Important Dates:

Registration is open!
- Oct 28th - Seniors started
- Nov 1st - Juniors start
- Nov 8th - Sophomores start
- Nov 15th - Freshmen start
- Nov 23rd - Dec 1st **Fall Break!**

Fall Break Advising: Drop-ins only!
- Nov 25th & Nov 26th
  9:00 - 11:00am & 1:00 - 3:00pm
- Nov 27th 9 - 11am **ONLY**

**THIS MONTH’S NEWSLETTER:**

Page 2 ..................... Important Registration Information
Page 3 ......................... Listing of Spring Only Courses
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**Fall Semester Drop-in Hours**
Every Monday through Thursday, 1-3pm
**BONUS!**

From October 21st to November 21st, there will be TWO ASCs available during drop-in hours!
Be Registration Ready!
Check Ram Web to clear any holds and/or complete pre-reqs (like Chem Prep or Math Placement) so that you can register on time.

The following students will need an advising code to register for the spring semester:

Students on Academic Probation

Probation 1 students:
⇒ Watch the Academic Success Seminar (available in Canvas Advising Portal)
⇒ Complete the Academic Self-Assessment Worksheet

All Probation 1 and Probation 2 students:
⇒ Schedule an appointment with an ASC to receive your advising code

Before your registration date!

Students in Your First Semester at CSU

Complete any placement procedures:
⇒ Chem Prep - remember this takes time!
⇒ Language placement - info here: https://languages.colostate.edu/placement-exam-2/
⇒ Math Placement - work through the review materials and stop by the PACe Center ASAP!
⇒ DSP Survey - do you need composition? Find out here:
https://composition.colostate.edu/students/placement/

Meet with an ASC to review your degree requirements, check your plan, and get your advising code

Before your registration date!

Advising appointments are typically booked 1 - 2 weeks in advance this time of year!

Schedule your appointment here:
http://www.biology.colostate.edu/undergraduates/advising/
**Listing of Spring (only) Courses Offered in 2020**

**BZ COURSES**
- BZ 214 - Animal Biology - Vertebrates
- **BZ 300 - Animal Behavior**
- BZ 311 - Developmental Biology
- BZ 325 - Plant Systematics
- BZ 329 - Herpetology
- BZ 335 - Ornithology
- **BZ 348 - Theory of Population & Evolutionary Ecology**
- BZ 415 - Marine Biology
- BZ 418 - Ecology of Infectious Diseases
- BZ 420 - Evolutionary Medicine
- BZ 424 - Principles of Systematic Zoology
- BZ 430 - Animal Behavior and Conservation
- BZ 440 - Plant Physiology
- BZ 441 - Plant Physiology Lab
- BZ 450 - Plant Ecology
- BZ 455 - Human Heredity and Birth Defects
- BZ 530 - Ecological Plant Morphology

**OTHER COURSES**
- BC 403 - Comprehensive Biochemistry 2
- BC 463 - Molecular Genetics
- BMS 305 - Domestic Animal Gross Anatomy

**OTHER COURSES (continued...)**
- **BMS 325 - Cellular Neurobiology**
- BMS 330 - Microscopic Anatomy
- BMS 360 - Fundamentals of Physiology
- BMS 405 - Nerve and Muscle - Toxins, Trauma, and Disease
- BMS 450 - Pharmacology
- BSPM 361 - Elements of Plant Pathology
- ERHS 332 - Principles of Epidemiology
- ERHS 450 - Intro to Radiation Biology
- FW 300 - Biology and Diversity of Fishes
- FW 301 - Ichthyology Lab
- FW 405 - Fish Physiology
- MIP 334 - Food Microbiology
- MIP 335 - Food Microbiology Lab
- MIP 343 - Immunology Lab
- MIP 351 - Medical Bacteriology
- MIP 352 - Medical Bacteriology Lab
- MIP 432 - Microbial Ecology
- MIP 433 - Microbial Ecology Lab
- MIP 443 Microbiol Physiology
- RS 478 - Ecological Restoration

**special this spring semester only**

Refer to checksheet or speak with an advisor about whether courses can be applied to your major

Schedule an advising appointment here:
http://www.biology.colostate.edu/undergraduates/advising/
### Common Registration Errors. . .

