College of Biological Sciences (CBS)
Freshmen Orientation

Associate Dean Susan Keen
slkeen@ucdavis.edu
WE KNOW YOU HAVE WORKED HARD TO JOIN US IN CBS AND WE WANT YOU TO SUCCEED; SUCCEEDING REQUIRES PASSION

• Passion for the subjects you study will carry you through the difficulty of higher academics.
• The “right” major is the one you gladly spend time studying.

“Don't ask yourself what the world needs. Ask yourself what makes you come alive and then go do that. Because what the world needs is people who have come alive.”
- Dr. Howard Thurman
SUCCEEDING REQUIRES HONESTY ABOUT SKILLS & THE DISCIPLINE TO STUDY FOR CLASSES

- The quarter system moves quickly.
- Organization is extremely important.
- A lot of time should be devoted to studying.
- You should expect to analyze, not memorize.
- The classes are much larger than expected (hard to make friends).
- Students are responsible for seeking help.
- You need to find the course materials on the Smartsite or Canvas.
- The material is challenging (13-15 units is plenty).
CREATE & RELY ON A WEEKLY PLANNER

When managing your time, consider the following:

• The Carnegie rule—a student should spend at least two hours working outside class for every hour in class.

• For 15 units, this means 15-20 hours in class (labs) and 30 hours outside class studying.

• This means you should expect a 45-50 hour work week on school alone!!

Using your planner:

• Fill in the 15-20 hours in class.

• Fill in 30 hours per week of high quality study time (two hours of study time for every unit of class).

• Fill in your scheduled extra-curricular activities around school and see if your plan is realistic.
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WHAT SHOULD I DO DURING MY STUDY HOURS?

After each lecture:

• Review your notes while listening to the podcast and looking at the lecture slide PDFs. Fix your notes – you hear more the second time around.
• Mark the places where you are confused.
• Once you know what you don’t know, you can find out additional information via the textbook, office hours, or other resources.
• Start with your textbook
  • Textbooks aren’t novels – you need a reading plan.
  • Read the chapter to confirm your knowledge of a topic.
  • Abstract the chapter via headings, main points, and examples.
  • Interrogate the book to find out something.

Come to class, take good notes, fix the notes with the podcasts, form a study group, go to office hours. The next lecture will be easier to follow if you are prepared.
Lecture 14. More on Genetics

- How are the laws of probability applied to offspring formation?
- How does the genotype influence the phenotype?

Students should be able to:

- explain Mendel’s two laws
- predict the frequencies of particular offspring genotypes and phenotypes given parental genotypes
- diagram a test cross and explain possible outcomes
- explain the roles of multiple alleles, pleiotropy, and epistasis in determining the phenotype
- differentiate linked and unlinked genes and explain how crossing over affects linked genes
- explain the genetic basis of polygenic traits
HOW CAN I IMPROVE MY UNDERSTANDING?

• Find a study group

• Practice talking about the material and explaining it.
  • Important skill for most professions. Study groups help you become a better speaker and listener.

• Learning vs. memorization
  • Step 1 is learning the vocabulary; main ideas; facts; typical methods – you can’t reach Step 2 without these. This is discipline-specific knowledge.
  • Step 2 is using what you learned in Step 1 in a meaningful way – to apply the “concepts” or do an analysis, you need to know the field.

Learning goals—the only real test is you and the blank piece of paper or the non-science friend willing to listen as you explain the topic. If you can start from scratch and explain how something works, then you understand it and can answer any exam question
What if I don’t do well on multiple choice exams?

Don’t Worry: It’s a skill you can learn!

• If the wrong answers confuse you, then cover all the answers, read the question, and decide what the answer is. Look for only that answer in the list of choices.

• If you do poorly on a test, analyze your exam by asking why you got each question wrong.

• If you did not know the material, then study more, but if you skim the questions or don’t understand the questions, studying more will not help—read the questions slowly or seek confirmation of the question from the TA. **Analyze your performance!**

• Go to office hours.

• Attend SASC workshops.
YOUR SCORE ON AN EXAM IS \textbf{FEEDBACK} – REFLECT ON IT.

- Always check your exam scores and then go over the exam.
- Start with the assumption that if you did not answer correctly, you do not understand the topic.
- Do not assume that the question is “odd” or “poorly written;” find out what you do not understand before the next exam.
WHAT DO THE TOP STUDENTS DO?

