

# Basic Needs

Martin Siron



# Come talk to advisors/office first

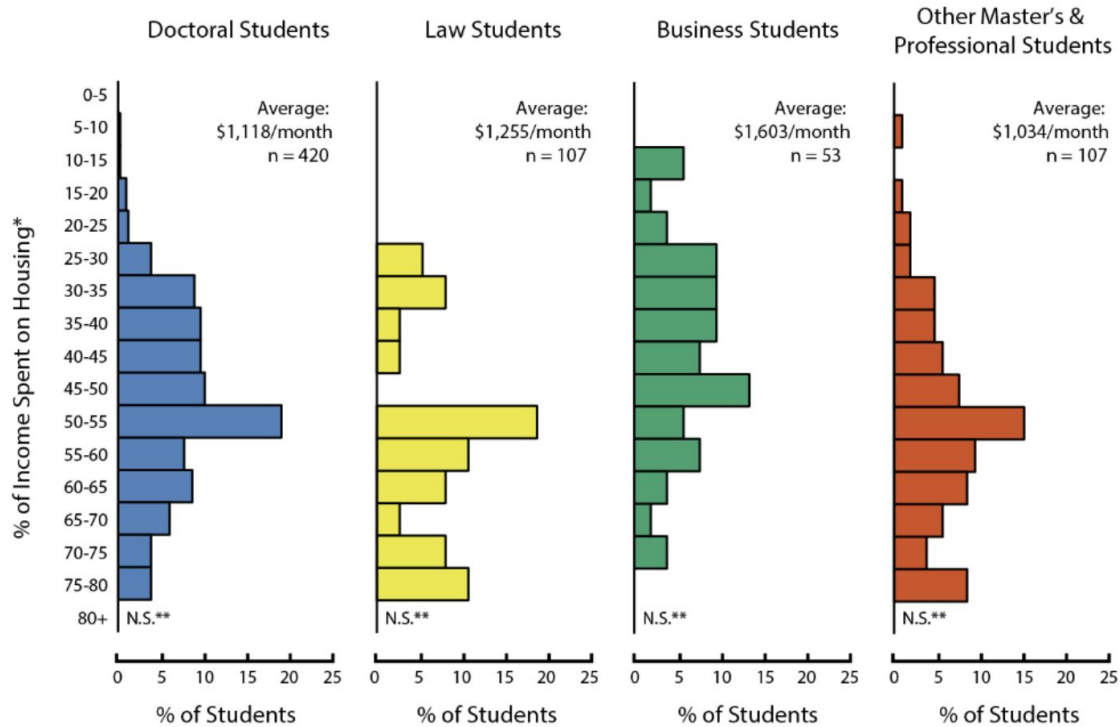
**If you experience any problems whatsoever with regards to basic needs, or any emergencies arises during your PhD, please talk with your advisors and/or the MSE office as soon as possible first!**



# Housing and Housing Insecurity



# Housing costs by grad student groups



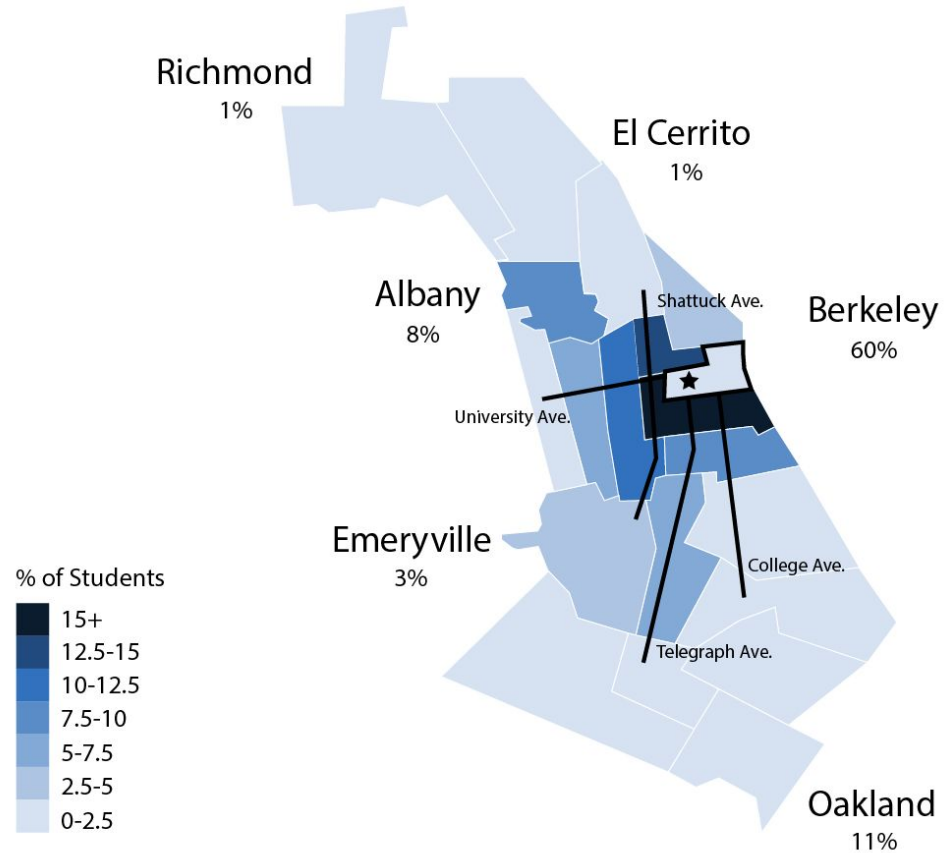
\* Self-reported; housing includes cost of renting or ownership and cost of utilities.

