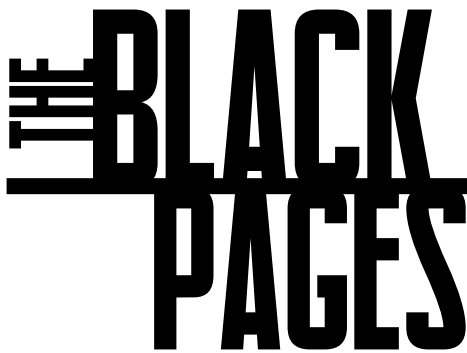


THE BCSC PRESENTS

THE BLACK PAGES

The title 'THE BLACK PAGES' is rendered in a bold, black, sans-serif font. The word 'THE' is smaller and positioned to the left of 'BLACK'. A thick horizontal line cuts through the middle of the letters 'A', 'C', 'K', 'P', 'A', 'G', 'E', and 'S', creating a visual effect of a page being torn or a line through the text.

**AN UNOFFICIAL GUIDE TO THE
BLACK EXPERIENCE AT STANFORD**

TABLE OF CONTENTS

1. Introduction.....	3
2. Thriving at Stanford.....	6
- Making the Most of It.....	7
- The Stanford Bucket List.....	8
- Words of Wisdom.....	9
- Tips to Sustain Yourself.....	10
3. Lifestyle.....	12
- Living.....	13
- Eating.....	15
- Doing.....	16
4. Academics	18
- STEM Majors.....	19

- Social Science Majors.....	20
- Humanities Majors.....	22
- Classes & Professors.....	23
- Jobs.....	24
- Adjusting to the Quarter System.....	26
5. Money	28
- Cost of Living.....	29
6. Self	32
- Self-care Tips.....	33
7. Appendix	34
8. Notes	36
9. Acknowledgements.....	39

*** Note: A digital version of this book with hyperlinks included for more information can be found on the Black Community Services Center website at bcsc.stanford.edu.**

INTRODUCTION

FOR THE INCOMING CLASS

In 1891, the year Stanford was founded, Stanford also admitted its first Black student, Ernest Houston Johnson. Nearly a century later, in the wake of Dr. Martin Luther King, Jr.'s assassination, Stanford held a symposium on White Racism in America, featuring a panel of White men. During this symposium, 70 members of the Black Student Union (BSU) and local community members walked on stage and "took the mic", issuing 10 demands, 9 of which were agreed to. Their mobilization led to significant change on campus, including the establishment of the first community center - the Black Community Services Center - and eventually the rest of the community centers, now known collectively as the Centers for Equity, Community and Leadership. Additionally, "Take Back the Mic" brought about the establishment of The Program in African & African American Studies (AAAS). This year, the Black Community Services Center, affectionately called the Black House, celebrates its 50th anniversary.

These are just tiny pieces of the Black community's history at Stanford - a history that is filled with a myriad of identities and stories of triumphs and tribulations of the Black Diaspora. This book is meant to be an imprint of those experiences, a small memorialization of the centuries of collective knowledge that the Black community at Stanford holds and shares. We are all here

because we stood on the shoulders of others, and now we offer you our shoulders in return.

The hope is that at least part of these pages will help you; that some piece of advice resonates and guides you in your transition into life at Stanford - whether it be what class to take, which professor to talk to, or where to go when you need time to care for yourself. But perhaps the most important thing we hope you glean from these pages and continue to learn along your journey is that there are an infinite number of ways to be Black on and off this campus. Blackness is not monolithic. Being Black means being multifaceted, and being wholly you. And every single person who has come (and struggled, and grown, and bloomed) to Stanford has proved that no matter what, being Black and excellent are synonymous.

In 2004, the Black Community Services Center joined an effort to give Ernest Houston Johnson a new headstone to replace his old, rotting grave marker. It read: 'A graduate of the pioneer class at Stanford University'. Ernest was the first Black pioneer at Stanford, but certainly not the last. We hope these pages help you jumpstart your own pioneering, and we're excited to see what new ground you break and what legacy you create for yourself that will become part of the collective story of Black Stanford.

