

Subject: [BioAdv] Newsletter 9/11/2018
Date: Tuesday, September 11, 2018 at 11:13:20 AM 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: image001.png, ATT00001.txt

Bio Advising Newsletter – 9/11/2018

OVERVIEW (See below for details)

ADVISING

1. Advising Meetings, spring enrollment prep
2. Extended Drop – deadline Sep 14
3. S/NC Grade Option – deadline Sep 21
4. Walk-In Resume/CV Feedback with Ellen
5. Molecular Biology Majors: Class of 2019 Peer Request

BIO PEER ADVISING

6. Peer Advisor Regular Office Hours
7. Pitt Bio Blog
8. Bio Summer Experiences Panel – Sep 19

CHECK IT OUT

9. Vida Volunteer Health Professions Abroad Trip
10. Volunteer Fair – Sep 11 (**TODAY**)
11. Public Health Seminar: Epidemiology Research & Careers – Sep 13
12. Fall ResuMANIA – Sep 13
13. Fall Career + Internship Fair – Sep 20, 21, 25
14. Uniformed Services Visit – Sep 25

FOCUS ON YOU

15. Academic Success Workshops
16. Counseling Center Group Workshops
17. Stress Free Zone
18. Healthy U Fair – Sep 12

APPLICATIONS REQUIRED

19. Salk Health Activist Fellowship – deadline Sep 13
20. PreMed Health Project Leadership Apps – deadline Sep 14
21. Pitt OUR Field Studies – deadline Oct 29
22. Pitt OUR Archival Scholars Research Awards – deadline Oct 29
23. Michigan PhD Biomedical Sciences Application – deadline Dec 1

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

1. Advising Walk-ins this week

Spring Enrollment advising meetings have begun! Stop by A258 Langley and sign up to meet with an advisor now!
New Declares need to attend a group advising meeting first.

Advising meetings will take about 30 minutes. Please bring your blue advising folder to your scheduled meeting.

Remember that we also take walk-ins for quick questions.

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2. Extended Drop – deadline Sep 14

Extended Drop Requests need to be made in 140 Thackeray. You DO NOT need an advisor's signature, but feel free to stop in and check with an advisor prior to dropping a class.

See guidelines here: <http://www.registrar.pitt.edu/assets/pdf/ExtendedDropPeriodGuidelines.pdf>

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3. S/NC Grade Option – deadline Sep 21

You have until Sep 21 by completing a form to change your grade option in 140 Thackeray Hall from a letter grade to Satisfactory/No Credit. **Please note that this is not reversible.**

“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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4. Walk-In Resume/CV Feedback with Ellen

Ellen will be holding walk-in hours in for resume/CV feedback on Thursdays. Bring a copy of your resume/CV if you want to review it with her.

Where: A257 Langley

When: Thursdays 2-3pm, Fridays 12-1pm

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5. Molecular Biology Majors: Class of 2019

Being such a small subset of our large biology department, Molecular Biology seniors would like to gather interested students who would want apparel with Molecular Biology on it! Ideas include short-sleeve tees, long-sleeve, quarter zips, etc.

If you are interested in purchasing Molecular Biology apparel, contact Zenas Zhuang at zez6@pitt.edu.

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6. 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 regular walk-in hours now in Langley A230 (across from Langley Lobby!)

- Mondays 10-11 with Julia & Sofie
- Tuesdays 9-10 with Nora & Parker
- Thursdays 1-2 with Lisa & Michaela
- Fridays 2-3 with Isabella & Owen

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7. Pitt Bio Blog

This week, get to know 2 more of our peer advisors (Sofie and Owen) here: <http://bit.ly/2BS5zg6>

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8. Bio Summer Experiences Panel – Sep 19, 5-6pm, Crawford 169

It's beginning to feel a bit like Fall out there...time to start thinking about plans for next summer

Thinking about building up the resume or adding some new skills next summer? Not sure where to start? Come eat snacks and hear from students who have been there and done that!

Summer research fellowships in Pittsburgh and elsewhere, internships at museums and the Aviary, Medical Aides, and more!

RSVP: <http://bit.ly/2CLKggV>

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9. Vida Volunteer Health Professions Abroad Trip

Got plans for Spring Break yet? It is not too early to start thinking! Why not volunteer abroad with Vida Volunteer?

Vida Volunteer is designed to help impoverished communities in Central America, while giving volunteers around the world an interactive, cultural, and engaging experience that will help them become better physicians, dentists, veterinarians, and nurses.

