



**February 2011
Undergraduate Newsletter**

Spring 2011 Important Dates

February

- 2 – Last day to Add/Drop (most classes – check class schedule for individual course deadlines)
- 2 – Career Fair – LSC Main Ballroom: 10am-3pm
- 4 – Study Abroad Fair LSC Main Ballroom: 10am-3pm
- 4 – Graduation Contract (Undergraduate) due

March

- 4 – Fall 2011 Class Schedule available online
- 12 – Spring Recess begins
- 21 – Individual course withdrawal period ends (Note: University withdrawal ends May 6)
- 21 – Repeat/Delete Requests due (last day)
- 22 – Summer Session Registration begins

April

- Fall 2011 Registration begins – dates coming soon

May

- 6 – Classes End and Last day to complete University Withdrawal from all classes
- 9 – 13 – Final exams week
- 13-14 – Commencement ceremonies

To learn more about what faculty, staff, and students in the Department of Biology are up to, check out our website: <http://www.biology.colostate.edu/>.

Don't forget: Wednesday, February 2 is the last day to add/drop most classes for the spring semester. Check the class schedule for individual course deadlines if you still need to make any changes to your schedule.

New sample 4-year plans have been created ~ In an effort to streamline, simplify, and generalize our sample 4-year plans, the Academic Support Coordinators have produced and posted new plans on our website at: <http://www.biology.colostate.edu/undergraduates>. New plans have been posted for both Biology and Zoology majors, so check them out!

Remember that the plans are only samples – everyone's path to graduation will be different. Be sure to make regular appointments with the Academic Support Coordinators to ensure your graduation plan is on track!

Seniors Graduating in Spring 2011: If you have not yet signed your **GRADUATION CONTRACT**, please come to the Biology Department Main Office (located in E-106 Anatomy/Zoology Building) no later than **February 2** to review and sign your contract. **This is your last double check** to make sure that you're taking the right courses and number of credits to graduate in May 2011.

Spring 2011 Commencement Information can be found online at <http://www.natsci.colostate.edu/students/commencement.cfm>.

Walk-In Advising Hours for Spring 2011 are in full swing. In order to better serve you, the advising staff will have regularly scheduled walk-in advising hours during the entire semester. **Please note** that this is **not** a time to expect a full-service advising appointment! Please come with the intention of limiting your time to 10 minutes so others do not have to wait too long. If you think you'll need longer than 10 minutes, please visit <http://www.biology.colostate.edu/advising-scheduling> to schedule an appointment.

Walk-in academic advising hours for this semester will be held on Wednesdays from 10 a.m. – 12 p.m. and from 1:00 – 3:00 p.m. in E-113 Anatomy/Zoology Building.

Academic Probation ~ The Department of Biology will be placing an advising hold on your account if you were placed on academic probation at the end of Fall 2010. This hold will only be lifted once you've met with an Academic Support Coordinator to discuss your options and plan for repairing your GPA. Academic probation is defined by a student's cumulative GPA being below a 2.0. You can come in to meet with an Academic Support Coordinator during walk-in hours (every Wednesday from 10:00 AM-12:00 PM and 1:00 PM-3:00 PM), or make a half-hour appointment online at <http://www.biology.colostate.edu/advising-scheduling>.

Call For Submissions ~ CSU is pleased to announce the continuation of the JUR: Journal for Undergraduate Research and Scholarly Excellence. This Library of Congress registered publication is an exciting opportunity for undergraduates to showcase their original work. Submissions may include original research, editorials, reviews, or other creative work.

Undergraduate Associate Editors and faculty referees will rigorously review each submission. If applicable to your field, all submissions must include a signed letter of consent from a faculty advisor to ensure research is not inappropriately or prematurely published. Submission deadline is February 7, 2011. For more information go to <http://jur.colostate.edu/>.

The CSU Scholarship Application (CSUSA) is available on-line via RAMweb and is due March 1, 2011. There are several scholarships available through the department and college as well as those available university-wide. We recommend you check out the Student Financial Services Scholarship Information web site at: <http://sfs.colostate.edu/scholarships/index.aspx>.

