**Bio Advising Newsletter – October 13, 2020**

**OVERVIEW (See below for details)**

**ADVISING**

1. Advising Appointments – Schedule Now!
2. Withdrawal from a Course – deadline Oct 20
3. Drop-In Advising Appointments for Withdrawal Questions
4. Final Exam Conflict – deadline Oct 20
5. Specialty Enrollment for Spring

**BIOLOGY HAPPENINGS**

1. Biology Peer Advisors – Office Hours
2. Bio Blog: How to Get Moving During a Pandemic
3. Biology Representation at the Career Center
4. Career Seminar Series – Deloitte Consulting – Oct 29
5. Pitt Bio Major Hoodies and Fleece – THEY’RE HERE!!!
6. **Seniors** - Graduation Application

**OPPORTUNITIES**

1. Hospital Elder Life Program (HELP) – Recruiting volunteers for fall and spring
2. Graduate Assistantship – Biology Department – University of Massachusetts Dartmouth
3. Graduate Fellowships in Urban Sustainability – Wayne State University
4. Rising Black Scientists Awards – Essay Competition
5. Promega’s DOORS (Diversification of Our Research Scientists) Scholarship – deadline Oct 31

**PRE-HEALTH**

1. PIC Health Careers
2. POMS
3. Exploring Mental Health with Doctor Mike – Oct 13

**INFO SESSIONS/WORKSHOPS**

1. What is Therapy? With Pitt Active Minds Oct 15
2. Pitt Public Health Open House – Oct 30
3. Big Idea Center – Diversity in Innovation Panel, She Creates Panel, and Virtual Big Idea Blast
4. Genetic Counseling Virtual Career Fair – Oct 15
5. Internship Prep Program

**CHECK IT OUT**

1. Honors College Scholarships & Awards
2. Genetics Counseling Club Meeting – Oct 13 at 7:30
3. Study Lab Drop-In Tutoring
4. Bio Advising on Social Media

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1. **Advising Appointments – Schedule Now!**

Please schedule your Advising Meeting now! There are still many open appointment days and times to choose from. Enrollment is just around the corner - get in while you can!

While you may prefer a certain advisor, you are not assigned to a specific advisor and can book with any of the 6 advisors (we are equal in function) for the purpose of having your Spring enrollment hold lifted.

***NEWLY DECLARED STUDENTS - once you have completed your Orientation on Canvas, you can schedule your advising appointment. Please be sure to email your documents to your advisor!***

During the month of October, we are offering Pre-Enrollment Appointments only:

* **Pre-Enrollment Appointment –** This is a 30-minute appointment designed for planning and discussion of Spring and Summer 2021 scheduling, and for lifting advising holds. These appointments are reserved for majors only.

Schedule using the Navigate Student app or access the Navigate Student [website](https://pitt.guide.eab.com/app/#!/authentication/remote/).

Spring enrollment begins October 26.

After you schedule an appointment, your advisor will send you a Zoom meeting invite. The email may also include a request for the following:

* An up to date copy of your [Progress Tracker](https://www.biology.pitt.edu/undergraduate/forms)
* An up to date copy of your [Semester Planner](https://www.biology.pitt.edu/undergraduate/forms) (don’t stress if you aren’t sure of your plan yet!)
* An idea of the questions you have for your advisor.

***\*\* Please submit these documents prior to your appointment. \*\****

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1. **Withdrawal from a Course – deadline Oct 20**

After the add/drop period has ended, you may withdraw from a course by completing a Monitored Withdrawal Request form. Students must process the Monitored Withdrawal Request form by the deadline. A W grade will be assigned for the course. A W grade does not impact a student’s GPA. Click [here](https://www.asundergrad.pitt.edu/sites/default/files/Monitored%20Withdrawal%20Fillable.pdf) for the form.

Withdrawing from a course does not adjust a student’s tuition or fee obligations. However, withdrawing from a course may jeopardize satisfactory academic progress, financial aid, and athletic eligibility.

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1. **Drop-In Advising Appointments for Withdrawal Questions**

Advisors will be available on the following dates and times to answer questions:

<https://pitt.zoom.us/j/97950700925?from=msft>

Friday, Oct 16 1-3 pm

Monday, Oct 19 1-3 pm

Tuesday, Oct 20 1-3 pm

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1. **Final Exam Conflict – Oct 20**

Have you checked your [Fall final exam schedule](https://www.registrar.pitt.edu/sites/default/files/pdf/2211%20Final%20Examination%20Schedules%20Information-3.0.pdf) yet? If not, maybe you should!

