

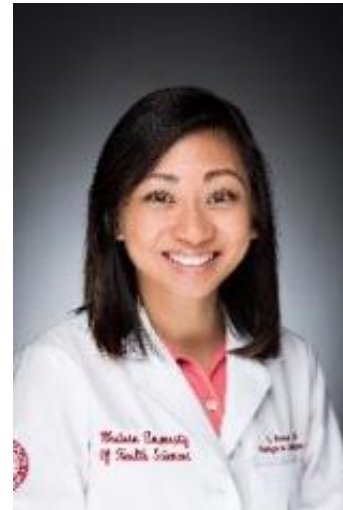
CSUF Biology Graduates



Tuong Vy Nguyen (2015)
**Physician's Assistant
Student**



**Ernesto Casillas
(2011)**
**Internal Medicine
Resident**



Elaine Ramos (2010)
Doctor of Optometry



Sara Snipes (2012)
**Institutional Review
Board Specialist,
Mayo Clinic**



Mauricio Gomez (2014)
Environmental Consultant

**Fernando Vargas
(2013)**
**High School
Biology Teacher**



**Lita Sato
(2011)**
CalTrans

**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:



Dr. Michele Mouttapa
HP Advisor

<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



Chanda Ishisaka
LH 208
657-278-2020

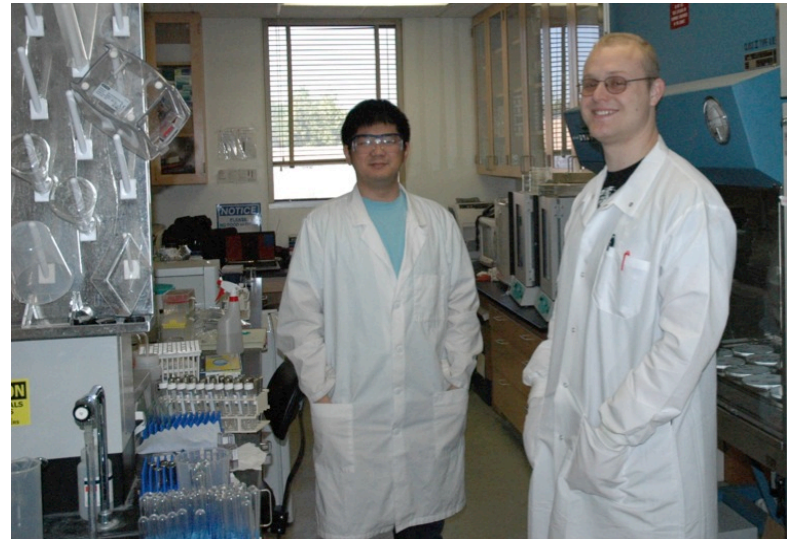
Planning for Graduate or Professional School

- 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

Teachers on
TEACHING



98%
AGREE THAT TEACHING IS **MORE THAN A PROFESSION**; IT IS HOW THEY **MAKE A DIFFERENCE** IN THE WORLD

[More on Teaching >](#)

Make an appointment:

