

**Subject:** [BioAdv] Newsletter 2/27/2018  
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**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 – 2/27/2018

**Study Tips: Start early, read, review, relive!**

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Dental Science Club  
Ecology Club  
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Global Brigades  
HOSA  
Int'l Service Learning Club  
Plant2Plate  
POMS  
Pre-PA Club  
Pre-Vet Club  
Science Outreach Club  
Tri-Beta

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

**Fall enrollment begins March 26.** Not including Spring Break, there are ONLY 13 Business Days before the start of Fall enrollment and a little under 500 students who still have Academic Advisement holds. **Sign up for an advising appointment NOW before all spots get filled!**

**If you cannot make your appointment, please send us at least 24 hours' notice and reschedule. If you completely miss your appointment, you will have to wait until after March 26 to meet with an advisor.**

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.

Not sure if you still have an Academic Advisement Hold? Go to your Student Center. There will be a box on the right that says "Holds". If there is a hold listed, you can click on it for more details on how to get it removed.

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### 2. Advising Office Spring Break Hours

YES! Next week is Spring Break. YES! We are open (except Friday, March 9).

Will you be here during the break and want to get your fall hold removed before the start of enrollment? Come and make an appointment.

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### 3. 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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### 4. 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: Start early, read, review, relive!**

If you have assigned reading for a class, make sure to read the chapters/sections before the lecture and keep up on reading. It is so much easier to understand what is going on in class if you have prepared!

Begin to study for exams a week in advance. Use all of the resources provided by your professor. If your professor has not provided specific study resources - ask them for suggestions!

Read and/or copy your notes after lecture. This really helps to solidify which material you understood and which you did not. It also helps with repetition and familiarization with jargon!

Relive the joy of class! If your professor records their lectures, make sure to relisten/rewatch them after class, and take notes while doing so! If your professor does not provide recordings, ask them if you can record their lectures so that you can listen to it later. For example, biochemistry is very detail heavy, and sometimes the way a professor explains a concept verbally can save you a lot of blind searching in a textbook.

### ===== **5. Walk-In Resume/CV Feedback with Ellen**

**\*\*No Resume/CV walk-in hours during Spring Break.**

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

### ===== **6. 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: Hannah Han shares how she personalized a class project to get the most out of it by studying an inherited disease that affects her family.**

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](mailto:jewandelt@pitt.edu).

### ===== **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.

### ===== **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/>

Read about the story of PULSE Fellow Sid Dash, a Pitt Bio alum: <http://pulsepittsburgh.org/participant-story-siddhartha-dash/>

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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. Free Mindfulness Workshops**

Join CDPA and the Stress Free Zone (SFZ) for workshops on how to use Mindfulness in your career development process. Through the series, you will learn about Mindfulness and how it relates to the career decision making process. During sessions in the SFZ, you will have the chance to practice Mindfulness techniques and gain resources about this subject.

The sessions are split between the CDPA office and the SFZ:

- March 1st, 11am-11:50am, 224 William Pitt Union
- March 15th, 11am-11:50am, Stress Free Zone, 3rd Floor, William Pitt Union
- March 22nd, 11am- 11:50am, Stress Free Zone, 3rd Floor, William Pitt Union
- March 29th, 11am-11:50am, 224 William Pitt Union

More info & register: <https://app.joinhandshake.com/events/131658>

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## **12. Genetic Counseling Club Meeting – Feb 27, 7pm, WPU 310**

Christa Goyda, a cancer genetic counselor at Magee coming in to speak! The meeting will start promptly at 7 pm so that Christa has time to present a case study and allow 10-15 minutes for questions!

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## **13. Public Health Food for Thought Series – Feb 27, 3-5pm, Public Health Lecture Hall A115**

Join Marnie Schilken, Chief Impact Officer at the Greater Pittsburgh Community Food Bank, as she engages you in thinking through the lives of three different individuals and how food secure or insecure they might be. You will think about the drivers that allow a household or individual to be more or less food secure, and brainstorm what can happen if you tweak each scenario. Will people fare better or worse? Marnie will also describe the various programs at the Food Bank and share why and how the Food Bank keeps in mind the people and agencies it serves as it strives to “feed people in need and mobilize the community to end hunger.”

