**Bio Advising Newsletter – 8/24/2020**

***We hope that your first full week of classes is off to a great start!***

**OVERVIEW (See below for details)**

**ADVISING**

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2. Permission Numbers for BIOSC classes
3. Remote Classes Extended to Sept
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**DEADLINES**

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2. Fall 2020 Enrollment (Add/Drop) – Sept 4
3. S/NC Grade Option – Sept 16

**CHECK IT OUT**

1. Job Opportunity for Graduates – Insanally Lab
2. NameCoach
3. Study Lab
4. Stress Free Zone
5. Social Media
6. Q&A Medical Student Panel for Minority Premedical Students
7. Biology-Related Clubs

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**\*\*\* DETAILS \*\*\* DETAILS  \*\*\***

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1. **Biology Advising Options during Add/Drop**

***We have 5 remote options to serve students with time-sensitive questions, scheduling issues, and permissions during Add/Drop. Please get in touch if we can help you with something!***

1. [**Covid-19 FAQs**](https://www.biology.pitt.edu/bioadv-covid19FAQs) (updated for Fall 2020)
2. **Chat Box** (new!) on the [Bio Advising Website](https://www.biology.pitt.edu/undergraduate/advising)

* Weekdays 10:00 am – 4:00 pm
* Note: The Chat Box will only appear on the page during the above-mentioned times.

1. **Zoom Drop-In Hours**

* Weekdays 1:00 – 3:00 pm
* [https://pitt.zoom.us/j/92026072290](https://nam05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpitt.zoom.us%2Fj%2F92026072290&data=02%7C01%7Cbmcdevitt%40pitt.edu%7Cfa95295199dc49fd885908d8437fcaf0%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637333563440143674&sdata=PXC8egCfjf4FLodxqXZuYXiLQ%2BEczYEsC4xOHzoq7r0%3D&reserved=0)

1. **Email** [bioadv@pitt.edu](mailto:bioadv@pitt.edu)
2. **10-Minute Appointments**

* Schedule using the Navigate Student app or [Website](https://pitt.guide.eab.com/app/#!/authentication/remote/)
* Choose any one of the 5 advisors, and a time that works for you.

**To prepare for any of the options 2- 5, check out our**[**new digital fillable Major Progress Trackers and Semester-by-semester planner**](https://www.biology.pitt.edu/remote-advising#DigitalAdvising)**.**

30-minute appointments for in-depth Academic and Career planning, and Spring Term Advising Holds begin September 7th (scheduled through Navigate Student).

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1. **Permission Numbers for BIOSC Classes**

If an  instructor gave you permission to get enrolled in a BIOSC course and you need a permission #, please email [bioadv@pitt.edu](mailto:bioadv@pitt.edu)

If you need a permission # for a class from anther Department, find the [correct Department to contact.](https://www.asundergrad.pitt.edu/personalized-advising/meet-advisors/department-and-program-advisors)

Include in your email:

* your name
* peoplesoft #
* Department and 4-digit code (Ex: BIOSC 0350)
* 5-digit class number
* 5-digit recitation number (if applicable)
* permission from the instructor, or explanation of why you need a permission number and supporting evidence

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1. **Remote Instruction Extended until Sept 14**

From Provost Cudd,

“Although I had hoped that after beginning the first week of the semester remotely we would move immediately to mostly in-person classes, we now think it prudent to **extend the remote period until September 14**. This adjustment to the schedule will allow for the completion of staged arrival and shelter-in-place procedures so that all students can start in-person classes at the same time. Additional information about what in-person classes will take place while Pitt is in the Elevated Risk posture will be forthcoming.”

Instructors should be posting Zoom links or other relevant information in Canvas.

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1. **Is my class remote or in person after Sept 14?**

You should check at least 3 places:

* **The class schedule.**  If the class is listed as WEB-based, it will be entirely online for the entire semester (don’t forget to check your recitation as well!!) If a classroom is listed, you must check the operational posture and the course syllabus for more information.
* **The University's**[**operational posture**](https://www.coronavirus.pitt.edu/operational-postures)**.**
  + high risk = all classes will be online
  + *elevated risk* = most classes will be online, but some classes with fewer than 25 students may meet in person
  + *guarded risk* = classes with a listed classroom will have optional in-person meetings - check with your course syllabus for details.
* **Course syllabus.**  This will have detailed information regarding how a class will run.  Please check Canvas.

Before the end of add/drop, you can change the grade option on your own by editing your courses in your Student Center. *This is not reversible.*

After the end of add/drop and until Sep 20, you can still change your grade option at 140 Thackeray Hall.

*“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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1. **Biology Peer Advisors**

We have 7 upper class Biology Peer Advisors who will be available to share their experiences both in and out of the classroom.  Regular office hours begin on September 7th.