<table>
<thead>
<tr>
<th>Error message</th>
<th>What it means</th>
<th>When you might get it</th>
<th>What to do</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class level</strong></td>
<td>Only students in a certain class level (fr/so or jr/sr) can register for a given course.</td>
<td>Just a few Biology courses have this restriction but other departments’ courses (e.g., Psychology) may have it.</td>
<td>If you NEED the course, contact the home department for access.</td>
</tr>
<tr>
<td><strong>Multiple Components Required</strong></td>
<td>In addition to the lecture, you have to register for another component (lab or recitation) <strong>at the same time.</strong></td>
<td>Many biology, chemistry, and physics courses are commonly associated with this error.</td>
<td>Check boxes for each component PRIOR to hitting &quot;submit.&quot; Click 'view linked' to see specifically which sections of lab/recitation that must be selected.</td>
</tr>
<tr>
<td><strong>Major Restriction</strong></td>
<td>You do not have the right major for a class.</td>
<td>Some classes are restricted just to students in that major (Business/Art are examples); may allow non-majors to register after a certain date.</td>
<td>Click on the course title for details about major restriction—if the class opens to non-majors at a certain date, it will tell you that info here.</td>
</tr>
<tr>
<td><strong>Prerequisite</strong></td>
<td>You fail to meet at least one prerequisite for the class.</td>
<td>Click on the course title for details about the class description prerequisites will be listed here.</td>
<td>You’ll need to take the prerequisite courses prior to registering for the course in question. If you think this is an error, contact your advisor.</td>
</tr>
<tr>
<td><strong>Department or Instructor approval</strong></td>
<td>Registration for a certain class is limited and only approved on a case-by-case basis.</td>
<td>An example is BZ492G - Cognitive Ecology which requires specific permission from the instructor before registration</td>
<td>If you seek access to a class requiring dept/instructor approval, contact the instructor listed or the department.</td>
</tr>
<tr>
<td><strong>Stop enrollment</strong></td>
<td>A department has stopped enrollment so that no one can register for the class until a problem is resolved.</td>
<td>Hard to say - stop enrollments can happen in any department due to unforeseen changes.</td>
<td>Try registering for a different section of the same class, or contact the department to find out more information.</td>
</tr>
</tbody>
</table>

### NEED AN OVERRIDE? READ THIS!

Academic Success Coordinators can provide limited types of overrides and only for BZ and LIFE courses. **For any courses other than BZ or LIFE courses, you must contact the instructor or the department that offers the course.**

**Only an instructor can override you into a course if you have not met the prerequisites or if it is full. You may contact the instructor directly with those types of override requests, but they are rarely granted!**
The CSU Scholarship Application (CSUSA)
Access and submit the application through ramweb.colostate.edu

Completing the CSUSA will enter you into the applicant pool for all scholarships that you are eligible for through CSU.

NOTE: Some scholarships require supplemental information, be sure to submit all of the recommended documents for full consideration.

You must complete the FAFSA for all need-based scholarships and work–study awards.

The 2020 - 2021 FAFSA® form is available NOW!

Fill out the Free Application for Federal Student Aid (FAFSA) form to apply for financial aid, including:

- Federal grants
- Federal student loans
- State loans
- State grants & scholarships
- Grants & scholarships from other organizations

If you don’t fill out the FAFSA form you could be missing out on valuable financial aid.

Every year, there are a number of reasons students think they shouldn’t complete the FAFSA form; however, the reality is that EVERYONE in college should fill it out.

Start your FAFSA today - https://studentaid.ed.gov/sa/fafsa
Introducing Ashley Larson . . . Outstanding graduate student and member of the Biology Department who is always happy to volunteer her time, energy, and expertise - sharing her love for science. We thought that our undergraduates would like to get to know Ashley better, so we asked her a few questions about her path to graduate school and what life is like as a grad student in the Biology Department.

Ashley is a 5th generation Coloradan! She grew up in Fort Collins and earned her undergraduate degree in Biology right here at CSU! As an undergrad Ashley knew that she was interested in marine biology and she was able to explore her research interests through undergraduate research. Her first research position was with Dr. Mykles in the Crab Lab, where she studied the hormonal control of molting in land crabs. After getting some experience with the Crab Lab, she switched over to the Kanatous lab. In the Kanatous Lab Ashley was able to help with a variety of projects pertaining to muscle physiology in diving mammals and in emus (yes, the big, flightless birds)! This is where Ashley really became interested in physiology!

