Fact Check Your Own Life.

Sometimes on the way to a goal you fail and get lost. Welcome to your miraculous life journey. To fail is the best thing that can happen to you. To fail as in, first attempts in learning, are part of your process of becoming who you uniquely are.

I have been working in student services my whole professional career, the last 17 years here in UW Biology. My career choice was not accidental, but I arrived at it through a process of rather clunky first attempts in learning. My father was a Naturalist in the National Park Service and my older brother followed but in the Ranger division. I was raised in a world of biological discovery, public service, law enforcement, and natural resources policy. Most of my growing up was done in the cultural context of living in a tiny town on the Navajo Indian Reservation, immersed in the life traditions of southwest native peoples. Career day at my school was the same from 6th grade to 12th grade—the choices were: police officer, medical personnel, teacher, a branch of the military, and insurance agent. Mr. Krause, the history teacher also sold Farmers Insurance from his living room office after school; a true working multi tasker. None of that fit, but Biology did and so of course the National Park Service was my option.

I liked every class I took as an undergrad but I did not get many 4.0’s. The courses I took connected in my head but not as degree requirements for Biology. I didn’t have the specific interest in Forestry or Geology that my dad and brother held up as the best option, depending on which one I was talking to. At the same time, jobs in the National Park Service were cut or left vacant. A search of open positions resulted in a big heavy thud of “I don’t want to do that.” I was not flunking out of school but I viewed my situation as failing. All of those clunky fails were part of a process that chipped away at a goal that I set without checking the facts. I was not limited to the careers presented on career day. The careers of my father and brother were not the only paths to continually study the natural world and be of service to others. Fact check your own life. Are you limiting your capacity to grow by only allowing for one option? Was it even an option you chose? If you see only one goal in front of you, did you consider that there may be many routes to get there—not just one? I had to learn that what I thought was failing was actually me trying to follow a path that was not my own.

I trusted my head, heart, and gut to inform my personal inquiry into what might be possible. I will forever share my father’s love of trees and my brother’s fascination with rocks. The traditions of the people in my community growing up taught me the value of seeking and understanding multiple perspectives. I appreciate all the amazing service work done by folks in the National Park Service. I am totally inspired by the study of biological things. In failing I also discovered that higher education has the power to change individual lives and the world we live in. I even had a job just after college selling insurance! I liked the serving people part not the paperwork and accident report part. All of these things come together for me in my work in Academic Services here in Biology. Dream jobs do exist, you create them. Every day holds discovery, opportunity, and options. If you don’t believe me stop by the office.

Whether you make New Year resolutions or not learn to pay attention to your own experience. Learn to fact check your own life every so often. Feed your own curiosity. Sometimes on the way to a goal you fail, get lost, and find a new and brighter one. Multiple perspectives are everything.
LOOKING FOR A GREAT VLPA OR I&S REQUIREMENT TO TAKE? Drama 294, CLAS 432, CLAS 205

What should you think about when choosing your VLPA or I&S requirements? Here we shine a light on courses that will not only meet your general education requirements but will help you develop essential skills and broaden your perspectives on the world we live in. We asked the professors-in-the-know to tell us why you would benefit from each course. Be prepared to be inspired!

PRESENCE: VOICE, SPEECH, AND THE PERSONA FOR PUBLIC PROFESSIONALS (VLPA)
Professor Odai Johnson, DRAMA 294
4 credit course, offered Spring Quarter 2018, T Th, 3:00 - 4:30

How could taking DRAMA 294 benefit a student interested in science fields or other health related careers?

“What scientists do is only as powerful as their ability to communicate what they do. If science cannot be shared in a meaningful, purposeful, and comprehensible way, it remains data. PRESENCE, the class coaches scientists to be more able, authentic speakers that connect to a larger community. In the end, meaningful change can only happen when people speak to people. Scientists most urgently need to speak and speak well of their work.”

CLASSICAL MYTHOLOGY IN FILM (VLPA)
Professor James Clauss CLAS 432
5 credit course, offered Spring Quarter 2018, T Th

How could taking CLAS 432 benefit a student interested in science fields or other health related careers?

“At the heart of science is observation and evaluation of information presented. In CLAS 432, we look at films based on classical myths that are themselves observations of real phenomena pertaining to human behavior and experiences. As it happens, modern screen writers and directors are also myth makers, exploring personal and common issues. As a final project, students are asked to imagine the film they would make based on an ancient myth in either a written paper (8 pages) or a short film (10-15 minutes; many students over the years have made films, though this is NOT necessary). The goal is to provide a dynamic project based on an exploration of cinematic narratives. We will also engage the experience of personal transformation as envisaged through the motif of death and resurrection, a universal theme of all mythologies that is at the core of such films as the original Star Wars, Matrix, and many other films.”

