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**\*\*NETWORKING TIP OF THE WEEK\*\*** by Carol Stanton, CGS Career Counselor

Who do you already know?

Make a list of: family, friends, co-workers, neighbors, professors, classmates, acquaintances, etc. Contact them and ask if they know anyone in the field that you are interested in. If they don't know anyone directly, maybe they can refer you to someone who does.

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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.

PLEASE! Be mindful when selecting a time, to prevent having to scratch out your name later. A last-minute appointment change deprives other students of that time-slot.

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

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2. S/NC Grade Option - Deadline Feb 1

S/NC Grade option: Under this option, a student who does satisfactory work (a grade of C or better) in a course receives the grade of S. If the student's work is not satisfactory (a grade of C- or lower), the grade of NC (for no credit) is given. Courses for which S grades are earned are counted toward graduation but are not computed in the GPA. Courses for which NC grades are earned are not counted toward graduation because the NC designates that no credit was earned. In order to take a class with the S/NC grade option, a student must have selected the S/NC option by

February 1, by completing a Grade Option/Audit Request form in 140 Thackeray Hall.

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3. Majors and Minors Expo - Help your Advisors!

We are looking for students able to spend 30 to 60 minutes at the Biological Sciences table at the Majors and Minors Expo to promote our majors on January 30th from 11am-3pm in William Pitt Union. If you can help out, contact Jaime Warren [jlw146@pitt.edu](mailto:jlw146@pitt.edu)

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4. Lecture "Transforming Stroke Care: 30 Years of Progress" - Jan 28, 4pm, Scaife Hall, Lecture Room 6

Lecture by Henry B. Higman, Chair in Neurology, Pitt School of Medicine. Reception to follow.

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5. Spring 2013 pilot program for BIOSC Undergraduate Teaching Assistants

Meet 1 hour weekly for discussions and journal clubs on...  
-How to help undergraduates learn and study biology  
-Using science education literature to design activities  
-Working with students with different strengths and backgrounds in large and small groups  
-How to get help for your students who struggle in and out of the classroom  
-Other ideas initiated by you, the UTAs!

Contact [nkaufman@pitt.edu](mailto:nkaufman@pitt.edu) (Dr. Nancy Kaufmann) ASAP to apply.

Weekly meetings will be determined based on time best for most applicants. Meetings will begin late January/ early Feb.

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6. University of Cincinnati College of Medicine Summer Experiential Programs - deadline Feb 1

The Summer Surgery Experience (SSE) and the Summer Neuroscience Experience (SNE) are each 10-day intensive immersion programs for academically talented undergraduate students who are interested in pursuing a career in medicine. These fast paced programs each include lab practica, operating room observations, shadowing with faculty, case studies, and presentations from University of Cincinnati College of Medicine faculty. Summer program participants are intellectually curious and driven to explore careers in medicine. The application process is competitive, but all students with an interest in surgery or neuroscience are encouraged to apply. Minimum 3.4 GPA.

Summer Surgery Experience June 17-June 28, 2013  
Summer Neuroscience Experience July 22-August 2, 2013

<http://med.uc.edu/SEP.aspx>

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7. VCU Pre-Health Summer Enrichment Program - deadline Feb 15

The Summer Academic Enrichment Program (SAEP) is a six week, interdisciplinary summer program at Virginia Commonwealth University VCU. It

is a challenging opportunity to develop academic skills that will help individuals (juniors, seniors, and post-bac) become competitive for admissions in a health professions track of their choice.

Highlights of SAEP include challenging course work in the biological sciences, discipline specific instruction, and engaging summer workshops. Students will apply to one of four tracks (dentistry, medicine, pharmacy or physical therapy). Participants are provided housing and a stipend to cover program expenses. Students from underrepresented populations are encouraged to apply.

Details & online application: [www.dhsd.vcu.edu/programs/college/saep.html](http://www.dhsd.vcu.edu/programs/college/saep.html)

Questions: [pipelineapp@vcu.edu](mailto:pipelineapp@vcu.edu), or 804-827-0982.

