

Biology Advising Newsletter 2/05/2014

Would you prefer to download a PDF version of this newsletter (or previous newsletters)?
Go Here: <http://biology.pitt.edu/undergraduate/advising-and-support/newsletters-arc>

OVERVIEW (See below for details)

ADVISING

1. Pre-enrollment Appointments
2. Course withdraw deadline - March 7
3. Recommendation Letter Workshop - Feb 21

ACADEMIC SKILLS WORKSHOP

- 4a) Financial Aid Information Session - Feb 5
- 4b) Study Smarter Not Harder With Strategies Supported by Cognitive Science - Feb 12, 6pm
- 4c) Time Management - Feb 21, 2pm
- 4d) Time Management - Feb 25, 6pm
- 4e) Overcoming Procrastination - March 19, 6pm
5. Coping with Anxiety Workshop – Starts Friday Feb 7

\$\$\$ JOB; SCHOLARSHIP

6. Work Study or Student Employee Position - Hillman Cancer Center – Start now!
7. UHC Scholarship for 3rd, 4th, 5th year students - deadline Feb 14 (this round)

SUMMER INTERNSHIPS & RESEARCH

8. Summer Internship - AAI @ Allegheny Health Network - Deadline Feb 28
9. International Internship in Guatemala – Summer 2014
10. Summer Internship - The Skin Center Medical Spa & Surgical Center
11. Columbia University School of Public Health Summer Research - deadline March 1
12. UMichigan Dept of Molecular & Integrative Physiology Summer Fellowship - Deadline Feb 15

CHECK IT OUT

13. Pittsburgh Undergraduate Review Accepting Submissions
14. Lecture “Drowning: Climate Change Hits a Small Island” - Feb 13, 4pm, O'Hara Student Center

PRE-HEALTH

15. VCU Summer Academic Enrichment Program - Deadline Feb 15
16. Alternative MCAT prep
17. Kaplan FREE practice test event @ Pitt Feb 22
18. **New Club forming:** pre- Student Osteopathic Medical Association

CLUB MEETINGS

- Ecology Club - Feb 13
Biology Club - Feb 18
Tri-Beta - Feb 11

Optometry Club
Pitt Outdoors Club
Pre-Vet Club
Birding & Ornithology Club
POMS

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

=====

1. Pre-enrollment Advising Meetings

Avoid the March rush and sign up for your advising meeting now! All three advisors have appointment sheets in A258 Langley. **BRING YOUR BLUE ADVISING FOLDER.**

Important dates:

Feb 17 - summer enrollment begins **

March 24 - fall enrollment begins

**if you plan to take summer courses come prepared to talk about BOTH summer and fall and we can then remove both holds!

PLEASE! Be mindful when selecting a time, to prevent having to scratch out your name later.

Remember that we also take walk-ins for quick questions. Drop by if we can help you with something!

=====

2. W Grades: March 7 is the deadline for students to withdraw from an undergraduate course in the Dietrich School without penalty or credit.

=====

3. Recommendation Letter Workshop - Feb 21, 3:30-5pm, Clapp L9

Learn how to get the most valuable recommendation letters.

Work in small groups to build a document to distribute to your letter writers.

sponsored by BISOC Advisors

=====

4. Academic Skills Workshops

4a) Financial Aid Information Session - Feb 5, 6pm, ARC

Presenter: Melissa DiGuilio, Financial Aid Advisor, Office of Admissions and Financial Aid

4b) Study Smarter Not Harder With Strategies Supported by Cognitive Science - Feb 12, 6pm

Presenter: Timothy Nokes-Malach, PhD, Associate Professor, Department of Psychology

4c) Time Management - Feb 21, 2pm, ARC

Presenter: Anita Persaud, DEd, Director, Academic Resource Center

4d) Time Management - Feb 25, 6pm, ARC

Presenter: Anita Persaud, DEd, Director, Academic Resource Center

4e) Overcoming Procrastination - March 19, 6pm, ARC

Presenter: Mike Chirdon-Jones, MEd, Academic Specialist, Academic Resource Center

=====

5. Coping with Anxiety Workshop – Starts Friday Feb 7

Four week workshop: Fridays, Feb 7 – 28, 2:30–4:00pm

The Wellness Center, 2nd floor of Nordenberg Hall

This 4-session workshop is more like a class than a counseling group. It could benefit students with any type of anxiety. The last session focuses on test anxiety and builds on the skills presented earlier in the series (managing physiological symptoms of anxiety and restructuring negative self-talk.) The 4-week model drives home the importance of daily practice of the skills. The workshop series is run by Kym Jordan Simmons, PhD.