To complete the CSUSA application, go to RAMweb at ramweb.colostate.edu and login using your eID (eName and ePassword). Then select the CSU Scholarship Application link. Be sure to complete the College of Natural Sciences section of the CSUSA.

Deadline: The deadline for all CSUSA online applications is 11:00 p.m. MST on **March 1, 2011**. All applications must be completed by that time. **However**, all supplemental materials required for department and college scholarships, including transcripts and letters of recommendation, must be received in the **CNS Dean's Office, 117 Statistics Building, 1801 Campus Delivery, Fort Collins CO 80523-1801 by 5:00 p.m. on March 1, 2011**. Post-marked dates will not be honored and late deliveries will not be accepted. For more information on the CNS Scholarship Application process visit: <http://www.natsci.colostate.edu/students/scholarships/scholapply.cfm>.

Additional Summer & Fall Scholarship/Fellowship Opportunities

The **NOYCE Scholarship** aims to attract talented STEM majors who might otherwise not have considered a career in secondary teaching. The scholarship program is intended for students who have **earned at least 60 credits** (by the end of spring semester, 2011), are **majoring in a STEM field**, and would like to **pursue a teaching career** in science, engineering or mathematics.

Scholarship recipients will receive \$10,000 per year for both their junior and senior years. Scholarship recipients are required to complete two years of teaching in a high-need school district for every year of scholarship received.

Application deadline is 5:00 p.m. on March 1, 2011. For more information on the scholarship and to access the online application see: <http://www.cns-eoc.colostate.edu/noyce.html>.

The College of Natural Sciences is now accepting applications for research scholarships/fellowships this summer or fall. Biological Science & Zoology majors are eligible for the following:

- **Bob Gaines Undergraduate Research Fellowship:** <http://www.natsci.colostate.edu/scholarships/gaines/>
- **CNS Undergraduate Research Institute Summer Fellowship:** <http://www.natsci.colostate.edu/scholarships/URI/>

Completed applications must be received by March 1, 2011 at 5 pm. For more information please visit the websites listed above.

Faculty Corner

Each month we will be interviewing a professor in the Department of Biology so you can get to know the faculty on a more personal basis. This month, we sat down with Dr. Greg Florant.

How long have you been at CSU and what has been your fondest memory since you started your career here? I started at CSU in 1994. My fondest memories would definitely be seeing my students become successful. For instance, I recently graduated my first Ph.D. student who has already landed a great postdoc doing medical research. I have also had great undergraduate students. For example, one of my undergrads has won multiple awards and gave a very professional, impressive talk at a conference in Italy. Overall, many of my former students have been very successful and have landed great jobs, and that is very rewarding to me. One of my former students has even taken me to the Galapagos with his research team to conduct marine iguana research, which was very exciting and rewarding as well. Finally, I have enjoyed having great colleagues, especially when we go out fishing together.



What courses do you teach and what are your research interests? I teach or have taught: LIFE103 (Biology of Organisms – Animals and Plants), BZ401 (Comparative Animal Physiology), BZ330 (Mammalogy), BZ510 (Zoophysiological Ecology), and multiple seminars. I am broadly interested in energy metabolism in vertebrate organisms. My past and current research has included physiology of hibernation, fat metabolism, energy regulation, and adaptations to extreme (especially cold) environments. Marmots and ground squirrels have been my primary research organisms for these projects.

Do you include undergraduates in your research program, and will you be looking to add any undergraduates to your lab in the near future? Undergraduate participation in research is something I have valued since I started my professional career at Swarthmore College (where there was no graduate program or graduate students). I conducted research there with many bright undergraduate students, and have subsequently included undergraduates in my research since then with great success. Though my lab is currently full, I will have multiple students graduate over the next few semesters and would certainly be interested in taking on more students in the future.