And please remember: on any given day, you are seen, you are heard and you are worthy. We sincerely welcome you to the family.

MAKING THE MOST OF IT

ADVICE ON HOW TO GET THE MOST OUT OF STANFORD

“Stay connected to the community through student events, social media, and email lists like the [Diaspora](#) - they're a good way to always know what's happening on campus.”

“Try to prioritize growth. It might not be easy, but if you make it meaningful you'll have no regrets.”

“Hang out with friends as much as you can!”

“Get plugged into the community in some capacity. Being present academically at Stanford can be challenging for everyone, but that is not an excuse to not be deeply engaged in the social, intellectual, and political vitality of the Black community here. Get involved.”



THE STANFORD BUCKET LIST

THINGS TO DO BEFORE YOU LEAVE

Travel to:

- a place you've never been to
- Big Sur
- Lake Tahoe
- Half Moon Bay

Go to:

- the cactus garden
- every [Late Night](#) (after hours dining) on campus
- a Warriors game
- [SLAC](#) (the Stanford Linear Accelerator)

Take:

- CS106A (Intro to Computer Science)
- Drawing I/Painting I (Intro Art classes)

Hop into:

- a fountain

Graduate:

- from Stanford

WORDS OF WISDOM

THINGS PEOPLE WOULD TELL THEIR YOUNGER SELF

“This is not a sprint and you need to have balance in your life to get through Stanford. Even if you work all of the time, your advisor/professors will not be happy - so don't do that.”

“Don't put any additional pressure on yourself.”

“Learn how to code early, take as many foreign language classes as possible, and find a good mentor early, then stay by their side.”

“Go off campus when you can to chill.”

“Just keep moving forward. Know that what feels overwhelming in the moment will seem trivial at the end of the year.”

“YOU BELONG HERE!!!!”

TIPS TO SUSTAIN YOURSELF

ADVICE ON FEELING LIKE YOU ARE ENOUGH

Talk to other Black people (especially Black Womxn!). You're not alone, and it is guaranteed that there are other people going through the same things. You are loved, you are worth it, you are valid, and you are enough!

Talk with older Black students - they provided me with the words and advice that made me realize I really do belong here.

Talk to faculty and staff if talking to your peers does not work.

Chill with your real friends :) .

Honestly, even I'm still trying to figure it out - but remember the feeling that you have right now, going into Stanford. Try to never forget it. Talk about your feelings with your community & friends. Write down what you're proud of and things you've done.

Work hard and never give up. You're here for a good reason and the world needs your talents.

Figure out what keeps you motivated. That will be what sustains you in times where you feel like giving up. Also, surrounding yourself with a community of people who can support and uplift you is important.

You are supposed to be here, and you have a village of people who may not even truly understand the gravity or breadth of the work that you do who love and support you just for being you.



FAVORITE PLACES TO LIVE

- West campus (Ujamaa, Lagunita)
- Toyon Hall
- Casper Quad
- Escondido Village
- Blackwelder
- EAST
- Theta Chi

FAVORITE SPACES TO BE

- Law Terrace
- Business School Courtyard
- Bender Room (5th Floor of Green Library)
- Business School Library
- The Coffee Bar (off-campus, in Menlo Park)
- Meyer Green
- Rodin Sculpture Garden (Outside the Cantor)
- Center for African Studies (CAS)
- Black Community Services Center (aka the Black House)

FAVORITE PLACES TO GET HAIR DONE

South Bay :

- Urban Style Barber Shop
- California Blendz
- Renee the Hair Braider (650-440-2063)
- Strictly Styles Salon (IG @strictlystylesj)
- Hyatts Hair Studio (IG @hyattshairstudio)
- Dominique's Vanity (IG @dominiques_vanity)

San Francisco/East Bay :

- Art of Beauty Hair Studio (IG @artofbeautyhairstudio)
- Perfecting Braids (IG @perfectingbraids)