\*\* Not shown; many participants with no income (e.g. relying on student loans) reported spending 100% of their "income" on housing, which does not reflect the true proportion of their *budget* spent on housing.

Source: U.C. Berkeley Graduate Division survey data, 2015, n = 618



# Where?

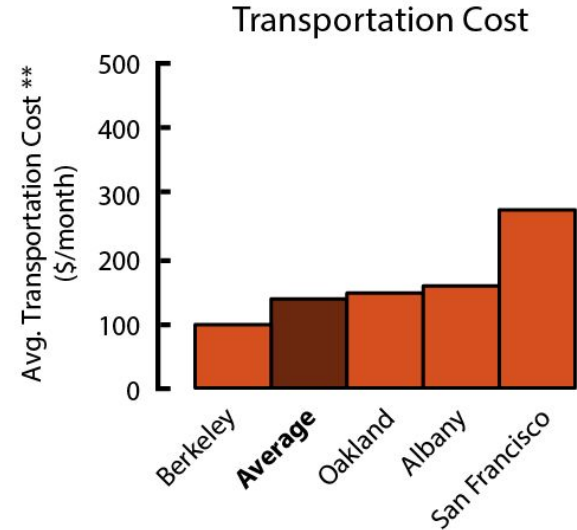
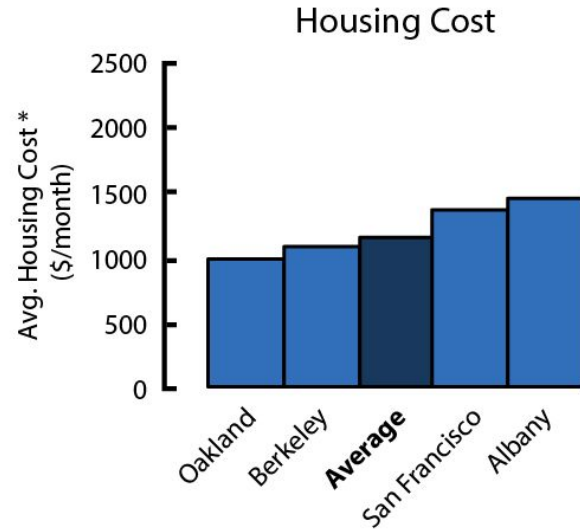


Not pictured: San Francisco (6%)

Source: U.C. Berkeley Graduate Division survey data, 2015, n= 618



# Cost by location



\* Self-reported; housing includes cost of renting or ownership and cost of utilities

\*\* Self-reported; total cost of transportation including transit fare, gas, car payments, etc.

Note: New rental listings in San Francisco in particular are expected to be much higher than the rent that current graduate students pay. El Cerrito and Richmond are not included because of low sample size but are expected to be have similar (or lower) housing costs compared to Berkeley.

Source: U.C. Berkeley Graduate Division survey data, 2015, n = 618



# MSE Survey - General Costs

N ~ 50% of department (60 responses), April 2019

## What we spend:

**Average rent:** \$1,125

**Average utilities:** \$138

**Average food:** \$522

**Average health:** \$86

## Average total:

95% within: \$1,707-\$2,031

## What we get paid:

**GSR (semester):** ~\$2027

**GSI (semester):** ~\$1860

## Average time spent on research:

35 hours (n=60)

## Classes:

17 hours (n=46)

## Teaching:

15 hours (n=8)