After she completed her biology degree Ashley traveled around and participated in several field work projects: she worked in Moab Utah on desert plants and soil crusts; spent time in Costa Rica investigating seed dispersal and toucans; went to Alaska to assess groundfish stock; worked on diatoms and nutrient cycling on Dauphin Island, Alabama; and even worked on a project that was investigating cyprinid (little fishes) movement in Colorado streams! Through participating in these diverse research projects, Ashley realized that she really enjoys learning about animal ecology and she found herself asking questions about the physiological strategies that allow different animals can persist in particular environments - she was ready for graduate school!
The Kanatous Lab turned out to be a great fit for Ashley’s research interests! She is currently pursuing a Master of Science in Zoology working on understanding the physiology of diving mammals and in how diet can affect diving performance. She is doing this by investigating in vitro pathways to myoglobin expression and how that relates to the fiber type of the muscle. Her specific research question is: “under what conditions are the pathways to myoglobin expression independent from slow fiber type expression?”

Being a grad student is a full-time job. Ashley divides her time up among taking classes, teaching, maintaining a lab, conducting research, and reading lots of research papers! Ashley usually teaches Mammalogy (BZ 330) in the Fall, and Vertebrate Biology (BZ 214) in the Spring – she has also taught LIFE 102, usually during the summer. Ashley really puts her heart into teaching, and it shows – last year Ashley was awarded the prestigious Department of Biology Graduate Student Teaching and Mentoring Award!

As a member of the Kanatous Lab Ashley also does a lot of outreach! They go out into community schools and teach kids about animals and the unique adaptations they possess! Ashley is always willing to donate her time with on-campus outreach too – she has participated in the Ram Welcome Street Fair for the past 2 years. She has played a huge role in preparing the Bear (Bernard) for its new life as a feature in the Biology Main Office – everything from fixing its claws to fluffing its hair – and she is currently working on designing a more natural-looking base for the bear to stand on! Ashley is very busy and very invested as a member of the Biology Department!
When I asked Ashley what she thinks is the most challenging part of being a grad student, her response: time management!

“Learning time management is tricky, but very necessary... This was a hurdle that I thought I had figured out before graduate school, but I was wrong. I feel like every semester I get really good at managing my time for the schedule that I have, then the next semester I pile something else on and have to figure time management out all over again.”

How does she manage it all? Self-care and the supportive community here in the Biology Department;

“... there are lots of other people here that are going through (graduate students), or have gone through (professors and PIs) similar things ... Our administrative folks are awesome and help us so much (even when we’re freaking out haha) ... realizing that you’re not alone or the only one going through some grad experience is important.”

When it comes to self-care Ashley makes a point of spending time in the great outdoors regularly. She is in the process of hiking to the top of every 14er in Colorado! So far, she has summited over half of them – 33 out of 53! She also climbs – traditional rock, and ice climbing, she skis, and loves hunting and fishing. Ashley donated her most recent Pronghorn buck pelt to the Vertebrate Biology Collection so that it can be made into a fully mounted specimen for classes and outreach!

Ashley encourages undergrads to get involved with the Biology Department through volunteering and research. There are often opportunities with the Kanatous Lab! I asked her what those opportunities look like and she said that students typically start out “reading a lot to get caught up on what we do in the lab, and to practice reading scientific manuscripts. Then, they can also help the graduate students with their projects, and once they learn enough skills, they can develop a project of their own to work on.”

Students who are interested in getting involved with the Kanatous Lab should contact Dr. Shane Kanatous directly at shane.kanatous@colostate.edu. Ashley emphasized that before contacting Dr. Kanatous they should “do some research (online, manuscripts, or talking to grad students) on what we do in the lab, and why they are interested in working in this lab in particular.”

Now that you have gotten to know Ashley, please be sure and say hello!
PLANNING AHEAD

Paleontology Field School INFORMATION SESSION!

THURSDAY, NOV. 7, 2019
3:00-4:00 PM
CLARK C249

Find out about the Paleontology Field School course, ANTH 470, & how to apply now for the Summer 2020 field season!

Contact info: kimberly.Nichols@colostate.edu

Can be used for Zoo and Bio degrees!

Learn to program!
Increase your computer literacy and gain valuable transferable skills!

