

Subject: [BioAdv] Newsletter 9/4/2018
Date: Tuesday, September 4, 2018 at 12:48:11 PM Eastern Daylight Time
From: BioAdvising on behalf of Bio Dept Majors' Announcements <bioadvising@list.pitt.edu>
To: Bio Dept Majors' Announcements <bioadvising@list.pitt.edu>
Attachments: ATT00001.txt

Bio Advising Newsletter – 9/4/2018

OVERVIEW (See below for details)

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BIO PEER ADVISING

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FOCUS ON YOU

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17. Counseling Center Group Workshops
18. Stress Free Zone
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*** DETAILS *** DETAILS ***

1. Advising Walk-ins this week

This week, advisors are only taking walk-ins to serve students with time-sensitive questions, scheduling issues, and permissions. Drop by if we can help you with something!

Appointments for in-depth Academic and Career planning, and Spring Term Advising Holds begin September 10th. Stop by to start signing up on our appointment sheets.

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2. Enrollment Deadlines: Add/Drop Sep 7; Extended Drop Sep 14

Add/Drop – Fri, Sep 7

The waitlist runs through the last day of add/drop. Make sure to check your waitlisted classes!

Extended Drop – Fri, Sep 14 (Permission is needed – See guidelines here:

<http://www.registrar.pitt.edu/assets/pdf/ExtendedDropPeriodGuidlines.pdf>

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3. UTA, Research & Indep. Study Forms for credit – deadline Sep 7

The completed enrollment forms need to be handed to an advisor before the end of the add/drop deadline on September 7. We will then enroll you.

You can pick up a blank form from an Advisor in A258 Langley Hall or download a fillable form from our website: <http://www.biology.pitt.edu/undergraduate/forms>

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4. S/NC Grade Option – deadline Sep 21

Before the end of add/drop, you can change the grade option on your own by editing your courses in your Student Center. *This is not reversible.*

After the end of add/drop and until Sep 21, you can still change your grade option at 140 Thackeray Hall.

“Certain courses are offered on the S/NC (Satisfactory/No-Credit) grade option. This option was designed to encourage students to explore new and potentially difficult subjects without fear of the risks of failure. Under this option, a student who does satisfactory work (a grade of C or better) in a course receives the grade of S. If the student’s work is not satisfactory (a grade of C- or lower), the grade of NC (No Credit) is given. Courses for which an S is received are counted toward graduation, but are not computed in the GPA. Courses in which an NC is received are counted toward neither graduation nor the GPA.”

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5. Bio Advising is on Social Media!

In addition to newsletter items, want to stay up to date with bio advising news/shares and other happenings around campus? Follow us on social media!

@PittBioAdv

FB: <https://www.facebook.com/pittbioadv/>

Instagram: <https://www.instagram.com/pittbioadv/>

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6. New Advising Email Address

To better serve you and answer your questions, we have added a new advising email address bioadv@pitt.edu.

Emails sent to this address will be answered within 1 business day.

Save this email address for general questions. If you wish to email an advisor individually, that is fine, but PLEASE DO NOT email multiple advisors individually about the same question. Duplicate emails waste the advisors' time which slows the email response time to all emails.

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7. Peer Advisors Walk-ins this week

This semester we have 8 upperclass Biology Peer Advisors who will be available to share their experiences both in and out of the classroom. Peer Advisors will be holding walk-in hours this week in the Bio Advising Office in Langley A258.

- Thursday 1-2pm: Michaela & Lisa
- Friday 2-3pm: Owen & Isabella

Pitt Bio Blog – Read more about our peer advisors here: <http://bit.ly/2BS5zg6>

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8. Peer Advisor Meet & Greet – Sep 7, 1-2pm, Langley A219B

Come and meet our Bio Peer Advisors at our first annual Peer Advisor Meet & Greet! Get some free snacks, meet some new people, and find out about the experiences of other students in our department.

Add this to your Facebook Events: <http://bit.ly/2PY60IV>

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9. America Reads Challenge Volunteer

ARC at the University of Pittsburgh partners with the School of Education, joining colleges and universities across the country in providing tutors for the America Reads Challenge. ARC tutors have the opportunity to be part of a national literacy effort to help children learn to read and enhance their success in school.

ARC tutors are federal work study students AND volunteers who serve in local schools and after-school programs. To become a tutor you must serve 10 hours per week and commit to one year of service. Monthly trainings are provided so students can effectively tutor their children as well as reach personal and professional development goals.