Interested? Simply call the main number at Pitt’s Counseling Center (412.648.7930) to sign up.

=====

6. Work Study or Student Employee Position - Hillman Cancer Center – Start now!

Freshman or sophomore for 10-15 hours a week to assist in general lab duties.

Must be able to work a set schedule each week.

Background in biological sciences or health sciences (public health, epidemiology, etc.)

*The paid position might continue through the summer and following school year.

The basic components of the job involve:

- Database update and maintenance (Need experience in Microsoft Office/Excel)
- Managing the stock collection of samples by setting up physical storage and an Excel database
- Sample aliquoting: setting up labels for tubes, thawing samples and proper pipetting of the samples
- Shipment preparation: doing the above sample aliquoting in preparation for shipments

Contact: Jennifer at adamshaduchj@upmc.edu <<http://adamshaduchj@upmc.edu>>

Jennifer Adams-Haduch
Research Specialist - UPCI Basic Research
Phone: 412-623-6148

=====

7. UHC Scholarship for 3rd, 4th, 5th year students - deadline Feb 14 (this round)

The Honors College has begun a new scholarship program that provides \$2,000 in tuition support to approximately 40 undergraduate students each year. The details and application

procedures are on this website:

<http://www.honorscollege.pitt.edu/uhc-scholarships>

In brief, the eligibility criteria are:

1. The student must be in his/her junior, senior, or fifth-year and have completed at least two full semesters at Pitt's Oakland campus.
2. The student must have a 3.50 cumulative GPA.
3. The student cannot be a recipient of a merit scholarship from Pitt's Office of Admissions and Financial Aid (this scholarship, then, will be of particular interest to transfer students and those students who were not awarded a merit scholarship as an incoming freshman).
4. Participation/involvement in the Honors College (the student will explain his/her participation as part of the application process; details and examples of "UHC involvement" are on the website).

The first awards will be made this semester (the application deadline is February 14) and seniors graduating this April are eligible to apply.

=====

8. Summer Internship - AAI @ Allegheny Health Network - Deadline Feb 28

The application packet for the 2014 AAI Summer Research Internship Program that was announced in last week's newsletter can now also be accessed at the following website: www.lupuscenter.org <<http://www.lupuscenter.org>> (both under the home page and the research page). Here's the announcement again:

Asthma, Allergy, & Autoimmunity Institute (AAI) Summer Internship Program in Pittsburgh, PA.

Conduct an independent research project during an eight-week internship under the mentorship of an AAI faculty member. Gain experience in all aspects of the research process including reviewing relevant literature, developing experimental protocols, conducting experiments at the bench, and analyzing data. Interns also write an abstract and deliver an oral presentation of their project to AAI faculty and staff at the end of the internship. In order to highlight the translational nature of our research, our program includes numerous opportunities for interns to shadow physicians in an outpatient setting as well as a series of didactic lectures focused on specific disease areas and human subjects research.

Questions? Contact:

aairesearch@wpahs.org

Linda Santelices, MS, CCRC, Director, Internship Program
Asthma, Allergy, and Autoimmunity Institute

The Bio Advising Office has a hard copy of the brochure if you want to stop by.

=====

9. International Internship in Guatemala – Summer 2014

Info meetings (pick one):
February 10, 9pm, CL 213
February 16, 6pm, CL 213

This summer, Pitt Nourish International is partnering with Maya Traditions Foundation in Panajachel, Guatemala to begin phase one of a two year project constructing an education center. The center will educate members of the community about low-cost, traditional Maya healing methods made from medical plants and herbs grown in the community garden, which participants will also help expand and cultivate. Research opportunities are also available.

Participation is considered (1) an internship with Nourish International, a 501(c)-3 non-profit [<http://nourish.org/>], and (2) a volunteer experience with Maya Traditions [<http://mayatraditions.com/>].