## Extra-curricular:

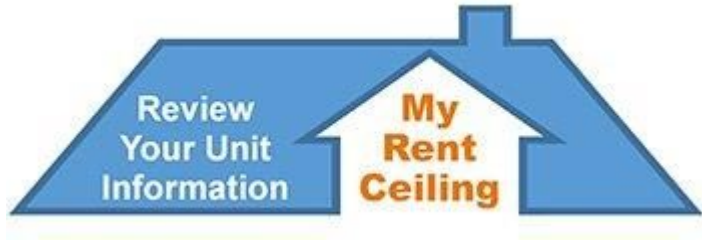
5 hours (n=42)

## Average total time for all participants:

54 hours



# Berkeley: Rent Stabilization Board



**Know how much MAX your rent should be!**

Put in your address at: <https://www.cityofberkeley.info/RentBoardUnitSearch.aspx>

Get your max rent!

Rent Stabilization Board: 510.981.7368





# Food and Food Insecurity



# Berkeley Food Pantry

URL: <https://pantry.berkeley.edu/>

**JUNE 24 – AUG 18 HOURS:**

*Monday: 10AM-4PM* 🍞

*Tuesday: 11:30AM-4PM* 🥬 🥕 🥛 🥚

*Wednesday: 10AM-8PM* 🥬 🥛

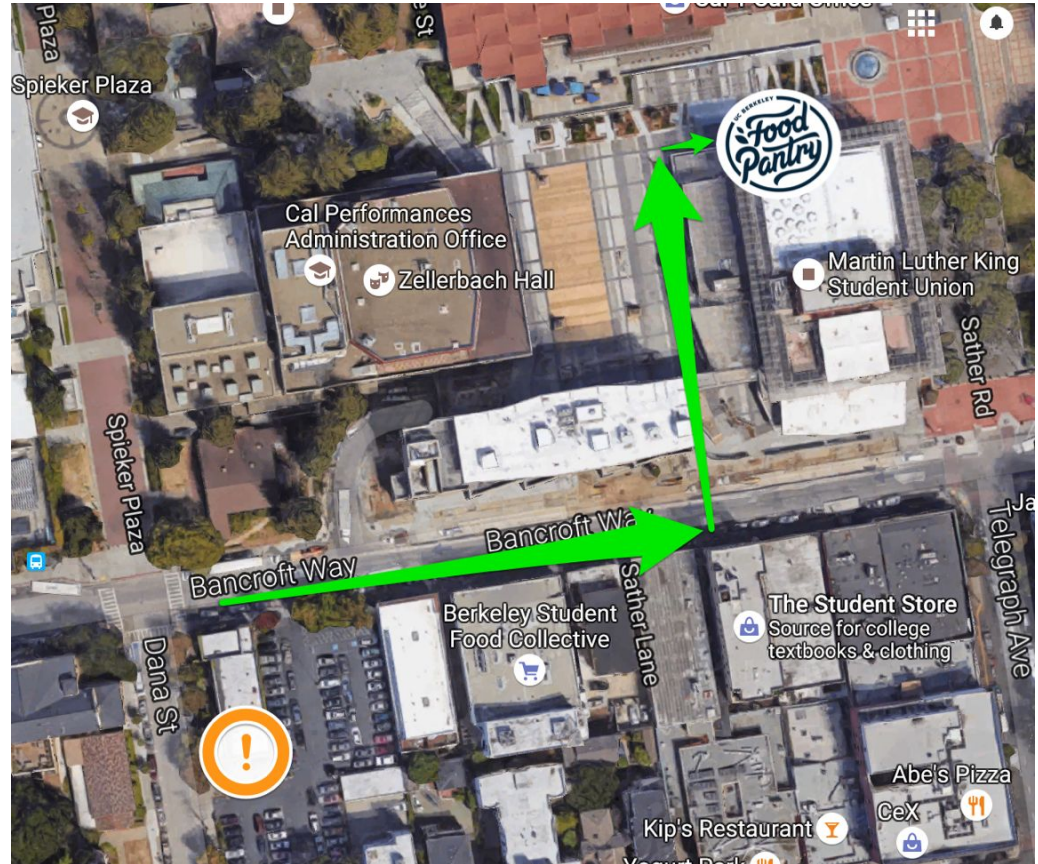
*Thursday: 10AM-4PM* 🥬

*Friday: CLOSED*

*Saturday: 10AM-4pm*

*Sunday: CLOSED*

Location: #68 MLK Student Union (Basement Floor)



# Food Assistance Program

“Are you a currently enrolled student skipping meals, or eating less because of paying for other expenses, such as rent? Have you exhausted all of the financial aid resources offered to you this academic year? Are you ineligible for financial aid?”

