



March 2011

Undergraduate Newsletter

Spring 2011 Important Dates

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 (see specific dates in table to the right)

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/>.

New this month:

Don't delay – make your appointments now to select Fall courses! As you can imagine, the Academic Support Coordinators' calendars fill quickly around registration time. Make your appointments now for Fall 2011 advising to avoid booked calendars and long waits! The Academic Support Coordinators currently have daily appointment times available, so take advantage of it while you can. It's not too soon to plan for Fall! Appointments can be scheduled online at:

<http://www.biology.colostate.edu/advising-scheduling>.

Fall 2011 Registration Dates

Class level	Registration begins
Honors/Athletes/RDS	April 4
Seniors (90 credits or more)	April 5
Juniors (60-89 credits)	April 8
Sophomores (30-59 credits)	April 15
Freshmen (29 credits or less)	April 22

Walk-in appointments available during spring break ~ If you will be around during spring break and would like to see an Academic Support Coordinator while campus is quiet and our calendars are open, come on in! For the entire week of spring break (March 14th – 18th) we will be in the office, but will only be accepting walk-in appointments. No need to schedule an appointment as usual during spring break, just come on by! The Department of Biology's office hours are 7:30 a.m. – 4:30 p.m.

Interested in research experience, an internship, or a job? If so, be sure to visit the Undergraduate Opportunities page on the Department of Biology's website. We are currently working to substantiate this webpage, so check back often for new updates and opportunities: <http://www.biology.colostate.edu/undergraduate-opportunities>.

Don't forget from last month's issue:

For more info on these stories, previous issues of the newsletter can be found online at: <http://www.biology.colostate.edu/undergraduate-newsletter>

Walk-In Advising Hours will be held this semester on Wednesdays from 10:00 a.m. – 12:00 p.m. and 1:00 p.m. – 3:00 p.m. **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.

Academic Probation ~ The Department of Biology placed 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 (you must complete the self-assessment that we emailed to you). You can come in to meet with an Academic Support Coordinator during the walk-in hours listed above, or make a half-hour appointment online at <http://www.biology.colostate.edu/advising-scheduling>.

New sample 4-year plans have been created: <http://www.biology.colostate.edu/undergraduates>.

Mark your calendars – Events for Biology and Zoology Students:

- **Bio-Tech Connect** - Tuesday March 8th from 6:00 – 7:30 p.m. in the Middle and West Ballroom, Lory Student Center
Bio-Tech Connect brings the Colorado bio-tech industry community together with students and faculty at CSU. A panel of professionals will discuss their career paths, along with opportunities in the industry. Networking and reception to follow. **This is a non-resume event – BRING BUSINESS CARDS.** You can pick up your **FREE** blank business cards at The Career Center in Lory Student Center. Cards are available at the main office on the lower level and in our drop in office next to Sweet Sensations. **RSVP Today at** <http://www.career.colostate.edu/find-a-job-or-internship/special-events/biotech-connect/student-registration.aspx> (space is limited).
- **Careers with Critters** – Tuesday March 29th from 5:30 – 6:30 p.m. in the Computer Science Building – Room 130
Careers with Critters is designed to help students get exposed to the variety of occupations available to them where they can work with animals (other than veterinary medicine). A panel will present on their careers, how they work with animals, and be available afterwards for networking and to answer questions. **For more information (including how to register) visit** <http://www.career.colostate.edu>.



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. Janice Moore.

How long have you been at CSU and what has been your fondest memory since you started your career here? I have been at CSU for 28 years. For my entire career, I have greatly enjoyed the primary roles I was hired to fill: teaching and research. My fondest memories/moments would be the contacts that former students have made with me thanking me for making a difference in their lives. These moments have given me at least as much joy as my research accomplishments have.

What courses do you teach and what are your research interests? The courses I teach are Animal Behavior (BZ300), Animal Biology - Invertebrates (BZ212), and a freshman seminar course called "Feeling Yucky Though the Ages."

Put simply, I study how parasites affect the behavior of their hosts. Parasitized animals usually behave differently than animals without that parasite, and that can affect the fitness of both parasite and host.

Do you include undergraduates in your research program, and will you be looking to add any undergraduates to your lab in the near future? My graduate students and I welcome and encourage undergraduate participation in our research. Focused students with a strong G.P.A. are always welcome to contact me or my graduate students via email to enquire about working in our lab. I enjoy working with honors thesis students as well, so those interested in pursuing an honors thesis are also welcome to contact me.

What is something that students do not know about you? Most students probably do not know that I really enjoy singing. I was even in a band in college, but that did not pass the "making a living" test, so I looked for other ways to do that.