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8. Ohio University Summer Biomedical Research Fellowship - deadline Feb 1

The Ohio University Heritage College of Osteopathic Medicine provides a wide variety of summer research opportunities for undergraduate students interested in careers in medicine or biomedical research. Students about to begin their senior year of college studies are preferred, but promising juniors and recent graduates will be considered. Participants are provided with room, board and \$600. In addition, those program participants who meet minimum requirements for admission to OU-HCOM, including having taken the MCAT, will be offered an opportunity to interview during the summer.

[www.oucom.ohiou.edu/Admissions/SURF.htm](http://www.oucom.ohiou.edu/Admissions/SURF.htm)

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9. FREE Kaplan MCAT Breakdown - Jan 28, 6pm, 342 Cathedral of Learning

- Analysis of the current sections, scoring and competitive scores for Med School.
- The changes coming to the 2013 exam.
- Major new changes affecting 2015 (and later) test takers.

Register: <https://www.formstack.com/forms/?1297330-ggH4lsoer8>

Questions: Brian White, Grad Programs Campus Manager, Kaplan Test Prep and Admissions  
724-809-9561

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10. FREE Pitt Libguides for GRE, LSAT, GMAT, Praxis, MCAT

Thinking about grad school? The University Library System's Graduate & Professional Exam Prep site provides links to study guides, test information, and other resources.

<http://pitt.libguides.com/examprep>

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11. FREE Princeton Review GRE/MCAT Practice Tests & Strategy Sessions in Oakland - Feb & March

GRE Practice Test - Feb 24, 1-5pm  
GRE Strategy Session - March 24, 12-1:30pm  
MCAT Verbal Strategy Session - March 4, 6:30-8pm  
MCAT Chemistry Strategy Session - March 5, 6:30-8pm  
MCAT Physics Strategy Session - March 6, 6:30-8pm  
MCAT Biology Strategy Session - March 7, 6:30-8pm

Enroll online: [www.PrincetonReview.com](http://www.PrincetonReview.com) or call 1-800-2REVIEW

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12. Drop-In Tutoring Hours - WPU Tansky Family Lounge

CHEM 0310 & 0320      Sundays 6:00-9:00pm, Wednesdays 6:00-9:00pm  
STAT 1000              Sundays 6:00-9:00pm

More info: [www.pitt.edu/~arc](http://www.pitt.edu/~arc)

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13. Peer Tutoring

One-hour Peer tutoring appointments are available Mon-Fri 9am-4pm for the following courses:

PHYS 0110 - Intro to Physics 1  
PHYS 0111 - Intro to Physics 2  
PHYS 0174 - Basic Physics for Science and Engineering 1  
PHYS 0175 - Basic Physics for Science and Engineering 2  
CHEM 0310 - Organic Chemistry 1  
CHEM 0320 - Organic Chemistry 2

STAT 1000 - Applied Statistical Methods  
To make an appointment, call (412) 648-7920.  
More info: [www.pitt.edu/~arc](http://www.pitt.edu/~arc)

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14. Counseling Center FREE Classes in January  
\*The SFZ is located in the Lower Level of the William Pitt Union. Look for the glass double-door entrance next to Sub Connection.

MONDAY  
1-3pm, 6-8pm - walk-in hours for stress-reduction stations  
8:45pm - yoga

TUESDAY  
11-1:30pm - walk-in hours for stress-reduction stations  
2pm - meditation  
6:45pm - yoga

WEDNESDAY  
12-6pm - walk-in hours for stress-reduction stations  
6pm - meditation  
7pm - yoga

THURSDAY  
11-1:30pm - walk-in hours for stress-reduction stations  
2pm - yoga  
2:30-4:30pm - walk-in hours for stress-reduction stations  
6pm - meditation  
8pm - yoga

FRIDAY  
3-4pm - walk-in hours for stress-reduction stations  
4pm - yoga

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15. ECOLOGY CLUB - Tuesdays 7:30pm, Langley A219B

1/15, 1/29, 2/12, 2/26,

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16. TRIBETA - Tuesdays

1/29: Resume and Interview Workshop  
2/12: Speaker (TBD)  
2/26: RateMyProfessors -SPRING BREAK-  
3/26: Speaker (TBD)  
4/9: Elections

Bamboo fundraising- February 11, 12, 13 from 10 - 12 am in Towers Lobby  
Adopt a block - 2/9, 3/2, and 4/6

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Until next week,

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