Second Semester Freshman Advising

This is Biology major advising for freshmen who entered in Fall 2017. Your attendance until the end of the session will release your registration hold for Fall 2018 classes.

(Note there is no registration hold for Bio majors for Summer 2018 classes.)

Changing your Major?

If you are changing major FROM Biological Science, please consider your change of major selection carefully. Be aware that, if you wish to switch back to Biological Science in the near future, it may not be possible due to the large number of majors we currently have.

Follow steps in exact order:
1. If have not already done so, obtain approval (signature and department stamp) from new major.
2. After you have obtained signatures and department stamps from both departments, bring to Admissions & Records, LH144.
3. Pay fee at Cashiers AND obtain a receipt showing payment.
4. If you still have a Biology Advising Hold, in order to remove this hold, you must bring this receipt to the Biological Science Department Office, MH282, to show that you have completed the process.

Does my GPA matter?

<table>
<thead>
<tr>
<th>Goal</th>
<th>Medical School</th>
<th>Professional programs</th>
<th>Workforce</th>
</tr>
</thead>
<tbody>
<tr>
<td>GPA</td>
<td>&gt;3.7</td>
<td>&gt;3.0</td>
<td>&gt;2.0</td>
</tr>
<tr>
<td>Grade forgiveness</td>
<td>Not acceptable</td>
<td>Maybe OK</td>
<td>Not a problem</td>
</tr>
<tr>
<td>Knowledge</td>
<td>MCAT prep</td>
<td>Specific sector</td>
<td>Basic understanding</td>
</tr>
<tr>
<td>Research</td>
<td>Required?</td>
<td>PhD - Much needed</td>
<td>Some experience needed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PharmD – no Internships</td>
<td></td>
</tr>
<tr>
<td>Recommendation letters</td>
<td>4 required</td>
<td>2 good letters</td>
<td>?</td>
</tr>
<tr>
<td>Awards</td>
<td>Helpful</td>
<td>Helpful</td>
<td>?</td>
</tr>
<tr>
<td>Extracurricular</td>
<td>Very High</td>
<td>No</td>
<td>?</td>
</tr>
</tbody>
</table>

If GPA <2.0 cannot graduate with a Biology degree!
How can I get good grades?

**Show up!**

Biol 151 grades are positively correlated with attendance.

\[ y = 0.7181x + 10.365 \]

\[ R^2 = 0.56699 \]

38% failing grades

How can I get good grades?

**Seek help!**

Students who attend more supplemental instruction (SI) sessions, earn higher grades.

Students who use our free tutoring services earn higher grades.

**Free tutoring:**

- **Opportunity Center** for Science and Math Students (MH-488)
  [http://www.fullerton.edu/it/students/computerlabs/opportunity-center.php](http://www.fullerton.edu/it/students/computerlabs/opportunity-center.php)

- **University Learning Center** (PLN 2nd floor)
  [http://www.fullerton.edu/ulc/](http://www.fullerton.edu/ulc/)

- **Math tutoring center** (MH-553)

- **Physics tutoring center** (MH-600)
How can I get good grades?

Seek help!

Students who seek extra help in office hours earn higher grades.

How can I get good grades?

Put in the time!

Biology 152 (4/1)
4 units total: 3 units lecture + 1 unit lab

Study 3 hours per unit of class

How many hours should you study for Biology 152?

12 hours!

How can I get good grades?

Put in the time!

How many hours per week do you study for the Biology core courses?

How many hours per week should you study for the Biology core courses?

How can I get good grades?

Put in the time!

With 4 Academic Classes:

- School: 12 units + 36 hours study = 48 hours/week
- Commitments: 25 hours/week
- Sleep: 56 hours/week
- Social Life: 21 hours/week
- Routine: 15 + 5 commute hours = 20 hours/week

Total: 170 hours/week

There are 168 hours total in a week
Academic Makeover Workshops

http://www.fullerton.edu/ulc/workshops/makeover.php

Spring 2018 Schedule:

<table>
<thead>
<tr>
<th>Workshop:</th>
<th>Time:</th>
<th>Location*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part I: Time Management</td>
<td>Wednesday Feb 14</td>
<td>PLS-360</td>
</tr>
<tr>
<td></td>
<td>2:30-3:30 pm</td>
<td></td>
</tr>
<tr>
<td>Part II: Listening &amp; Note Taking</td>
<td>Wednesday Mar 14</td>
<td>PLS-360</td>
</tr>
<tr>
<td></td>
<td>2:30-3:30 pm</td>
<td></td>
</tr>
<tr>
<td>Part III: Study Skills</td>
<td>Wednesday April 18</td>
<td>PLS-360</td>
</tr>
<tr>
<td></td>
<td>2:30-3:30 pm</td>
<td></td>
</tr>
<tr>
<td>Part IV: Test Anxiety &amp; Test</td>
<td>Wednesday May 9</td>
<td>PLS-360</td>
</tr>
<tr>
<td>Taking Strategies</td>
<td>2:30-3:30 pm</td>
<td></td>
</tr>
</tbody>
</table>

How can I get good grades?
Master study skills!