- Try for an A.
- Construct a framework for how the world works and follow-up on everything that does not fit into this framework. Don’t ignore what is not understood.
- Go to office hours!
- Get to know some faculty.
- Become extremely organized.
- Study, study, study!

Take responsibility for your mindset and your education.
HOW SHOULD I APPROACH MY PROGRAM OF STUDY?

• Develop an idea of what it means to be an educated person.
• Read the campus, college, and major requirements and make a list of what you need.
• Read the prerequisites for each course and write them down so you know in which order to take classes.
• Plan to experiment with the number of science classes you can handle each quarter. Start with a small number, but be sure to make progress toward your degree.
• Come to mandatory advising (by Feb. 3rd, 2017) with a sense of how your studies are going so that we can give you individualized advice.
• Consider whether you will be going to summer school.
• Consider whether/when you will be taking exams such as MCATS or GREs.
• Consider targeted electives such as Classics 30, Philosophy 15 or 31.

Your education is your responsibility.
Research and Internship Opportunities

• The current faculty count in the College of Biological Sciences is about 130.

• There are about 700 biologists on campus. They offer a wide range of research opportunities all available to you.

• 90% of our undergraduates in biology do some form of internship or research before they graduate.

• Research is fun and you can highlight your ability to apply knowledge on your resume.

Over 10% of the students who do research are included as an author on a published paper.

**Rewards:** Taste of the field; letter of recommendation(s); expanded skills & contacts.

**Risks:** Time away from studying; balance and time management may be more difficult.
Research and Internships

- Speak with your BASC advisor
- Talk to your faculty adviser or other faculty
- Do well in a faculty member’s class
- Visit the Internship and Career Center (ICC)
- See Undergraduate Research Center (URC)
- Be active and informed in contacting faculty

You can get research (PUF) and travel grants

Mailing out resumes for internships is generally not successful. How would you decide who take into your lab? Students need contacts and references to make the most of time on campus.
Other opportunities:

- **Education Abroad**
  - Study Abroad Program Office is located at 207 Third St.; Ste. 120

- **UCD Washington DC Program**
  - Internship e.g. environmental group

- **Marine Biology Lab at Bodega Bay (spring and summer quarters)**
  - Credit for *internships* is limited to a total of 6 units that can be used towards graduation.
  - Credit for *tutoring* is limited to a total of 3 units that can be used towards graduation.
COHORT PROGRAM
THE CBS FIRST-YEAR EXPERIENCE
YOUR COHORT COORDINATOR: ASHLEY VATER

I am a UC Davis grad student studying pathology and I will be your BIS 005 TA. Please feel free to contact me with any questions about the program or about the college transition. I am your point of contact for all of the program components. Expect frequent and important emails; email is our primary line of communication! Please alert me ASAP if you are not receiving my emails.

Contact Info:
awvater@ucdavis.edu
530.752.5012
Cohort Grouping – Learning Communities

Freshmen are divided among 6 Cohorts to allow students to meet a smaller core group of CBS peers
Students are grouped by dorm assignment

Tercero and Off-Campus – Bacteria & Archaea (FALL BIS 005)
Segundo – RAS & Excavata (WINTER BIS 005)
Cuarto – Unikonta & Plantae (SPRING BIS 005)

*Housing is assigned in mid-August, stay tuned for BIS 005 class registration info*
BIS 005: EXPLORING BIOLOGICAL SCIENCES (1) P/NP

Lecture – 1 hour. Introduction to UC Davis biology faculty, biology industry, and medical professionals. This course provides students with perspective on the scope of biology and the opportunities that are available at a major research university. To be taken one quarter during first year.

Required course materials: i>clicker2.

*If can’t take BIS 005 with your dorm and during your designated quarter, email Ashley Vater.*
FRESHMAN FALL WELCOME BREAKFAST

SAVE THE DATE:

September 19th
10:00 AM – 11:30 AM
(Monday of Welcome Week.)

• Breakfast
• Meet your Cohort
• Pick up your Cohort T-Shirt

You will received an email with details and RSVP information
### Student-Faculty Lunches

**Discuss biology and life with a CBS faculty member over lunch**

- Lunches occur, on average, once a week.
- Stay tuned for emails with available times/dates, and registration instructions.
- Any CBS freshman can attend these meetings (Non-Cohort Specific).
- Lunches are limited to the first 15 students who sign-up.
- Lunch is catered to a UC Davis conference room.