<https://www.biology.pitt.edu/undergraduate/peer_advising>

In the meantime, you can read about these students on our blog: [http://bit.ly/2BS5zg6](https://nam05.safelinks.protection.outlook.com/?url=http%3A%2F%2Fbit.ly%2F2BS5zg6&data=02%7C01%7Cbmcdevitt%40pitt.edu%7Cfa95295199dc49fd885908d8437fcaf0%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637333563440163660&sdata=Vuv29tN9%2F25CzCSQxOIIAEnpD6nS9%2Fe40tuab%2BO8tYI%3D&reserved=0)

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1. **UTA, Research & Independent Study Forms for credit – Deadline 4pm Sept 4**

NEW THIS SEMESTER!!! Follow these instructions…

1. Download a fillable form on our [website](https://www.biology.pitt.edu/undergraduate/forms).
2. Complete the form, along with all signatures.
3. Take a picture or screen shot of the completed and signed form and save it with your name (example: Lastname\_BIOSC1690 form).
4. Submit completed and **signed** forms  to [BIOSC undergraduate research & UTA form submission](https://pitt.co1.qualtrics.com/jfe/form/SV_eaGM10LRx1cUTyJ) by 4:00pm on September 4

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1. **Fall 2020 Enrollment (Add/Drop) – deadline Sept 4**

**The waitlist runs through midnight the last day of add/drop. Make sure to check your waitlisted classes!**

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1. **S/NC Grade Option – deadline Sept 16**

In considering if you would like to take a course as Letter Grade or Satisfactory/No Credit we recommend that you wait until the week of 9/14 to get the most data and determine how you want to proceed. Students with majors in the Dept of BIOSC may choose to take one BIOSC core course as S/NC.  Other minors, certs, and majors may have their own requirements.  Please check with the appropriate advisor before making a decision.

* Before Sept 4, you can change the grade option on your own by editing your courses in your Student Center. ***This is not reversible****.*
* After Sept 4 and until Sept 16, you can still change your grade option by filling out [this form](https://www.asundergrad.pitt.edu/sites/default/files/Grade%20Option%20Audit%20Fillable.pdf) and emailing to [StudentRecords@AS.Pitt.edu](mailto:StudentRecords@AS.Pitt.edu)

**Please note that students will not have the option to change their grade option after September 16.**

*“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.”*

Interested in volunteering? Connect with Community Agencies and learn more about their volunteer opportunities.

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1. **Job Opportunity for Graduates– Insanally Lab at the University of Pittsburgh School of Medicine**

The Insanally Lab at the University of Pittsburgh School of Medicine is seeking a full-time laboratory technician. We’re a brand-new neuroscience lab that studies the neural mechanisms that support flexible behavior. We incorporate a wide range of techniques including behavioral paradigms, neural recordings at different scales, optogenetic manipulations, and novel computational methods to relate neural recordings to behavior. We take mentoring seriously and strongly believe in fostering a productive and supportive environment for all lab members. We seek a highly motivated individual with excellent organizational and communication skills to help manage the laboratory. The successful applicant will be responsible for managing rodent colonies, running behavioral experiments, surgical implantations, and providing technical and administrative support to other trainees in the lab. For more information, check out our lab website: insanallylab.com

Qualifications: Bachelor’s degree in biology, neuroscience, or related field.

Salary: ~$30-$37k depending on qualifications.

Interested applicants should contact Michele Insanally at [mni@pitt.edu](mailto:mni@pitt.edu)

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1. **NameCoach**

If you haven’t tried this yet, you should!

“NameCoach allows you to record and share the pronunciation of your name with others. Your recorded name can then be easily shared in your email signature, on LinkedIn, and through social media. In addition, instructors can also enable NameCoach in their Canvas courses, making it easy for everyone in a class to learn each other's names.

NameCoach also gives you the option to specify your personal gender pronouns. If you choose to use this feature, your pronouns will be visible to all students and instructors in your Canvas courses.”

Find it here: <https://www.technology.pitt.edu/namecoach>

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1. **Study Lab**

Don’t fall behind! Study Lab is offering all of their tutoring and coaching services virtually, beginning Monday, Aug 31. You can make both [coaching and tutoring appointments](https://www.asundergrad.pitt.edu/schedule-tutoring-online-navigate-student) through the Navigate Student App.

For more information on Study Lab services, click [here](https://www.asundergrad.pitt.edu/study-lab/study-lab-remote-distance-learning-services).

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1. **Stress Free Zone**

Are you feeling stressed or anxious? The Stress Free Zone is a free service to help students learn and practice evidence-based, mind/body stress reduction skills. The Stress Free Zone is operating remotely this semester, but they are still offering classes! Find their schedule, and register for Mindful Moments, Yoga, and other Workshops [here](https://www.studentaffairs.pitt.edu/shs/stressfree/classes-and-workshops/). Don’t forget to sign up for their monthly newsletter.

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1. **Bio Advising on Social Media**

Stay up to date with bio advising news, and other noteworthy campus happenings by following us on social media.

Twitter: @PittBioADV

Facebook: University of Pittsburgh Biological Sciences Advising

Instagram: pittbioadv

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1. **Q & A Medical Student Panel for Minority Premedical Students**

“The University of Pittsburgh’s Premedical Organization for Minority Students (POMS) is inviting medical students from the University of Pittsburgh School of Medicine’s Student National Medical Association chapter to answer any questions that any minority premedical students may have. The panel will occur on Sunday, Aug. 30 from 3-4 p.m.”

Find out more [here](https://www.pittwire.pitt.edu/announcements/qa-medical-student-panel-minority-premedical-students). Register by Wednesday, August 25.

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1. **Biology Related Clubs**

If your club has an event coming up, or you would like to spread the word about your club, email us at [bioadv@pitt.edu](mailto:bioadv@pitt.edu).

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**See you next week!**

**Christine Berliner,**

**Ellen Kelsey,**

**Brenda McDevitt,**

**Jessica Wandelt,**

**Dan Wetzel**

[**bioadv@pitt.edu**](mailto:bioadv@pitt.edu)

**Advisors, Biological Sciences**

**A258 Langley Hall**

**University of Pittsburgh**

A258 Langley Hall (Advising Office)  
University of Pittsburgh