You can also check your final exam schedule in PeopleSoft…

Menu > Self Service > Enrollment > View My Exam Schedule

If you have three or more final exams in one day, you may request an alternate final exam time. Please see the [Final Exam Conflict Accommodation Procedure](https://www.registrar.pitt.edu/sites/default/files/pdf/final_procedure.pdf).

If you are not able to work out an alternate time with your instructor, submit the [Final Exam Conflict Accommodation Form](https://www.registrar.pitt.edu/assets/pdf/Final_Exam_Conflict_Accommodation_Form.pdf) by the monitored withdrawal date October 20, 2020.

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1. **Specialty Enrollment for Spring**

Are you are planning to enroll in UTA or research credits for the spring semester? We are using a new online submission for your forms! Watch for details in future newsletters.

You can find the forms [here](https://www.biology.pitt.edu/undergraduate/forms). If you have questions about which form you should use, please contact an advisor, or email bioadv@pitt.edu.

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1. **Biology Peer Advisors – Office Hours**

Our Peer Advisors office hours are in full swing! These students are an **invaluable** **resource** for helping you navigate scheduling, bio classes, remote learning, gen eds, extracurriculars, take-out food, Netflix series, etc. They are here to share their experiences in and out of the classroom. Definitely check in with them!

**Fall Schedule:**

Monday 11:00 – 12:00 Kayla & Peter [https://pitt.zoom.us/j/93436310447](https://nam05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpitt.zoom.us%2Fj%2F93436310447&data=02%7C01%7Cbmcdevitt%40pitt.edu%7C85e276b3294e4513dc1008d84e131e5b%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637345191303044300&sdata=lr2blObAVJXZt7eGkWHJePt0nphlAfFl7tCePnymlfc%3D&reserved=0)

Monday 2:00 – 3:00 Jacob & Luke [https://pitt.zoom.us/j/95151233172](https://nam05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpitt.zoom.us%2Fj%2F95151233172&data=02%7C01%7Cbmcdevitt%40pitt.edu%7Cb36ceccb60964d07b22f08d84de66303%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637344999179643106&sdata=R2xGZzB%2BAr3ALw961d%2FxjGVKy4QfMZ77XFIMYHnjeI4%3D&reserved=0)

Tuesday 2:45 – 3:45 Sarah & Sarah [https://pitt.zoom.us/j/92732583725](https://nam05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpitt.zoom.us%2Fj%2F92732583725&data=02%7C01%7Cbmcdevitt%40pitt.edu%7C777b874fcf5442bb01df08d84dea63ec%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637345016381653626&sdata=6ijR3dA%2Fu8NUpdu73%2BaUCyjG8UcCFJVzw12%2BhdtuL6I%3D&reserved=0)

Thursday 11:00 – 12:00 Madison & Nicole [https://pitt.zoom.us/j/94822145512](https://nam05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpitt.zoom.us%2Fj%2F94822145512&data=02%7C01%7Cbmcdevitt%40pitt.edu%7C5bdc2d6509b74731544f08d84ddb4f9d%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C1%7C637344951612737199&sdata=y3I9h42l1LTbMmU10DjPjCS2YDD8YttixmuCFlSwaA4%3D&reserved=0)

<https://www.biology.pitt.edu/undergraduate/peer_advising>

In the meantime, you can read about these students on our blog: [http://bit.ly/2BS5zg6](https://nam05.safelinks.protection.outlook.com/?url=http%3A%2F%2Fbit.ly%2F2BS5zg6&data=02%7C01%7Cbmcdevitt%40pitt.edu%7Cfa95295199dc49fd885908d8437fcaf0%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637333563440163660&sdata=Vuv29tN9%2F25CzCSQxOIIAEnpD6nS9%2Fe40tuab%2BO8tYI%3D&reserved=0)

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1. **Bio Blog: How to Get Moving During a Pandemic!**

This week in the PittBioBlog MOLBIO senior Kayla shares some tips to get moving.  Tomorrow is self-care day and exercise in one way to show your body some love - what is your favorite type of exercise to take care of yourself?

 [https://pittbioblog.weebly.com/blog/how-to-get-moving-during-a-pandemic](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpittbioblog.weebly.com%2Fblog%2Fhow-to-get-moving-during-a-pandemic&data=02%7C01%7Cbmcdevitt%40pitt.edu%7C2e533ad9bd934c094c1708d86f1f303a%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637381527023307432&sdata=QGWYDFI5NgkrJFgJ1NLwJhCCKf9BtZNEXxxtJKKHLfw%3D&reserved=0)

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1. **Biology Representation at the Career Center**

Ashley Hennen will now be assisting majors within the Department of Biology. She can assist you with your résumé, finding a job/internship, preparing for interviews, building your network, and more! Click [here](https://pitt.joinhandshake.com/login) to schedule a phone, Zoom, or email appointment via Handshake. You can email Ashley directly at amh348@pitt.edu.