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<td>MMG:</td>
<td>Su-Ju Lin</td>
<td><a href="mailto:slin@ucdavis.edu">slin@ucdavis.edu</a></td>
<td>11/4/2013</td>
<td>12:00 - 1:30 pm</td>
<td>3061 SLB</td>
<td>pizza</td>
<td>Microbiology. One of Dr. Lin's research interests is: Molecular mechanisms of Calorie Restriction and Aging</td>
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| PLB:  | Julin Maloof | jnmaloof@ucdavis.edu | 11/12/2013 | 12:00 - 1:00 | 3061 SLB | pizza | "Professor Maloof uses genetics and genomics to study how plants adapt to different environments."
                        |                        |                |             |             |          |                                                            |
                        |                        |                |             |             |          |                                                            |
                        |                        |                |             |             |          | "The Genomics Revolution. It cost $3,000,000,000 to sequence the first human genome. Now we can do it for less than $10,000. We will discuss how these technological changes are affecting research from basic biology to human genetics." |
| PLB:  | Lorena Navarro | lonavaro@ucdavis.edu | 11/22/2013 | 12:00 PM | 3002 LSB | pizza | Microbiome, TED talk and discussion. "My research focuses on understanding the genomic basis for how microorganisms, for example bacteria, interact with other species to lead to new functions. We study this in many systems, from single microbes or communities of microbes living "symbiotically" inside a host, to communities of microbes in the environment" |
| PLB:  | Lorena Navarro | lonavaro@ucdavis.edu | 11/22/2013 | 12:00 PM | 3002 LSB | pizza | Microbiome, TED talk and discussion. "My research focuses on understanding the genomic basis for how microorganisms, for example bacteria, interact with other species to lead to new functions. We study this in many systems, from single microbes or communities of microbes living "symbiotically" inside a host, to communities of microbes in the environment" |
FAQs

**BIS 005 and/or BIS 198**

I plan to switch to a major housed by a different college. Do I still need to take BIS 005/198?

*Hint: BIS 005 is the freshman course, BIS 198 is the Transfer course.*

No, you may petition to waive the BIS 005 or BIS 198 for this reason. [Click Here](link) to link to the petition.

**UC Davis Catalog**, many majors have specific requirements. To prepare to switch, you should re-major. Also, be aware of the timeline for changing majors. Typically you can only begin to switch on your fall CPA, this means you might be able to start the process in winter.

Keep in mind that BIS 005/198 is a great opportunity—you may want to take it while you have the chance.

**How many units is BIS 005/198?**

BIS 005/198 is one unit, it's a pass/no-pass class. It meets one hour/week.

**Do I have to take BIS 005/198 in the fall?**

http://biosci.ucdavis.edu/cohort-program/index.html or Google: “UC Davis Cohort Program”
Where should students go for advising?

All staff and peer advising takes place in the Biology Academic Success Center (BASC) in Sciences Lab Building, around the corner from the BioBrew Coffee Shop. CBS, first-year students are required to complete a mandatory advising session at BASC by February 3rd, 2017.

Faculty Master Advisors are associated with each major and can be visited in their respective departments.
Who should students see for advising?

**Staff and Peer advisors:**
All our advisers want to help you succeed, so take advantage of the resources waiting for you.

**Staff advisors at BASC can help you in many ways:**
- Mandatory advising
- Academic advice on particular majors
  - Making an academic plan and choosing courses
  - Advice on changing majors
  - Progress toward degrees and GE
- Academic difficulties
  - Leave of absence from school
  - Student petitions
  - Special situations
  - Referrals to other campus services
All CBS majors have the same core curriculum*

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**Upper division core:**
Biological Sciences 101, 105, 104; note: 105 may be replaced by 102 + 103.
*BIS major students in the Molecular and Cellular Biology Area of Emphasis must complete Biological Sciences 102 + 103.

**Lower division core:**
- Biological Sciences 2A-2B-2C: 15 credits
- Chemistry 2A-2B-2C: 15 credits
- Chemistry 8A-8B or 118A-118B-118C: 6-12 credits
- Mathematics 17A-17B-17C or 21A-21B: 8-12 credits
- Physics 7A-7B-7C: 12 credits

- The new NPB major replaces BIS 104 with NPB 110A, 110B, and 110C.
Any grade below a C (2.0 GPA) is not adequate.

