



Fall 2011 Important Dates

August:

- 22 - Classes begin. Fee assessed for late registration.
- 25 - End of Special B drop period.
- 28 - End of Special A and Special B add period.

September

- 5 - Labor Day - University closed.
- 7 - **Registration closes.** End of regular schedule change period. Last day to drop a course.
- 12 - Fall payment due.

October

- 17 - **End of course withdrawal period. Last day to exercise repeat/delete option.**
- 24 - Spring 2012 registration begins. Check RAMweb for your designated time.

November

- 19 - Fall recess begins; no classes next week.
- 24 - 25 - Thanksgiving Holiday; University closed.

December

- 9 - last day to process a University Withdrawal.
- 12 - 16 - Final Exams.
- 16 - 17 - Commencement Ceremonies.
- 21 - 23 - Winter holiday; University Closed.

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:



Message from the Chair, Dr. Dan Bush:

Welcome to all new and continuing students! We're off to another great year in Biology at Colorado State University. After a busy summer for faculty (doing research) and staff (updating operations), everyone is excited and eager to kick off another year of learning, research and service to the community. We have a new Assistant Professor in algal biology joining us this fall, Dr. Graham Peers, and many new graduate students that will be contributing to our teaching and research missions. We hope you share our enthusiasm for all things biology and are as eager as we are to jump into another challenging fall semester. Good luck with all your studies and best wishes for a successful semester.

Welcome back to campus new and returning students!

Our department welcomed 400 new students during Preview! On behalf of the Department of Biology, we'd like to welcome everyone back to campus. We hope you had a great summer and are now ready to come back and focus on being successful! Don't forget that your Academic Support Coordinators are here to help you succeed, so make sure to see us regularly. Appointments can be scheduled online at: <http://www.biology.colostate.edu/advising-scheduling>.

New Academic Support Coordinator coming for fall semester!

Congratulations Becky Villalpando! She has accepted a position coordinating the Key Health Professions Community. As such, the Department of Biology will soon be hiring another full-time Academic Support Coordinator. Keep your eye out for further news. We are sad to see Becky leave us, but wish her the best of luck! See page 5 for a special message from Becky.

Interested in doing an internship? Be sure to visit the Undergraduate Opportunities page on the Department of Biology's website. Results from our Spring 2011 student internship survey have been posted, and we will be adding to the list over time, so check back often! <http://www.biology.colostate.edu/undergraduate-opportunities>.

MARK YOUR CALENDARS!

The Academic Support Coordinators will be hosting Academic Success Workshops throughout the fall semester, so make sure to check them out! Seating is limited, so you will need to sign up online at: <https://spreadsheets.google.com/spreadsheet/viewform?formkey=dFNweEE102ltclhEZ0dER2J00k13Wmc6MQ>

- ◆ **Workshop 1: Laying the Foundation.** Topics covered: degree requirements for biology and zoology majors; building a 4 year plan; utilizing course catalog. Dates offered: Aug. 30,31; Sep. 13,14.
- ◆ **Workshop 2: Packing your Toolbox.** Topics covered: study, note-taking, and test-taking tips, campus resources for student success, expectations of faculty. Dates offered: Sep. 6,7.
- ◆ **Workshop 3: Discovering Careers.** Topics covered: career options for biology/zoology students, graduate program info and tips, campus resources available for career/graduate study exploration. Dates offered: Nov 29, 30.

All workshops will be held from 1:00 - 1:50 in Yates 206.

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. Stephen Stack.



Dr. Stack

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 42 years. A lot of my fondest memories have involved the social interactions that have come along with working with great colleagues and students over the years. The faculty and students in our department always seem to get along and work well together. This is not true at all institutions, but has been the case for my whole career at CSU. I have enjoyed every aspect of my job overall and have especially enjoyed interacting with students. For instance, undergraduate students have been involved in my research for most of my career, and experiencing their success with them (along with students in the courses I teach), has been just as rewarding as my own success.

What courses do you teach and what are your research interests? Originally I was hired to develop the core course in developmental biology (BZ311) and to teach cell biology. I taught developmental biology for many years, and occasionally LIFE 102 and

LIFE103. I have also taught advanced cell biology for upper-division and graduate students, and currently, I teach LIFE102 and BZ350.

In regard to research, I am a cytogeneticist, meaning I am a cell biologist who studies chromosomes. I have been especially interested in chromosome structure and genetic recombination.