BEST SPOTS ON CAMPUS FOR FOOD

- Treehouse
- Coupa Cafe
- Tresidder Memorial Union (there are food trucks outside on Tuesdays!)
- Lathrop Cafe
- The food trucks by the Engineering School
- Ike's Sandwiches (in McMurtry)

BEST PLACES THAT TAKE MEAL PLAN DOLLARS

- Munger Market (they sell groceries so you don't need to go to CVS!)
- Olives Cafe
- Forbes Cafe

DOING

FAVORITE EVENTS ON CAMPUS

- Blackfest
- Black Love
- Black Student Union's (BSU) Annual Youth Empowerment Conference
- Met Ball
- Black Womxn's Appreciation (hosted by the Alpha Phi Alpha Fraternity, Inc., Nu Sigma Chapter)
- Thursday theme programs in Ujamaa
- SASA Cultural Show
- NAIJA Cultural Show
- Stanford African Student Association (SASA) and Caribbean Student Association (CSA) Welcome Backs
- Midnight breakfast panels
- Black Graduate Students Association (BGSA) Welcome Black

“There are so many cool events happening all the time at Stanford, and they’re usually under-attended. If you just check your email inbox, you could go to 2-3 speaker events a day and grab a free meal at every single one. Going to random speaker/discussion/film events is one of my favorite things to do on campus - I always learn something new, and it reminds me how lucky I am to be on a campus where so many distinguished academics and artists are just milling around!”

- BGSA Black Ice (sponsored ski trip for Black graduate students)
- BGSA Happy Hours
- African and African American Studies (AAAS) and Center for Comparative Studies in Race and Ethnicity (CCSRE) events
- Institute for Diversity in the Arts (IDA) events
- Anything that's taking place at the Black House
- Everything Black Recruitment and Orientation Committee (BROC) puts on

STEM MAJORS



ADVICE FOR STARTING OUT

- Get involved with the [Office of Science Outreach](#)
- Take advantage of the [Diversity Engineering Office](#)
- Connect with the [Division of Student Affairs](#)
- Go to [Office of the Vice Provost for Teaching and Learning](#) (VPTL) tutoring for classes freshman and sophomore year

“Join the engineering diversity societies and go to conferences! You can go for free, secure your internship & make connections.”

ADMINISTRATORS & PROFESSORS TO KNOW

- Lourdes Andrade (School of Engineering Diversity & Inclusion Director)
- Tom Kerry (Mechanical Engineering)
- Will Tarpeh (Chemical Engineering)
- Melissa Abad (Stanford VMware Women's Leadership Innovation Lab)

SOCIAL SCIENCE MAJORS

HELPFUL RESOURCES

- [Social Science Data and Software](#) (SSDS) in Green Library
- [Stanford Ethnography Lab](#) (located in Building 120, Rm. 214)
- Talks and colloquiums hosted by AAAS, Haas Center for Public Service, the Clayman Institute
- Black Studies Working Group

ADVICE FOR STARTING OUT

Try to petition some oddball classes to count toward your major - a lot of the core PoliSci/IR/Econ classes can feel redundant, so you'll want to branch out and take as many classes as you can that are less "traditionally" social science. Also, make sure to go abroad!

Connect with centers like AAAS, the HAAS Center for Public Service, CSRE, and the Clayman Institute because they often host professional and academic development programs unique to doing subject specific research. You can tap into scholarship on things like engaging in community based research that you wouldn't have been exposed to in your program. They also have lots of great fellowships and grants for students engaged in certain types of research.

Join a workshop or working groups - in some departments, they can be taken for credit. They are usually subject specific (i.e. race and ethnicity, family, inequality, global education) and led by faculty members who specialize in that subject. It's a great space to workshop anything from new budding ideas to fully developed research projects in a low stakes environment.

