What will you do with your biology degree? Ask the students next to you.
This is Core 2 advising for biology majors. Your attendance at this session will allow your Biology hold to be released ONLY if you received an email from Bioladvising to attend Core 2 advising.

Notes:
• There is no Biology hold on Winter 2020 session registration.
• Changing majors? See advisor up front for information.
Core 2 Advising: Today’s schedule

- Survey (part 1)
- Planning for your future
- Improving your study skills
- What to do if you received a C- or lower in a class?
- What classes to take next semester
- Survey (part 2)
- Time for questions
Health Professions Advising Office

Future Careers in: Medicine (M.D. or D.O.), Dentistry, Optometry, Pharmacy, Physician Assistant, Podiatry, Veterinary, as well as Allied Health Professions (ex. physical therapy, speech language pathology).

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/
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

Chanda Ishisaka
LH 208
657-278-2020
Planning for Graduate or Professional School

• Get Involved!
  – For a list of CSUF student clubs and organizations, visit:
    • https://fullerton.campuslabs.com/engage/organizations
  – Volunteer and shadow professionals in your field of interest
  – Get research experience
    • https://www.fullerton.edu/biology/people/index.php
    • http://www.fullerton.edu/biology/undergrad/research.php

• Prepare!
  – Prerequisite Courses
  – Entrance Exams
How to get into a research lab

• 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
Biology research-related programs at CSUF

- Information on all these programs is available on the web: Biology Department>Undergraduates>Research
  - Research Careers Preparatory program (RCP)
    Apply in 1st and 2nd year
  - Maximizing Access to Research Careers (MARC)
    Apply two years before graduation
  - Southern California Ecosystems Research Program (SCERP)
    Apply any level
  - Bridges to Stem Cell Research (BSCR)
    Apply during bio upper division
  - Minority Health & Health Disparities International Research Training (MHIRT)
    Apply after two years
  - McNair Scholars Program
    Apply when second semester sophomores and above
  - Louis Stokes Alliance for Minority Participation
    Apply any level
Are you 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!
✔ Get involved
✔ Get experience
✔ Get prepared

Make an appointment:
Dr. Megan Tommerup
mtommerup@fullerton.edu

Science Education Coordinator for Biology.
First semester advising survey question
“What career path(s) are you interested in? Select all that apply.”

- Health-related field
- Lab research (Biotech, pharmaceutical, academic)
- Field work or conservation
- K-12 teaching
- Community college or University teaching
- Forensic science
- Other
Your GPA matters for your career path

<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</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PharmD – no Internships</td>
<td>needed</td>
</tr>
<tr>
<td>Recommendation</td>
<td>4 required</td>
<td>2 good letters</td>
<td>?</td>
</tr>
<tr>
<td>letters</td>
<td></td>
<td></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!
GPA Calculator

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

- If you have completed 30 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)

- What will your GPA be at the end of this semester?
Biology 151 grade distribution

38% can’t advance in the major
How can I earn good grades?
Show up!
Seek help!
Put in the time!
Master study skills!
How can I earn good grades?
Show up!

Biol 151 grades are positively correlated with attendance.

\[ y = 0.7181x + 10.365 \]
\[ R^2 = 0.567 \]
How can I earn good grades?
Seek help!

Office hours:
• Instructors encourage visits!

Free tutoring:
• Success Center for Science and Math Students (MH-488)
  https://nsmssc.weebly.com/
• University Learning Center (PLN 1st floor)
  http://www.fullerton.edu/ulc/
• Supplemental Instruction (SI)
• Writing Center (PLN 1st floor)
  http://english.fullerton.edu/writing_center/
How can I earn 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

12 hours of study per week for Biol 152!
How can I earn good grades?
Put in the time!

With 4 Academic Classes:

School: 14 units + 42 hrs study = 56 hours/week

Commitments: 25 hours/week

Sleep: 8 hours/night = 56 hours/week

Social Life: 21 hours/week

Routine: 15 + 5 commute hours = 20 hours/week

Total: 178 hours/week

There are 168 hours total in a week
How can I earn good grades?

Master study skills!

1) Make time to study
2) Study in a quiet place
3) Take good notes in class and while reading the book
4) Re-read and summarize your notes
5) Spend extra time to prepare for tests
Here’s advice from last year’s advisees when asked: “Please tell us about additional resources that you found helpful in preparing for your coursework.”

