

COMMUNITY



DEPARTMENT OF BIOLOGY

WELCOME!!!

Biology Orientation for Freshmen



Introductions

- Vance Vredenburg – Professor and Chair of Biology
- Blake Riggs – Professor and Associate Chair of Biology
- Emily Stenson– Biology Undergraduate Coordinator

Poll 1

How are you feeling about the start of school?

- A. Totally stoked
- B. Pretty chill
- C. A few jitters
- D. Very anxious

Poll 2

Are there any clubs or organizations you plan on joining?

- A. Yes
- B. No
- C. I'm not sure yet

EQUITY



COURAGE



Biology majors

- Bachelor of Arts (BA)
 - General Biology
- Bachelor of Science (BS)
 - Lots of concentrations

Pre-Reqs, what are they?

- Some classes require pre-reqs for registration
- To be let into specific classes, you may have to complete other classes before you can enroll in that class, the system will drop you if you haven't completed them
- Professors want to make sure you have mastered skills and gained specific knowledge to enroll in this course

BIOL 212 Principles of Human Physiology (Units: 3)

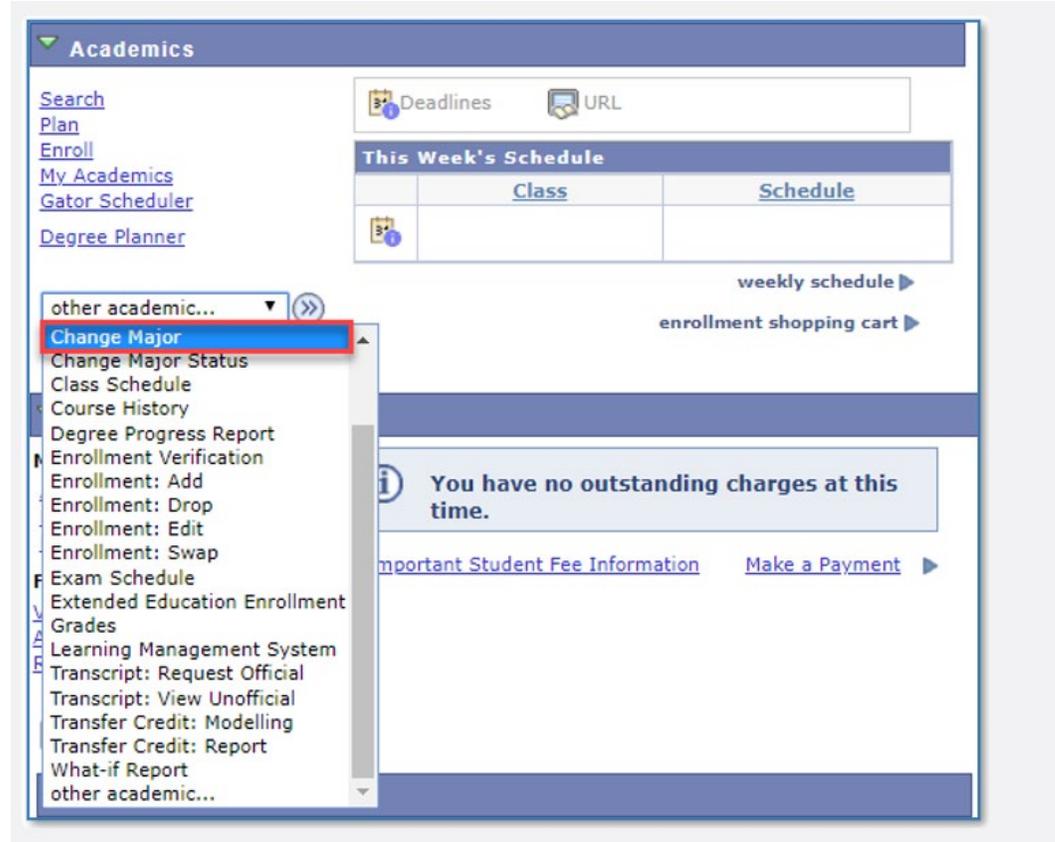
Prerequisites: CHEM 101* or CHEM 115*; BIOL 100* and BIOL 101*, or BIOL 210*, all with grades of C or better.

Physiology of human organ systems and principles of homeostasis. Intended for non-Biology majors.

- Schedule ahead based on which pre-reqs you need completed for which courses!

How to change your major

- Changing to a different major (i.e. Physiology to CMB)



1. Log into your Student Center
2. Select the dropdown menu labeled *other academic...*
3. Select the *Change Major* option

- Click the >> button

How to change your major cont.

4. Click ***Next***

Note: Restricted records will not progress past this point and an alert with an explanation will appear.

5. Select the major or minor plan to change

Note: Due to limitations within the online change of major/minor, some buttons will be greyed out.

6. Open the ***Requested College*** field

7. Open the ***Major/Minor*** field

8. Click ***Next***

9. Click *Submit*

10. Review the approval required pop-up message, select OK to proceed

How to “crash” a class!

- If you were not able to enroll in a class that you were hoping to take, then email the instructor for information about the add process.
- Attend the first day of class
 - *For online classes*, ask the instructor for a zoom link so that you can attend the first day of class
 - *For face to face classes*, just show up!
 - This is NOT rude
- Be persistent!

