

BIOLOGY STUDENT
NEWSLETTER

SPRING QUARTER 2020

ISSUE 35

IMPORTANT DATES
FOR SPRING QUARTER

Mar 30	First Day of Instruction
Apr 1	Biology Apparel Day
Apr 5	Last day to drop a class without a fee thru MyUW
Apr 6	All courses require entry codes to add and fee
Apr 8	Last Day to Apply for Grad Reg Priority GSP for Summer
Apr 10	Last Day to apply to Biology major in Spring
Apr 12	Last Day to drop a class without the use of the Annual Drop
Apr13-May20	Sum Reg Priority Period 1
Apr 17	Last Day to apply for Spring 2020 graduation
Apr 19	Last Day to add a class through MyUW
May 6	Biology Apparel Day
May 8	Last Day to Apply for Grad Reg Priority GSP for Autumn
May 6	First day order Cap&Gown
May8-Jun21	Aut Reg Priority Period 1
May 17	Last Day to use ANNUAL DROP or convert to S/NS
May21-Jun21	Summer Reg Period 2
Jun 3	Biology Apparel Day
Jun 5	Last Day to Withdraw (from all Spr Qtr classes)
Jun 9	RSVP Deadline for Dept of Biology Grad Celebration
Jun 9-13	Final Examination week
Jun 13	Dept of Biology Grad Celebration
Jun 22	Summer Quarter Starts



Jason Patterson, Sheryl Medrano, Janet Germeraad & Julie Martinez.

WELCOME TO SPRING QUARTER 2020!
We are all adapting to new way of living and learning!

OUR NEW NORMAL: The Advising Crew is really missing interacting with you in the Advising Office. The office will be closed for the duration of Spring Quarter. If we can open sooner you will be the first to know.

This edition of the Newsletter is designed to let you know about the many resources you have available to you online. We will do some of our regular activities but in an online version. Stay tuned. If you are not signed up on our Biology email please do so at: <https://mailman2.u.washington.edu/mailman/listinfo/biostudent> (Must be a UW address.) We will send out Newsletters monthly this quarter to keep you updated on all activities and important Spring deadlines.

Jason, Julie, Sheryl and I are all working fulltime online to serve your needs. If you have been working with one of us with planning, research approvals, study abroad, or other personal and academic concerns please feel free to email us directly. If it is something new the quickest way to establish a connection and get an answer is to email: bioladv@uw.edu.

Many questions about the major, degree options and requirements, research, and admission to the major are answered on our website at: <https://www.biology.washington.edu/programs/undergraduate>

In the interest of using our time for your best interest please review the website prior to emailing bioladv with your questions. Questions answered on the website are not answered personally. This allows us the time to work with you: developing unique academic plans based on what you are curious about, navigating opportunities to refine your academic interests, preparing for the world of work, and coping with the typical stress and anxiety of being in college that can be overwhelming even without a global pandemic to challenge us.

From all of us in Academic Services, sincere wishes for health and wellness to you and your extended family. Please be mindful of public health directives to slow the spread of Corona Virus. Do not let fear be the source of your perspective, focus on your studies.

Let this pandemic be something that challenges you to become a better scientist and global citizen.

Take care. **Janet J. Germeraad**, M.Ed. Director of Academic Services UW Department of Biology

ONLINE HELP WITH COVID -19 STRESS: Hall Health Mental Health & Counseling Center

Will Let's Talk be available? Let's Talk will be offered online on Monday, Tuesday and Thursday 2-4pm. Let's Talk is a program that connects UW students with support from experienced counselors for the Counseling Center and Hall Health without an appointment.

What mental health services are available?

Students who are interested in mental health services are able to schedule a secure online appointment with a counselor. Individual, group and crisis counseling are available via secure online video sessions. Students can also access online workshops and other content to enhance your well-being and self-care.

HALL HEALTH MENTAL HEALTH (Meghann Gerber, Ph.D.)

Psychiatric medication management

Group counseling

Brief individual counseling

Crisis response

Call 206-543-5030 to make an appointment

COUNSELING CENTER (Natacha Foo Kune, Ph.D.)

Online workshops

Brief individual counseling

Crisis response

Call 206-543-1240 to make an appointment

What can I expect from an online appointment with the Counseling Center or Hall Health Mental Health?

We will meet with you via secure online video sessions & can discuss your concerns. We will then work collaboratively with you to develop a plan for next steps. Next steps may include effective coping strategies, a follow-up appointment, or referral to other resources.

