

Subject: [BioAdv] Newsletter 2/20/2018
Date: Tuesday, February 20, 2018 at 10:45:16 AM Eastern Standard Time
From: For distribution of newsletters and announcement to majors in the Department of Biological Sciences <bioadvising@list.pitt.edu> (sent by BioAdvising <bioadvising-bounces@list.pitt.edu>)
To: For distribution of newsletters and announcement to majors in the Department of Biological Sciences <bioadvising@list.pitt.edu>
Attachments: ATT00001.txt

Bio Advising Newsletter – 2/20/2018

Study Tips: Find what works, turn off electronics, and take breaks!

OVERVIEW (See below for details)

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

Biology Club
Birding and Ornithology Club
Dental Science Club
Ecology Club
Genetic Counseling Club
Global Brigades
HOSA
Int'l Service Learning Club

Plant2Plate
POMS
Pre-PA Club
Pre-Vet Club
Science Outreach Club
Tri-Beta

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

1. Pre-Enrollment Advising Meetings (**MUST READ**)

Fall enrollment begins March 26. Not including Spring Break, there are ONLY 18 Business Days before the start of Fall enrollment and over 500 students who still have Academic Advisement holds. **Sign up for an advising appointment NOW before all spots get filled!**

Christine, Ellen, Jessica, and Kevin all have appointment sheets out in A258 Langley Hall. **BRING YOUR ADVISING FOLDER WITH AN UPDATED PLAN TO YOUR MEETING.**

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2. Monitored Withdrawal – deadline Mar 16

March 16 is the deadline for students to withdraw from an undergraduate course in the Dietrich School without penalty or credit. This will show up as a “W” on your transcript.

Have questions about withdrawing from a class? Reach out to an advisor.

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3. Biology Peer Advisors Office Hours in Langley Lobby

Our Biology Peer Advisors who will be holding office hours to share their experiences in the bio department, offer tips, and find answers to your questions!

Office Hours will be held in Langley Lobby at a Reserved Table:

- Tuesdays @ 12:30-1:30pm: Lisa & Michaela
- Wednesdays @ 11am-12pm: Grace & Hana
- Thursdays @ 4-5pm: Hannah & Ramya
- Fridays @ 10-11am: Owen & Nora

STUDY TIPS:

It is exam season! Get ideas on successful studying from students who have been there. This week the Peer Advisors provide ideas on how to stay focused on your studying:

- Be honest about what isn't working - If you can't focus in your room/apartment, go to the library right after class so you won't be tempted by all the distractions.
- Turn your phone and computer off and do as much as you can without them or install a distraction blocker (try Cold Turkey) to help keep you off Facebook or Youtube.
- Take breaks. Don't study for more than about 90 minutes at a time. Pace yourself and allow "rewards" for when you finish a certain topic. For example, when you finish reading a chapter, give yourself 5-10 minutes of social media surfing, etc.
- Noise canceling headphones changes lives! It is easy to get distracted by small noises and often hard to find a completely silent study spot.

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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 Tuesdays and Wednesdays. Bring a copy of your resume/CV if you want to review it with her!

Where: A257 Langley

When:

- Every Tuesday from 12:30-1:30pm
- Every Wednesday from 3:30-4:30pm

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5. Pitt Bio Blog

Check out the Pitt Bio Blog (<https://pittbioblog.weebly.com/>) to read about the experiences of students in our department - get feedback on classes, hear about exciting research, how students balance all of the activities in their life, and what areas of biology they find interesting.

This week: Michaela Schreyer shares an inside look at The Pitt Pulse!

We are also accepting posts for our blog! If you would like to share your experiences with the department, please feel free to send topics or entire posts to Jessica at jewandelt@pitt.edu.

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6. Letter of Recommendation Workshop – Feb 20, 4pm, Langley A214 (TODAY)

Sponsored Biological Sciences Advisors and HHMI

This workshop will cover:

- How do faculty WRITE letters?
- Get to read some REAL letters.
- Plan for WHO would be best for you to ask.
- Plan for HOW to get the strongest letter possible.
- Learn how to ASK for letters.

Review this guide for recommendation letters: <http://www.biology.pitt.edu/node/3484>

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7. April Senior Recognition Ceremony Info

Are you graduating in April or August 2018 and want to participate our departmental Senior Recognition Ceremony?

Check out the details here: <http://www.biology.pitt.edu/undergraduate/seniorceremony>

You will be receiving more information mid-spring.

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8. AUG Grad? Don't forget to apply! – Feb 12-Mar 23

Are you a senior who plans on graduating in August? Make sure you go to **140 Thackeray** to pick up AND return your *Application for Graduation*.

Do it between **February 12 & March 23**. It is free during this time. Late applications will be charged a fee!