<table>
<thead>
<tr>
<th>Please tell us about additional resources that you found helpful in preparing for your coursework.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor's help</td>
</tr>
<tr>
<td>The diagram with courses was helpful because it allowed me to visualize my path.</td>
</tr>
<tr>
<td>The library</td>
</tr>
<tr>
<td>SI</td>
</tr>
<tr>
<td>Videos online Khan academy</td>
</tr>
<tr>
<td>Titan Audit</td>
</tr>
<tr>
<td>Advice from other students/online resources</td>
</tr>
<tr>
<td>reading the textbook</td>
</tr>
<tr>
<td>Other additional resources would be talking to the NSM advisors</td>
</tr>
</tbody>
</table>
For all Biology and Supporting Courses, you need a C or higher to advance to the next course

- If you did not get a C or higher:
  - Consider WHY
    - 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 use of your resources
    - Instructor office hours, the NSM Student Success Center, SI, CAPS, Academic Advisement Center!
Repeating Courses –
University policy:

• **ONLY**
  - 16 units grade forgiveness
  - 12 units grade averaging

• For a single course, you can repeat it twice (you can take a class 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!
How many units should I take next semester?

<table>
<thead>
<tr>
<th>Hours for works/family/commuting per week</th>
<th>Units to Take</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-9</td>
<td>14-16</td>
</tr>
<tr>
<td>10-19</td>
<td>13-14</td>
</tr>
<tr>
<td>20-29</td>
<td>9-12</td>
</tr>
<tr>
<td>30-40</td>
<td>6-9</td>
</tr>
</tbody>
</table>
Advising worksheet: Catalog year

- Occasionally, graduation requirements are changed. Students who started in Fall 2018 have different requirements than those who started in Fall 2019 (and both are different from those who started Fall 2017 and earlier).
- Your catalog year is when you started at CSUF and determines your graduation requirements.
- Catalog year is in the upper right corner of your TDA.

Know your catalog year like your CWID! Don’t assume a fellow student’s advice applies to you unless you’ve compared catalog years.
Biology
- BIOL 151
- BIOL 152
- BIOL 251 & 252L
- BIOL 252 & 254L

Supporting Courses
- MATH 130
- CHEM 120A
- CHEM 301A & 302
- PHYS 211 & 211L
- PHYS 212 & 212L

Upper division core (BIOL 325), Physiology, & Courses in a Concentration (300-400-level):
1) Cell & Developmental Biology
2) Ecology and Evolutionary Biology
3) Marine Biology
4) Molecular Biology and Biotechnology
5) Plant Biology

General Education
- A1, A2, A3, C1, C2
- C#, D1*, D2, D3, E
- C**, D4*, Z*

Upper-division writing

Students must complete 120 units to graduate. Some students may require additional units of free electives to reach 120 or more units.

*Some courses in area C, D1, or D4 can also count to fulfill area Z.
Chemistry placement exam (CPE)

This exam will tell you which Chemistry course to take.
  o Pass this exam to register for Chem 120A, or,
  o You can register for Chem 115 (also serves as a prerequisite for Chem 120A) without taking the exam.

University Testing Center: pre-registration required at GH-143 or 657-278-2288

<table>
<thead>
<tr>
<th>Test Date</th>
<th>Registration Deadline Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, Dec 7, 2019</td>
<td>Wednesday, Nov 27, 2019</td>
</tr>
</tbody>
</table>

Department of Chemistry and Biochemistry: pre-registration required on the Chemistry Department website (under: Students>Chemistry Placement Exam)

<table>
<thead>
<tr>
<th>Test Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, Nov 8, 2019, 1pm</td>
</tr>
<tr>
<td>Friday, Dec 13, 2019, 1pm</td>
</tr>
</tbody>
</table>
What classes to take next semester?  
the Advising Worksheet

1. Your catalog year can be found at the top of your TDA

2. Cross out the courses you’ve taken and circle the courses you’re currently in:

3. Plan the next two semesters

Planning (for BIOL and supporting courses)

<table>
<thead>
<tr>
<th>Semester</th>
<th>BIOL</th>
<th>Supporting course</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring 2020</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fall 2020</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Supporting course

Notes

You can skip the concentration choice; that will be made in your last 200-level core course

4. Fill in the bottom section

Reminder: Use the QR code to access information from this presentation and get a Biology Student Handbook!
Final Thoughts

• There will be mandatory Advising next semester also.

• Holds will be released within a few days. Your registration window for Spring 2020 is shown in your portal.

• Please hand in the WHITE copy of the form to the Adviser for your hold to be removed!