

From: For distribution of newsletters and announcement to majors in the Department of Biological Sciences
bioadvising@list.pitt.edu
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To: BioAdv Biological Sciences bioadvising@list.pitt.edu



Biology Advising Newsletter 10/07/2015

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Go Here: <http://biology.pitt.edu/undergraduate/advising-and-support/newsletters-arc>

OVERVIEW (See below for details)

ADVISING

- 1. Advising Meetings, spring enrollment prep
- 2. Spring Term Enrollment Dates
- 3. October is Mental Health Awareness Month at Pitt
- 4. University Counseling Center Workshops
- 5. Academic Skills Workshops

CAREER & INTERNSHIPS

- 6. Internship Week - Oct 5 - Oct 9, WPU
- 7. Undergraduate Research Position (Developmental Biology)
- 8. FREE Practice Tests - October 3

CLUBS

- Biology Club
- Birding & Ornithology Club
- Ecology Club
- Optometry Club
- Panther Cure Finder
- Pitt Outdoors Club
- POMS
- Pre-Vet Club
- TRI-BETA

*** **DETAILS** *** **DETAILS** ***

1. Pre-enrollment Advising Meetings

If you haven't already, sign up for your advising meeting now! Use the appointment sheets in A258 Langley.

PLEASE! Be mindful when selecting a time, to prevent having to scratch out your name later.
If you miss an appointment, you need to reschedule AFTER October 26.

Even though the Advising Office is currently short-staffed, we want to serve each of you as you prepare for spring registration.

So, a few advising options this semester:

1) Double-majors

If you feel comfortable meeting with your other major's advisors to get your spring Advising Hold lifted, we would appreciate it. New Declares, please still come see us this semester.

~or~

2) Standard 30-minute appointments with Christine Berliner, Ellen Kelsey, Suzanna Gribble, or Valerie Oke.

Please use the appointment sheets in A258 Langley Hall.

~oP~

3) Short 20-minute evening appointments with Christine

Only Monday, Tuesday, and Wednesday evenings. YOU MUST BE PREPARED for these appointments. If you sign up for one then bring all your advising materials and a good grip on your plans!

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2. Spring Term (2164) Enrollment Dates

- Oct 1 PeopleSoft Self-Enroll: date & time of your online "enrollment appointment" viewable in Student Center.
- Oct 12 PeopleSoft "Class Search" for Spring available to students
- Oct 14 Course Descriptions (courses.as.pitt.edu) viewable to students
- Oct 23 Veteran's enrollment appointments begin
- Oct 26 First day of 2164 enrollment appointments
- Nov 6 Last day of 2164 enrollment appointments
- Nov 7 Open enrollment for 2164

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3. October is Mental Health Awareness Month at Pitt

IF YOU ARE FEELING anxiety, stress, or perhaps experiencing symptoms of depression ...

TALK TO SOMEONE YOU TRUST:

Friends, Family, Roommate, RA, Advisor, Doctor, Counselor

IF YOU ARE FEELING DISTRESSED, please call the University Counseling Center at 412-648-7930 and tell them you need to speak with someone today, or visit the Wellness Center (second floor of Nordenberg Hall).

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4. University Counseling Center Workshops Fall 2015

For additional information, including how to get connected to a group or a workshop, contact the Counseling Center at 412-648-7930.

Pathways Coping Skills Group:

This short-term, six-week-long group is geared toward helping students learn a variety of skills to manage the stress of college life. Come learn about ways to navigate difficult emotional experiences, focus energy on the present moment, and live a meaningful life. Join us and find your path!

Understanding Self and Others:

This group can be a valuable way for members to learn about how they experience others and how others experience them. Such experiences can enhance members' abilities to create and sustain satisfying relationships and manage the variety of challenges that often arise in relationships, whether they be with friends, classmates, co-workers, supervisors, partners, or family members.

Coping with Family Drama:

This group focuses on family issues and can help members learn how to more effectively address interpersonal conflicts within their families. Members can support each other in developing greater self-awareness and increased ability to create and sustain satisfying relationships.

LGBTQAI Support Group:

This group provides a safe and affirming space to explore a variety of issues, including, but not limited to, relationships, self-acceptance, and coping with discrimination. Allies are welcome!

Coping with Grief:

For those who have lost family members or other loved ones, this group offers a space to share experiences of loss and receive support.

Embracing and Balancing Intense Emotions:

This group can help members learn skills for understanding and managing emotions.

Double Trouble:

This group is ideal for students who are struggling with both emotional difficulties and alcohol or other drug misuse. It provides opportunities to learn how emotional difficulties and substance misuse can be interrelated while learning skills to improve well-being.

Future Group: Sexual Abuse Recovery Group:

This group provides a safe place for women who have experienced any type of sexual abuse or assault to move closer to healing.

Anxiety Management 101:

Are you having trouble with anxiety but don't know what to do about it? This four-week workshop will help you to learn strategies for managing both physical symptoms and thoughts that contribute to feeling anxious.

Beat the Blues: Been feeling down lately?

This one-session workshop will help participants to learn how to manage low mood and experiences that might occur with it.

Body Image:

This workshop will help participants learn more about what the concept of "body image" means, increase on body image, and develop strategies to cope with a negative body image.