1) Make time to study
   - Mark deadlines and test dates to your calendar
   - Plan ahead
   - Use to-do lists and planners
   - Study every day

2) Take good notes
   - Actively take notes during class
   - Take up as much space as needed for your notes
   - Rewrite or add to your notes after class
   - Share notes with classmates if needed

3) Read the course material
   - Read in a quiet designated space
   - Read more than once
   - Annotate the reading and take notes
   - Read your notes
   - Read every day
   - Don't skip reading captions and figures
   - Make a glossary of terms/ use a dictionary
How can I get good grades?

Master study skills!

4) Prepare for tests
   • Rewrite/re-read your notes
   • Reorganize your notes into categories
   • Seek help
   • Study with peers
   • Teach the material to others

Calculate your GPA

GPA Calculator:
http://www.fullerton.edu/aac/resources/gpa_calculator.php

• What will your GPA be at the end of next semester?
• What will your GPA be at graduation?
• If you have completed 60 units and your current GPA is 2.0, can you finish your degree with a GPA of 3.5? (units required to graduate are 120 units)

Repeating Courses – University policy:

• ONLY
  o 16 units grade forgiveness
  o 12 units grade averaging
• For a single course, you can repeat it twice (3 times total)
• If you reach these limits:
  • Lower-division courses must be re-taken at a community college
  • Petition required to repeat a course at CSUF
  • Changing majors may be the best option
• A failed course will remain on your transcript!

Oops, I'm not going to pass one of my classes this semester…

• For all Biology and Supporting Courses, you need a C or higher to pass.
• If you do not pass a class:
  ➢ Consider WHY you did not pass.
    ▪ What can you do differently?
  ➢ Try to retake it next semester
    ▪ This should be an **UNUSUAL EVENT**!
    ▪ Note that retaking classes uses up "repetition of course" units
    ▪ Understand the University policies **before** you start using the repetition units!
  ➢ Make an appointment and get help!
    ▪ **Sam Barrozo, NSM Retention Specialist, MH-488, sbarrozo@fullerton.edu**
How many units should I take next semester?

<table>
<thead>
<tr>
<th>Time spent at work or other non-negotiable obligations</th>
<th>Units to Take</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-5 hours/week</td>
<td>15-16</td>
</tr>
<tr>
<td>5-20 hours/week</td>
<td>12-15</td>
</tr>
<tr>
<td>20-30 hours/week</td>
<td>9-12 (12 if you need to be a full-time student)</td>
</tr>
<tr>
<td>&gt;30 hours/week</td>
<td>3-9</td>
</tr>
</tbody>
</table>

Your Fall 2018 Schedule

Course 1: Biology

Course 2: Supporting Course (Math or Chemistry)

Courses 3 and 4 (if needed): General Education
Chemistry placement exam (CPE)

This exam will tell you which Chemistry course to take.
- You need to take this exam to register for Chem120A.
- You can register for Chem115 (the prerequisite for Chem120A) without taking the exam.

**Testing Center:** [http://www.fullerton.edu/testing](http://www.fullerton.edu/testing) or go to UH-229

<table>
<thead>
<tr>
<th>Test Date</th>
<th>Registration Deadline Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, May 12, 2018</td>
<td>Wednesday, May 2, 2018</td>
</tr>
<tr>
<td>Saturday, July 14, 2018</td>
<td>Tuesday, July 3, 2018</td>
</tr>
</tbody>
</table>

Department of Chemistry and Biochemistry:
pre-registration required at [http://nsm.fullerton.edu/testing/cpe](http://nsm.fullerton.edu/testing/cpe)

<table>
<thead>
<tr>
<th>Test Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, June 11, 2018, 1pm</td>
</tr>
<tr>
<td>Monday, June 18, 2018, 1pm</td>
</tr>
<tr>
<td>Wednesday, August 15, 2018, 1pm</td>
</tr>
</tbody>
</table>

**First semester advising survey question:**
What career path(s) are you interested in? Select all that apply.

- Medicine (MD, DO, 1st MD, etc.)
- Other health professions (DMD, OD, DC, chiropractor, NPs)
- Laboratory (ESL, MA, BBA, MSc, MPH)
- Environmental, pharmaceutical, or agricultural
- Field work in Conservation
- K-12 teaching
- Community college or University teaching
- Clinical Lab Scientist
- Forensic science
- Public Health or Public Policy
- Science writing or editing
- Other

Thinking ahead:

ITS NEVER TOO SOON TO START PLANNING YOUR FUTURE!