HUMANITIES MAJORS

HELPFUL RESOURCES

- Harmony House (the location of the Institute for Diversity in the Arts - 561 Lomita Drive)
- Grants through Stanford (like the [Chappell Lougee Scholarship](#))
- Job programs like [Management Leadership for Tomorrow](#)

ADVICE FOR STARTING OUT

“Take advantage of the fact that there are fewer students studying the humanities at Stanford - there are SO many more resources per person. It's easier to get access to awesome professors, your classes are more likely to be small, and there's less competition for grants and fellowship opportunities.”

“Don't feel like you can't compete for jobs with engineers!”

CLASSES & PROFESSORS

BEST CLASSES TO TAKE

- Ernest Houston Johnson Scholars Program
- Imagining Women Writers in Print and in Person
- Mixed-Race Politics and Culture
- Intro to AAAS
- Frosh 101
- Sleep and Dreams
- RealTalk
- Classes in the Graduate School of Business
- African American Women's Lives
- Intro to Digital/Physical Design

ADVICE ON FINDING ADVISORS

“Set expectations at the beginning for the relationship and try to keep relatively consistent communication. In the case of TAships and RAships setting expectations regarding the amount of time you can commit to the role, assuming it is not already established by the program, makes all the difference.”

“Make sure to use your Stanford email. You can get to know any professor by just emailing them.”

JOBS

RESOURCES FOR GETTING EMPLOYED

- [Haas Center for Public Service](#)
- [Undergraduate Research Student Grants](#) (AA Grants)
- CSRE & AAAS fellowships
- The [Diaspora](#) mailing list
- Professors - ask if they need a research assistant!
- [Bing Overseas Studies Programs](#) (BOSP)
- [Tomkat center](#) website
- [BEAM](#)
- [Black Diaspora Fellowship](#) (BCSC)
- BCSC Corporate Partner Pipeline Programs (for internships and entry level jobs)

ADVICE ON FINDING JOBS

“Start by talking to people, to learn how to clearly articulate your purpose and why you want a job.”

“I joined tons of listservs. They are annoying because you get a lot of emails every day, but I found out about a lot of amazing opportunities just by randomly skimming through them.”

“Talk to your Department Administrative Coordinator - they usually receive emails about new funding opportunities first.”

“Never underestimate the power of word of mouth - reach out to other Black and non-Black students in your program to see what they have done.”

“Try resume reviewing - look at the resumes of faculty and students who are more advanced in your program and in other programs to see what they did.”

THE QUARTER SYSTEM

ADVICE ON ADJUSTING TO THE SPEED OF THE QUARTER

Set clear priorities for yourself, and stick to them. The quarter system can make it feel like you need to use every ounce of your time for work - don't succumb to that pressure. Sometimes, you need to prioritize time with friends or sleep or creative pursuits in order to stay healthy, and that's really important. At the end of the day grades do matter, but they probably don't matter as much as you think they do. Don't be afraid to prioritize things that make you feel whole.

See an academic advising counselor to help with time management, and use a quarter long calendar to figure out when your crunch times and deadlines are.

I found a core group of people, and we would have dinner at a set time and place every week. No matter how busy or overwhelmed we were, we always made our dinner, and it was a touchstone that helped me refocus and destress each week.

My best suggestion for studying is finding a space where you can be most productive to work. This may not be traditional spaces like libraries, offices, etc. It may be coffee shops, home, restaurants, etc. Wherever that is for you, find it and work.

The quarter system can be really nice because everything is over quickly. But try hard not to get behind - midterms come a lot quicker than you would think.

COST OF LIVING

RESOURCES TO HELP WITH COST-CUTTING

- Use [funcheap.com](https://www.funcheap.com)
- [The Opportunity Fund](#) (through the FLI Office, financial aid for academic and professional opportunities)
- Check out resources from the [FLI Office](#)
- Check out the [FLI Guide](#)

ADVICE ON STRETCHING YOUR DOLLAR

“Talk to your student services administrator and your School Diversity Officers.”

“Undergraduates can become Resident Assistants (RAs) and get their housing basically covered for. Grad students can become Community Associates (CAs), and also get housing covered.”