=====

10. The Skin Center Medical Spa & Surgical Center Internships - Summer 2014

The Skin Center Medical Spa and Cosmetic Surgery center is looking for qualified internship candidates for both spring 2014 and summer 2014. Currently we can accommodate up to three pre-med candidates interested in the areas of Cosmetic surgery, Vascular/Vein therapy or Cosmetic Dermatology.

The internship program consists of the following components:

- • 6 week program, totally no more than 100 total hours
- • 2 week rotation between each specialty (vein center, medical spa, surgical center)
 - • Shadowing opportunity with each specialist:
 - ○ Dominic A. Brandy, Board Certified Cosmetic Surgeon
 - ○ Jason Tomsic, Board Certified Osteopathic Surgeon, Specializing in Vascular Surgery
 - ○ Deb Thomas, Allergan National trainer/RN
 - ○ Sharon Groesbeck, Patient Relations Director

Those wishing to submit a resume for consideration, should include both a resume and cover letter with area of specialty and interest.

Please submit to our business office in care of:
Ines Brady
General Manager, The Skin Center
2275 Swallow Hill Road, STE 2500
Pittsburgh, PA 15220

*Summer internship will start June 1.
All resumes must be received no later than April 30.*

=====

11. Columbia University School of Public Health for Summer Research - deadline March 1

Biostatistics Epidemiology Summer Training (BEST) Diversity Program (*2014 program pending grant approval)

The BEST Diversity program was established to expand and diversify the behavioral and biomedical sciences' workforce by introducing undergraduates from underrepresented populations to biostatistics and cardiovascular and pulmonary disease research. Students representing racial and ethnic minority groups, disadvantaged backgrounds, and students with disabilities will spend eight weeks with the Department of Biostatistics at Columbia University Mailman School of Public Health taking courses, engaged in research, and being mentored by a faculty member. Participants receive a summer stipend.

For more information on program eligibility/requirements and the online application, visit: <http://www.mailman.columbia.edu/academic-departments/biostatistics/best-diversity-program>

Columbia Summer Institute for Training in Biostatistics (CSIBS) Program

CSIBS provides advanced undergraduates and select recent college graduates with training and exposure to the biostatistical sciences. Students will spend eight weeks with the Department of Biostatistics at Columbia University Mailman School of Public Health taking courses, engaged in research, and being mentored by a faculty member. After successful completion of the program, students receive 3 credits of coursework at the Mailman School of Public Health.

For more information on program eligibility/requirements and the online application, visit: <http://www.mailman.columbia.edu/academic-departments/biostatistics/csibs-program>

=====

12. UMichigan Dept of Molecular & Integrative Physiology Summer Fellowship - Deadline Feb 15

The University of Michigan offers summer fellowship programs to support undergraduate students that are interested in research in physiology and/or biomedical sciences.

Each student will be matched, based on his or her interests, to a laboratory that is led by a faculty member of the Department of Molecular & Integrative Physiology or of the University of Michigan Medical School. The selected laboratories are involved in nationally recognized research, in topics such as hormones and signal transduction, obesity and diabetes, reproduction and circadian rhythms including sleep, gastrointestinal physiology including digestive diseases, and many aspects of cardiovascular disease. 12 week paid program.

Further details:

<http://medicine.umich.edu/dept/molecular-integrative-physiology/education/undergraduate-opportunities>

=====

13. Pittsburgh Undergraduate Review Accepting Submissions

The Pittsburgh Undergraduate Review is the interdisciplinary, peer-reviewed research journal of the University Honors College. We seek to publish the best undergraduate research from Pitt and across the world.

PUR is happy to accept submissions from undergraduate researchers in any department at Pitt

Students looking to publish original, substantial independent work are encouraged to send papers to us at pittundergradreview@gmail.com.

For more information, interested students can visit www.pur.honorscollege.pitt.edu, or find vol. 15, issue 1 in the Honors College.