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9. PULSE Fellowship – deadline Mar 1

SO...YOU WANT TO:

- SERVE with a Pittsburgh nonprofit.
- LIVE in community with other participants.
- GROW as a leader through personal and professional development.

Since 1994, PULSE has invited over 250 young adults to partner with 125 Pittsburgh nonprofits, contributing some 400,000 of hours of service to the city and its residents.

More info & apply: <http://pulsepittsburgh.org/serve-with-us/>

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10. Pitt Pulse Winter issue

Issue 2 of The Pitt Pulse is here! In this issue, explore blind culture, CRISPR gene editing, medical malpractice, the Science vs. Religion debate, and so much more! Follow them on Facebook. Pick up a hard copy in Langley, Chevron, and Hillman ground floor lobbies, as well as the UHC and Bio and Neuro advising offices.

Check out the issue here: <http://www.thepittpulse.org/volume-viii-issue-ii>

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11. Center for Creativity February Events

Learn to make paper flowers, tell digital stories, create a vision board and print your own postcard at the [Center for Creativity](#) this month!

February workshops and sessions are now registering at creative.pitt.edu/programs. Programs are free, but space is limited, so pre-registration is required.

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12. Panel: The Research Path: Grad School and Beyond – Feb 20, 5-6:15pm, WPU Lower Lounge

The Office of Undergraduate Research Undergraduate Mentors will be hosting this panel event featuring experienced and successful researchers from across the University. Students who are interested in research as a path to graduate school or career opportunities should attend.

More info on event & panelists: <https://www.facebook.com/events/2276135812613346/>

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13. Marshall S. Levy, MD, Memorial Lecture: Lyme Arthritis – Mar 12, 4-5pm, Presbyterian-Scaife Hall Conference Center

Speaker: Dr. Allen C. Steere
Professor of Medicine, Harvard Medical School/Director of Translational Research in Rheumatology, Massachusetts General Hospital

More info: <http://www.health.pitt.edu/events/120318lyme-arthritis-40-years-after-its-discovery>

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14. Summer Research Programs

Still looking for summer research opportunities? Check out this extensive list put together by the Rochester Institute of Technology: <https://people.rit.edu/gtfsbi/Symp/summer.htm#skip>

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15. Pitt Summer Edge

For the past five years, the University of Pittsburgh has offered a dynamic series of programs – the Pitt Summer Edge – to give its undergraduate students a more competitive advantage.

The 2018 Pitt Summer Edge programs are:

- [The Edge in Public and Global Health](#)
- [The Edge in Environmental Policy Writing in Wyoming](#)

More info & apply: <http://www.summeredge.pitt.edu/>

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16. Nemaquin Wildlife Operations Internship

The Nemaquin Wildlife Operations Internship is a paid educational opportunity for students seeking to fulfill

their school's experiential educational requirements while pursuing a career in Biology, Wildlife, Fisheries, Equine Studies or Hospitality Industry.

The Nemaquin Wildlife Operations Internship plays a valuable role within the operations of the Wildlife Department. Students are provided the opportunity for hands-on training in a Forbes and AAA rated environment.

The internship typically begins anywhere from early February through late August and consists of 16 weeks of consecutive full time work. Nemaquin interns are offered on-site housing options as well as other benefits.

More info & apply: <https://goo.gl/vL5iyB>

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17. Heinz Summer Water Intern – deadline Mar 1

The *Pittsburgh Collaboratory for Water Research, Education, and Outreach* in the Department of Geology and Environmental Sciences at the University of Pittsburgh is seeking two talented and motivated undergraduates for four-month paid summer internships (May-August 2018). The interns will work with a partner organization that interact with water systems (e.g., NGOs, municipality, agency, community, or other water practitioners). Interns will receive a \$4,000 stipend and a \$500 research budget.

Applicants should submit an application package that includes: (a) A research proposal (as described below); (b) A one-page cover letter that describes why they are interested in this position; (c) college transcript(s), (d) a recommendation letter, and (e) a letter of commitment from the partner organization. Applications should be emailed as a single pdf to niznik@pitt.edu by 03/01/18. Recommenders can email their letters directly to niznik@pitt.edu.

Research proposals should address locally and/or regionally relevant water issues including but not limited to water quality, quantity, and the impact of water on local ecosystems. Proposals that address the intersection between water and social or health issues are also encouraged. The proposal should describe the importance of the research question and the method through which it will be addressed. The proposal should also identify a partner organization(s). Applicants can contact the partner organization directly or work with the Water Collaboratory faculty (Drs. Emily Elliott, Daniel Bain, Eitan Shelef, and Brian Thomas) to identify matching partner organizations.

Applicants will be selected based on the quality of their proposal and application materials, and will be informed by 04/01/18 regarding acceptance of their application. During Spring 2018, the selected applicants will meet with representatives of the Water Collaboratory and partner organization/s to map their internship scope, goals, schedule, and deliverables. The interns will be mentored by representatives of the Water Collaboratory and the partner organization. The expected deliverables include a written report and a presentation.