What is something that students do not know about you? Most students do not realize that my “bark is worse than my bite”. Though I may constantly seem busy, I always make an effort to meet with students that need to talk to me. Not enough students come to my office hours, which is where I can be most helpful to them. The students that do come see me during office hours do better than those that do not, so it is very beneficial. Because my research program involves marmots (groundhogs), Groundhog Day is a big holiday for me. I get lots of attention around Groundhog Day and often get media attention and interviews as an expert.

Do you have any advice for students in our department? Students need to use time wisely and seek out their professors more often for help with courses. Most students do not utilize office hours or other resources that professors provide, which it to their own detriment. Also, students should be more careful about talking a meaningful course sequence (difficulty and content wise) that allows them to be fully prepared and more successful in their upper-division courses. This will help both the student s and professors to have a more exciting, stimulating course experience.

Make an appointment with one of the Academic Support Coordinators if you would like to discuss course scheduling!

THANK YOU, DR. FLORANT!

Student Success



An Interview with Junior Biology Major, Kourtney McCarthy

Hometown: Greeley, CO

Interests: Fostering animals, hiking, canoeing, biking, anything in the mountains

Future Goals: Attend Veterinary School

How did you decide to major in Biology at Colorado State? Although biology is actually my second major, I added it to my BMS major because I was attracted to the selection of courses the department offers for elective credits. The biology major at CSU allowed me to choose an emphasis based on my personal interests and professional goals. My chosen field of concentration is Anatomy/Physiology because I really enjoy learning about it, and it is

practical for veterinary school. The Biology Department has so many great professors with whom I have had the opportunity to build strong relationships. These professors want to help students succeed.

Tell us about some of the resources you've used on campus or in the Biology Department that have helped you to be successful. CSU offers so many resources to help students be successful in almost all areas including academics, professional development, stress management, and even social events. I've taken advantage of the Department Liaison Librarians. Each college has a designated research librarian (helpful for research projects) available to students by appointment. I've also made it a point to attend the Student Involvement Fair and the Student Career Fair. The Off-Campus Life Office can help you find potential roommates and/or housing off-campus and the Career Center Staff can assist you with resume construction, interviewing techniques, and professional development. CSU also has different tutoring opportunities. Visit the department's office or the TILT building if you want to be a tutor or find a tutor. Finally, the UCAN Serve AmeriCorps program is offered through SLiCE and offers education awards to students who complete community volunteer work.

What advice would you give someone coming out of high school into the biology major? Decide what you want your experience at CSU to look like. For me, academic achievement is the primary focus. I realized early on that participating in many of the wonderful social activities available on campus was not a practical option. Don't be afraid to ask questions. Even if you're not comfortable speaking out in class, do make sure you get the answers you need. Ask a classmate or seek out the professor during office hours, but don't put it off. Be engaged. Most students don't love every class they are required to take. I know from personal experience that it's sometimes hard to pay attention when you're not interested or it's 8 AM in the morning, but it's so important that you stay engaged. If you fall behind early, especially with material that doesn't interest you, it will be really challenging to make up for lost time. Get to know your classmates. These students will be in many of your classes for the next four years, so get to know them! Some of my closest friends at CSU are people I have met in class. They can be a great support system through study groups, sharing notes, and clarifying lecture content. If you notice someone struggling, please help them out. Teaching someone else can be the best way to learn. Get to know your professors. It's so important to network with professors. They, as much as anyone, are in a unique position to understand your strengths and weaknesses and can suggest experiences that will both enrich your time here at CSU and promote your personal agenda.

What challenges have you had as a biology major? During my years at CSU, I have had several classes with professors that have a reputation among the student body for holding students to a very high academic standard. Initially I was annoyed by the extra effort required, but as the courses progressed I realized that this was an opportunity in disguise. The respect I gained from those professors has continued to benefit me throughout my entire college experience.