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1. **Career Seminar Series – Deloitte Consulting – Oct 29 at 10:30 am**

Christina Murata, Ph.D., an expert in national security and chemical and biological defense, is a Managing Director with Deloitte Consulting where she focuses on helping clients tackle their most challenging problems. She specializes in applying strategy and analytics, technology innovations, and workforce management in the execution of large-scale, complex programs. Her current clients are in the Department of Homeland Security and the Pentagon. Register [here](https://pitt.zoom.us/meeting/register/tJwsdeyhpz4uGtdC1n21WP8wA_0vamsi9PoI)!

We are also offering the opportunity for a smaller group to grab virtual coffee with the speaker right after the seminar. If you are interested in talking more with Christina, please register for the ‘coffee’ session [here](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2Fe%2F1FAIpQLSckFX_m7EKQFnQ8VxxhJDSncauYdZZ4t6es9X-PT0sjD0M4eQ%2Fviewform&data=02%7C01%7Cbmcdevitt%40pitt.edu%7Cafa5eac6588c483a45b408d866156457%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637371589357950833&sdata=nHp4sslPJfhnYjvdmCusbWULGhpvkZ0JrmVDai%2FuPxc%3D&reserved=0).

We have several exciting speakers lined up for the next few months. We have recently added Dr. Carly Strasser, who works as the Director of Academic Alliances and Data Strategy at the Fred Hutchinson Cancer Research Center. You can learn more about our upcoming seminars here: [https://www.bioscigso.com/career-seminar-series](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.bioscigso.com%2Fcareer-seminar-series&data=02%7C01%7Cbmcdevitt%40pitt.edu%7Cc5cd44bce7b648a8af1408d855c01b08%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637353630983160649&sdata=afj3HquHt81dMj8IFSEsIe7zAMYkFpuTR75Sa8NrSNE%3D&reserved=0).

We hope to see you at Christina’s seminar!

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1. **Pitt Bio Major Hoodies and Fleece – THEY’RE HERE!!!**

Chilly temperatures have arrived! It’s a great time to update your fall/winter wardrobe and treat yourself to warm and stylish Pitt Bio gear. [ORDER HERE](https://pogo.undergroundshirts.com/collections/pitt-biological-sciences)!!! Make sure to scroll to the end to find your major, style, and color.

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1. **Seniors! – Graduation Application**

Seniors who plan to finish in April 2021 must apply for graduation. After you’ve enrolled in spring classes, go to the [Student Records website](https://www.asundergrad.pitt.edu/student-toolkit/graduation) to complete your graduation application.

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1. **Hospital Elder Life Program (HELP) – Recruiting Spring and Fall Volunteers**

The Hospital Elder Life Program (HELP) at Allegheny Health Network is recruiting volunteers for fall 2020 and spring 2021. They are looking for dedicated individuals who are interested in a unique volunteer experience. HELP volunteers execute targeted protocols to help inpatient adults 70+ who are at risk for delirium. This program is offered at Allegheny General and West Penn Hospitals.

Due to Covid-19, enhanced safety measures have been implemented and volunteers will make phone calls to patients from the HELP office, and interact with program and nursing staff only.

All interested students please contact Autumn Corcoran at AutumnMoss.Corcoran@ahn.org or Kaitlyn Lorey at Kaitlyn.Lorey@ahn.org.

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1. **Graduate Assistantship – Biology Department – University of Massachusetts Dartmouth**

The Sheriff Lab is looking for highly motivated students to fill graduate assistantships in the Biology Department at the University of Massachusetts Dartmouth. The positions are fully funded including tuition. The projects are fairly open-ended and details will be designed by the graduate student in conjunction with Dr. Sheriff, but fall within the scope of:

* Examining how invasive species may disrupt a critical trophic cascade between predator-prey-resource in the marine intertidal.
* Examine how environmental stressors and management strategies drive changes in the physiology of southern mountain caribou.
* Examining how road noise interferes with prey responses to predation risk in small mammals.
* Examining how predation risk alters the learning, memory, and neurobiology of free-living mice within and across generations.
* Examining how boom-bust food cycles influence prey behaviour and physiology and population dynamics of small mammal communities.

For more information (including contact info) about this opportunity, [visit The Sheriff Lab website](https://michaeljsheriff.weebly.com/).