I started off as an English major in college because I enjoy writing, but I soon discovered that the major was not as much fun as I anticipated, because it emphasized literary analysis a bit much for my taste. Because I was also interested in the more behavioral fields, I dabbled in sociology, but ultimately wound up studying biology. I was interested in medical school until I took an amazing course in parasitology, which totally changed my career goals. Heading into graduate school to study host-parasite interactions, it was tricky to find advisor who would let me study what I wanted to, but when I finally did, my career took off.

Do you have any advice for students in our department?

1. Take as many courses outside of your major as you can. This will give you a better, broader education that will benefit you in the future. College is your best (and potentially your last) chance to be able to do a broad variety of things, so take advantage of it while you can.
2. View your college years as an experiment. Take time to explore what you like and what makes you tick. Find out what you love to do, and give yourself permission to make mistakes that may wind up being valuable learning experiences.
3. Read widely. Not only will reading aid in broadening your education, it will help you to become a better communicator yourself. Many famous writers push reading as the best way to become a good writer, and this is absolutely the truth. Writing (communicating in general) is an essential life skill, and is particularly important to scientists. Develop your reading and writing skills as much as possible while you're here.

THANKS DR. MOORE!

Student Successes



An Interview with Junior Biology Major, Brian Davis

Hometown: Golden, CO

Interests: Horseback Riding, Tennis, Volleyball, and Jamming on the Guitar

Future Goals: Attend Medical School

How did you decide to major in Biology at Colorado State?

I decided to major in Biology at Colorado State partly because my sister, Carly Davis, graduated from CSU before me and loved the school. I also knew that CSU had a good science program and when I saw that I could major in Biology and focus on courses that would prepare me for medical school, I knew it was for me. This major covers all of the courses that are reflected on the MCAT (the entrance exam for medical schools) and provides me the opportunity to take classes that will be helpful in medical school like anatomy and physiology classes. I hope to be prepared for medical school and CSU's biology major was a perfect match to prepare me.

Tell us about some of the resources you've used on campus or in the Biology Department that have helped you to be successful. When I was applying to CSU as a

transfer student, they offered multiple online resources that allowed me to look at the different requirements for the majors and also to see which courses I had already taken would transfer to CSU. They also showed me what most medical schools require. These online resources made it SO easy to know what courses I still needed and where the credits I had would apply.

The Biology Department's Academic Support Coordinators are also very helpful. I've met several times with Rebecca Villalpando and she is just excellent. She always finds the answers to my questions, helps me plan my courses and just plain gets stuff done when it needs to get done. She has been a tremendous help.

One of CSU's pre-health advisors, Jim Zakely, was also a great help in making sure that I was on the pre-med track, getting me acquainted with PreMedica (a club for pre-med students), and also showing me resources to help prepare for the MCAT and medical school.

What has been your experience as a transfer student? What advice would you give other transfer students?

Transferring to CSU from Red Rocks Community College was a HUGE change. **(Continued on the next page)**

An Interview with Junior Biology Major, Brian Davis (Cont. from pervious page)

The classes here are much larger and the campus seems more like a small city. However, transferring was fairly easy because CSU tries to help transfer students make the adjustment. Once you are here, get out and do everything you can. Make friends, explore Fort Collins, and do your best in school. It's a wild, but fun, ride!

What advice would you give someone coming out of high school into the biology major? Don't take Organic Chemistry. Just kidding (it's required!). The biology major might be difficult at times, but if it's what you are interested in, then go all out for it. There are great courses offered at CSU, so make your biology major your own by taking classes that interest you. Work hard, study a lot, but find fun along the way. And when you do take Organic Chemistry, find a study buddy because they are priceless.

What challenges have you had as a biology major? As a biology major, it is sometimes difficult to maintain my 4.0 GPA. There are challenging classes such as Cell Biology, Organic Chemistry, and Biochemistry that can sometimes seem impossible. I have learned, though, that the faculty members are always willing to meet and help me, and that study groups are a good way to prepare for exams.

What has been your favorite biology class? My favorite class so far was Physiology (BMS 300) with Dr. Walrond. He is a FANTASTIC teacher and I loved learning how the body works. He made the complex processes so easy to understand and the course was intriguing, especially as it related to the medical field that I hope to work in.

What's been your most difficult biology class? The most difficult course I have taken, so far, is definitely Organic Chemistry (CHEM 341/343). This course is unlike any other- it involves a lot of studying, memorization, and hard work to stay on top of it. It has a reputation of being a very hard class and it is living up to that reputation very well.