CS 150 can now be used toward the AUCC3B degree requirement!
8. USEFUL APPS FOR SCHOOL
Come learn about different assistive technology devices and online apps for academic success! Our guest speaker will demo Apple and Android apps that can help you stay on top of your readings, take notes, increase productivity, and more.

9. SHOULD I GO TO GRAD SCHOOL?
Interested in going to graduate school but not sure if it's for you? Have questions about what you should be doing as an undergrad to get ready, the application process, graduate school expectation and more? Join us as our guest speaker share their knowledge and resources in your journey to grad school.

10. CAMPUS RESOURCES FOR YOUR ACADEMICS
Curious about how many FREE academic resources are available to you at CSU? Ever wondered if there is a tutoring program for your class? Would you like to know more about the Student Case Management, the Student Disability Center and other similar offices that can support you in your academics? This workshop will cover campus resources specifically to help with your academics here at CSU.

11. MANAGING PROCRASTINATION
Is it possible to be born as a procrastinator? Is procrastination curable? Will we ever find a title? Who knows! But, we have created this fun workshop to teach you how to develop healthy daily habits and overcome the urges of procrastination.

12. MEMORIZATION TECHNIQUES
In this workshop, we will spend time identifying different memorization techniques and understand what makes a study strategy effective, practical and supported by research as a retention method to increase learning.

13. FINAL EXAM STUDY TIPS
Develop a plan to finish the semester strong! Needing a quick active learning study strategies, time management tips, and exam preparation techniques? This workshop is here to serve you as your quick resource guide heading to final exam week.

14. MANAGING STRESS AND TEST ANXIETY
This workshop will teach students how to be practical in taking useful notes that will serve as a study guide, learn how to be concise and stay organized when taking notes, and understand what it means to be an active listener.

Also, check out our Well-being Wednesday Workshop schedule
(Wed 4:30 - 5:30 pm in TILT Room 221)

NO pre-registration is required.
Open to all students.

FOR MORE WORKSHOP/INFORMATION VISIT:
TILT.COLOSTATE.EDU/LEARNING/TILTWORKSHOPS/
TILT WELLNESS WORKSHOPS

TILT | WELL-BEING WEDNESDAYS | 4:30 - 5:30 pm
PRESENTED BY CSU HEALTH NETWORK

WORKSHOP LOCATION: TILT ROOM 221

A Full Life: Pathways to Resilience
Physical Self-Care
Test Anxiety
Boosting Belonging

Oct 23
Oct 30
Nov. 6
Nov 13

Rams Fail Forward
Stress Less
Creative Chill Out

Nov. 20
Dec 4
Dec 11

BOOSTING BELONGING
Learn how to increase your confidence when connecting with your peers and how to be more authentic, curious, and open in your interactions with them. Learn how to use other people’s favorite words to build connection, avoid the worst of small talk, and how to integrate the *A-Z Taik,* the *Engagement Ring Story,* the *Left Eye,* and *T-Rex* concepts, among others, into your communication style. Ultimately, learn how to reach and find belonging, over merely fitting in. Guest Speaker from SLICE

CREATIVE CHILL OUT
Being creative can help us reduce stress by giving our thinking mind a break. Creating something can be restorative, boosts our mood, and takes very little time. In this session, you will experience various ways to bring creative breaks in small moments of everyday life. No prior skills required.

RAMS FAIL FORWARD
If you’ve experienced failure, you’re not alone. Most of us are hard-wired to avoid the pain of failure. This innate response can reduce our capacity to recover and can negatively impact our health. Yet, failure has so much it can teach us. Learn the steps we can take to help us cope, learn, and grow from life’s inevitable difficulties.

STRESS LESS
During this interactive session, you will gain a better understanding of the stress response, the positive and negative effects of stress, and the influence of the mind/body connection to stress management. This session has activities to identify your causes of stress and stress warning signs, and to learn different coping techniques and resources.

TEST ANXIETY
This workshop focuses on how to recognize and learn strategies to overcome test anxiety. Self-assessment and group discussion will help you identify if the struggle stems from test preparation problems or test anxiety challenges. You will have opportunities for practice and skill-building too.

Also, check out our Academic Success Workshop schedule
(Tuesdays 5:30 - 6:30 pm & Thursdays 6:00 - 7:00 pm in TILT Room 221)

NO pre-registration is required.
Open to all students.

FOR MORE INFORMATION VISIT:
TILT.COLOSTATE.EDU/LEARNING/TILTWORKSHOPS/