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**14. Mental Health First Aid Event – Feb 28, 9-10pm, Cathedral 324**

The American Medical Student Association (AMSA) and the Student Health Advisory Board (SHAB) are co-hosting a Mental Health First Aid meeting.

Sean Moundas, a Psychologist at the University Counseling Center and Certified Instructor, will be leading a discussion on Mental Health First Aid. Mental Health First Aid gives individuals the skills necessary to recognize and help someone who is developing a mental health problem or experiencing a mental health crisis. Light snacks and refreshments provided.

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**15. 2018 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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**16. Kaplan Med School Prep Week – Mar 26-29**

Gear up for Kaplan’s Med School Prep Week! The offered online prep sessions include:

- March 26, 8-10pm: So You Wanna Be a Doctor?
- March 27, 9-11pm: Personal Statement Workshop
- March 28, 7-9pm: Real Talk: How I Got In
- March 29, 9:30-11:30pm: MCAT Bootcamp

Reserve a spot at <http://bit.ly/PittPPAA>

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**17. 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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**18. The Woodlands Summer Camp Staff Positions**

The Woodlands, Western PA’s premiere summer camp experience serving individuals of all ages with disability and chronic illness, is NOW RECRUITING dedicated student leaders to join their Summer Staff for the 10-week (June 2-August 10) Summer Camp Season!

The Summer Counselor Position is Perfect For Students Studying...

- Elementary, Special, Transitional, and Secondary Education
- Holistic and Integrated Medicine
- Rehab Science, Creative Therapy, Exercise Science & Adapted Physical Activity, Nutrition & Dietetics
- Social Work, Psychology & Counseling, Behavioral Management, and Personal/Family Support

More info & apply: <http://mywoodlands.org/employment/>

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**19. VCU Academic Enrichment Program – deadline Mar 15**

Summer Academy Enrichment Program (SAEP) is an intensive, six-week inter-professional academic enrichment program located on the VCU Health Campus in Richmond, Va. The primary focus of SAEP is to provide students with an academically rigorous experience that simulates the first year of health professional school. Students may choose a concentration from among four disciplines: dentistry, medicine, pharmacy and

physical therapy.

More info & apply: <https://dhsd.vcu.edu/pipeline-programs/college/summer-academic-enrichment-program/>

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**20. 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://rmtsn.wordpress.com/attend/rmtsn-summer-academy/2015-summer-academy-application/>

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**21. VCU Allied Health Exploration – deadline Apr 6**

Allied Health Career Exploration is a two-week, nonresidential summer program designed to expose students to the diverse professional programs available at the VCU School of Allied Health Professions.

More info & apply: <https://dhsd.vcu.edu/pipeline-programs/college/allied-health-career-exploration/>

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**22. 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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**23. 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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**24. 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](#).

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**25. David C. Frederick Scholarship – deadline Mar 15**

The David C. Frederick Scholarship provides \$10,000 in tuition support to three full-time undergraduate students. Students apply as sophomores and the support is for the junior year with the possibility of

extension into the senior year. This scholarship was created specifically for high-achieving students (3.500 cumulative GPA or above) who currently work at a part-time or full-time job in order to pay for their education. It is intended to allow students to significantly reduce the number of hours worked during the academic year so that they may devote more time to other academic pursuits, such as additional courses, research opportunities, study abroad, or community engagement.

More info & apply: <http://www.honorscollege.pitt.edu/opportunities/david-c-frederick-scholarship>

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### **26. ACC Academic Consortium Fellows Program – deadline Mar 30**

Since Pitt is a member of the Atlantic Coast Conference (ACC), Pitt students are eligible to participate in the ACC Academic Consortium (ACCAC) Fellows Program in Creativity and Innovation. This opportunity recognizes and financially supports undergraduates involved in student-driven projects at each of the ACC member campuses.

Criteria for awards include, but are not limited to:

- Originality
- Creativity
- Innovation
- Experimentation
- Intellectual risk

Projects supported may include team-driven activities or individual projects, multi-school ventures, artistic endeavors, videos, and creative projects abroad.