Who should I contact for mental health services?

Both Hall Health Mental Health & the Counseling Center offer similar counseling services. If you already have a provider at Hall Health or you are interested in medication, Hall Health may be a good place to start. If you do not have access to health insurance, the Counseling Center may be a good place to start. Either way, the professionals at both places can help direct you to the appropriate service.

What additional option will be available this quarter to attend to my mental wellbeing?

There are a number of resources available online, including: The centralized wellness website, which includes self-help mindfulness resources; Sanvello is a mobile app that helps you monitor your wellbeing and teaches you coping strategies. Its premium content is currently free in response to additional stress related to COVID-19.; UW Recreation is offering several yoga, mindfulness and nutrition series online & How to cope with COVID-related stress

CAREER & INTERNSHIP CENTER: Has gone entirely Virtual to serve you better!

PRE-HEALTH

For Pre-Health Virtual Workshops and Events: <https://careers.uw.edu/events/student/?ctag%5B%5D=pre-health>



Pre-Health Application Overview, Thursday 4/16, 12:30-1:00PM

Getting Great Clinical Exposure, Tuesday 4/21, 1:30-2:00PM

Pre-Health Application Overview, Wednesday 5/06, 12:30-1:00PM

Getting Great Clinical Exposure, Tuesday 5/12, 12:30-1:00PM

Please RSVP through Handshake!

Pre-Health C&I Website: <https://careers.uw.edu/pre-health/>

Pre-Health at the UW: <https://www.washington.edu/uua/prehealth/>

Until further notice, the Career & Internship Center has gone entirely virtual – visit our website <http://careers.uw.edu/> for the most up-to-date information on the services we're offering remotely.

Schedule virtual career coaching appointment in Handshake!

PRE-LAW

For Pre-Law Virtual Workshops and Events: <https://careers.uw.edu/events/student/?ctag%5B%5D=pre-law>



LSAT Prep Workshop, Monday 4/13, 1:30-2:30PM

This hour-long workshop will include guest speaker Stuart Anderson from the UW Instructional Center who teaches a summer LSAT prep course at UW and will go over the LSAT more in depth.

LSAT Prep Workshop, Thursday 4/23, 12:30-1:00PM

Letters of Recommendation for Law School, Thursday 5/07, 12:30-1:00PM

Please RSVP through Handshake!

Pre-Law Website: <https://careers.uw.edu/pre-law/>

WHAT ABOUT THE BIG GRADUATION COMMENCEMENT? On hold, with a backup plan.

UW Commencement is on hold but they are working on backup plans to mark graduation day even if you are not in Husky Stadium. Visit www.uwgraduation.com regularly for updates.

UW Commencement said they will find a way to celebrate!



CHANGES (see www.uwgraduation.com for more details)

- **WHERE DO I ORDER ANNOUNCEMENTS? Graduation Fair 2020 has gone virtual.**

In previous years, a Grad Fair in early April in Mary Gates Hall was held, so students could view and purchase graduation announcements, diploma frames, rings and other items at special discounted prices. Due to the Covid-19, a virtual Grad Fair is on the website for UW Commencement.

- **OBTAINING CAP & GOWN: Online ordering and shipped directly to you. (\$54 + shipping)**

Caps and gowns will be ordered via our online form. Unlike previous years, however, graduates will be able to have their orders shipped directly to an address they provide. Once the order is shipped there will be no returns or refunds. Ordering starts end of April.

- **DOCTORAL REGALIA: Has a purchase option this year. (\$98+ shipping)**

To ensure that all graduates are safe, this year, doctoral regalia, which is normally rented, will instead be made available in the form of a black tam with old gold tassel, traditional black doctoral gown, and black hood with UW purple and gold in satin on the interior. It will be brand new and not previously worn. The purchase price will be the same as the rental price. Once the order is shipped there will be no returns or refunds. Ordering starts end of April. If you do rent a previously used UW purple & gold Phd regalia, you will need a \$450 deposit to ensure the return of the regalia.

BIOLOGY GRADUATION CELEBRATION JUNE 13: On hold, with a backup plan.

The **Department of Biology's Graduation Celebration** is scheduled for Friday June 13, 2020 at Hec Edmundson Pavilion. Because of Covid-19 restriction it is presently on hold too.

We are currently investigating an alternate online presence honoring our Biology Department's graduating seniors and our PhD candidates who want to be hooded.