What are your plans for the future? This summer, I will take the MCAT and then travel to Australia for a medical conference. I hope to apply and be accepted to medical school after I graduate from CSU in May 2012. Ultimately, I want to become an orthopedic surgeon. The possibilities are endless. I may get married, have kids, tame a lion, climb Mount Everest, or even find Waldo!

An Interview with Senior Biology Major, Cenea Kemp

Hometown: Denver, CO

Interests: Playing tennis, helping my mom in her garden, and playing The Sims (I'm obsessed!)

Future Plans: To attend medical school



How did you decide to major in Biology at Colorado State? When I first came to CSU, I wanted to go to vet school and I thought I had to major in biology. I later found out that that wasn't the case - I could major in anything I wanted to. During my first semester, though, I took LIFE 102 and General Chemistry - and I really started to like science. Before I came here, I HATED science. I discovered that I really like learning about how things work and I like how complicated biology is.

Tell us about some of the resources you've used on campus or in the Biology Department that have helped you to be successful. Going to talk to my professors has been so helpful. I generally have a lot of questions - I'm never afraid to ask questions - so whenever I can, I go to a professor's office hours or schedule a different time to meet if I can't make it to office hours. Going in and getting that face time with them helps A LOT. For the most part, most of my professors are open to meeting with students. In my experience, I usually have to schedule times to meet outside of office hours because I'm so busy and they are all willing to do that for me. Sometimes, I just approach them after class to set up the meeting. If I don't do that, I'll just send them an email. I've found that they respond really quickly too!

I also have three jobs on campus and I learned about all of them from faculty that I got to know and regularly met with. I work in a chemistry lab as an assistant for General Chemistry. My General Chemistry professor from freshman year approached me on campus and asked me if I wanted a job in his lab. I was also recommended to lead an Organic Chemistry study group by my CHEM 341 professors. Finally, my Ecology TA recommended me for a job in a plant lab.

What advice would you give someone coming out of high school into the biology major? Be prepared to work hard. This isn't a major where it's ok to not attend class or not do the assignments but expect to still do well in the courses. If you don't like to work hard, I wouldn't suggest majoring in Biology.

What challenges have you had as a biology major? The lack of minority students in the classroom has been challenging for me. The first thing I do when I go to class in a new semester is look around and see how many other Black people are in my classroom. Sometimes, it's just me. Sometimes, there's one other Black student. This semester, I have a class where there are four of us. I thought, "wow!" I came from a pretty diverse high school, George Washington, in Denver.

What has been your favorite biology class? Cell Biology! I liked it because it required a lot of time and effort and I feel like I actually learned the material because I had to spend so much time with it. In this class, I always had to start reviewing at least a week in advance for the exams. There were a lot of diagrams and pathways that I needed to memorize so I always had to start studying early. I also made sure to ask Dr. Mykles a lot of questions!

What has been your most difficult biology class? Also, Cell Biology! There was just so much material to learn. It was really cool though because Dr. Mykles gave us an extra credit assignment. We had to teach something that we learned to a member of our family or to a friend without a science background. It made me realize just how much I've learned in the past three years. I had to start from the very beginning- teaching them about glucose and DNA - I had to explain everything! It was very hard. It also helped my family to understand that I'm learning. They got the material after the fifth time I went over it with them.

What are your plans for the future? I want to do a lot of things but right now I think I want to go to medical school. In the immediate future I might take a year off and then apply. I'd really like to go to CU-Denver.

Thank you Cenea and Brian! We wish you the best of luck!

Involvement Opportunities



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.

➤ **Additional Career Center Events and Announcements:**

- GRE study group – did you know there are GRE study groups open to anyone thinking about taking the GRE? They meet Monday 5:00 – 7:00 pm in TILT 21 and Wednesday 7:00 – 9:00 pm in TILT 21.
- Internships – NOW is the Time! Internships are a way for you to explore your major and career path. The more internships you have the more you are confirming what you want to do. Internships are good for graduate school as well. Utilize CareerRAM through the Career Center <http://www.career.colostate.edu> to search for internships.

➤ **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:

- ★ Pre Occupational Therapy Club Meeting- Tuesday, March 1, 6:00 PM in TiLT 221.
- ★ Pre-Dental Club Meeting- Wednesday, March 2, 6:30 PM in Engineering E 104.
- ★ GRE Study Group- Wednesday, March 2, 7:00 PM-9:00 PM in TiLT 21.
- ★ Premedica Meeting- Wednesday, March 2, 6:30 PM in W 118 Anat/Zoo.

Campus Resources

FREE tutoring available! Don't forget that 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/>.