

Subject: [BioAdv] Newsletter 2/6/2018
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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 – 2/6/2018

Setting Up for Success Tip #3: Take Care of Yourself!

OVERVIEW (See below for details)

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CLUBS

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- 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

We are now having appointments for long-term planning and to have your hold lifted for both Summer and Fall classes. Appointment sheets for Christine, Ellen, Jessica, and Kevin are out in A258 Langley.

- **Summer enrollment begins Feb 12**
- **Fall enrollment begins March 26**

BRING YOUR BLUE ADVISING FOLDER AND UPDATED PLAN TO YOUR MEETING.

Newly Declared students must attend a Group Advising Meeting prior to signing up for an Individual Advising Meeting.

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2. Summer Course Offerings Now Viewable

Summer 2018 courses are now viewable in PeopleSoft Student Center! Registration for summer courses begins on February 12th.

Make an appointment with an advisor to get BOTH summer and fall academic advisement holds lifted!

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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 Coe & Michaela Schreyer
- Wednesdays @ 11am-12pm: Grace Lee & Hana Mujkovic
- Thursdays @ 4-5pm: Hannah Han & Ramya Saravanan
- Fridays @ 10-11am: Owen Poling & Nora Mosch

Setting Up for Success Tip #3: Take Care of Yourself!

- Don't neglect self-care.
- If you don't take care of your body, your brain isn't likely going to be in great shape either. Eat well, drink lots of water, exercise, get some sleep.
- If you eat cleaner and stay hydrated, you'll feel better, have more energy, and be more productive.

- Exercising also increases your energy! It doesn't have to be anything super intense--even just walking to class instead of taking the bus will get your blood flowing and deliver oxygen to where it needs to go (i.e. your brain).
- And sleep. Get real, actual sleep. To keep your circadian rhythm in check, you want to have a pretty consistent wake up time and bedtime. Two hours is the most you want to vary. If you have to wake up at 7am for an 8am class three days a week, you want to be up by 9am on days you get to sleep in (yes, that includes weekends). Naps during the day are fine, but try to keep them under thirty minutes, so you don't enter into the deeper stages of sleep.
- In summary, maintain your metabolism and circadian rhythm to maximize your productivity.

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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/>

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. 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. 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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7. AUG Grad? Don't forget to apply!

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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8. Marshall Univ. Biomed Sci PhD Program – deadline Mar 1

Marshall University is still recruiting students for their Biomedical Sciences PhD program!

More info & apply: <https://jcesom.marshall.edu/research/phd>

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9. Personal Statement/Cover Letter Workshop – Feb 9, 3:30pm, Langley A202 (FRIDAY)

Sponsored Biological Sciences Advisors and HHMI

Learn how to tailor your own cover letter/personal statement for the position you are applying to.

Bring your own resume/CV to help craft your cover letter/personal statement.

Extra Credit: Bring the description of the position you are applying to!

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10. Letter of Recommendation Workshop – Feb 20, 4pm, Langley A214

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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11. Panther 2 Panther Tutoring (FREE)

Panther to Panther Tutoring provides free group or one-on-one tutoring for Pitt students in many subjects, including Biology. The tutors are all members of the academic honor society Phi Eta Sigma who have done well in the course. The tutors are very flexible, and students can set up appointments as often as they would like, be that weekly meetings or a single session.

If you are interested, please email Grace at cph28@pitt.edu with your course, and she will put you in contact with a tutor as long as there is one available. Other subjects offered include, but are not limited to, Organic Chem, Calculus, Physics, and Statistics.

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12. Like working with kids? Volunteer Opportunity!

Therapeutic Early Intervention Services (TEIS) is adding a playgroup to be held at East Liberty Library on the 1st and 3rd Monday from March to June. The playgroup runs from 10:30am-12pm.

TEIS is looking for volunteers to work with kids during this playtime!

If interested, email Lauren Russell at lauren@teisinc.com

More info: <https://teisinc.com/>

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13. Pitt Pulse Winter 2017 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 Neuro advising offices.

