

## Biology Advising Newsletter 9/09/2014

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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>  
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### OVERVIEW ( See below for details )

#### ADVISING

1. Pre-enrollment Advising Meetings
2. S/NC Grade Option Deadline

#### CHECK IT OUT

3. Pitt School of Public Health Open House - Nov 7
4. Global Health Films "Happy" - Sept 11
5. Coping with Anxiety Workshop Series - **Starts this week!!**
6. Academic Skills Workshops

#### CAREER PREP

7. **FREE** Practice Tests MCAT / GRE / LSAT / GMAT
8. Senior Career Bootcamp - Sept 10
9. Pitt Fall 2014 Career Fair - Sept 24

#### VOLUNTEER

10. Pitt Volunteer Fair - Sept 11

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11. National Science Foundation Graduate Research Fellowship Information Sessions

#### CLUBS

TRI-BETA  
Biology Club  
Pitt Outdoors Club  
Birding & Ornithology Club  
Optometry Club  
Ecology Club  
Pre-Vet Club  
POMS

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\*\*\* DETAILS \*\*\* DETAILS \*\*\* DETAILS  
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#### 1. Pre-enrollment Advising Meetings

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

#### Oct 27 - spring enrollment begins

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. S/NC Grade Option Deadline

#### Satisfactory/No-Credit ... often erroneously called Pass/Fail

S/NC Grade Option - Friday Sept 19 fill out paperwork in 140 Thackeray Hall

You may take one (1) BIOSC class as S/NC. Unlimited co-reqs and GenEds can be taken as S/NC

*“Certain courses are offered on the S/NC (Satisfactory/No-Credit) grade option. This option was designed to encourage students to explore new and potentially difficult subjects without fear of the risks of failure. 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 (No Credit) is given. Courses for which an S is received are counted toward graduation, but are not computed in the GPA. Courses in which an NC is received are counted toward neither graduation nor the GPA.”*

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### 3. Pitt School of Public Health Open House - Nov 7, 10am-3pm

<http://www.publichealth.pitt.edu/home/prospective-students/admissions/visit/open-house>

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### 4. Global Health Films “Happy” - Sept 11, 11am, 109 Parran

Join the Global Health Student Association for their first film of the semester, Happy. All faculty, staff and students are welcome for the viewing and post-film discussion.

Happy leads viewers on a journey across five continents in search of the keys to happiness. Through remarkable human stories and cutting edge science, Happy leads us toward a deeper understanding of why and how we can pursue more fulfilling, healthier and happier lives. From the bayous of Louisiana to the deserts of Namibia, from the beaches of Brazil to the mountains of Bhutan, Happy addresses many of the fundamental issues we face in today’s society and provides insights into the mysteries of happiness. Post-film discussion will be lead by David Montgomery, PhD of the University of Pittsburgh Department of Anthropology. Light lunch will be served.

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### 5. Coping with Anxiety Workshop Series - starts this week!

This free series meets once per week for 4 weeks. The focus is on learning new coping techniques for daily life, and this is not a therapy group.

Wednesdays 2:30-4pm (9/10, 9/24, 10/1, 10/8)

**or**

Thursdays 3-4:30pm (9/11, 9/18, 9/25, 10/2)

Register: 412-648-7930

University of Pittsburgh Counseling Center

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### 6. Academic Skills Workshops

**Make the Most of Your Resources** - Sept 10, 6pm, ARC G-1 Gardner Steel

**How to Effectively Use Your Preferred Learning Style to Excel in Class** - Sept 12, 2pm, 540 William Pitt Union

**Time Management** - Sept 16, 6pm, ARC G-1 Gardner Steel

**How to Succeed in the Science Courses** - Sept 23, 6pm, ARC G-1 Gardner Steel

**Overcoming Test Anxiety** - Oct 15, 6pm, ARC G-1 Gardner Steel

**Time Management** - Oct 17, 2pm, 540 William Pitt Union

**Overcoming Procrastination** - Oct 29, 6pm, ARC G-1 Gardner Steel

**Overcoming Procrastination** - Nov 7, 2pm, 540 William Pitt Union

Light refreshments will be served. Students can receive OCC credit for each workshop they attend.

