

## Biology Advising Newsletter 2/17/2014

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Go Here: <http://biology.pitt.edu/undergraduate/advising-and-support/newsletters-arc>  
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### OVERVIEW ( See below for details )

#### ADVISING

1. Pre-enrollment Appointments
2. Course withdraw deadline - March 7
3. Recommendation Letter Workshop - Feb 21
4. Graduating in August?

#### STUDY RESOURCES

5. Time Management Workshop - Feb 21 or Feb 25
6. Overcoming Procrastination Workshop - March 19, 6pm
7. Stressed out? Relaxation audios

#### PRE-HEALTH

8. Pre-Health Professions Advising
  - *New Office Location*
  - *Scheduling Appointments*
  - *Walk-In Hours for Quick Questions*

#### CLUB MEETINGS

- Plant2Plate - Feb 15
- Ecology Club - Feb 20  
Biology Club - Feb 18  
Tri-Beta  
Optometry Club  
Pitt Outdoors Club  
Pre-Vet Club  
Birding & Ornithology Club  
POMS

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\*\*\* DETAILS \*\*\* DETAILS \*\*\* DETAILS \*\*\*  
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### 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!

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

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**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 BIOSC Advisors*

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**4. Graduating in August?**

Go fill out your application for graduation in 140 Thackeray by March 21. It is easy and free!

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**5. Time Management Workshop**

**Feb 21, 2pm, ARC**

-or-

**Feb 25, 6pm, ARC**

Presenter: Anita Persaud, DEd, Director, Academic Resource Center (ARC)

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**6. Overcoming Procrastination - March 19, 6pm, ARC**

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

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**7. Stressed out? Relaxation audios**

Check out these 5, 10, and 15 minute audio downloads for relaxation.

<http://www.studentaffairs.pitt.edu/ccaudidownloads>

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**8. Pitt Pre-Health Professions Advising**

**New Office Location:** 479 Crawford Hall

## Scheduling Appointments

Sophomores, juniors and seniors may self-schedule an appointment with the health advisors. **LINK:** <http://www.appointmentquest.com/scheduler/2160041238>

## Walk-In Hours for Quick Questions, CRAWFORD 479:

- Tuesdays 9:30-10:30 AM (*Angela*)
- Wednesdays 1:00-2:00 PM (*Angela*)
- Wednesdays 3:00-4:00 PM (*Andrea*)
- Thursdays 9:30-10:30 AM (*Andrea*)

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## • **Plant2Plate meeting - Feb 15, noon, 242 CL**

Plant to Plate is the University of Pittsburgh's student-run urban garden. We harvest crops and donate them to the Oakland Food Pantry. The garden is located on Oakland Avenue, across from Bouquet Gardens. \*All are welcome, no experience necessary!\*

For the general meeting on Feb 15, we're going to discuss what plants worked or didn't work at the garden this past year, and we want YOUR help to help us figure out what to plant next year.

Twitter (@PittPlant2Plate)  
Instagram (PittPlant2Plate)  
Facebook (facebook.com/Plant2PlatePITT)

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## **ECOLOGY CLUB - Alternate Thursdays, 6pm, Langley A219B**

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

[pittecologyclub@gmail.com](mailto:pittecologyclub@gmail.com)

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

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

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

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

[www.facebook.com/groups/tribetapitt](http://www.facebook.com/groups/tribetapitt)

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## **OPTOMETRY CLUB - Sundays, WPU**

[pittoptclub@gmail.com](mailto:pittoptclub@gmail.com)

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

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

[pittprevet@gmail.com](mailto:pittprevet@gmail.com)

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**BIRDING & ORNITHOLOGY CLUB**

[PittBirdingClub@gmail.com](mailto:PittBirdingClub@gmail.com)

[www.facebook.com/groups/302359673107538](http://www.facebook.com/groups/302359673107538)

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

Premedical Organization for Minority Students  
[www.poms.us](http://www.poms.us)

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**Until next week,**

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