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1. **Graduate Fellowships in Urban Sustainability – Wayne State University**

Wayne State University is recruiting outstanding applicants for an interdisciplinary NSF-funded graduate training program in Urban Sustainability (T-RUST). Foundational support for graduate study will be provided with additional support likely available through other programs.

Students will pursue a Ph.D. or Master's in Anthropology, Biology, Civil Engineering, Communication, Economics, Education, Environmental Health Sciences, Geology, Pharmaceutical Sciences, Pharmacology, Physiology, Public Health, Sociology, or Urban Planning with a focus in Urban Sustainability.

Competitive 1-year fellowships are available to support students committed to integrating perspectives from multiple disciplines to address emerging ecological, social, economic, and technological challenges in urban sustainability.

For more information and application instructions, please visit our [website](https://trust.wayne.edu/) or contact us at trust@wayne.edu.

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1. **Rising Black Scientists Awards – Essay Competition**

Recognizing that success in science is driven not only by a combination of talent and motivation but also access to a strong support network and opportunities, Cell Press and Cell Signaling Technology are excited to announce the Rising Black Scientists Awards. Tell us about what inspires your science, experiences that sparked your journey in the life sciences, and/or how you want to contribute to a more inclusive scientific community. Essays should be original works of no more than 750 words. Each essay will be evaluated by a panel of Cell Press editors and academic advisors composed of leading Black voices in the life science community.

Application Window will open soon. [For more information, click here](https://www.cell.com/diversity/awards?utm_campaign=Black%20Scientist%20Award&utm_content=141315501&utm_medium=social&utm_source=twitter&hss_channel=tw-18477428).

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1. **Promega’s Doors (Diversification of Our Research Scientists) Scholarship – deadline Oct 31**

The goal of the D.O.O.R.S Scholarship is to recognize and empower underrepresented minority students by offering a $5,000 award that can be used towards resources to support tuition and fees required for enrollment or attendance at an educational institution.

This includes fees, books, supplies, and equipment required for courses at an educational institution. In addition to that, the D.O.O.R.S. awardees will have access to scientific, career-path, and technical writing mentorships.

Applications are open to undergraduate underrepresented minority students pursuing a biotechnology-related major with the hopes of continuing in that career. Winners will agree to partner with Promega to share information on their research and collaborate on projects such as scientific posters, white papers, webinars, blog posts or other opportunities.

[**Applications are due October 31**](https://www.promega.com/Global%20Data/Promega%20Worldwide/North%20America/Promega%20US/Branch%20Content/Local%20Pages/programs/DOORS-Program/)**.**  Application includes 2 short essays (one about career, one about research project). Applicants must also provide a recommendation from a life sciences instructor speaking to their eligibility for the program.

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1. **PIC Health Careers**

If you are pre-med/pre-health, make sure that you schedule an appointment with Pitt Interprofessional Center for Health Careers (PICHC) who will be able to assist you with the testing and application processes. Refer to their [website](https://www.prehealth.pitt.edu/about-us) for more information, and schedule your appointment through the Navigate app.

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1. **POMS**

P.O.M.S. is an acronym for premedical organization for minority students. This organization was founded and sustained off the principle of being a resource to underrepresented pre-med students, providing them with knowledge, skills, and experience that are both prerequisite and concomitant to professional participation in health care fields.

Send potential questions for the upcoming Med School Panel using [this form](https://docs.google.com/forms/d/e/1FAIpQLSeRVddoQve7aYjqoHfUYklZv6v1LsMTdebF3qF1JdDaROyMZg/viewform). Questions will be answered during the question session by med school students.

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1. **Exploring Mental Health with Doctor Mike – Oct 13 from 8:30 - 9:30**

Your mental health matters. October is Mental Health Awareness Month. Click [here](https://www.facebook.com/events/640480376877675) to view events.

Today, viral doctor Dr. Mikhail “Mike” Varshavski DO is hosting a webinar on mental health in college and in the time of COVID-19. [Register for this conversation with Dr. Mike](https://calendar.pitt.edu/event/exploring_mental_health_with_doctor_mike#.X4Yb1HhKgW9).

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1. **What is Therapy? With Pitt Active Minds – Oct 15**

Get to know the valuable tool that is therapy at the “What is Therapy” virtual workshop, hosted by Pitt Active Minds. Learn about the basics of therapy, the different kinds of therapy, and much more! Plus – talk with University Counseling Center staff to connect with the right on-campus resources for you. [View more info and register for the online workshop](https://calendar.pitt.edu/event/what_is_therapy_5556#.X4Yc53hKgW9).

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1. **Pitt Public Health Open House – Oct 30**

Attend thepublic health *virtual*Open House on **Friday, October 30** to...