Do you include undergraduates in your research program, and do you expect to add any undergraduates to your lab in the near future? Yes! I have always included undergraduates in my research program, and I even have a few working for me now. In fact, I am currently only using undergraduate researchers in my lab. I am always looking for new students to work in my lab, especially if they are well qualified. Students that have taken BZ350 (where I do a lot of recruiting) and other science courses with laboratory components (especially chemistry) are welcome to contact me via email. I especially like to hire students who have prior work experience – any job at all even if it is totally unrelated to research.

What is something that students do not know about you? Most students do not know that I have a strong athletics background. In fact, I was even awarded a full-ride scholarship to the University of Texas-Austin for football when I started college. Unfortunately, I developed asthma and was forced to leave the team, but it wound up being a good thing in that I was able to focus on school. The demands on student athletes can be incredibly tough, so I was glad to make school my number one priority even though I did like my teammates. In my free time I enjoy fishing and bird hunting.

Do you have any advice for students in our department? I used to work Preview in the past, and I was surprised by how much more interested the parents were in the messages I was giving than the students. My message to students then and

now is that you are coming to college to change and grow. If you are not ready or willing to change yourself, then you are not ready or willing to get an education. School is a full time job since students really do need to study for 2-3 hours for each hour of class they attend. Students who cannot change themselves or prioritize their lives to do well are not going to be successful or get a good education.

Because college is a full time job, I encourage students not to work too many hours outside of school. Students often want to work a lot in college to keep debt down, but working too much detracts from studying. For students who want to enter graduate programs, it is counterproductive to work so much that their GPA goes down. Ending up with a G.P.A. lower than entrance requirements for graduate programs but with less debt does not help students attain their ultimate goals. Basically, students need to make sure school is their number one priority and not let their G.P.A. fall because of an outside influence, even if it is work. It is preferable for a student to borrow the money they need to go to school and get a good education. With a good education, it usually is not difficult to get a job that pays well enough to pay off school debts.





STUDENT SUCCESS— AN INTERVIEW WITH SENIOR BIOLOGY MAJOR, SETH JOSEPHS

HOMETOWN: Boulder, CO

MAJOR: Biology

HOBBIES: Hiking, biking, skateboarding, video games, football, baseball, golf, and cooking.

How did you decide to major in Biology at CSU?

When I first got to CSU I had no idea what direction I wanted to go in. My freshman year I took classes from Astronomy to Nutrition and still had no clue as to what to do. It wasn't until I took a Physiology course that I really understood the direction I wanted to travel. The course was really interesting and it went into all the details of the human body which I found fascinating. After that course I knew I wanted to study Biology.

What department or campus resources have you used to help you be successful?

The TILT (The Institute For Learning and Teaching) has been the most useful campus resource for my success. TILT offers free tutoring for all students for a variety of science, math, and liberal arts courses. When I was in my first semester of Physics I was struggling with solving problems on the homework assignments. One of my

friends suggested that we go to TILT to get help, and it was one of the best decisions I ever made. The tutor helped us through the problems we couldn't figure out and he didn't just give us the answers. He made sure we actually understood the material. This inspired me to become a tutor at TILT and I now tutor many Biology courses here at CSU.

What advice would you give students just entering the Biology or Zoology majors?

There are several pieces of advice I would give incoming students entering the Biology department. One, don't get down if a class doesn't go your way. When I first came to CSU I was confused and didn't know what to do. Because of this it was hard for me to focus on my classes and I ended up having a very poor semester. After this my confidence in school was destroyed, but I didn't give up. I worked hard to reverse the position I put myself in and I feel like any student can do the same. The second piece of advice I would give students (and it's a very cliché piece of advice) is to go to all of your classes.

Without going to class you have to play catch up and when trying to juggle 4-5 classes at once this can be very hard to do. Going to class in the long run makes life much less stressful. The third piece of advice I would give students is to read your textbooks. When I say read your textbooks I don't mean skim through the pages your instructor assigned just to say that you have read, I mean actually read the assignment. When I used to read I used to just read the text and try and get it over with as fast as possible. Now I read to make sure I actually understand everything the text is saying (this means looking at all the pictures in the text, reading the captions for the pictures and making sure you understand those as well). Reading is very time consuming, but it is also very helpful, and it is the greatest factor for being successful in school.

What has been your favorite Biology course thus far? My favorite Biology course was Cell Biology.

