

# 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:

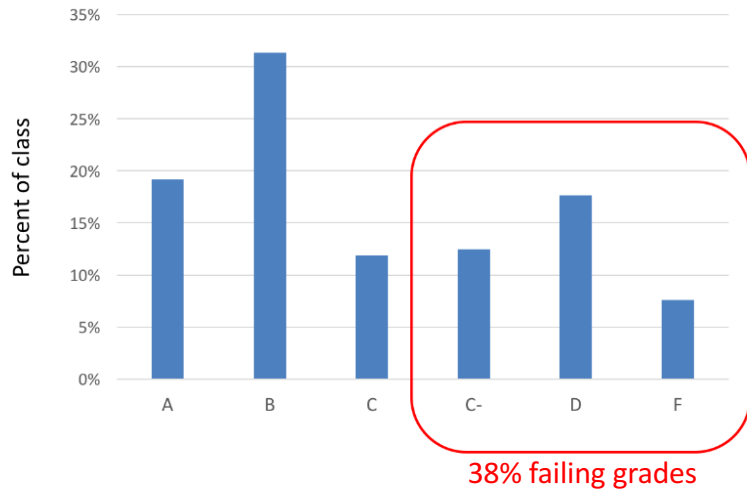
1. If have not already done so, obtain approval (signature and department stamp) from new major.
2. After you have obtained signatures and department stamps from both departments, bring to Admissions & Records, LH144.
3. Pay fee at Cashiers AND obtain a receipt showing payment.
4. If you still have a 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?

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

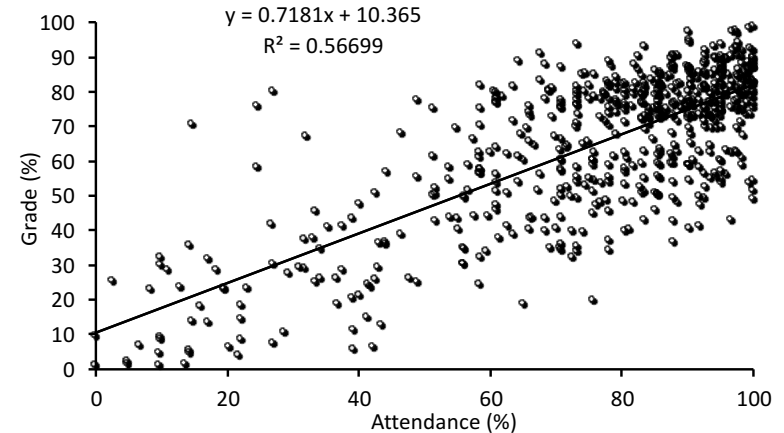
If GPA <2.0 cannot graduate with a Biology degree!

## Biology 151 grade distribution



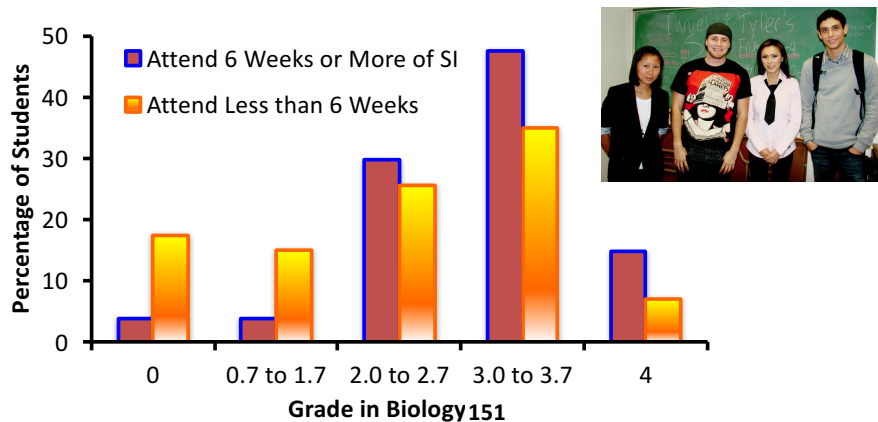
## How can I get good grades? Show up!

Biol 151 grades are positively correlated with attendance.



## How can I get good grades? Seek help!

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



## How can I get good grades? Seek help!

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>
- **University Learning Center** (PLN 2<sup>nd</sup> floor)  
<http://www.fullerton.edu/ulc/>
- **Math tutoring center** (MH-553)
- **Physics tutoring center** (MH-600)  
[http://www.fullerton.edu/learningassistance/tutoring\\_centers/math.php](http://www.fullerton.edu/learningassistance/tutoring_centers/math.php)

## 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!

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!

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!