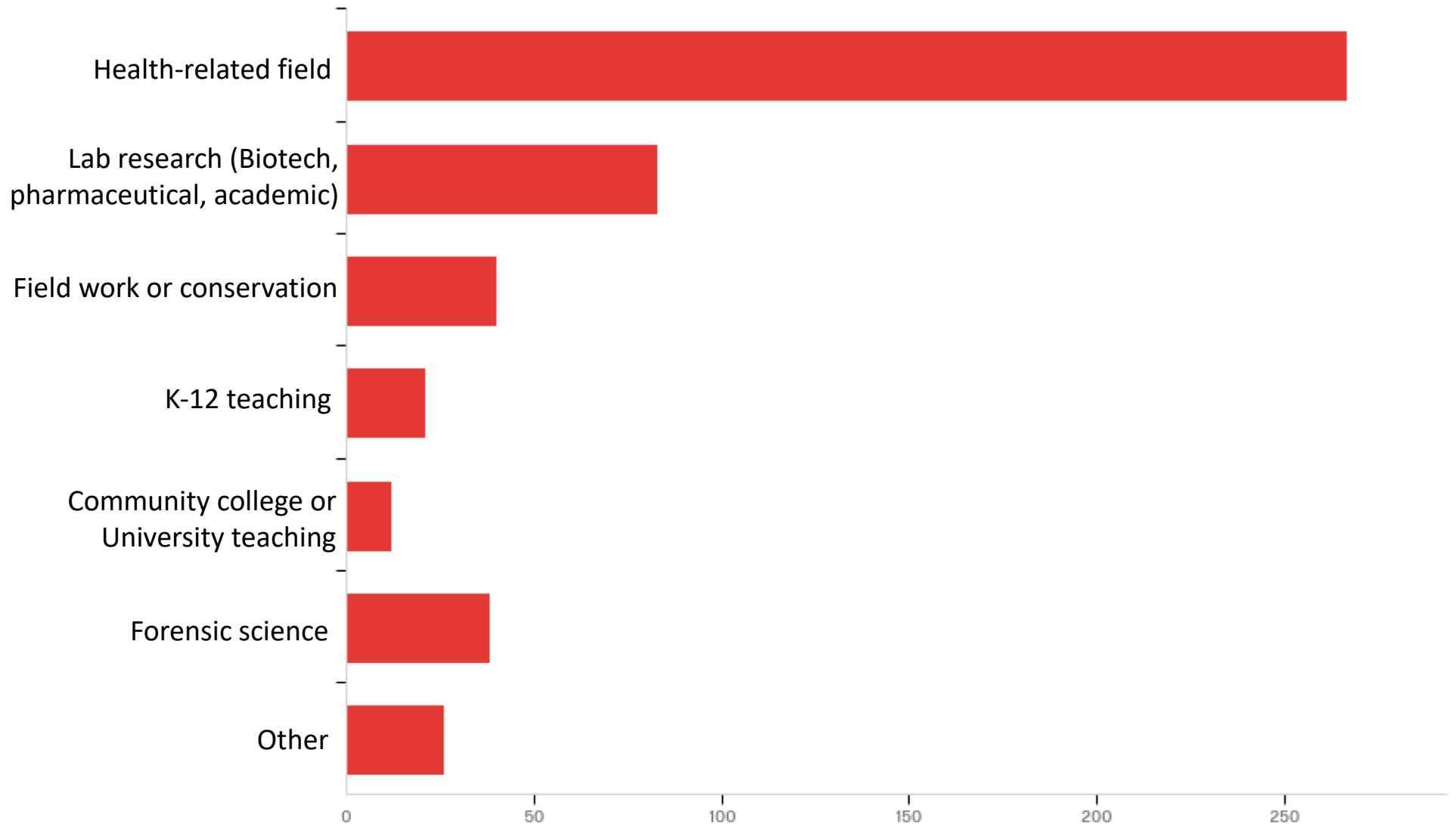
Dr. Megan Tommerup

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.”



Your GPA matters for your career path

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	?