What are your plans for the future? Upon completion of a Degree in Veterinary Medicine (hopefully from CSU), I plan to practice medicine at a humane society or a rescue organization like the ASPCA. My personal passion is solving the problem of world pet overpopulation. I hope to volunteer my time with organizations such as VIDA or World Vets, which travel to understand areas and provide free medical care and spay/neuter services to pets and stray animals.

Thank you, Kourtney for your thoughtful advice!

Involvement Opportunities

The Timmy Foundation at CSU is a new student organization on campus that provides students of all disciplines a unique opportunity to serve others both locally and globally. The Timmy Foundation at CSU is a nonprofit organization, whose mission is to provide direct medical assistance and healthcare services to low-income communities in Ecuador and Guatemala. CSU student members will have the opportunity to travel to one of these two countries for one week out of the year and work alongside doctors, nurses, physician's assistants, pharmacists, and dentists to provide healthcare services to these underprivileged children and families. In addition, the Timmy Foundation aims to strengthen their partner organization (clinic or hospital) by raising money, medical supplies, and awareness on their behalf. The Timmy Foundation hopes to see interest from students of all disciplines; they are not solely a pre-med organization. Not only will students receive experience in healthcare, but will also be able to have a direct impact on the health of others and the development of global health. No healthcare or Spanish experience is required.



The Timmy Foundation at CSU will be holding two informational meetings on: February 1 and 3 at 6 p.m. in Behavioral Sciences Room103.

For more information on the Timmy Foundation at CSU and how you can get involved, contact Katelyn Negrelli at timmyCSU@gmail.com, or visit the website at www.timmyfoundation.org.



Join the Biology Club! Interested in biology but not sure where your degree will take you? Let the Biology Club help you out! We are a student-run club focused on providing career ideas for students majoring in biological sciences, or who are just interested in learning some cool things about the world around us. We have monthly meetings with speakers from different biological fields, as well as field trips and community service opportunities. Please contact Claire at willis.c7@q.com with any questions. We are also looking for some new officers, so let her know if that sounds like something you'd be interested in! To stay up-to-date with the club's happenings, visit our website at <http://rydberg.biology.colostate.edu/bioclub/>. We hope to see you at our next meeting!

Join the Zoology Club! Zoology Club is for those passionate about animals of any major (not just Zoology)! We meet every other week and host guest speakers ranging from zookeepers to professors here at CSU. We also provide an average of 3 trips a semester. Last semester's trips included camping at an Emu Ranch, and behind the scenes tours at Cheyenne Mountain Zoo and the Downtown Aquarium in Denver! With summer internships on the way we will also be providing resources for those looking to get involved in research, wildlife, zoos, aquariums, etc! To be part of our mailing list, which will allow you updates on meetings and trips please contact us at csuzoologyclub@gmail.com. We look forward to seeing you!



Career Connections

- **Need help planning your future?** Looking for a new adventure? Look no further! Judy Brobst, the Career Center Liaison for the College of Natural Sciences can assist you with all aspects of your career development!

Drop in Career Counseling with Judy Brobst: Every other Friday starting February 18 in E-108 Anatomy/Zoology Building from 9 – 11:45 a.m. – No Appointment Necessary.

Services offered: Internships & volunteer experiences, resume development, choosing/changing majors, graduate school, on-line assessments, job search skills, etc. **To set up an appointment** contact Judy at judy.brobst@colostate.edu or 970-491-1190. General walk-in hours for the Career Center are Monday – Friday from 8:30 – 4:30 in 116 Lory Student Center.

Spring 2011 Job Fair - Wednesday, February 2 ~ 10:00 a.m. – 3:00 p.m. in the Lory Student Center Main Ballroom. Gain visibility at the Spring Job Fair on February 2. Don't miss out on this opportunity to connect employers and CSU students and alumni in hiring for full-time, part-time, internships, or summer/seasonal positions. For more information visit <http://www.career.colostate.edu/find-a-job-or-internship/career-fairs/spring-job-fair.aspx>.