=====
14. Lecture “Drowning: Climate Change Hits a Small Island” - Feb 13, 4pm, O'Hara Student Center

Stuart Beck, Ambassador for Oceans and Seas, Permanent Mission of Palau, will address climate change from the perspective of Palau, an island country in the Western Pacific Ocean that is particularly threatened by rising sea levels. He will provide insight into the ways the UN system creates opportunities for small countries to make their voices heard and into the obstacles faced by countries promoting more proactive policies on climate change.

Speaker bios, relevant readings and more about the sessions are available at the series website <http://www.ucis.pitt.edu/global/dialogs/climate-change-talks>

=====
15. VCU Summer Academic Enrichment Program - Deadline Feb 15

Attention aspiring pre-health Juniors & Seniors! SAEP is an intensive, six-week inter-professional academic enrichment program designed around an inter-professional framework that includes:

- Introduction to the rigor of first-year health professions courses at VCU through three professional-level science courses
- Discipline specific instruction time (dentistry, medicine, pharmacy, physical therapy)
- Workshops on admissions, professionalism, test-taking and learning skills
- Individual and group advising
- Mock interviews
- Seminars on current and relevant health sciences topics
- Community service opportunities
- Networking and social events

Students may apply to one of four tracks (dentistry, medicine, pharmacy or physical therapy), which will determine their discipline specific concentration. Upon completion of the program, participants will have the tools that will help them to assess their strengths and weaknesses in regards to application into a health professions school. Participants are

provided with housing and a stipend to cover program expenses.

Full program details: www.dhsd.vcu.edu/programs/college/saep.html

=====
16. Alternative MCAT prep

<http://www.drflowersmcat.com/>

=====
13. Kaplan FREE practice test event @ Pitt Feb 22

GRE, GMAT, MCAT, LSAT, DAT, PCAT, or OAT **free** practice test event on campus at The University of Pittsburgh.

Seat availability is very limited and the tests are filling up quickly so if you would like to benefit from taking a free practice test please click the link below to register.

You will receive your scores, which only you will see, about 5 minutes after the practice test and there will also be an expert teacher who will explain strategies to increase your score as well.

<http://www.formstack.com/forms/?1662050-WsVml3kFPv>

=====
18. New Club forming: pre- Student Osteopathic Medical Association (SOMA)

The Pitt Student Osteopathic Medical Association (SOMA) is hoping to assemble a group of motivated students to establish a Pre-SOMA chapter at Pitt. The purpose of this group is to promote and inform the public about osteopathic medical education and prepare members for matriculation into medical school.

If interested, or would like more info, contact Nathan Angerett
Nathan.Angerett@alumni.pitt.edu

Pre-SOMA Website

<http://www.studentdo.com/WCM/Programs/Pre-SOMA/WCM/InsideSoma/Programs/Pre-SOMA.aspx?hkey=f8f52c56-21ed-4ea6-b902-fae8f2eae2d9>

=====
ECOLOGY CLUB - Alternate Thursdays, 6pm, Langly A219B

2/13, 2/20, 3/6, 3/20, 4/3, 4/17

pittecologyclub@gmail.com

=====
BIOLOGY CLUB - Alternate Tuesdays, 8:00pm, Langley A224

2/18, 3/4, 4/1, 4/15

=====
TRI-BETA - Alternate Tuesdays, 8:00pm, Langley A224

2/11, 2/18, 3/4, 3/18, 4/1, 4/15

www.facebook.com/groups/tribetapitt

=====
OPTOMETRY CLUB - Sundays, WPU

pittoptclub@gmail.com

=====
PITT OUTDOORS CLUB - Tuesdays, 9:00pm, WPU porch

=====
PRE-VET CLUB - Alternate Mondays, 8:00pm, Langley A219B

pittprevet@gmail.com

=====
BIRDING & ORNITHOLOGY CLUB

PittBirdingClub@gmail.com

www.facebook.com/groups/302359673107538

=====
POMS - Fridays, 5:30pm, WPU 837

Premedical Organization for Minority Students

www.poms.us

=====
Until next week,

Jaime Warren 412-624-4273 jlw146@pitt.edu

Christine Berliner 412-624-4819 christin@pitt.edu

Ellen Kelsey 412-624-0421 KelseyE@pitt.edu

Advisors, Biological Sciences

A258 Langley Hall

University of Pittsburgh