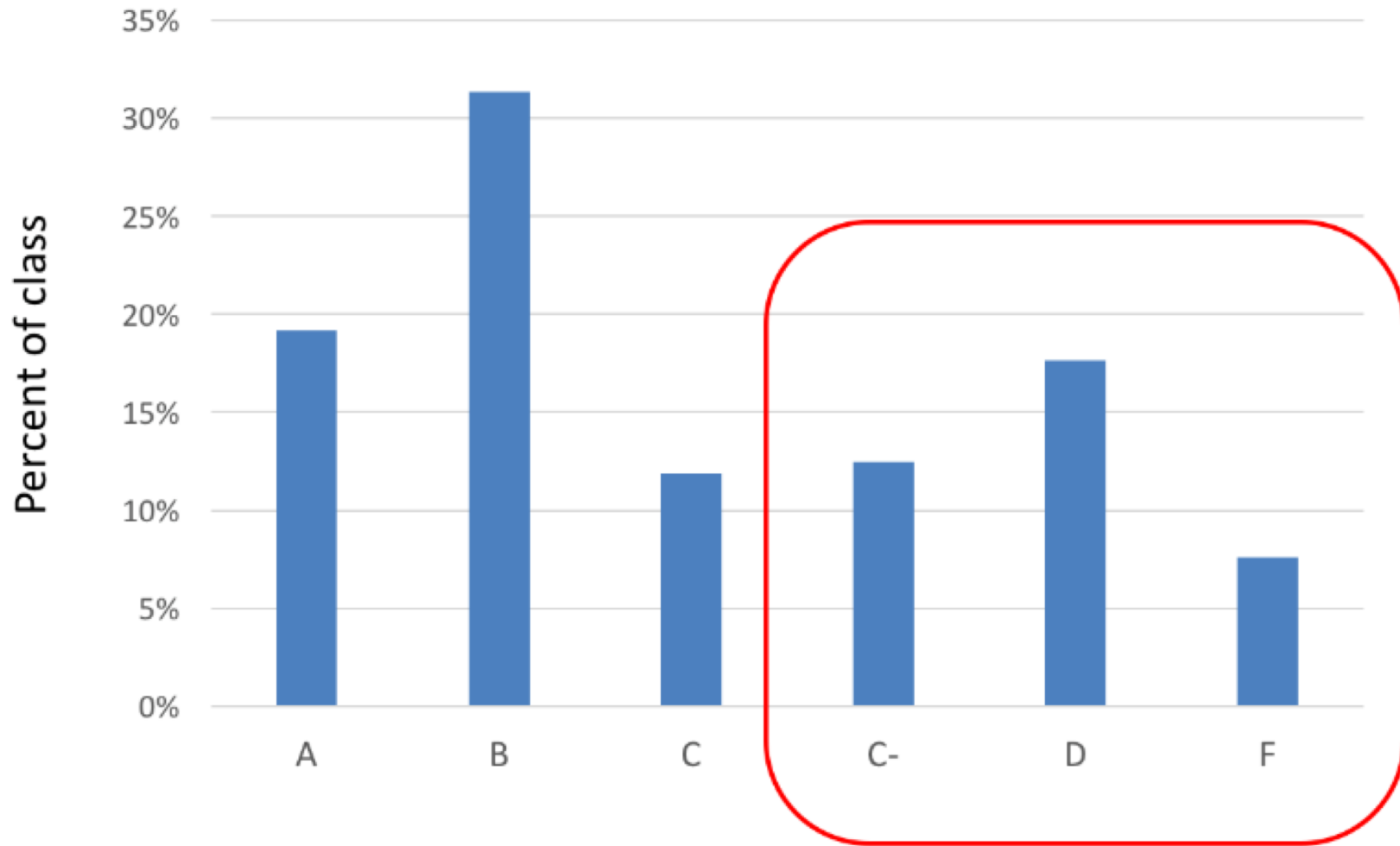
If GPA <2.0 cannot graduate with a Biology degree!