If I really enjoy taking your course, what course would you recommend that I take next (either one of your courses or another in your department)?

“CLAS 205 studies bio-scientific terminology, a class in Greek or Latin would enhance one’s ability to see the roots of these languages in scientific terminology and understand unfamiliar words from the roots.”

“Courses on other world mythologies would be of potential interest as well as courses in the cinema division of Comparative Literature that would look at films from a broader perspective.”

These classes will hold spots for Biology majors, but students need to request this of the instructor early in the registration period.
MAP BRIDGING THE GAP BREAKFAST: Held Annually on Homecoming Saturday

Founded in 1994, the Muticultural Alumni partnership (MAP) is dedicated to promoting diversity at the UW and in the UW alumni community.

Under the guidance of founding members Larry Matsuda and Vivian O. Lee, MAP has taken a leadership role in addressing issues of equality and equity through scholarships, mentoring, lectures, and reaching out to the University community. MAP is open to everyone; the only qualification is a passion for diversity and social justice.

MAP’s signature event is the annual MAP Bridging the Gap Breakfast, held annually on Homecoming Saturday. The morning celebration recognizes the recipients of the MAP scholarship and the service of alumni and friends who have made a difference for diversity at the UW. Here are Faculty members Brian Buchwitz and Jon Herron with undergraduates and graduates enjoying the great breakfast.
**THEY’RE HIP, THEY’RE SASSY & They’re Going to Help You Succeed in Biology 220!**

Biol 220 is the third class in the Biology Intro Series: Animal physiology, plant development and physiology. It is intended for students taking advanced courses in the biological sciences or who will be enrolling in preprofessional programs.

This article will help you get to know who the Biology 220 crew is and what each of them do so you can see how it all works together. Here are some fun facts about them, but most importantly what advice they think will help you best succeed in Biology 220 this quarter.

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**JESSICA MESSMER MCAEBEE, PROFESSOR**  Teaching First Half of Quarter

Her primary interests in plant biology include plant development and evolution. Using examples from primary research, she seeks to develop a classroom in which students practice the application of their knowledge. When possible, she likes to explore the intersection of social justice issues with the study and teaching of biology.

**What is one piece of advice you would give students in your class?**

*When studying and when in class, think about what you are learning.*

**What is your favorite lab?**

*The plant responses to light lab. I learned a lot in the plant behavior class I taught last spring.*

**Where did you attend college(s) and what was their mascot(s)?**

*I am a Husky! Bachelor of Science in Botany in 1996.*

**Is there a book/video that you would recommend to students outside of what there is in class?**

*Currently reading and highly recommend Braiding Sweetgrass by Robin Wall Kimmerer.*

If you could have any job tomorrow (other than our current one) what would you like to do?

*My alter ego is a librarian - I love books and reading.*

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**TOM DANIEL, PROFESSOR** Teaching Second Half of Quarter

His areas of current research are: Control and dynamics of animal locomotion; Molecular mechanisms of force generation in human and animal movement and Sensorimotor Neural Engineering. He is a Professor for both the Dept of Biology and the Dept of Computer Science & Engineering.

**What is one piece of advice you would give students in your class?**

*Be present — both physically and intellectually and engage with your classmates in study groups. Be fearless in asking questions of each other and of the course staff.*

**What is your favorite part of the class?**

*I really enjoy watching students interacting in lecture as they answer challenging questions.*

**What do you think is the hardest part of the class?**

*With a wide swath of new concepts and new terminology it can be daunting to see the big picture and the major concepts.*

**What is your favorite lab?**

*I am really fond of the nerve muscle lab, in part because it is really dramatic and because it is the lab most closely related to ongoing research in my group and others.*

**What is your all-time favorite Biology subject?**

*My all time favorite is the biology of movement — from neurons to muscles to biomechanics.*
KYLE LOUCKS, LAB COORDINATOR
His duties include: Handling labs, points, and general course logistics. If you have a question about anything other than lecture material, email him!

What is one piece of advice you would give students in your class?
If you have a question on an exam about anything please ask! From the perspective of the teaching team, exams are so boring. We’d like to move around and help. Plus the exam is hard enough, you’re not being graded on deciphering a question.

What is your favorite part of the class?
I love how lab and lecture build on and support each other.

What is your all-time favorite Biology subject?
Defense responses of plants. The parallels between plants and animals and a plant’s ability to respond to threats are astounding.

Other than Biology what academic subject would you like to study?
History.

What do you think is the hardest part of the class?
Our uncanny ability to have exams the same week as Organic Chemistry. Without fail the exams fall pretty close to each other. We don’t plan this! Basically, start studying early.

What is your favorite lab?
The frog lab. I don’t necessarily love the dissection, but the ability to really explore how muscles contract is amazing.