Want more details on cost and other logistics or experiences from a fellow student? **Contact Danica Pratta at DLP60@pitt.edu.**

More info: <https://www.vidavolunteer.org/>

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10. Volunteer Fair – Sep 11, 11:30am-2:30pm, WPU Ballroom (TODAY)

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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11. Public Health Seminar: Epidemiology Research & Careers – Sep 13, 12-1pm, Public Health Auditorium G23

Department of Epidemiology 2018 Fall Seminar
Topics in Epidemiology: Research & Career Pathways

Speakers:
Stacey Benson, PhD – Supervising Health Scientist, Cardno ChemRisk
Natalie Egnot, DrPH – Health Scientist, Cardno ChemRisk

More info: <https://publichealth.pitt.edu/Portals/0/EPIDEM/Seminar/2018-09-13-Benson-Egnot.pdf>

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12. Fall 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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13. Fall 2018 Career + Internship Fair – Sep 20, 21, 25, 11am-3pm, WPU

Sep 20, 2018 – Computing & Information Day
Sep 21, 2018 – Engineering Day
Sep 25, 2018 – Liberal Arts, Sciences, & Business Day

- Explore internship and full- and part-time employment opportunities.

- Meet with representatives from local, regional, and national nonprofits, corporations, and government agencies.
- Earn OCC credit.
- Wear professional attire (no jeans permitted).
- Bring plenty of resumes.
- Don't forget to download the Career Fair Plus app from the App Store or Google Play, then search for the University of Pittsburgh!

More info: <http://bit.ly/2Mn8JIZ>

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14. Uniformed Services Visit – Sep 25, 5-6:30pm, Langley A219B

Uniformed Services will be making a site visit to Pitt!

More info: <https://www.usuhs.edu/>

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15. 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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16. 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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17. 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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18. 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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19. Salk Health Activist Fellowship – deadline Sep 13

The deadline to apply for the **2018 Jonas Salk Health Activist Fellowship** — an incubator for emerging health activists — has been **extended until Thursday, September 13**.

This is a unique opportunity to learn the skills and methods how to shape strategies to advocate effectively around a health issue about which you are passionate. At the conclusion of the Fellowship, you will have the opportunity to pitch your idea at the Health Activist Expo.

The Fellowship sessions take place on Tuesdays from 4:30pm to 7:30pm (dinner included) from September 25 to November 29 (which includes the finale on Thursday, November 29) at the QI²T Center (650 Smithfield St., Suite 2600, Pittsburgh, PA, 15222), and select locations in the Pittsburgh community.

Please contact Scotland Huber at huber@jhf.org for additional information.

More info & apply: <https://www.hcfutures.org/fellowships/salk>

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20. PreMed Health Project Leadership Apps – deadline Sep 14

Health Guardians America is a 501(c)(3) nonprofit organization with a national health project across +30 universities designed to reduce early risk factors for obesity, heart disease, and diabetes. Founded by medical students, residents, and olympians at UCSF, Stanford, and Berkeley, the student-led organization is accepting leadership applications from premed/preudent students interested in getting involved with our digital health project -- which is also an ongoing clinical research study.

Please submit a resume to join@healthguardians.org for consideration by Friday, September 14th.

More info: <http://www.healthguardians.org/>

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21. Pitt OUR Field Studies – deadline Oct 29

Undergraduates interested in the Dietrich School field studies programs should attend a workshop to hear from past participants, learn about the program, and plan their proposal writing process.

Fall 2018 Field Studies Workshops are held on Tuesday, September 25 and Wednesday, September 26 from 5-7 p.m. in the Amy Knapp Room of Hillman Library.

More info & apply: <http://www.asundergrad.pitt.edu/research/fieldstudies>

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22. Pitt OUR Archival Scholars Research Awards – deadline Oct 29

Archival Scholars Research Award (ASRA) recipients receive a \$1,000 stipend to develop independent research projects that draw on the University Library System (ULS) archives. Awardees receive archival training from librarian archivists, participate in workshops to supplement their work, and enrich their experiences as students of the arts and sciences.

Undergraduates interested in ASRA should attend an upcoming open house to see archival material and discuss possible projects with faculty, OUR staff, librarians, and archivists.

Fall 2018 ASRA Open Houses are held on Wednesday, October 3 from 4-6 p.m. and Thursday, October 4 from 11 a.m. - 1 p.m. on the ground floor of Hillman Library.

More info & apply: <http://www.asundergrad.pitt.edu/research/awards>

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23. Michigan PhD Biomedical Sciences Application – deadline Dec 1

The University of Michigan Program in Biomedical Sciences (PIBS) invites you to explore your passion for science through our interdisciplinary gateway program, which coordinates admissions and first-year graduate studies for 14 doctoral programs with 500+ faculty laboratories. PIBS offers you the flexibility and convenience of applying to any of our programs through one application.

More info & apply: <https://medicine.umich.edu/medschool/education/phd-programs/phd-admissions>

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Until next week,

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

**Advisors, Biological Sciences
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