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"It has always been my dream to help people suffering from medical complications. There are many people in my family who have suffered from diseases such as cancer, heart problems, and neurological disorders, and this led me to choose a path in the medical field so that I can try and make people like them suffer less. "

- SETH JOSPEHS, SENIOR BIOLOGY MAJOR

AN INTERVIEW WITH SETH JOSEPHS— CONTINUED FROM PAGE 3

I found the class very interesting because it went into just how much detail there is in each and every cell. It also focused heavily on the medical aspects of molecular biology (something that I find very interesting) by talking about what factors lead cells to turn carcinogenic, the delivery of drugs to different parts of the body, etc. All this information inspired me as a student to think about new ways we could go about solving these medical issues and that is something I found very exciting.

What challenges have you faced as a Biology major? The biggest challenge I faced as a Biology major was when I was taking Cellular Neurobiology and Organic Chemistry in the same semester.

The first test for both classes happened to fall on the same day, and needless to say it was impossible for me to be 100% prepared for both. I ended up getting a "D" on the Neurobiology test and was very disappointed in myself. I called my dad and asked him what he thought I should do (at this point I was so distraught I was considering cutting my losses and dropping the class). My dad told me that I could drop the class if I felt like that was the right thing to do, but he also said he thought the best option would be to stick with the class and try and work hard to undo the position I had put myself in. He said you will feel much better about yourself if you are able to accomplish that. I choose to heed the later part of his advice and studied very hard

for the next exam. I ended up getting an "A" on the next test, and it was one of the most accomplished feelings I have ever felt in school. I worked hard the rest of the semester and was able to salvage a "B" in the class after almost failing the first exam. This made me feel very good about myself and goes to show that matter how far you get knocked down, you should never give up.

What are your future plans? After I graduate from CSU I plan to attend Medical School. It has always been my dream to help people suffering from medical complications. There are many people in my family who have suffered from diseases such as cancer, heart problems, and neurological disorders, and this led me to choose a path in the medical field so that I can try and make people like them suffer less.

CLUB 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. Recent trips have 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 to get updates on meetings and trips please contact us at csuzoologyclub@gmail.com. We look forward to seeing you!

Join the Gillette Entomology Club! The Gillette Entomology Club (GEC) is a great opportunity to learn more about some of the most common organisms in the world. There are over a million known species of insects and about sixty thousand arachnid species. The GEC is devoted to the challenge of teaching its members and the community. We hold monthly meetings that often feature guest speakers from throughout the profession, and we also organize outreach events. Our mission is partly accomplished through the bug zoo in the Plant Sciences building that houses many local and exotic species of arthropods. GEC is also getting its first bee hives up and running soon. If you have any interest in helping us care for our bugs, understanding more about them, or helping us spread knowledge of them to our community, please consider the GEC. To join the mailing list, please email Kyle Conrad at krcon@rams.colostate.edu, and also search "GEC" on Facebook to join our group.



Science Quote of The Month:

It requires a very unusual mind to undertake the analysis of the obvious.

~Alfred North Whitehead (1861-1947); English mathematician.

HEALTH PROFESSIONS HAPPENINGS



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/>.

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 Opportunities for Health Professions Students:

- ◆ **Pre-Health Clubs:** Premedica, Pre Dentistry, Pre Occupational Therapy, Pre Optometry, Pre Pharmacy, Pre Physical Therapy and Pre Veterinary will hold their first meetings for this academic year beginning the first week of September. To view the website for your club go to: <http://hp.casa.colostate.edu/HP-clubs.aspx> and click on the appropriate club.
- ◆ On October 1, 2011 Kaplan will offer FREE practice exams on campus for: GRE and MCAT; free on-line practice exams will be offered on the same date for the OAT, DAT and PCAT. Exact times and locations will be announced soon.
- ◆ The Career Fair with a focus on Science, Environment, Health, Social Services will be held in the LSC Main Ballroom on Monday September 12 from 10:00 AM to 3:00 PM. Many graduate programs in the health professions will be represented and this is a great opportunity to meet admission representatives and to become familiar with what they are looking for in competitive candidates.

*Make an Appointment
to See an Academic
Support Coordinator
Today!*

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! 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.



Drop in Career Counseling with Judy Brobst: Every Wednesday during Fall semester from 10:00 - 12:00 in A/Z E-108. No appointment necessary! Just come on in to see Judy!

A special goodbye from Becky:

As a new semester begins so does a new adventure. I would like to thank the Department of Biology faculty, staff, and students for helping to make the past year so memorable and meaningful for me. I am grateful for all of the support that was provided as we began building a stronger advising team. I am confident that Justin, Kayla, and the new Academic Support Coordinator will continue to make great strides in providing the best advising support possible for all Biology/Zoology students at CSU. All my best.



~ Becky