You will be receiving an online Biology Department announcement/invite the first week of May which you can resend out to family and friends announcing your graduation. We have a wonderful guest speaker too so hope to tell you more in the May newsletter.

Please know that what ever gets decided, what we care most for is the safety and health of you, all your family and friends.



The PhD candidates who got hooded in 2019 along with their PIs.

Top Row: Dr Richard Olmstead, Dr William King, Dr David W. Raible, Dr Audrey C Ragsac, Dr Katrina Van Raay, Dr Victor M. Lewis, Dr Chris Wells, Dr Leonard Jones, Dr Ken Sebens, Dr Adam Leaché

Bottom Row: Dr Ben Kerr, Dr Sima Bouzid, Dr Hannah Jordt, Dr Itzue W Caviedes Solis, Dr Leith B Miller, Dr Sharlene Santana

TRIBETA TUTORING HAS GONE ONLINE: Monday - Thursday 3:30-6:30: starts April 6

TriBeta Tutoring has transitioned to online tutoring using Zoom.

Tutoring starts during the second week of the quarter on April 6th and ends the week before final exams.

Tutors will be present in this Zoom meeting Mon-Thurs to answer your questions about BIOL 180/200/220:

<https://washington.zoom.us/j/807427414>

INSTRUCTIONS:

Click on the above Zoom link to join.

When you join, a tutor should be present to assist you. Tutors will be wearing a name tag and will have a tutor designation in their Zoom name. If multiple students are present in the meeting, then the tutor might move you into a "breakout" room so that they can assist you more individually or encourage you to work with other students in your class. If no tutors are present in the meeting, then it is likely all tutors have moved into breakout rooms to assist other students. Please wait a few minutes for a tutor to become available. This is a new system for tutoring, so thanks in advance for your patience as we get adjusted!



We provide free tutoring for introductory biology (BIOL 180/200/220) students at the University of Washington. Our tutors are undergraduate students at the UW who have very successfully completed the introductory biology classes and are eager to help other students succeed too. Web site tutoring page: <https://sites.google.com/view/uwtribeta/tutoring?authuser=0>



TriBeta Biological Honor Society

2019-2020 Executive Board

President, MARLOWE KELLER.....mkeller4@uw.edu
VP of Tutoring, HANK CHENGyhhc@uw.edu
Vice President, AMANDA GARDINER....amandamg@uw.edu
Vice President, FANQI (AMY) SHI.....fs36@uw.edu
Vice President, LISA YOUNGlisa1090@uw.edu
Adviser, BRIAN BUCHWITZ.....bjb@uw.edu

Full Membership is eligible to **any** student who has completed two Intro Biology courses (180/200) and one additional biology course with a GPA of 3.0 or higher.

WHAT IS TRIBETA?

Beta Beta Beta is a national honor society dedicated to improving the understanding and appreciation of biological studies. It is a platform for students to earn recognition for their efforts and accomplishments while networking with other students and UW Biology staff with the same interests.

In short: a really great organization.

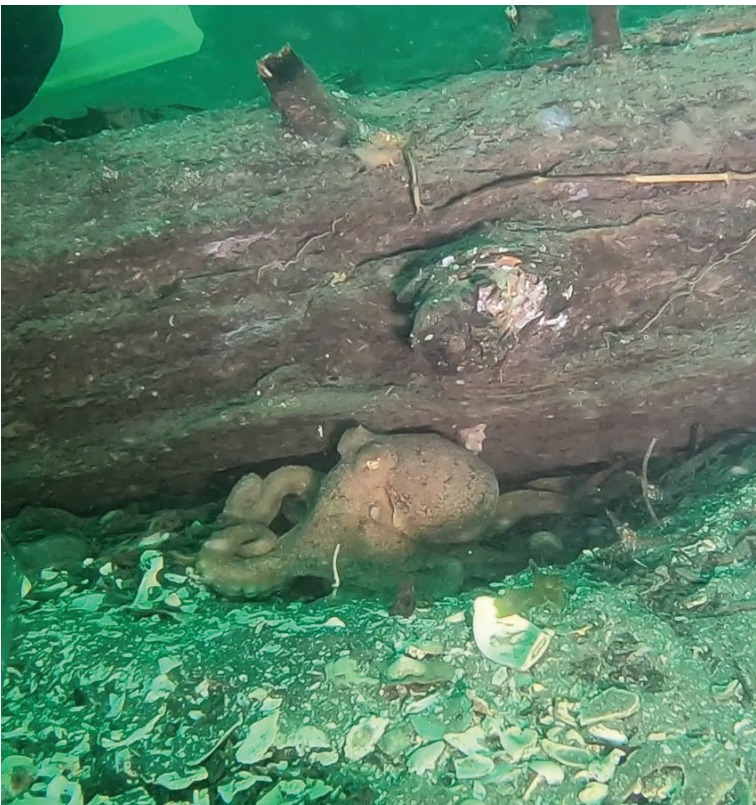
Be on the lookout for TriBeta virtual events for this quarter.