Careers Planning

Know Your Values
Link Your Major & Your Career
Research Career Options
Learn About Yourself
Identify Your Skills
Planning for Graduate or Professional School, or Credential Programs

JUST GOING TO SCHOOL AND GETTING GOOD GRADES IS NOT ENOUGH!

• Get Involved!
  – Volunteering & Shadowing (critical for those wanting to enter health professions)
  – Research Experience

• Prepare!
  – Prerequisite Courses
  – Entrance Exams

Health Professions Advising Office

Future Careers in: Medicine (M.D. or D.O.), Dentistry, Optometry, Pharmacy, Physician Assistant, Podiatry, and Veterinary.

Advice from Dr Mouttapa:
• Get involved this year!
  – Join a student organization, volunteer, start an internship
  – Gain experience, network and explore your options

• Make an appointment NOW!
  – Don’t wait until you are a junior or senior
  – To Schedule an appointment:
    http://www.fullerton.edu/healthprofessions/

CSUF Career Center

Find a job or internship, get help with your resume or CV, prepare for interviews, explore career options

Advice from the Career Center:
• Get Involved!
  ✓ Join a student organization, volunteer, start an internship

• Explore your Options!
  ✓ Attend “day in the life” events to meet people in your future profession
  ✓ Attend workshops on resumes, advising, and much more...
  ✓ For a listing of events:
    www.fullerton.edu/career

Want to browse biology-related careers?

• All biology-related careers
  ➢ http://www.aibs.org/careers
  ➢ http://www.sicb.org/careers/

• Biotechnology and biomedical careers
  ➢ http://www.nature.com/scitable/ebooks/guide-to-life-science-careers-14053951

• Becoming a teacher
  ➢ http://ed.fullerton.edu/future-students/credential-programs/
Careers you may not have thought about...

- Teaching
- Biotechnology
- Forensic Science
- Politics & Policy
- Biomathematics
- Science Writing and Communication
- Biological Illustration

What if you are interested in teaching?

CSUF has credential programs for Elementary Level Teaching (K-6), Middle-School Teaching (6-9) and High School Teaching (9-12).

Start NOW!

- Science Ambassador
- Become an SI leader
- Summer Internships
- Volunteer

Make an appointment today:

Dr. Megan Tommerup (mtommerup@fullerton.edu), Science Education Coordinator for Biology.

How do you get research experience at CSUF?

- Know what research faculty do (biology.fullerton.edu)
- E-mail or call the faculty
- Be professional (proofread, don’t use text message spellings)
- Use your CSUF email or a professional sounding email
- Be persistent but not rude

Research-related Programs at CSUF

- Research Careers Preparatory program (RCP) - [http://biology.fullerton.edu/RCP/](http://biology.fullerton.edu/RCP/)
- Maximizing Access to Research Careers (MARC) - [http://marc.fullerton.edu/](http://marc.fullerton.edu/)
- Southern California Ecosystems Research Program (SCERP) - [http://biology.fullerton.edu/SCERP/](http://biology.fullerton.edu/SCERP/)
- Bridges to Stem Cell Research (BSCR) – [http://biology.fullerton.edu/stemcells/](http://biology.fullerton.edu/stemcells/)
- Minority Health & Health Disparities International Research Training (MHIRT) - [http://biology.fullerton.edu/marcelotolmasky/MHIRT_WEBSITE/Site_2/Home.html](http://biology.fullerton.edu/marcelotolmasky/MHIRT_WEBSITE/Site_2/Home.html)
What about going elsewhere?

- NSF research experiences for undergraduates
- Fred Hutchinson Cancer Research Center
- HHMI – Science Opportunities
- NIH Summer Internship Program in Biomedical Research
- CSUF Undergraduate Research - opportunities outside

What will advising look like next semester?

- Check your CSUF email in October!
- Second year advising will also be done in groups
- After you declare a concentration, you will be assigned to one faculty member for individual advising

Your advising session leader will give you the password to complete the second part of the survey on your electronic device.

Holds will be released within about 2 weeks. Registration for Fall 2018 begins in July.