Building Assertiveness Skills:

This workshop can help you to feel more confident and effective in handling challenging situations and people in your life.

Got Sleep?

This three-week-long workshop can help you learn skills that can help you rest better and feel more prepared for your day. We will provide ideas to help manage whatever is getting in the way of your sleep.

Healthy Relationship Skills:

Come learn about qualities of healthy relationships and strategies for building them with friends, family members, classmates, and partners.

Missing Home?

Is missing home making it difficult to adjust to life at Pitt? Many people experience homesickness. Come learn about strategies for coping with homesickness that can help you adjust (or readjust if you are returning) to life at Pitt.

Stress Management:

Feeling stressed out already? Remembering how stressed out you were during previous semesters? Join this workshop to empower yourself with knowledge and skills to help you manage stress in healthy ways.

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5. Academic Workshops

- Study Skills Bootcamp - Oct 7, 11am-noon
- Study Skills Bootcamp - Oct 7, 1pm-2pm
- Study Skills Bootcamp - Oct 7, 4pm-5pm
- Learning Styles & Test Preparation - Oct 14, 10am-11am
- Learning Styles & Test Preparation - Oct 14, 1pm-2pm
- Time Management - Oct 15, 6pm-7pm
- Stress Management - Oct 20, 6pm-7pm
- Learning Styles & Test Preparation - Oct 23, 2pm-3pm
- Study Smarter, Not Harder - Oct 28, 6pm-7pm

Free, but seating is limited. Light refreshments will be served.

Reserve your seat: <http://www.asundergrad.pitt.edu/arc/study-skills-workshops-and-consultations>

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6. Internship Week - Oct 5 - Oct 9, WPU

<http://www.studentaffairs.pitt.edu/cdpa/internships>

Internship Prep Program Workshops - Oct 7, 548 WPU

Pizza and snacks provided!

Searching & Applying - 5:00pm

Networking & Social Media - 6:00pm

Interviews & Research - 7:00pm

Internship Walk-in Appointments - Oct 8, 10am-4pm, WPU 2nd floor

Snacks and mini-padfolio giveaways.

Get started with the Internship Guarantee and set a timeline for your search!

International Internship Showcase - Oct 8, 5pm, WPU Lower Lounge

Snacks provided!

Learn about Pitt's Summer 2016 internship opportunities in London, Sydney, Florence, Shanghai, Berlin, Dublin, Paris, Madrid, and Prague.

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7. Undergraduate Research Position (Developmental Biology)

The Hukriede lab in the Department of Developmental Biology is looking to interview undergraduates who are looking to join a lab. Sophomores preferred.

We are hoping to find hard-working, intelligent scientists who would be willing to put in 10-20 hours a week. Learn all kinds of useful technical skills, such as: standard drug discovery practices, fish husbandry, in situ hybridization, and qPCR. The eventual hope is to receive a project of your own that they could translate into undergraduate research credit (BIOSC 1903) or an honors thesis (BIOSC 1904).

For more information, read through Dr. Hukriede's site or review recent publications from the lab.

<http://www.devbio.pitt.edu/subsites/hukriede/index.html>

If interested, email Clara Woods <crw49@pitt.edu> with a CV or resume.

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8. Career Presentation: Sanofi Pasteur (vaccine manufacturer) - Oct 12, 7:30pm, L-9 Clapp Hall

Interested in working for one of the largest vaccine manufacturers in the world?

If so, stop by our information session to learn more about Sanofi Pasteur.

- Career and Internship Recruitment
- Industrial Operations Associate Program Info Session

For company information: <http://www.sanofipasteur.us>

Sponsored by the Biological Sciences Advisors

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9. FREE Practice Tests - October 3

MCAT - Oct 3, 9am, CMU

LSAT - Oct 3, 9am, CMU

GRE - Oct 3, 1:30pm, CMU

GMAT - Oct 3, 10am, CMU

<http://www.princetonreview.com/>

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BIOLOGY CLUB

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BIRDING & ORNITHOLOGY CLUB

PittBirdingClub@gmail.com

www.facebook.com/groups/302359673107538

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ECOLOGY CLUB - Wednesdays, 8:45pm, 540 WPU

pittecologyclub@gmail.com

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OPTOMETRY CLUB

OPTOMETRIST CLUB
pittoptclub@gmail.com

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PANTHER CURE FINDER

questions: MNW17@pitt.edu

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PITT OUTDOORS CLUB

<https://www.facebook.com/PittOutdoorsClub>
<http://pittoutdoors.blogspot.com/>

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POMS

Premedical Organization for Minority Students
www.poms.us
pomspitt@gmail.com
<https://list.pitt.edu/mailman/listinfo/poms>

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PRE-VET CLUB - Alternate Thursdays, 7:30pm, Langley Hall
9/24, 10/8, 10/22, 11/5, 11/19, 12/3

pittprevet@gmail.com
<https://www.facebook.com/groups/441907539257843/>

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TRI-BETA - Alternate Tuesdays in Langley A224

9/15, 9/29, 10/13, 10/27, 11/10
www.facebook.com/groups/tribetapitt

tribeta.universityofpittsburgh@gmail.com

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Until next week,

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