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

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14. Darwin Day – Feb 14, 7pm, Duquesne Power Center

Join Drs. Rosemary and Peter Grant, Professors in Ecology and Evolutionary Biology at Princeton University, as they discuss the progress that has been made in our understanding of speciation with special reference to the young radiation of Darwin's Finches of the Galápagos Islands, drawing on the results of their

long-term field study of finch populations spanning several decades, combined with laboratory investigations of the molecular genetic basis of beak development.

More info: <http://www.duq.edu/darwin>

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15. Spring Career + Internship Fair Prep Week – Feb 5-9

From resume and networking workshops to stress relief classes, check out how you can prepare this week for the upcoming Spring Career + Internship Fair!

More info & list of events: <http://www.studentaffairs.pitt.edu/cdpa/spring2018careerfair/>

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16. Spring Career + Internship Fair – Feb 13, 15-16, 11am-3pm, WPU

Start preparing for the Spring Career Fair!

[Business, Humanities, and Social Sciences](#)

Tuesday, February 13 | 11 a.m.-3 p.m. | WPU Main Floor

[Science, Technology, Engineering, and Math \(STEM\)](#)

Thursday and Friday, February 15-16 | 11 a.m.-3 p.m. | WPU Main Floor

More info & register: https://pitt.joinhandshake.com/career_fairs/3646

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17. Podiatric Med Virtual Fair – Feb 7, 11am-6pm, online

The American Association of Colleges of Podiatric Medicine would like to invite you and your students to register for the Virtual Podiatric Medical School Fair on February 7, 2018 from 11AM to 6PM eastern.

This is a FREE event for college students who are interested in exploring careers in medicine. We'll be covering podiatric medicine as a career choice - from surgery to wound care to sport medicine, podiatric physicians provide a wide range of care for their patients.

Representative from each of the nine U.S. schools of podiatric medicine will be available during the day to chat. Additionally, we'll have current students, faculty and DPM Speakers and Mentors available to share why they chose podiatric medicine.

More info & register: <http://careereco.com/events/podiatry>

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18. SHRS Counseling Skills Workshop – Feb 9, 1-4pm, Forbes Tower 4014

Undergraduates interested in careers in counseling, psychology or rehabilitation professions are invited to the [Psychiatric Rehabilitation counseling skills workshop](#), hosted by the School of Health and Rehabilitation Science's Clinical Rehabilitation and Mental Health Counseling program.

More info and register: https://pitt.co1.qualtrics.com/jfe/form/SV_ahQ5MhN95fr0vQ1

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19. AAMC Virtual Medical School Fair – Feb 15, 11am-8pm, online

AAMC Virtual Medical School Fair is an opportunity for aspiring medical students to connect with more than 60 medical schools from the comfort of a computer or mobile device. It is provided by the AAMC at no cost to attendees.

More info & register: <https://goo.gl/RiNern>

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20. PhiDE Gelfand Lecture 2018 – Feb 17, 1-2pm, O’Hara Dining Room

The event is Phi Delta Epsilon’s annual Gelfand Lecture. Each year a physician is invited to give a talk on his/her research and experiences in the medical field. This year, PhiDE will host Dr. Harry Rubash.

Dr. Rubash is currently the Emeritus Chief of Orthopedic Surgery at Massachusetts General Hospital, as well as a professor of orthopedic surgery at Harvard Med. He will be giving a talk on his research involving orthopedics and discussing his experiences in the field of medicine. Additionally, Dr. Rubash is a Pitt alumnus — both undergrad and med school!

Light refreshments will be provided.

More info: <https://www.facebook.com/events/2070074776559903/>

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21. 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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22. Ethiopia Medical Brigade Info Session – Feb 12, 9pm, Cathedral 226

This informational meeting is **mandatory** if you want to join.

Do you want to go to Ethiopia? Join *Pitt Out of the Ashes* for an adventure THIS JULY!

Pitt Out of the Ashes will be going to the community of Korah, a trash dump community outside of Addis Ababa to complete a service project. They hope to set up a small medical clinic and do public health awareness for the impoverished families and vulnerable children of Korah. Pre-med students will work directly with US physicians as “assistants, nurses, and pharmacists” for an intense hands-on medical experience.