**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:

Workshop:	Time:	Location*
Part I: Time Management	Wednesday Feb 14 2:30-3:30 pm	PLS-360
Part II: Listening & Note Taking	Wednesday Mar 14 2:30-3:30 pm	PLS-360
Part III: Study Skills	Wednesday April 18 2:30-3:30 pm	PLS-360
Part IV: Test Anxiety & Test Taking Strategies	Wednesday May 9 2:30-3:30 pm	PLS-360

## 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

## How can I get good grades? Master study skills!

### 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

## How can I get good grades? Master study skills!

### 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

## Repeating Courses – University policy:

- ONLY
  - 16 units grade forgiveness
  - 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!

## Calculate your GPA

GPA Calculator:

[http://www.fullerton.edu/aac/resources/gpa\\_calculator.php](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)

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

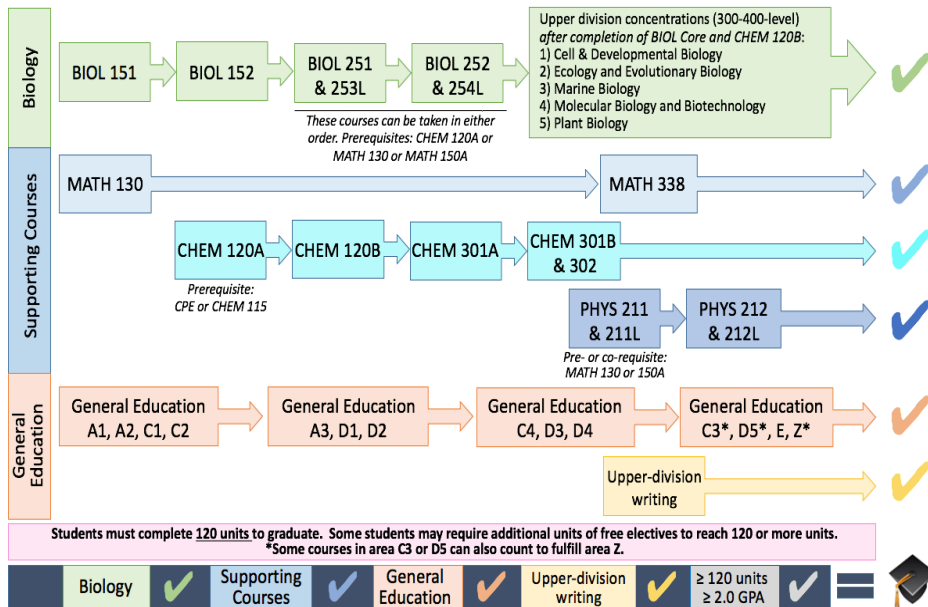
- For all Biology and Supporting Courses, you need a C or higher to pass.
- If you do not pass a class:
  - Consider WHY you did not pass.
    - What can you do differently?
  - Try to retake it next semester
    - This should be an *UNUSUAL EVENT!*
    - Note that retaking classes uses up "repetition 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](mailto:sbarrozo@fullerton.edu)



Sam Barrozo, NSM  
Retention Specialist

# How many units should I take next semester?

Time spent at work or other non-negotiable obligations	Units to Take
0-5 hours/week	15-16
5-20 hours/week	12-15
20-30 hours/week	9-12 (12 if you need to be a full-time student)
>30 hours/week	3-9