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!

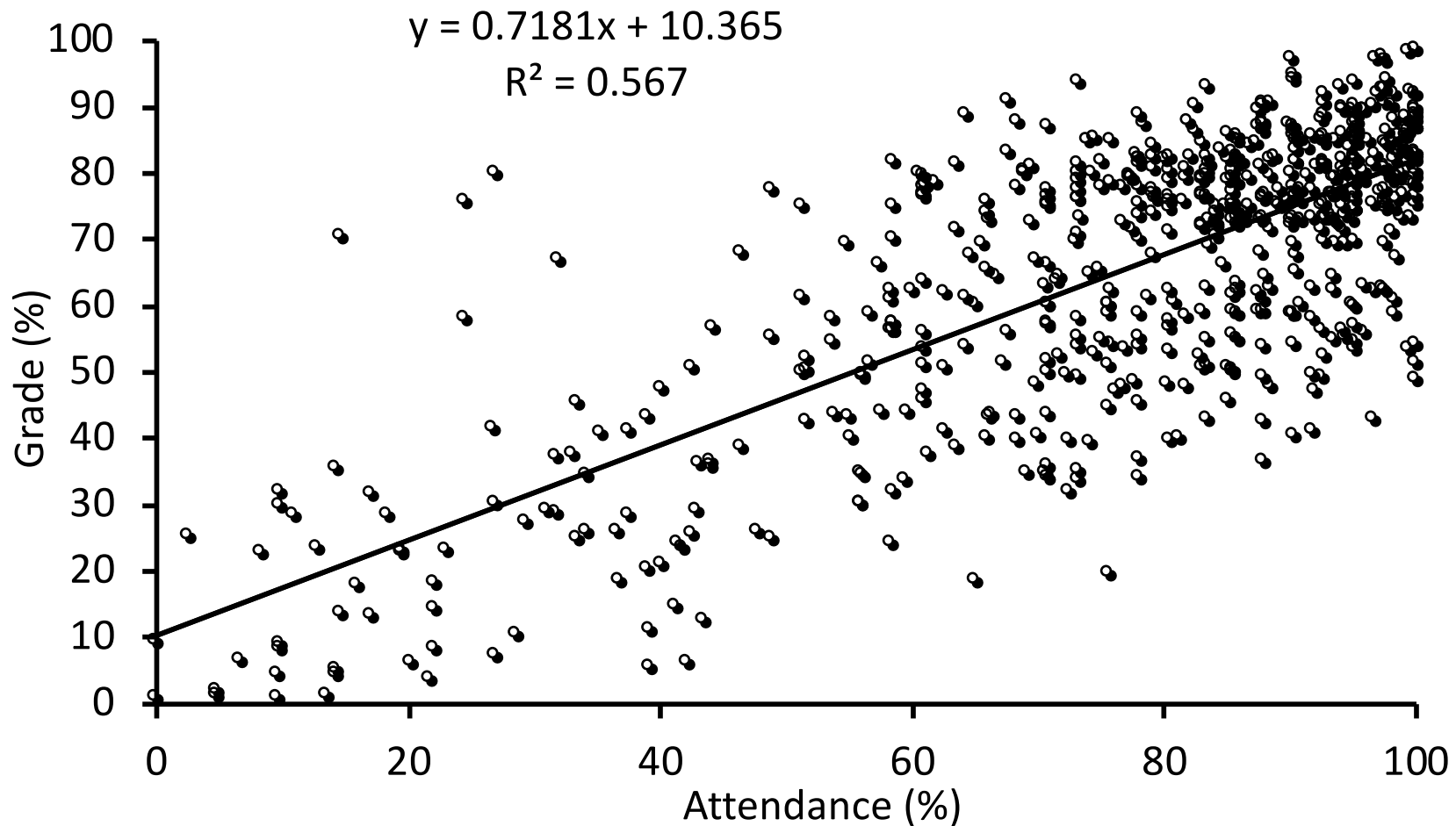
Put in the time!