<https://financialaid.berkeley.edu/food-assistance-program>



# CalFresh



URL: [calfresh.berkeley.edu](http://calfresh.berkeley.edu)

YOU WILL LIKELY QUALIFY WHEN  
YOU GSI...

CalFresh, also known as the Supplemental Nutrition Assistance Program *SNAP*, is an nutrition program that can help you stretch your monthly budget! CalFresh can provide eligible students with the ability to buy and eat nutritious and healthy foods like fresh fruit, fresh vegetables, whole grains and much, much more!



# Economic/Financial Insecurity



# UC Berkeley Student Legal Services

UC Berkeley Student Legal Services

<http://sa.berkeley.edu/legal>

Online appointment system

Advises currently registered Cal students regarding their legal questions, rights, and obligations. A student legal consultation might include (but is not limited to) one of the following examples: a landlord-tenant dispute, a citation for a criminal infraction or misdemeanor, filing an action in California Small Claims Court, questions related to debt and/or collection actions, issues arising from a car accident or auto insurance, or questions about family law.



# ASUC: Student Legal Clinic: Tax Office

<https://studentlegalclinic.berkeley.edu/vita>

Provide free, quality income tax preparation assistance for low and moderate income, elderly, disabled, and non-native English speaking individuals. If you make \$54,000/year or below and meet several other criteria, you qualify for this service. All volunteers at the Student Legal Clinic have been trained and certified by the IRS.

Open Spring 2020

## **We CANNOT do\***

- Filing status: Married Filing Separately
- Income from taxable refunds, alimony received, rental income, and farm income.
- Foreign-earned income.
- Out of state income.
- Military income.
- Foreign Student Taxes



# Bears for Financial Success

<https://financialaid.berkeley.edu/bears-financial-success>

One on One Appointments - “Sit down with a financial wellness peer mentor to help you understand your personal finances. Peer mentors can answer basic money management questions and help you create a personal spending plan.”

- Making a budget
- Managing Debt
- Saving Money
- Understanding Credit and Credit Cards
- Identity Theft Problems





# Emergency Help



# E-Loan

Short Term, Emergency Loans:

<https://financialaid.berkeley.edu/short-term-emergency-loan>

“These interest-free loans are designed to help students meet unanticipated expenses directly related to the cost of education. “

Includes living expenses



# Holistic Services



# BearWalk

(510) 642-9255 (642-WALK)

[BearWalk.berkeley.edu](http://BearWalk.berkeley.edu)

BearWalk: 7:30pm -3am

Door to door: 3-5am

“Door to door service”

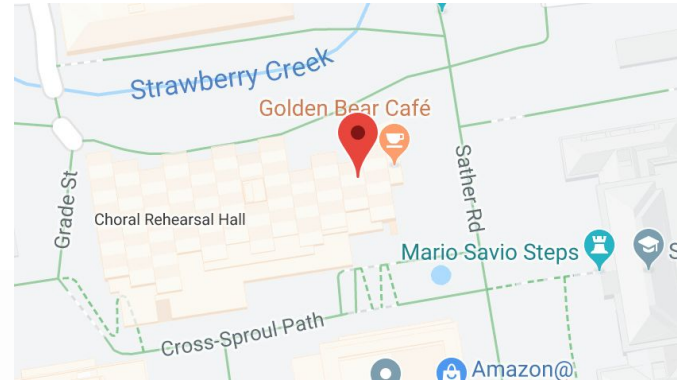
You can request another student to escort you via UCPD’s website/phone number



# BicyCal

Free bike repair for UC Berkeley students, faculty and staff. Replacement bicycle parts are also sold here at low retail price.

<https://bicycal.berkeley.edu/>



## \* schedule

Below are hours for Spring 2019.

M	T	W	Th	F
3:30-5 p.m.	11-12:30 p.m.	CLOSED	5-7 p.m.	12-2 p.m.



# Path to Care

The Path to Care Center offers support and resources to individuals who have experienced "gendered violence including: sexual harassment, dating and intimate partner violence, sexual assault, stalking, and sexual exploitation." Advocates offer support to survivors including assistance with accessing resources, accompaniment to appointments, and advocacy. This center also offers support with issues related to receiving immediate support, housing, medical, safety planning, academic support, and university issues.

<http://care.berkeley.edu>

**Confidential, appointment-based**

**24/7 hotline: (510) 642-1988**

**Will give you all your available options should a problem arise.**



Websites with helpful resources and services for graduate students

<https://grad.berkeley.edu/students/>

[basicneeds.berkeley.edu](https://basicneeds.berkeley.edu)