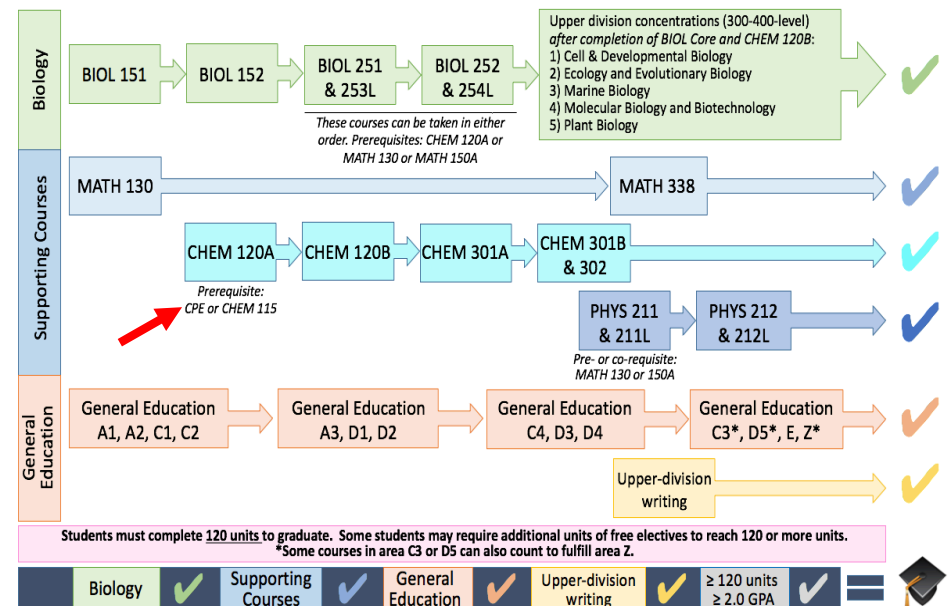


## Your Fall 2018 Schedule

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> or go to UH-229

Test Date \_\_\_\_\_

Saturday, May 12, 2018

Saturday, July 14, 2018

Registration Deadline Date \_\_\_\_\_

Wednesday, May 2, 2018

Tuesday, July 3, 2018

**Department of Chemistry and Biochemistry:**

pre-registration required at <http://nsm.fullerton.edu/testing/cpe>

Test Date \_\_\_\_\_

Monday, June 11, 2018, 1pm

Monday, June 18, 2018, 1pm

Wednesday, August 15, 2018, 1pm

## Thinking ahead:

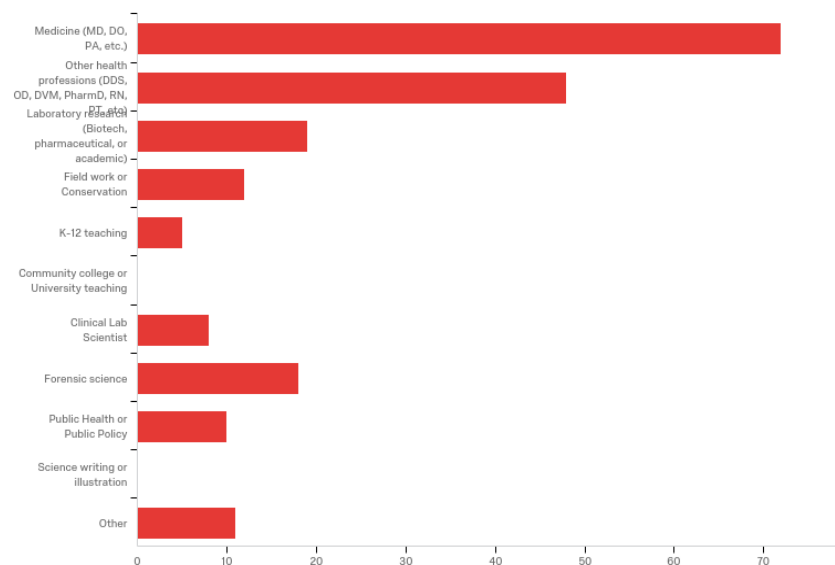
Next semester	Semester 1 year from now	Semester in 1.5 years	Semester in 2 years
BIOL _____	BIOL _____	BIOL _____	BIOL _____
Supporting	Supporting	Supporting	Supporting
Course _____	Course _____	Course _____	Course _____

## ITS NEVER TOO SOON TO START PLANNING YOUR FUTURE!



First semester advising survey question:

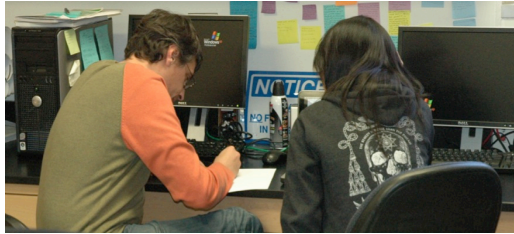
What career path(s) are you interested in? Select all that apply.



# 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



## 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](http://www.fullerton.edu/career)



**Marcela Rojas**  
LH 208  
657-278-3121

## 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/>



**Dr. Michele Mouttapa**  
HP Advisor

## 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

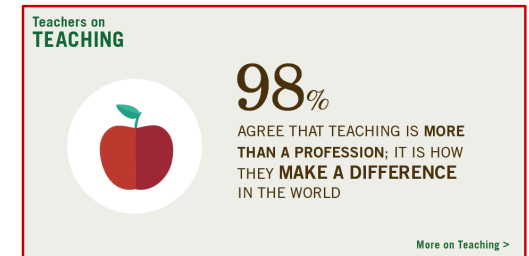


## What if you are interested in teaching?

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

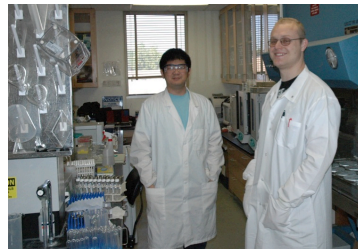


### Make an appointment today:

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

## How do you get research experience at CSUF?

- Know what research faculty do ([biology.fullerton.edu](http://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/>
- Maximizing Access to Research Careers (MARC) - <http://marc.fullerton.edu/>
- Southern California Ecosystems Research Program (SCERP) - <http://biology.fullerton.edu/SCERP/>
- Bridges to Stem Cell Research (BSCR) – <http://biology.fullerton.edu/stemcells/>
- Minority Health & Health Disparities International Research Training (MHIRT) - [http://biology.fullerton.edu/marcelo-tolmasky/MHIRT\\_WEBSITE/Site\\_2/Home.html](http://biology.fullerton.edu/marcelo-tolmasky/MHIRT_WEBSITE/Site_2/Home.html)
- Science and Math Research in Thailand (SMRT) – <http://www.facebook.com/CSUF.SMRT>

## 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



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

## 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

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