- **Are you interested in a health professions career?** If so, you need to get connected to Health Professions Advising at CSU! Health Professions Advisors at CSU offer advising for students interested in careers in: Chiropractic, Dentistry, Medicine, Nursing, Pharmacy, Physician Assistant, Physical Therapy, Occupational Therapy, Optometry, Podiatry, and Veterinary Medicine. These advisors will work with you to prepare for a professional program and set you in the right direction!

To schedule an appointment with a Health Professions Advisor call the Center for Advising and Student Achievement (CASA) at 970-491-7095. For more information on Health Professions Advising visit <http://hp.casa.colostate.edu/>.

Health Professions Happenings ~ If you are interested in health professions, we encourage you to sign up for the health professions electronic mailing list (at <http://hp.casa.colostate.edu/hpmailinglist.aspx>). Subscribing to this list enables you to receive email messages about Health Professions advising, workshops related to Health Professions and special events sponsored by the various Health Profession student organizations. Upcoming events include:

- ★ The Pre Physical Therapy Club will be coordinating GRE study groups this spring semester. Meetings are all in TILT 21 (in the basement) on:
 - Tuesdays – February 1- March 15 from 7:15-9 PM
 - OR
 - Mondays – January 31 to March 14 from 5-7 PMStudents who are interested and/or need more information can email ptclub@rams.colostate.edu.
- ★ On February 18 an admissions rep from the Lake Erie College of Osteopathic Medicine (LECOM), which has campuses in Erie, PA and Bradenton, FL will see interested students on a drop-in basis from 10:00 to 12:30 (location to be determined).
- ★ Interested in Occupational Therapy? Want to learn more about the program rated #1 in the US??? Come to the first meeting of this semester on February 1st at 6:00 PM in TILT 221. A panel of representatives from University of Southern California (Los Angeles), Puget Sound (Tacoma, Washington) and Creighton University (Omaha) will discuss their programs, admission requirements and application process. There will also be announcements for upcoming events and volunteer opportunities for the semester. New this semester: at each meeting there will be a drawing for 2 gift cards. If you are there you will win some good stuff!!!! Also, at the end of the semester the person with the most points will be receiving a great prize.
- ★ The Pre-Dental Club will meet Wednesday, February 2nd, in Engineering E 104. Information on the dental schools to which CSU students apply most often will be presented and plans will be made for the semester.
- ★ Kaplan will offer free: GRE, PCAT, MCAT, LSAT, OAT and DAT exams on the CSU campus on February 12. To learn times and locations and to register for the exam in which you are interested go to: www.kaplan.com

Campus Resources

FREE tutoring available! Do you want to start the semester off strong and get the grades you want? TILT (The Institute for Learning & Teaching) offers free tutoring services! For more information or for study group schedules visit: <http://tilt.colostate.edu/learning/tutoring.cfm>. All tutors have earned outstanding grades in the course(s) for which they tutor and are participants in an ongoing tutoring training process. They know what it's like to be taking challenging introductory courses where a small number of exams and assignments have a large impact on your overall grade.

TILT also offers a variety of learning programs and workshops designed to teach you strategies for being a more successful student while also having fun. All workshops are FREE, last 50 minutes, and snacks are provided. For a complete list of programs and workshops visit: <http://tilt.colostate.edu/learning/>.

The Campus Writing Center can help you with starting, drafting, revising, researching, and polishing your papers. While they will not proofread or edit a paper for you, they can help you develop your ideas and improve your paper's organization, clarity, and cohesion. The Writing Center is located in Willard O. Eddy Hall Room 6. No appointments necessary and services are free. For more information visit <http://writing.colostate.edu/>.

Getting to Year 2 @ CSU February 8, 2011 ~ This is a FREE one day conference in the Lory Student Center for first year students (in their second semester). Students are able to select breakout sessions to attend throughout the day. Sessions provide students with information and resources to assist students with the transition to a second year at CSU and include academic skills, transitioning to off-campus life, study abroad opportunities, how to be successful in the classroom, and much more!! For more information or to register for the conference visit <http://www.otp.colostate.edu/gty2>.