Register: [http://www.asundergrad.pitt.edu/success/arc\\_workshops.html](http://www.asundergrad.pitt.edu/success/arc_workshops.html)

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### 7. FREE Practice Tests

Kaplan Practice Tests:

MCAT - Sept 19, 9:30am, Cathedral

GRE - Sept 19, 10:0am, Cathedral

LSAT - Sept 19, 10:30am, Cathedral  
GMAT - Sept 19, 11:00am, Cathedral  
<http://www.formstack.com/forms/?1820869-WsVml3kFPv>

Princeton Review Practice Tests:  
MCAT - Oct 4, 10am, CMU  
GRE - Oct 4, 1pm, CMU  
LSAT - Oct 4, 10am, CMU  
GMAT - Oct 4, 1pm, CMU  
<http://www.princetonreview.com/>

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**8. Senior Career Bootcamp - Sept 10, 6-8pm, Kurtzman Room, William Pitt Union**

Recruiters from PLS Logistics Services and CDPA staff will be on site to discuss:

- Personal branding
- Networking and social media
- Career event preparation
- On-line resources

Free pizza and padfolios!

Bring your resume. Register through FutureLinks under "events" and "workshops."

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**9. Pitt Fall 2014 Career Fair - Sept 24, 11am-4pm, Petersen Events Center**

Professional dress is required.  
<http://www.studentaffairs.pitt.edu/cdpa/fallfair>

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**10. Pitt Volunteer Fair - Sept 11, 11am - 2pm, WPU Lawn**

The Office of PittServes is proud to host Volunteer Fairs each fall and spring, to provide opportunities for students to connect with local non-profit agencies who are looking for volunteers.

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**11. National Science Foundation Graduate Research Fellowship Information Sessions**

**Sept 12, 12:30-2pm, CMU:McConomy Auditorium, Cohon University Ctr**  
**Sept 16, 6-7:30pm, CMU:1305 Newell Simon Hall**  
**Sept 17, 12-1:30pm, PITT:William Pitt Union, Room 548**

*Students from both campuses welcome at any session!*

Fellowship Benefits

- 3 years of financial support including:
- \$32,000 annual stipend
- \$12,000 annual cost-of-education allowance to university
- Fellowships provide awardees with the chance to participate in other NSF supported opportunities such as the Graduate Research.

Eligibility

- US citizens, nationals or permanent residents
- Seniors

NSF-supported fields:

- Chemistry
- Interdisciplinary
- Life Sciences
- Mathematical Sciences
- Physics & Astronomy
- STEM Education and Learning Research

Application Deadlines vary by field (October 29 through November 6, 2014)

Inquires: Shannon Mischler sjm130@pitt.edu  
www.nsfgrfp.org

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**TRI-BETA - Alternate Tuesdays, 8:00pm, Langley A221**

9/9, 9/23, 10/7, 10/21, 11/4, 11/18, 12/2

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

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**BIOLOGY CLUB - Alternate Tuesdays, 8:00pm, Langley A221**

9/16, 9/30, 10/14, 10/28, 11/11, 11/25, 12/9

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**PITT OUTDOORS CLUB - Tuesdays, 9pm, WPU Patio & Lawn**

<https://www.facebook.com/PittOutdoorsClub>

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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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**OPTOMETRY CLUB**

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

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**ECOLOGY CLUB - Alternate Mondays, 5:30pm, 540 WPU**

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

9/15, 9/29, 10/13, 10/27, 11/10, 11/24, 12/8

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**PRE-VET CLUB - Thursdays, 8pm, Langley Lobby**

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

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**POMS - Fridays, 5:30pm, location varies**

Premedical Organization for Minority Students

[www.poms.us](http://www.poms.us)

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

<https://list.pitt.edu/mailman/listinfo/poms>

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**Until next week,**

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