- Some professional schools do not accept applications from students with grades below a C in biology, chemistry, math, etc.
- If you get a C- in a class required for professional school, you cannot repeat the course at UC Davis.; repeat Ds and Fs
- Look at the application rules for future programs early on.
- Contact information for future careers are in your handbook.
- Read the course syllabi and understand the grading schemes.
- Read about drop deadlines; incompletes; options for repeating classes; the effect of repeats on GPA; retroactive grade actions & withdrawals. Know your options!!

Learn to use the GPA calculator and the what-if function.
MAJORS

• Differ in the way they ask questions. Do you prefer “how” questions to “why” questions? How do you approach research problems?

• All majors in CBS are considered “pre-med” majors. Visit the Health Professions Advising (HPA) website to see what additional information is available.

• Medical schools are increasingly interested in students having a broad outlook so majors such as Plant Biology & Evolution, Ecology and Biodiversity may be ideal choices (or even a major in Music!).

• A backup plan for one’s future is always encouraged.

Put your educational pathway, the classes and research, together in a way that serves your unique interests— SLK gives examples from student work.
The name of the department may or may not be the same as the major: Dept. codes help identify classes

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<td>Evolution, Ecology and Biodiversity (EEB)</td>
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BIS Major:
Students complete a broad set of preparatory courses and select one or more areas to focus on for their upper division specialization.

Biological Sciences (BIS)
This is our broad cross-college major.

Biology is a good foundation for any career, so don’t forget about environmental law or science writing, in addition to more traditional paths.
Learn how the internal timer/circadian clock allows plants and humans to regulate their physiology.

**PLB Major:**
- **Guaranteed research opportunities**
- Hands-on experience in modern life science research
- Designated scholarships
- Contributions to human health and environmental stewardship
Evolution, Ecology & Biodiversity (EEB)

- Broad and balanced exposure to biology
- Understanding the diversity and distribution of living organisms
- Application of ecology and evolution to all life sciences, including disease
- Darwinian Medicine class

Understanding global biodiversity—from the evolution of genomes to the behavior of species and the functioning of communities across the Tree of Life.
Microbiology majors learn about the microbial world and the interactions of microbes and their environment. Microbiology is great training for medical fields since many diseases are caused by microorganisms.
Courses in cell biology ask questions such as:

- How does a cell divide and communicate with other cells?
- Why do some cells become cancers?
- How do cells age and die?
- What are stem cells and what are their magical properties?
- How do cells become infected with viruses e.g. HIV?
GENETICS & GENOMICS (GGN)

Study of genes, hereditary, and variation in a wide range of model systems

C. elegans
A. thaliana
S. cerevisiae
H. sapiens
D. melanogaster
E. coli
M. musculus
BIOCHEMISTRY AND MOLECULAR BIOLOGY (BMB)

- Introduces students to the chemistry of living organisms
- Training in the experimental techniques that are used to probe the structures and functions of biologically important molecules
- Students who enjoy both chemistry and biology and who are comfortable with quantitative approaches to problem solving will find this major a rewarding field of study
Students in this major will study functional mechanisms, as well as the control, regulation, integration, and behavior that relate to these mechanisms at the level of the cell, organ system, and organism.
BIS 2A ACCELERATED COURSE

• Only offered Fall Quarter to students who have an exceptionally strong foundation in the basics of metabolism, heredity & cell structure.
  • Admission to BIS 2A Accelerated course:
    • 4 or 5 on AP Biology exam
    • 6 on IB Higher Level Biology exam
    • Pass Placement Exam at UCD offered the week prior to instruction
      • To take Placement Exam, email Erin Easlon: bistwoa@ucdavis.edu
A SPECIAL CO-CLASS OPTION FOR STUDENTS PLACING INTO TWO WORKLOAD CLASSES (ALEKS, WORKLOAD ENGLISH, OR WORKLOAD MATH)

• You should have received an email invitation if you are eligible.
• You will enroll in workload classes, the third quarter of Introductory Biology, BIS 2C, and a special co-class (BIS 98) designed to support you as you begin your studies. You may choose from 6 different lab and co-class sets.
• There are limited number of places in this co-class program, so indicate your interest during your adviser meeting. If we have too many applicants we will select entrants at random and keep a wait list of those not selected.

If selected you will be emailed two Permission-to-Add (PTA) numbers this evening. Bring these numbers to your Registration section tomorrow.
CONGRATULATIONS ON YOUR ADMISSION!

WELCOME TO THE COLLEGE OF BIOLOGICAL SCIENCES!