Pitt Out of the Ashes is looking for clinical and non-clinical volunteers to make this trip possible. This trip may be of interest to students pursuing: medicine, physician assisting, nursing, pharmacy, public health, rehab sciences, dentistry, social work, etc.

If interested, visit *Pitt Out of the Ashes* on Facebook for more information, and fill out this application here: <https://goo.gl/forms/sYMganrUzq18SFK82>

FAQs:

WHO: Anyone (not limited to Pitt students); no medical experience needed

WHAT: Service trip to help a trash dump community outside Addis Ababa

WHEN: 7-10 days in July

WHERE: We are staying in a safe guest house in Addis Ababa

WHY: Make an impact, gain medical experience, have an adventure

COST: Up to \$3500

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23. Pitt Biological Sciences Mentor/Mentee Fellowship – deadline Feb 16

This 11-WEEK program for University of Pittsburgh (Pittsburgh campus) undergraduates interested in research runs May - August. The program includes:

A 2-week Group Project. Teams tackle a research project together. Junior and Senior undergraduates paired with Freshmen and Sophomores will master a set of research skills and learn about research and facilities across the department.

A 9-week research rotation in a Faculty Laboratory. All students will work in different labs throughout the department for the remainder of the summer. Students will share their research with each other in a weekly student seminar series. Students will hear from faculty about their lab experiences in another seminar series.

More info & apply: <http://www.biology.pitt.edu/undergraduate/awards-and-fellowships/mentormentee>

Contact Dr. Nancy Kaufmann at nkaufman@pitt.edu with questions.

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24. Pitt Pymatuning REU – deadline Feb 19

The Richards-Zawacki lab at the University of Pittsburgh invites undergraduate applicants for a 10-week summer research experience at the Pymatuning Lab of Ecology in northwestern Pennsylvania (<http://www.biology.pitt.edu/facilities/pymatuning>).

This position is part of the National Science Foundation's Research Experiences for Undergraduates (REU) program. Ongoing work in the Richards-Zawacki lab aims to clarify the relationship between climate and the dynamics of chytridiomycosis, a fungal disease that threatens amphibian populations on several continents. The successful applicant will work collaboratively with other members of the Richards-Zawacki lab to survey local amphibians for *Batrachochytrium* fungi, the pathogens that cause chytridiomycosis, and also design and carry out a study to investigate the role frog thermal biology/preference in the dynamics of these infections. Room and board at the Pymatuning Lab of Ecology will be provided, along with transportation to and from the field station and a stipend of \$500/week.

The position is open to undergraduate students who are citizens or permanent residents of the United States or its possessions and are enrolled in a degree program (part-time or full-time) leading to a baccalaureate or associate degree. To apply, please send a one page personal statement (about your scientific interests and how this REU will support your professional goals), your resume or cv, unofficial transcripts, and the names of two professional references (including title, address, phone number and email address) to Dr. Cori Richards-Zawacki (cori.zawacki@pitt.edu). Applications are due February 19, 2018.

Please direct any questions you may have about the program to Dr. Richards-Zawacki (cori.zawacki@pitt.edu).

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25. UVA Blandy REU – deadline Mar 1

Blandy has provided Undergraduate Research Fellowships to students interested in ecology and environmental science through funding from the National Science Foundation's Research Experience for Undergraduates (REU) program. The format of the program encourages students to develop skills in experimental design, data collection, analysis, and critical reading of primary scientific literature. Students also learn to prepare and communicate scientific information to other scientists and the general public.

For summer 2018, Blandy will offer 10 awards that carry a \$5775 stipend + an additional meal budget, free housing, and a budget for supplies and research-related travel.

More info & apply: <https://sites.google.com/site/blandyreu/>

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26. 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. Applications are encouraged from across the University of Pittsburgh campus, regardless of major, school or departmental affiliation.

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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27. 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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28. 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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29. 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>

*** **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: @pittdentalscience club
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

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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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