UNDERGRAD RESEARCH: Working in David Gire's Lab of Comparative Systems Neuroscience

My name is Joey Ullmann, I am a senior double majoring in Biology and Psychology. I'm interested in the neural basis of animal behavior and behavioral ecology. A friend and fellow diver introduced me to the lab, and upon showing interest in the subject, I was asked to take on lab responsibilities during the summer of 2017.



For the past year and a half I have been an undergraduate researcher in David Gire's Lab of Comparative Systems Neuroscience in the Department of Psychology. The lab seeks to better understand the neural basis of behavior. I have been working in the octopus division of this lab concerned with how the divergent neural anatomy of the octopus provides them with a unique version of intelligence, affording them a mastery of coordination over their eight complex and seemingly autonomous arms. The end goal is to develop new models for bio-inspired sensing and control.



This is Scatha's release back into Puget Sound. Scatha being named for one of the greatest Dragons of the Gray Mountains in Tolkien's Middle Earth.

My responsibilities include handling and caring for octopuses through avid enrichment and proper aquarium maintenance. I also assist with the fabrication and methodology of experimental paradigms, running experimental trials, data collection, and building, maintaining and repairing necessary laboratory equipment. I am also on the lab's scientific diving team tasked with sourcing local octopus species from the Puget Sound. Additionally, I have been afforded the opportunity to conduct my own original research that seeks to better understand sensory modality usage of Pacific red octopus in diurnal and nocturnal conditions. This last summer, I was able to conduct experiments and field work for this research at Friday Harbor Laboratories, where our lab bases much of its work.

My experiences while working in this lab have helped me to realize my passion for scientific diving and marine based research. Specifically, I hope to research the relationship between the neural basis of octopus behavior and the ecological implications it has. Additionally I am interested in better understanding octopus population dynamics via genetic and genomics with regards to the anthropogenic effects of warming and acidifying oceans. I intend to go to graduate school after completing my bachelors in order to explore these topics.

WINTER BIOLOGY DEPARTMENT AWARD WINNERS: Congratulations to you all!



UNDERGRADUATE AWARDS:

BEACON Lab Research Award:	Forrest Golic
Shawn DeCew BEACON Field Award:	Kiara Milcoff
Casey Leadership Award:	Pradnya Joshi
Friday Harbor Labs Award:	Harsimran Gill
Franco Award:	Shanelle Wikramanayake
Frye-Hotson-Rigg Award:	Jackson Fennell
IDO PEER Facilitator Award:	Claudia Nguyen
May Garrett-Hayes Scholarship:	Leila Kopic
Porath-Johnson Scholarship:	Alexia Oblad
Sudarsky Internship:	Jordana Sevigny & Bailey Werner
Farner Scholarship:	Elisabeth Michaels
Excellence in Biology Scholarship:	Anthony Garcia
Excellence in Biology Scholarship:	Camila Valdebenito
Varanasi Scholarship:	Nhu Nguyen

GRADUATE AWARDS:

Beacon Evolution Award:	Liv Kosterlitz
Botanical Field Research - Giles Award:	Meera Sethi
Edwards Award:	Karly Cohen, Will Sano
Experimental & Field Ecology Award:	Kayla Hall, Will Sano, Sujay Balebail
Friday Harbor Labs Award:	Kayla Hall
Hoag Award:	Ashley Paynter, Liv Kosterlitz
IUVO Award:	Kavya Pradhan
Kruckeberg-Walker Fellowship Award:	Elena Stiles
Magaret Award:	Aji John
Orians Award:	Karly Cohen
Riddiford-Truman Award:	Jeremy Chan, Claire Rusch
Sargent Award:	Ryan McGee
Snyder Award:	Zoe Kulik, Savannah Olroyd
Walker Award:	Jordan Claytor, Melissa Delgado
Wyckoff Award:	Melissa Delgado, Hayden Davis, Aji John
Wingfield / Ramenofsky Award:	Karly Cohen

GRADUATE FELLOWSHIPS:

Experimental & Field Ecology Fellowship:	Sujay Balebail
WRF-Hall Fellowship:	Jennifer Hsiao, Marina Watowich, Kavya Pradhan
WRF-Hall Fellowship International:	David Villalobos

POSTDOC AWARDS:

Mary Bevis Postdoctoral Award:	Bharath Sunchu
IUVO Award:	Bharath Sunchu

Thanks to the support of our amazing alumni, faculty, staff, and community members, the Department of Biology awards thousands of dollars annually to students to support their research endeavors.