CULTIVATE
WONDER

How to Get Involved with a Lab on Campus

- Many Biology faculty members have research labs on campus!
- Participating in a lab is a great way to gain hands-on research experience outside of class
- Figure out which research topics excite you most
- Reach out to faculty members that conduct research in the field you're interested in and see if they are accepting more lab members

[Faculty by Research Discipline | Department of Biology \(sfsu.edu\)](#)



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Other academic programs of interest

- PINC (Promoting Inclusivity in Computing)
(<https://cose.sfsu.edu/pinc>)
- Climate Change Certificate: 12-18 units
(<https://climatehq.sfsu.edu/climatehq/climate-change-certificate-0>)

Tips for how to navigate Canvas !

- Read your syllabus!!
- Find your instructor name and contact information
- Make note of your instructor's office hours and where they're located
- Figure out your important exam dates and mark them on a calendar.

How to Get Connected!

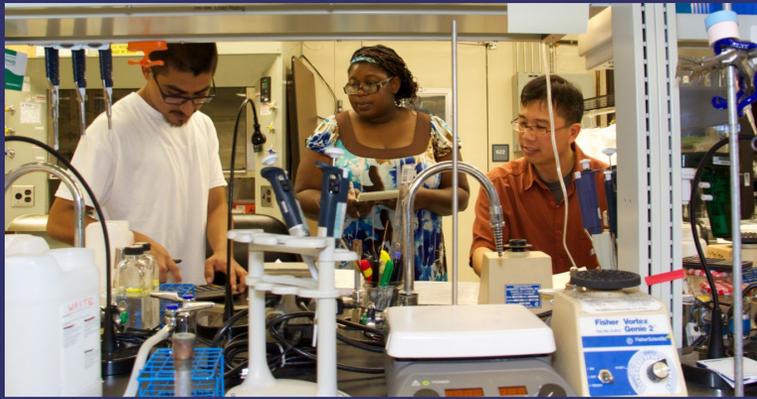
- Check your SFSU email daily or link it to your personal email account
- Read BioNews (delivered to your SFSU email weekly)
- Talk to your colleagues in class!!
- Join clubs (BE-STEM, SACNAS, WISE, PVS etc.)
 - bestemsfsu@gmail.com; SFSUSACNAS@gmail.com; pvs.sfsu@gmail.com ; sfsuwise@gmail.com
- Check out SF BUILD for funding opportunities
 - <https://sfbuild.sfsu.edu/>
- Join SFSU Gator Connect for mentorship opportunities with alumni
 - <https://gatorconnect.sfsu.edu/>



Student Enrichment Opportunities



Research opportunities



Community



Clubs



Funding
- tuition, monthly, travel





San Francisco State University Genentech Foundation Scholars Program



Student must be accepted to SFSU

Scholarship Application on SEO website

<https://seo.sfsu.edu/>

For more information contact: seo@sfsu.edu

Or

Go to our weekly office hours (see SEO website for zoom)

10 Tips for Success from Biology Student Leaders!

1. For every hour you spend in class, you can expect to work about three hours outside of class.
2. Study outside of class! Make friends in your classes and create lots of study groups!
3. Don't be afraid to ask for help or resources if or when they need them. Talk to as many people as you can!!! There are many wonderful SFSU faculty members and resources available to students for a variety of educational, professional, financial and health-related needs on campus ready to help support them.
4. Attend office hours! It allows you to get to know your professors, and ask for help if you need it!
5. Show up to class! You get out of a course what you put into a course.

10 Tips for Success from Biology Student Leaders!

6. Don't Doubt Yourself Because You Can Definitely Do it!
7. Plan out your classes for every semester; don't wait or try to figure it out as you go.
8. Try to be comfortable with the fact that failure is a normal thing. You can bounce back from it.
9. Do not give up! Try your best to not lose sight of your end goal. The first two years can be especially daunting, but do not forget about why you are pursuing a higher education.
10. Biology is beautiful. Grades are important. Lab work is important. But don't get so lost in grades and lab assignments that you forget to stop and enjoy the beauty of Biology.

How to find an advisor...

1. For General Education (GE) or University-wide Requirements...
 - For your first year, please use the Undergraduate Advising Center (UAC) - <https://advising.sfsu.edu/>
 - After you first year, please use the **College of Science and Engineering Student Success Center (CSSC)** - <https://cssc.sfsu.edu/cssc>
2. For Biology advising...
 - Advising Day 8/21 and 8/22 (tables in Hensill Hall)
 - Fall Advising hours starting 8/21
 - <https://biology.sfsu.edu/advising/advisors>

Additional Resources

- Biology advisors - <https://biology.sfsu.edu/advising/advisors>
- Biology website - biology.sfsu.edu
- Climate Change - <https://climatehq.sfsu.edu/climatehq/climate-change-certificate-0>
- Information about different Biology concentrations and requirements - <https://biology.sfsu.edu/undergraduate>
- SF State Financial Aid - <https://financialaid.sfsu.edu/>
- SF State Dream Resource Center - <https://drc.sfsu.edu/>
- SF State Counseling and Psych Services - <https://caps.sfsu.edu/>

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What questions do you have for us?