AVAILABLE for the INTRO SERIES: TA office hours in HCK302. Check for the hours on the bulletin board. FREE TUTORING AVAILABLE on the 4th floor of Hitchcock with TRIBETA TUTORS – Check for times on the white boards.

FREE TRIBETA TUTORING: UW Intro Biology Series 180, 200, & 220

UW Introductory Biology Students: The secret to excelling in Biology 180, 200, and 220 is discussing course content with others and asking questions to make sure you fully understand new concepts.
This is where TriBeta can help! TriBeta Tutors are students who have taken the full 180-220 series, been successful, and enjoy teaching. They can help you with course material & concepts, study habits, and test preparation!

The study lounge also provides FREE snacks.
Take advantage of this opportunity by dropping by the Study Lounge on the 4th floor in Hitchcock.

We are here to help you Monday – Thursday from 3:30-6:30 p.m., no appointment necessary.

You can work with other Intro Series Biology students, or receive individualized help. The lounge is located right above the HCK 3rd floor entrance.

If you have any questions, or have completed the series and are interested in tutoring, please contact Margaret Slack at tribetatutoring@gmail.com.
Our whole group did the zip-line and we saw sloths!
The best parts of the trip for me were putting signage in a local national park, kayaking in the mangroves, zip-lining with sloths, seeing incredible animals, helping baby turtles to the ocean on the Osa peninsula, staying with a Costa Rican family, and hiking under waterfalls in the mountains.

As someone who is not generally described as “outdoorsy”, some of the parts of this trip were very far outside my comfort zone. As on all trips, sometimes plans changed quickly which required some adjustment. For example, when we were on the long hike out of the Osa peninsula, the portions on the beach were longer (and wetter!) than we’d expected. But at the end of the 12 mile hike, I was incredibly proud of myself for doing it!
TriBeta
Biological Honor Society:
“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.

TUTORING
Tutoring TriBeta offers free tutoring for students the Intro Biology Series (180/200/220). Tutors are available for drop-in tutoring in the Hitchcock 4th floor lounge.
Monday–Thursday 3:30 pm–6:30 pm

MONTHLY MEMBER MEETING
The second Thursday of every month join your fellow TriBeta members to play games, discuss the latest scientific discoveries, and have a great time!
Our first Monthly Member Meeting will be January 11th.

UPCOMING EVENTS
January 10 – T-shirt Sales
January 11 – Monthly Member Meeting
February 2 or 3 – UW Hockey Game Event
February 7 – T-shirt Sales
February 8 – Monthly Member Meeting
February 22 – Quarterly Seminar
Mar 1 – Letter of Recommendation Panel
March 7 – T-shirt Sales
March 8 – Study Night

HOW TO JOIN
Full Membership is eligible to any student who has completed two Intro Biology courses (180/200) and one additional biology course with a minimum 3.0 GPA or higher. Details on other levels of membership and a short application can be found on our website.

To keep up to date with TriBeta, visit our website and subscribe to our emails!
http://tribetauw.weebly.com/

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Advisor
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Get Ready for Bio Book Club!

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

This winter we will read:

*The Immortal Life of Henrietta Lacks* by Rebecca Skloot.

Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells—taken without her knowledge—became one of the most important tools in medicine. The first “immortal” human cells grown in culture, they are still alive today, though she has been dead for more than sixty years. If you could pile all HeLa cells ever grown onto a scale, they’d weigh more than 50 million metric tons—as much as a hundred Empire State Buildings. HeLa cells were vital for developing the polio vaccine; uncovered secrets of cancer, viruses, and the atom bomb’s effects; helped lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions.

BIOLOGY APPAREL DAY: The First Wednesday of Every Month & Get a Treat!

Biology Apparel Day happens the first Wednesday of every month.

If you are wearing Biology Apparel on a first Wednesday of the month throughout the year, you can come to Hitchcock Room 318 (Advising), to receive a sweet treat AND an opportunity to submit your name for a chance at a grand prize.

The Tribeta Biological Honor Society started up T-shirt contests as another way for Biology students, staff, and faculty to support Tribeta and Biology Club and of course, show our UW Biology pride! Your T-shirt purchase supports Tribeta and events put on for Biology Club members, like tutoring for the introductory biology courses, the annual Halloween party, and their Spring BBQ.

T-shirts are 20 dollars, cash or check. You can purchase them on T-shirt day in the atrium of Hitchcock Hall. You can contact tribeta@u.washington.edu with any questions!

Biology Apparel Wednesdays in Winter Quarter are Jan 10, Feb 7 and Mar 7.
POEMS: Neal B Groman, Director, Office Of Biology Education, UW 1971-1975

Dear Universe

Dear Universe, I always knew you and I were kith or kin and through some outrageous law of chance my atoms echoed to the birth of time. Rumor has it we share a bond more profound than most philosophers divined, and through quantum, quirks and processes will unveiled I push you as you push me towards a common destiny.

