities, arts and cultural programs, and mental health stress support groups. Announcements about the application period for these grants are circulated via the ImmunoX email list.



*ICI Professor and a Pint Event at Academy of Sciences, San Francisco, CA*

## Computational Biology Initiative

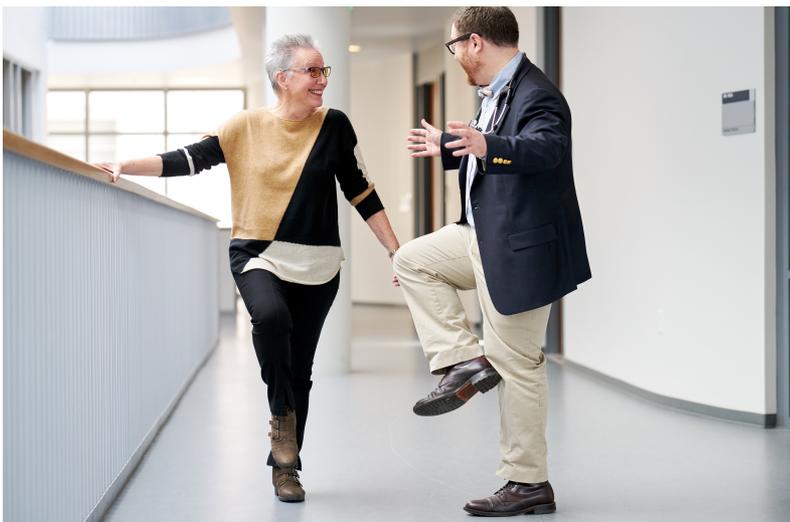
The ImmunoX Computational Biology Initiative seeks to promote data science participation and innovation in the biological space. One component of this is the annual hackathon which allows ImmunoX trainees to both learn and compete with computational immunology challenges. This event typically falls in September and announcements for registration are done through the ImmunoX email list.

## Maternity Support Grant

The ImmunoX Maternity Support Program allows new mothers in ImmunoX member labs to apply for resources, such as technician support for up to 6 months, to help with work-life balance. This grant is made available to grad students and postdocs and has a rolling submission period, though announcements about approaching selection dates are circulated via the ImmunoX email list.

## Wellness Initiative

The wellness initiative is a series of morale-boosting activities meant to promote wellness and a sense of connectedness among our various faculty, trainees, and staff. Examples include yoga, fitness, and meditation classes. Announcements about Wellness events are circulated via the ImmunoX email list.



## Funding Resources

ImmunoX member labs are eligible to apply for [CoProjects](#) to help map immune diversity across health and disease.



## Monthly Social Hours

ImmunoX hosts monthly social hours where funding is given to various member labs to host a party for various labs to intermingle. Lab trainees are given the opportunity to pick the theme and arrange however they want! Announcements about Social Hours are circulated via the ImmunoX email list.