“ Take free food whenever you see it, what's the worst that could happen? ”

“ Go to the Stanford surplus sales - they sell all types of supplies (monitors, keyboards, chairs, couches, calculators, etc) for super cheap. And if you're a graduate student and you need stuff for your office, you can get stuff from the surplus sales for FREE as long as you return it when you leave. If you ask, they'll give you a list of all the used things you can loan for free as long as they have them (it's a big list). You just have to leave your advisor's information. They are only open on limited hours - so follow them on Facebook to see when they are open and what new stuff they get in stock. ”

“ Find a good roommate to enter the lottery with and select the lowest cost housing options - that's saved me tens of thousands of dollars over the years. ”

“ Definitely read the FLI guide. It is chockful of super useful resources, especially for low income students. ”

“ Try to negotiate for higher financial aid - it definitely can be done. ”

“ Graduate students can get advances on stipend disbursements if they need the funds sooner than the first of the quarter. ”

SELF-CARE

ADVICE ON HOW TO SELF CARE

- Meditate
- Walk Lake Lag or the Dish
- Bike around campus for fun
- Sleep/Nap
- Journal & reflect
- Go to Oakland for a day

“ Find the things that make you happy and engage at all costs, and make time for the things that keep you sane. Also - leave Palo Alto if you have to. ”

“ Use campus resources, including CAPS and the OAE. Do not downplay your mental and physical health. If you feel like something is hindering you from performing at your best, seek help. ”

“ Find your tribe, so you can always have people around you who can listen to you and validate you. ”



APPENDIX

HELPFUL RESOURCES & THEIR ABBREVIATIONS

- **AA: Academic Advising**
- **AAAS (aka "triple-a-s"): African and African-American Studies**
- **A³C: Asian American Activities Center**
- **ATA: Academic Theme Associate**
- **BCSC: Black Community Services Center**
- **BEAM: Bridging Education, Ambition, and Meaningful Work (Career Advising)**
- **BOSP : Bing Overseas Studies Program**
- **BROC: Black Recruitment and Orientation Committee**
- **BVSO: Black Volunteer Student Organization**
- **CAPS: Counseling and Psychological Services (Specifically Black CAPS)**
- **CAS: Center for African Studies**
- **CCSRE: Center for Comparative Studies in Race & Ethnicity**
- **EHJS: Ernest Houston Johnson Scholars**
- **El Centro: El Centro Chicano y Latino**
- **ETA: Ethnic Theme Associate**
- **FLI: First Generation & Low Income Office**
- **GLO: Graduate Life Office**
- **HoHo: House Host**
- **IDA: Institute for Diversity in the Arts**
- **NACC: Native American Cultural Center**
- **OAE: Office of Accessible Education**
- **PHE: Peer Health Advisor**
- **ProFro: Prospective Freshman**
- **QSR: Queer Student Resources**
- **RCC: Resident Computer Consultant**
- **SARA: The Office of Sexual Assault & Relationship Abuse Education & Response**
- **The Markaz: Resource Center (Muslim community resource center)**
- **VPGE: Vice Provost for Graduate Education**
- **VPSA: Vice Provost for Student Affairs**
- **VPUE: Vice Provost for Undergraduate Education**
- **WCC: Women's Community Center**

NOTES

SPACE FOR YOU TO WRITE WHAT YOU'VE LEARNED
DURING THE YEAR, AND HOW YOU'VE GROWN

MY STANFORD BUCKET LIST

ACKNOWLEDGEMENTS

We would like to thank the entire Black collective that includes undergraduate and graduate students, staff, faculty, alumni and community partners for your contributions to this small but beloved book. Your insight, guidance and willingness to share your many experiences that are vast and full of knowledge is what brought forth this labor of love. And while we hold your histories so those coming after you can find their way on this campus a little easier and a little quicker, please know that it is not taken for granted. We see you and we thank you.

- Adesuwa, Esther and Christian

Credits:

Creative Director, Content: Adesuwa Agbonile, '21

Creative Director, Visual Design: Esther Omole, '21

Editor: Christian Price, BCSC Assistant Director

Introduction by: Adesuwa Agbonile and Christian Price