* Get an overview of Pitt Public Health departments and degree programs,
* Meet faculty, your future mentors, and advisors,
* Get to know student organizations, research centers, and
* Ask questions to the admissions, financial aid, and career services teams.

Learn more on our [website](https://publichealth.pitt.edu/open-house).

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1. **Big Idea Center - Diversity in Innovation, She Creates, and Virtual Big Idea Blast**

Critical thinking and problem solving are in the heart of every scientist, and the Big Idea Center’s programming enhances those essential life skills.

The Big Idea Center hosts so many unique and exciting events for anyone who has ever thought about entrepreneurship, or who loves to innovate! You need to check out their upcoming events!

Diversity in Innovation – Oct 20 at 5 pm - Join us as a panel of Black founders and CEOs shed light on the racial divide within the startup and entrepreneurial community as well as how they’ve been able to forge their own path as a minority entrepreneur. [Register](https://go.innovation.pitt.edu/diversity_panel)

She Creates – October 29 at 5 pm - She Creates as will showcase women who hold leadership roles both within the Pittsburgh entrepreneurial community and beyond and discuss the difficulties of being a woman entrepreneur. [Register](https://go.innovation.pitt.edu/shecreates)

Virtual Big Idea Blast – Oct 30 and 31 - In this 24-hour, virtual weekend workshop, students will have a chance to work on their ideas and win unique prizes including a fast-pass to the final round of the Randall Family Big Idea Competition! Our event will begin on Friday with a group meetup and informational session followed by our first round of presentations. On Saturday, finalists will have a chance to schedule coaching sessions with our staff of entrepreneurs in residence. The day will conclude with final presentations and a live q-and-a with our guest judges. [Register](https://go.innovation.pitt.edu/blast)

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1. **Genetic Counseling Virtual Career Fair – Oct 15**

The Western States Regional Genetics Network (@westernstatesgenetics) is hosting their first Genetic Counseling Virtual Career Fair on **October 15th, 2020**. Genetic Counseling is a unique and rewarding healthcare profession and this virtual fair will help you learn all about it! Join the fair to learn about this exciting profession, hear from professional societies, and connect with graduate degree genetic counseling programs across the continent. Graduate programs and professional societies will have virtual "rooms" that you can visit and learn more about degree requirements, professional opportunities and more! Please use [this link](https://www.westernstatesgenetics.org/genetic-counselor-virtual-career-fair/) to learn more, RSVP and attend the fair.

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1. **Internship Prep Program**

Pitt Career Center is a combination of workshops and individual appointments designed to offer individualized support of each student’s internship or experiential learning search. The service is available to all undergraduate students.

Workshops include Resumes, Networking, Searching & Applying and Interviews. Find out more about the program [here](https://www.studentaffairs.pitt.edu/cdpa/internships/internship-guarantee/), and review the workshop offerings [here](https://www.studentaffairs.pitt.edu/cdpa/internships/workshops-and-special-events/)

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1. **Honors College Scholarships & Awards**

The Honors College has a number of scholarships/awards available for current students, which can be found on this webpage: <https://www.honorscollege.pitt.edu/awards>

And as always, the fall, spring, and summer research fellowships are available to students. Details about the research fellowships and national scholarships are on this webpage: <https://www.honorscollege.pitt.edu/research-scholarships>

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1. **Genetics Counseling Club Meeting – Oct 13 at 7:30 pm**

Zoom into their next meeting to hear from first-year grad students from Pitt’s Genetic Counseling Program. There will be a Q & A at the end – so bring your questions!

<https://pitt.zoom.us/j/98218179520>

Everyone is invited to join movie night on Saturday Oct 24 at 5:00 pm. They will be watching ANYA using Amazon’s watch party function.

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1. **Study Lab Drop-In Tutoring**

Don’t fall behind! Study Lab is offering all of their tutoring and coaching services virtually, beginning Monday, Aug 31. You can make both [coaching and tutoring appointments](https://www.asundergrad.pitt.edu/schedule-tutoring-online-navigate-student) through the Navigate Student App.

For more information on Study Lab services, click [here](https://www.asundergrad.pitt.edu/study-lab/study-lab-remote-distance-learning-services).

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1. **Bio Advising on Social Media**

Stay up to date with bio advising news, and other noteworthy campus happenings by following us on social media.

Twitter: @PittBioADV

Facebook: University of Pittsburgh Biological Sciences Advising

Instagram: pittbioadv

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**See you next week!**

**Christine Berliner,**

**Ellen Kelsey,**

**Brenda McDevitt,**

**Jessica Wandelt,**

**Dan Wetzel**

**Lou Yurasits**

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