I grant you my power seems no match for flaming sun spots, black holes or the transient flare of dying meteors, but in this spinning game even my slight push may loose cascades of consequences beyond the measure of my power.

I rejoice in my oneness with the cosmos welcome thoughts of links beyond our seeing and wonder. If someday we may know spectral patterns of hope and despair the power of righteous thought or in that final step the essence of our mystery.

It has been foretold, that in our search for the deepest reaches of matter we shall, at the end encounter the human mind.

January 1975
Biology Undergrad Listserve
The Biology Advisors maintain a listserve 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: http://mailman1.u.washington.edu/mailman/listinfo/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 Biology Department Website
www.biology.washington.edu

UW Biology Facebook Page
www.facebook.com/UWbiology

UW Undergrad Research Program
http://www.washington.edu/research/urp/

Career Center at UW
http://careers.uw.edu/

TriBeta Honor Society & Bio Club
http://students.washington.edu/tribeta/
Beta Beta Beta is an honor society for students, especially undergraduates, dedicated to improving the understanding and appreciation of biological study.
The Biology Club is sponsored by Tri-Beta and is open to all UW students, faculty and staff.

UW Farm
New blog: https://botanicgardens.uw.edu/center-for-urban-horticulture/gardens/uw-farm/ and
https://www.facebook.com/uwfarm
The UW Farm is now a registered student organization. If you would like to learn more about the farm please join our listserve and facebook page and show up for a work party, or come to our next all-farm meeting.

Burke Museum
http://www.burkemuseum.org/
General Admission FREE to Burke Members, children 4 and under, and UW staff/faculty/students
Free Admission—Admission is free to the public on the first Thursday of each month.

Here is a sampling of upcoming seminars. A complete list of seminars can be found at Careers.uw.edu.

RESUME AND COVER LETTER
Wednesday, January 10, 2018 12:30-1:30 HB 334

INTERVIEWING SKILLS
Wednesday, January 17, 2018 12:30-1:30 HB 334

ALUMNI PANEL City Year, PeaceCorps & Teach for America
Wednesday, January 17, 2018 5:30-7:30 UW Career Center

CAREERS IN HEALTHCARE FOR ALL MAJORS
Thursday, January 18, 2018 4:30-6:30 HB 334

DIVERSITY CAREER FAIR (Students)
Wednesday, January 31, 2018 12:30-1:30 HUB Ballrooms

WEBINAR: Interviewing Skills
Thursday, February 1, 2018 12:30-1:30 HUB Ballrooms
Mystery Plant: Guess and Win an 8 Card Set of Flowering Plants at the Medicinal Garden!

This is the Winter Quarter mystery plant and it is fruiting right now in the Medicinal Garden. Submit your best guess with your name and email into our Mystery Flower Box located within the third floor Atrium of Hitchcock Hall.

A drawing for the prize of a special, limited edition set of eight Biology note cards featuring flowers blooming Winter Quarter in the MH Garden. Cards displayed in HCK 302.

QUESTIONS:
1) What is the genus species of this evergreen shrub whose leaves are used to produce tea?
2) What does the species name in Latin mean?

BIOLOGY STUDY AREA:
All Students are Welcome in Hitchcock 220

All students are welcome — not just Biology majors!
The BSA is open Monday - Friday 8:00 am - 5:00 pm

The Biology Study Area (BSA) is a GREAT place to study with other students, use computers, or just to read.
Dave Hurley manages the BSA and can even answer your biology questions. If you forgot your textbook, you can check out one from the BSA staff if they have a copy.
The BSA has 21 computers for general use and 9 computers for high-performance computing (but not gaming), a Dawg-Print printer and one scanner.
Hiren Ajudia (Biology), Lyudmila Polevoy and Maura Kilpatrick will be staffing the Biology Study Area and programming.

Advising Available
Biology Department
Walk-in Advising
Janet Germeraad
Jason Patterson • Sheryl Medrano
318 Hitchcock Hall
Mon-Fri, 9:00 am–12:00 pm
M, Tu, W, F, 1:00 pm– 4:00 pm
Thursday 1:30 pm– 4:00 pm
Closed: 12:00 to 1:00 pm
Website URL:
https://www.biology.washington.edu/programs/undergraduate

Undergraduate Academic Advising and Office of Minority Affairs & Diversity
141 Mary Gates Hall
206-543-2550
Quick Question hours (Mon–Fri)
9:00 am-4:30 pm
or email askoma@uw.edu
jttp://www.washington.edu/omadcs

Biology Study Area (BSA)
220 Hitchcock Hall
Mon–Fri
8:00 am–5:00 pm

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