This internship is a great opportunity to “get your feet wet” with your own research on water issues, and to influence the critical intersection between water and urban environments. If you have any questions please contact the Water Collaboratory listed above (contact information for Collaboratory faculty can be found here: <http://www.geology.pitt.edu/people/faculty>).

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18. Rock Mtn Sustainability & Science Network – deadline Mar 25

Interested in the environment and sustainability? Want to learn more about the U.S. National Park Service and spend a week in Grand Teton National Park and Yellowstone National Park? Be involved with helping identify critical declines in pollinators for national parks? Would you like the opportunity to network with professionals and meet others passionate about the environment and sustainability? Apply to be a member of the 2017 RMSSN Summer Academy and pollinator hotshot crew!

More info & apply: <https://rmssn.wordpress.com/attend/rmssn-summer-academy/2015-summer-academy-application/>

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19. OUR Summer Undergraduate Research Award – deadline Feb 26

The Summer Undergraduate Research Awards (SURA) provide a \$3,500 stipend to conduct independent research over the summer. Titles of recent SURA topics range from Internet Memes and Popular Culture to The Mirror and the Mind: Medieval Literary Mirrors and the Neuroscience of the Mirror Response. SURA recipients also enroll in a 12-week summer SURA course to learn how to communicate their research findings to a general audience.

All SURA recipients participate in an ethics workshop. Because ethical concerns are inherent in every kind of research, the ethics workshop provides students, faculty, and staff with a meaningful opportunity to reflect on the kinds of ethical concerns that will guide young scholars far into the future.

More info & apply: <http://www.asundergrad.pitt.edu/research/awards-and-funding#summer-undergraduate-research-awards>

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20. Brackenridge Summer Research Fellowship – deadline Mar 2

These fellowships are named for Hugh Brackenridge (1748-1816), the founder of the University of Pittsburgh. They support full-time undergraduate students on the Oakland campus while they devote full-effort to conducting an independent research or creative project under the guidance of a faculty or graduate student mentor. These Fellowships are open to undergraduates from any field.

More info & apply: <https://goo.gl/RnA1xy>

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21. Health Sciences Summer Research Fellowship – deadline Mar 2

The Honors College - Health Sciences (HCHS) Summer Research Fellowship Program was launched in May 2014. It is intended for full-time Pitt undergraduate students on the Oakland campus who are currently engaged in biomedical research and plan to pursue a career in one of the health-related fields.

More info & apply: <https://goo.gl/9GR5K8>

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22. Human Performance Innovation Fund – deadline Mar 14

Could your research help Pitt athletes improve their game? Could that same research have commercial applicability beyond the training room, the field or the court?
Introducing the first-of-its-kind [Performance Innovation Tournament!](#)

[Pitt Athletics Department](#), [Clinical and Translational Science Institute](#) and the [Innovation Institute](#), with the support of the [offices of the Provost](#) and [Senior Vice Chancellor for Research](#), will award \$150,000 to two Pitt researchers (faculty or student) for their innovative ideas that improve human performance among athletes.

Find out more and get notifications about upcoming informational sessions by [completing the online form](#).

*** CLUBS *** CLUB***

Biology Club
www.facebook.com/groups/upittbiologyclub
upittbiologyclub@gmail.com

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Birding and Ornithology Club
www.facebook.com/groups/302359673107538/pittbirdingclub@gmail.com

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Dental Science Club
www.facebook.com/groups/pittdentalscienceclub

IG: @pittedentalscience club
pittedentclub@gmail.com

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Ecology Club

<https://www.facebook.com/groups/659750684140193/>
ecologyclubpitt@gmail.com

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Genetic Counseling Club

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

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Global Brigades

<https://www.facebook.com/PittGB>
<http://pittglobalbrigades.weebly.com/>
pitt@globalbrigades.org

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HOSA

<https://www.facebook.com/pitthosa/>
pitthosa@gmail.com

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International Service Learning Club

<https://www.facebook.com/pittisl/>
islpitt@gmail.com

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Plant2Plate

<http://www.pitt.edu/~sorc/plant2plate/index.html>
<https://www.facebook.com/PittPlant2Plate/>
plant2plate@gmail.com

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POMS

<http://www.poms.us>
<https://www.facebook.com/groups/pomspitt/>
pomspitt@gmail.com

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Pre-PA Club

<https://www.facebook.com/groups/523230964458833/>
pittppaa@gmail.com

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Pre-Vet Club

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

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Science Outreach Club

www.pittscienceoutreach.com
<https://www.facebook.com/groups/219923878379839/>
SCIROCKS@pitt.edu

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Tri-Beta, Biological Honors Society

<http://pitttribeta.weebly.com/>
tribeta.universityofpittsburgh@gmail.com

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Until next week,

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