

Biology Advising Newsletter 12/09/2014

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OVERVIEW (See below for details)

ADVISING

- 1. Advising: Holiday Hours
- 2. Snack Break
- 3. Fall grades

CHECK IT OUT

- 4. Mark your calendars...
 - 4a) Student Panel on Summer Research - Jan 9
 - 4b) Letter of Recommendation Workshop - Jan 15
 - 4c) Resume/CV Workshop - Jan 23
 - 4d) BIOSC Undergraduate Research Poster Session - Jan 30
- 5. Stress Free Zone Peer Educator Internship - due December 22

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- 6. David C. Frederick Public Service Award - due Jan 30
- 7. Sherry R. Arnstein Minority Student Scholarship Program (osteopathic medicine) - due March 30
- 8. UHC Scholarship Program \$2,000 - due Jan 14, 1pm

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

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1. Advising: Holiday Hours

We will be in the office through December 19th/22nd/23rd and will return January 5th.

Drop by if we can help you with something!

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2. Snack Break

Stop by the Advising Office for a health snack during finals week (Dec 8 - 12).

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3. Fall Grades

Fall 2014 Grades will be posted by December 18th. Please check your grades!

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4. Mark Your Calendars:

- 4a) Student Panel on Summer Research**
Friday January 9th | 3:30pm
- 4b) Letter of Recommendation Workshop**
Thursday January 15th | 4:00pm
- 4c) Resume/CV Workshop**
Friday January 23rd | 3:30pm
- 4d) BIOSC Undergraduate Research Poster Session**
Friday January 30th | 4:00pm

Details to come.

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5. Stress Free Zone Peer Educator Internship - due December 22

This internship in the Pitt SFZ offers opportunities for students to work in the SFZ, lead classes such as the Yoga+ class, and facilitate student usage of SFZ services (mindfulness meditation stations, biofeedback, the massage chair, etc.). Peer Educators also develop and implement programming and outreaches on campus, engage in marketing the SFZ through social media, and actively participate in the overall operations of the SFZ. The internship includes a weekly 1.5 hr seminar with didactic and experiential learning about mindfulness meditation and evidence-based stress reduction practices.

application: <http://www.studentaffairs.pitt.edu/sfzpeer>

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6. David C. Frederick Public Service Award - due Jan 30

The David C. Frederick Public Service Award is an award of \$3500 for Pitt undergraduate students doing unpaid internships in the government or nonprofit sectors anywhere in the United States this summer (mid-May through mid-August 2015). The deadline is January 30.

Since students will need to secure an internship and a letter of recommendation in time for their application, interested students should begin working on this soon.

<http://www.honorscollege.pitt.edu/frederick-public-service-award>

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7. Sherry R. Arnstein Minority Student Scholarship Program (osteopathic medicine) - due March 30

The scholarship program, named after former American Association of Colleges of Osteopathic Medicine (AACOM) Executive Director Sherry R. Arnstein, recognizes underrepresented minority students at AACOM's member colleges of osteopathic medicine. The applicant must also be either currently enrolled in his or her first, second or third year at an AACOM member college, **or have been accepted and planning to matriculate at an AACOM member college.**

<http://www.aacom.org/become-a-doctor/financial-aid/arnstein>

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8. UHC Scholarship Program \$2,000 - due Jan 14, 1pm

The University Honors College (UHC) is continuing its scholarship program that provides \$2,000 in tuition support to approximately forty outstanding undergraduate students each year. This scholarship should be of special interest to outstanding students whose excellent work was not predicted by high school performance, to transfer students, and to students who applied too late to be considered for a scholarship upon matriculation.

Minimum eligibility criteria include:

- Junior, senior, or fifth year students who have completed at least two full semesters at Pitt's Oakland campus
- Achievement of at least an overall 3.50 GPA at Pitt
- No previous record of receiving merit scholarship support from Pitt's Office of Admissions and Financial Aid
- UHC participation and involvement

Applications from previous UHC Scholarship recipients are welcome, yet resources for repeat awards may be limited.

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

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We'll write you again in January,

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