More info & apply: <http://bit.ly/2wGs47>

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10. Ecological Consulting Career Info

Are you considering a career in ecological consulting? Learn more about the field and how to get involved by reading this article from an Adjunct Assistant Professor: Timothy J Nuttle, PhD.

Article: <http://bit.ly/2oD8eAN>

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11. Genetic Counseling Club Meeting – Sep 4, 7:30-8:30pm, Clapp 315

The first meeting of the Pitt Genetic Counseling Club on **Tuesday September 4th from 7:30-8:30 in Clapp Room 315!** During this meeting you will learn about club logistics for the year as well as some of the plans for other meetings. In addition there will be an interactive case study on a genetic disease. Meetings will be every other Tuesday starting with September 4th and will always be at 7:30 unless otherwise mentioned.

Club contact info:

<https://www.facebook.com/groups/geneticcounselingclub/>
pittgeneticcounselingclub@gmail.com

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12. The Dietrich School Scoop – Sep 5, 11am-1pm, Cathedral Lawn

Students and staff from the following areas will be on hand to share their own Dietrich School stories and connect you to some of the best opportunities on campus:

- Academic Advising Center
- BRIDGES
- First-Year Programs
- *Forbes & Fifth*
- Student Records
- Office of Undergraduate Research, Scholarship and Creative Activity
- TRIO Student Support Services
- Tutoring and Academic Success

More info: <http://asundergrad.pitt.edu/GetTheScoop>

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13. AMSA Pre-Health Mock Interviews – Sep 9

If you are applying this cycle, you have several opportunities to do mock interviews (MMI, faculty and med school student interviewers). Below is the first of three opportunities:

The American Medical Association at Pitt Med will be hosting the Pre-Health Mock Interview Event for the Pitt students who are applying this cycle on Sunday, September 9th from 11:00 AM-1:30 PM on the second floor of the William Pitt Union.

Make sure to arrive 10 minutes prior to the start of your interview. If you are a “no show” you will not be able to participate in any other mock interview events.

The interviews will take place for 20-25 minutes with time for feedback/questions at the end.

Sign-up link: <https://goo.gl/forms/xx7gDkeIP72QdHLC2>

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14. Volunteer Fair – Sep 11, 11:30am-2:30pm, WPU Ballroom

Check out what Pitt has to offer! Different organizations will be joining and showcasing the plentiful opportunities in Pittsburgh.

More info: <http://bit.ly/2MBtJAv>

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15. ResuMANIA – Sep 13, 10am-8pm, WPU 200

In preparation for the Fall Career Fair, bring a hard copy of your resume to 200 WPU and have it reviewed by a Career Center staff member or a visiting employer. Refreshments provided!

More info: <http://bit.ly/2PjjSfN>

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16. Academic Success Workshops

Now that summer is over and classes are back in session, it can sometimes be difficult to get back into the swing of things. Take advantage of scheduling a free individual academic consultation or attend these free Academic Success workshops to start the Fall term off right!

Workshops are offered both online and in-person. Some of the topics covered:

- Plan for Success
- Time Management
- Study Skills Boot Camp
- Study Tips & Note-Taking Strategies
- How to Reduce Test Anxiety

More info on dates and times: <http://bit.ly/2oFWH3Q>

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17. Counseling Center Group Workshops

Group counseling/therapy provides an opportunity to be part of group of six to eight students who meet regularly over the course of one academic term to share concerns, explore personal issues, and learn new skills under the guidance of one or two group leaders/facilitators.

More info on groups and when to attend: <http://bit.ly/2NMfzZR>

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18. Stress Free Zone

In the Wellness Center of Nordenberg Hall, the Stress Free Zone (SFZ) is a space where students can learn and regularly practice evidence-based, mind/body stress reduction skills. These skills are primarily taught through mindfulness meditation, a form of attention training which involves an intentional, non-judgmental observation of the present moment.

The SFZ offers walk-in services for audio stations, space for meditation and yoga, biofeedback, massage chair, and day light lamp therapy. You can also attend scheduled classes for yoga, tai chi, and more!

More info and calendar: <http://bit.ly/2wDFdbX>

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19. Healthy U Fair – Sep 12, 10am-2pm, WPU Lawn

The Healthy U Fair is an annual event intended to provide the students of the University of Pittsburgh an opportunity and place to promote healthy behaviors and enhance wellness.

Events will include demonstrations, games, & raffles with the intent to educate and increase awareness of personal health and wellness. It will also be the “kick-off” for the annual Flu Vaccine Clinic.

More info: <http://bit.ly/2LEwZ96>

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Until next week,

**Christine Berliner
Ellen Kelsey
Jessica Wandelt
Dan Wetzel
Kevin Wu**

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