Master study skills!

How can I earn good grades?

Show up!

Biol 151 grades are positively correlated with [attendance](#).



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."

Please tell us about additional resources that you found helpful in preparing for your coursework.

Instructor's help

The diagram with courses was helpful because it allowed me to visualize my path.

The library

SI

Videos online Khan academy

Titan Audit

Advice from other students/online resources

reading the textbook

Other additional resources would be talking to the NSM advisors

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?

Hours for works/family/commuting per week	Units to Take
0-9	14-16
10-19	13-14
20-29	9-12
30-40	6-9

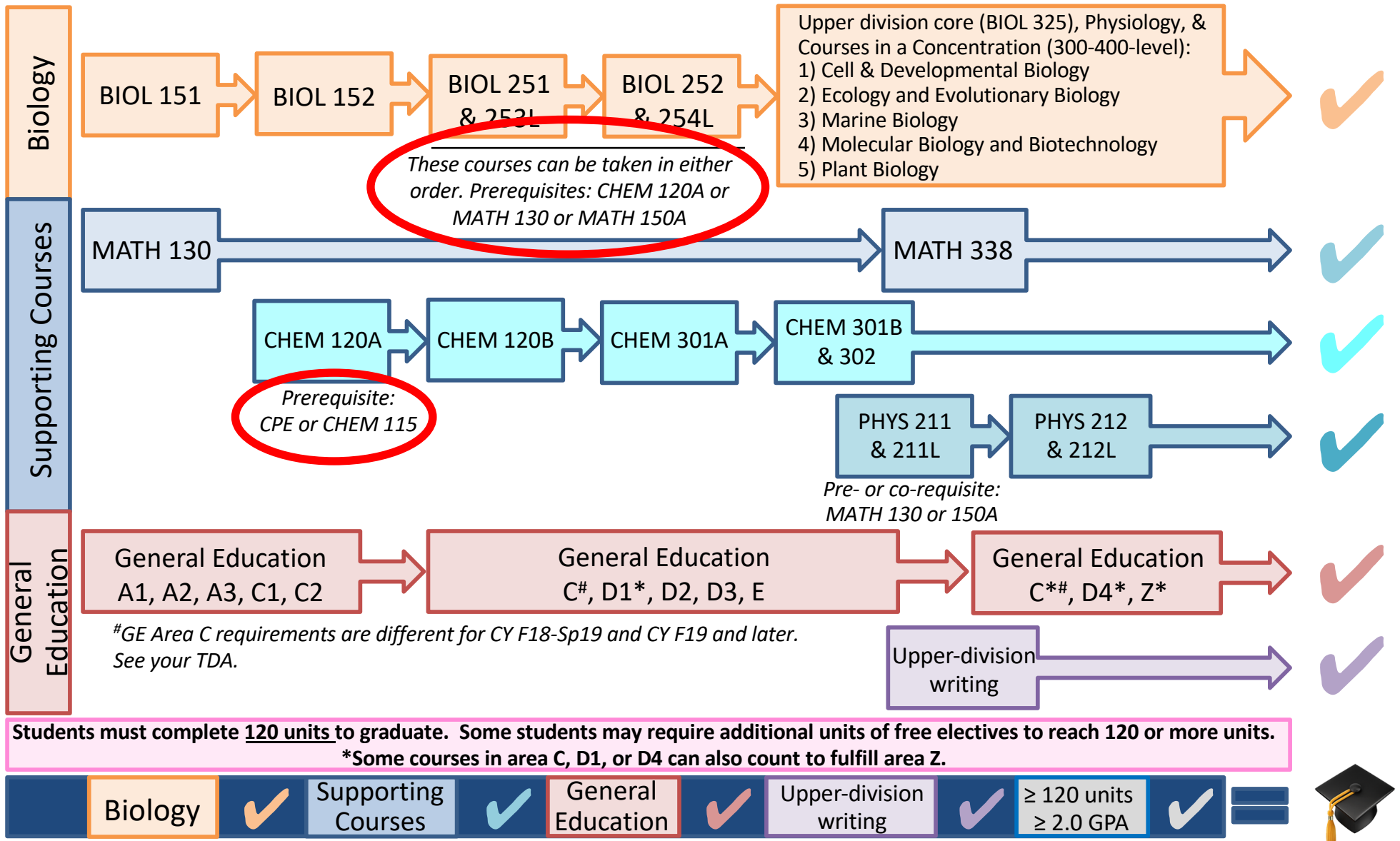
CAUTION

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.



Chemistry placement exam (CPE)

This exam will tell you which Chemistry course to take.

- Pass this exam to register for Chem 120A, or,
- 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

Test Date

Saturday, Dec 7, 2019

Registration Deadline Date

Wednesday, Nov 27, 2019

Department of Chemistry and Biochemistry:

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

Test Dates

Friday, Nov 8, 2019, 1pm

Friday, Dec 13, 2019, 1pm

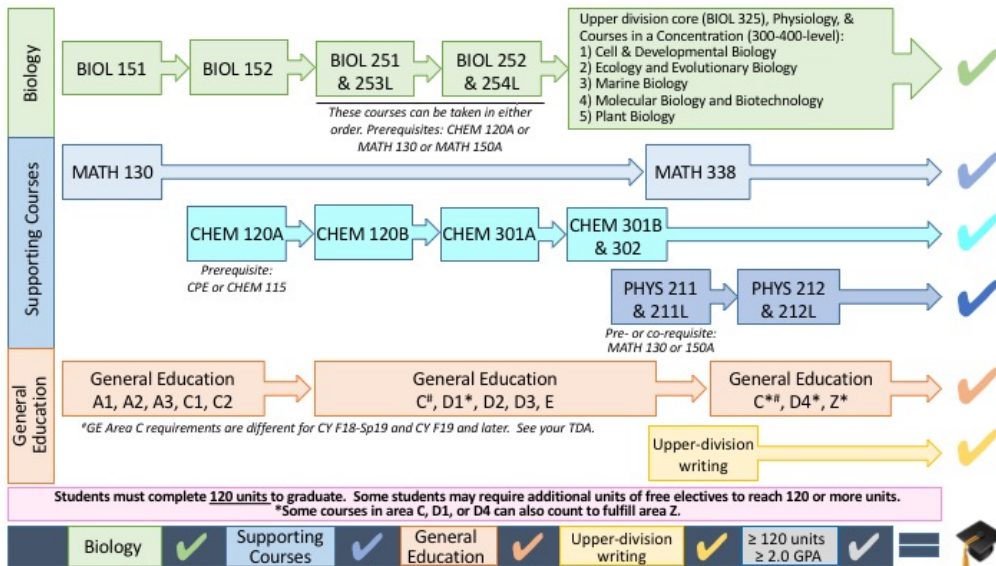
What classes to take next semester? the Advising Worksheet

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

Biology Major Core Advising Worksheet

Name _____ CWID# _____ Date _____ Catalog year _____

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)

Semester	Spring 2020	Fall 2020
BIOL		
Supporting course		
Notes		

Summer (limited course offerings): _____

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!**