BIO BOOK CLUB: *The Overstory: a Novel* by Richard Powers

Get Ready for Bio Book Club!

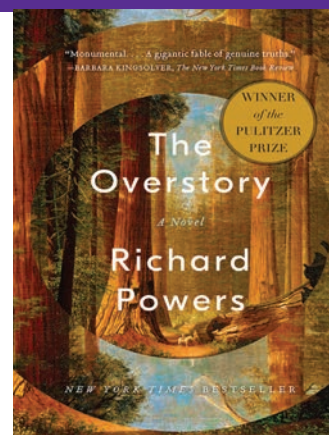
We will choose a fiction or non-fiction book each quarter with a scientific thread, but also examines social, cultural, and environmental topics. Please feel free to send book recommendations to **Sheryl Medrano** at smedrano@uw.edu.

This spring we will read: ***The Overstory: a novel* by Richard Powers.**

Published in 2018 and awarded the 2019 Pulitzer Prize for fiction.

The novel is about nine Americans whose unique life experiences with trees bring them together to address the destruction of forests. Powers was inspired to write the work while teaching at Stanford University after he encountered giant redwood trees for the first time.

—Wikipedia



HCK OFFICES: Closed Spring Quarter

Hitchcock Hall is now considered a locked building. The following are not open Spring Quarter: Advising HCK 318, Instructional Support Office HCK 302 and the Biology Study Area HCK 220. Email is still active to these people if you are trying to get in touch with them.

BIOLOGY LISTSERVE: Stay connected to the Biology department

Biology Undergrad Listserve

The Biology Advisors maintain a listserv called biostudent. Anyone can request to be added to this email notification system. Notices regarding jobs, research, internship, and scholarship opportunities as well as course announcements and event notices are sent out to this list. Want to be in the know? Visit this site and enter your information to request to be added to biostudent:

Go to this site and you will see two gray boxes

1: Need to type in your email address (*uw.edu* address ONLY)

2: Need to type in your name (optional)

3: Need to check the box about list mail being batched

No — you will receive them separately

Yes — you will receive them all in one daily batch

4: Click the subscribe button and your part is done

UW community:
If you have a computer account at the University of Washington, and you intend to subscribe to this list, change something about the subscription you already have, or access private list archives, please log in first.
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Your email address:

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Would you like to receive list mail batched in a daily digest? ☐ No ☐ Yes

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MORE LINKS: Together but separate

UW Biology Department Website

www.biology.washington.edu

UW Biology Facebook Page

www.facebook.com/UWBiology

TriBeta Honor Society & Bio Club

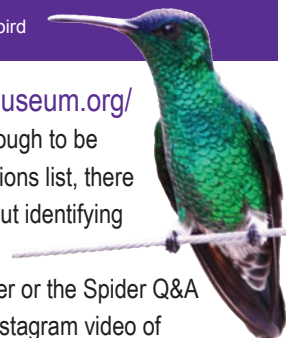
<https://sites.google.com/view/uwtribeta/home>

Beta Beta Beta is an honor society for students, especially undergraduates, dedicated to improving the understanding and appreciation of biological study. Virtual events to come...

TriBeta Tutoring go to the above listed website to tutoring menu or <https://sites.google.com/view/uwtribeta/tutoring?authuser=0>

Burke Museum <http://www.burkemuseum.org/>

Closed at this time, but if you are lucky enough to be on the Burke Museum Closure Communications list, there is Burke Trivia Night, informative videos about identifying the different species of Garter snakes with Herpetology Collections Manager Peter Miller or the Spider Q&A with Rod Crawford as well as a wonderful instagram video of hummingbirds from Burke Curator of Birds, Alejandro Rico-Guevara who is one of our new biology faculty and downloadable educational resources for kids like Mesozoic Monsters and Whales.



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