The project must result in a deliverable that can be submitted to the ACC—some examples include an audio or DVD recording, photographs or video of a model or display, a written document, and a computer or web application.

More info & apply: <https://upitt.infoready4.com/#competitionDetail/1769635>

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### **27. Fall 2018 Chancellor's Undergrad Research Fellowship – deadline Mar 30**

The Chancellor's Undergraduate Research Fellowship is intended to support student involvement in independent research under the direction of a faculty mentor. Up to ten \$800 fellowships, administered by the University Honors College (UHC), are offered to encourage the enrichment of the students' experience in defining objectives and selecting methodologies appropriate to original research in their chosen field of study. The fellowships are available for one term, either fall or spring.

More info & apply: <https://upitt.infoready4.com/#competitionDetail/1767801>

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### **28. Fall 2018 THINK Fellowships – deadline Mar 30**

T.H.I.N.K.: Trans-disciplinary Honors Inquiries in New Knowledge

This Fellowship aims to:

1. Provide students an opportunity to intellectually engage with a variety of subjects across the humanities, arts, social sciences, and natural sciences.
2. Facilitate topical, conceptual, and even abstract connections across disciplines.
3. Promote critical thinking about different forms of research, scholarship, and creativity, and about research methods.
4. Develop students' ability to communicate to a broad audience.
5. Increase students' awareness of research funding structures and processes.

The Fellowship supports University of Pittsburgh undergraduates who conduct an independent research project, participate in an interdisciplinary weekly seminar in which Fellows present and discuss their projects, and attend a series of faculty talks, workshops, and panel discussions. The fellowship awards a stipend of \$1000; in addition, it requires students to register for 1 credit of research. Please note that if the 1 credit

pushes a fellowship winner over 18 credits, with special permission the Fellow may register for this credit in a later term.

More info & apply: <https://upitt.infoready4.com/#competitionDetail/1767811>

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**29. PittHonors Travel Award – deadline Apr 29**

PittHonors will award up to \$500 for students presenting at conferences. Students must be honors eligible (3.5 GPA), provide a copy of their invitation to present, and attach a faculty letter of support. Travel funds are awarded on a first-come basis until the annual budget is exhausted. Students may receive the PittHonors travel award only once.

More info & apply: <https://upitt.infoready4.com/#competitionDetail/1765958>

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\*\*\* **CLUBS** \*\*\* **CLUB**\*\*\*  
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**Biology Club**  
[www.facebook.com/groups/upittbiologyclub](http://www.facebook.com/groups/upittbiologyclub)  
[upittbiologyclub@gmail.com](mailto:upittbiologyclub@gmail.com)

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**Birding and Ornithology Club**  
[www.facebook.com/groups/302359673107538/pittbirdingclub@gmail.com](http://www.facebook.com/groups/302359673107538/pittbirdingclub@gmail.com)

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**Dental Science Club**  
[www.facebook.com/groups/pittdentalscienceclub](http://www.facebook.com/groups/pittdentalscienceclub)  
IG: @pittdentalscience club  
[pittdentclub@gmail.com](mailto:pittdentclub@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](mailto: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](mailto:plant2plate@gmail.com)

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**POMS**

<http://www.poms.us>  
<https://www.facebook.com/groups/pomspitt/>  
[pomspitt@gmail.com](mailto:pomspitt@gmail.com)

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**Pre-PA Club**

<https://www.facebook.com/groups/523230964458833/>  
[pittppaa@gmail.com](mailto:pittppaa@gmail.com)

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**Pre-Vet Club**

<https://www.facebook.com/groups/441907539257843/>  
[pittprevet@gmail.com](mailto:pittprevet@gmail.com)

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**Science Outreach Club**

[www.pittscienceoutreach.com](http://www.pittscienceoutreach.com)  
<https://www.facebook.com/groups/219923878379839/>  
[SCIROCKS@pitt.edu](mailto:SCIROCKS@pitt.edu)

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**Tri-Beta, Biological Honors Society**

<http://pitttribeta.weebly.com/>  
[tribeta.universityofpittsburgh@gmail.com](mailto:tribeta.universityofpittsburgh@gmail.com)

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**Until next week,**

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