Transfer Opportunities for Success: ToPS

http://biology.ucsd.edu/undergrad/tops.html

Strategies for Success Fundamentals

BISP 191-Fall 2014

Section ID 818357

Wednesdays: 3 - 4:45 pm

York Hall 3010

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Goals
This seminar assists you in your transition from community college to UC San Diego. It focuses on first quarter transition issues, academic planning, utilizing campus resources, and connecting to the Division of Biological Sciences community (students, staff and faculty) and to UC San Diego and the La Jolla Mesa.

Learning Outcomes
The seminar will help you to:

1. acquire an understanding of academic and professional expectations and identify strategies to meet those expectations
2. learn about the academic skills you acquire through coursework and the professional skills you should develop through hands-on and co-curricular educational experiences
3. express your educational and professional goals and develop a roadmap for achieving those goals while here at UCSD
4. develop a connection to UCSD through interacting with fellow students, faculty, and staff
5. develop an awareness of the resources for managing some of the transitional issues you may encounter
6. Feel comfortable on campus and have a cognitive map of the Division of Biological Sciences and the UC San Diego campus and know about:

   • the Center for Discovering Opportunities in Biological Sciences, do/bio; academic resources and services inside and outside the Division of Biological Sciences, incl. the tiered system of academic advising; undergraduate research and research scholarships
   • student life and student resources and services, including Biological Sciences’ student organizations
   • logistical resources, such as the shuttle system, commuter center and lounges
   • the culture and traditions of the UCSD campus and its community
Schedule:

October 8: no class meeting

October 15: Getting to know each other, Division of Biological Sciences, UCSD and... How do I find what I need at this huge campus?

In class reflection and discussion:
- Biggest hopes and biggest fears or obstacles; impressions after week one...
- Who are we?
  - getting to know each other
  - getting to know ourselves
- About UCSD:
  - UCSD, a Public Research University: the teaching and learning environment at a research university
  - UCSD’s organizational structure
    - UCSD’s College System
    - Academic Divisions and academic departments
    - Student Affairs
    - Student Government
  - UCSD student profile
  - UCSD culture and community
    - Community Centers: [http://community.ucsd.edu/](http://community.ucsd.edu/)
    - University Centers [http://universitycenters.ucsd.edu/](http://universitycenters.ucsd.edu/)
- What’s different about UCSD?
  - quarter vs. semester
  - large classes
  - Faculty; TA’s; students
- Some of the Important resources to know:
  - Biology Undergraduate Student and Instructional Services (USIS)
  - Discover Opportunities in Biological Sciences - do/bio:
  - Transfer Student Resources and Organizations:
    - Colleges: [http://commuter.ucsd.edu/commuter_lounges.html](http://commuter.ucsd.edu/commuter_lounges.html)
    - BSSA: [http://bssa.ucsd.edu/](http://bssa.ucsd.edu/)
    - ACTA: [http://acta.site88.net/](http://acta.site88.net/)
    - Commuter Org: [http://accb.ucsd.edu/](http://accb.ucsd.edu/)
  - on-campus resources
    - Community Centers: [http://community.ucsd.edu/](http://community.ucsd.edu/)
    - Library:
      - Geisel: [http://libraries.ucsd.edu/](http://libraries.ucsd.edu/)
      - Biomed: [http://libraries.ucsd.edu/locations/bml/](http://libraries.ucsd.edu/locations/bml/)
  - How to get around on campus:
• UCSD transportation: [http://blink.ucsd.edu/facilities/transportation/shuttles/index.html](http://blink.ucsd.edu/facilities/transportation/shuttles/index.html)
  o How do I find what I need?
    ▪ TritonLink: [https://students.ucsd.edu/](https://students.ucsd.edu/)
  o Bio Student Orgs:
    ▪ BSSA: [http://bssa.ucsd.edu/](http://bssa.ucsd.edu/)
    ▪ Saltman Quarterly: [http://sq.ucsd.edu/](http://sq.ucsd.edu/)

**Discussion of course assignments: What are they, why are they assigned?**

1. “My goals while at UC San Diego and where I want to be 3 – 5 years after graduation.”
   Due Date: Oct 20, midnight
2. “Discover and reflect: places to know.”
   Due Date: Oct 27, midnight
3. “Getting to know a UCSD faculty: Faculty interview.” and invitation to Dinner (December 10)
   Due Date: November 3, midnight

**Exploring Resources:**

- Fun stuff:
  o Theater and Dance: All Season Pass: [http://studentevents.ucsd.edu/m/?a=11770&pr=arts&p=2](http://studentevents.ucsd.edu/m/?a=11770&pr=arts&p=2) and also: Access Pass: [http://www-theatre.ucsd.edu/season/tickets/AccessPass.html](http://www-theatre.ucsd.edu/season/tickets/AccessPass.html)
  o UCSD Wellness: [https://recreation.ucsd.edu/registration/index.php?location=list&user_area=55&main_cat=504&sub_cat=615](https://recreation.ucsd.edu/registration/index.php?location=list&user_area=55&main_cat=504&sub_cat=615)
  o Student Events Insider: [http://studentevents.ucsd.edu/](http://studentevents.ucsd.edu/)
- Student Jobs: [http://students.ucsd.edu/finances/jobs/](http://students.ucsd.edu/finances/jobs/)

**Guests:** BSSA, SQ leaders, SACNAS leader

**Upcoming Info Sessions:** [http://biology.ucsd.edu/education/undergrad/advising/index.html](http://biology.ucsd.edu/education/undergrad/advising/index.html)

**Learning Outcomes:**

- get to know each other and who is taking which courses
- understand the need to reach out, getting to know other and starting to build a diverse social network
- become familiar with campus resources and how and where to find them
- become familiar with Bio Student Organizations

**October 22: What is Academic Advising? Seeking and Getting Advice**

*Academic and Career Advising*
One of the most essential, yet underutilized, resources during college is the academic advisor. What are the benefits of academic advising? How often should you see an academic advisor? What to do when you meet with an advisor? What is the difference between a staff advisor and a faculty advisor? Sample questions to ask an academic advisor.

- **Advising structure at UC San Diego**
  - Your College
  - Division of Biological Sciences:
    - Staff Advisors
    - Faculty Advisors
    - Info Session
    - Advising Resources:
      - Virtual Advising Center (VAC)
      - Drop-in and appointments
  - Career Service
- **Meet some of your advisors**
  - Academic Advisors
  - Faculty Advisors


**Learning Outcomes:**
- understand the multi-tiered advising structure and how to effectively use advising tools, incl. the VAC
- know how to best utilize university staff and resources to be academically and personally successful
- be able to effectively navigate through the UC San Diego academic environment

**October 29: Campus Resources: Academic Success and Opportunities**

*In class discussion:* share key findings of homework - special finds, cool places...

We will subsequently visit the Writing Center and AEP. We will leave together from York Hall

**Academic Support:**
- Writing Center: [https://writingcenter.ucsd.edu/](https://writingcenter.ucsd.edu/)
- OASIS: [https://students.ucsd.edu/academics/_organizations/oasis/index.html](https://students.ucsd.edu/academics/_organizations/oasis/index.html)
- Triton Link Academic Success Resources: [http://students.ucsd.edu/academics/advising/academic-success/index.html](http://students.ucsd.edu/academics/advising/academic-success/index.html)

**Special Academic and Co-Curricular Resources:**
- Undergraduate Research Portal: urp.ucsd.edu
- Academic Enrichment Program (AEP): [https://students.ucsd.edu/academics/_organizations/aep/index.html](https://students.ucsd.edu/academics/_organizations/aep/index.html)
- Center for Discovering Opportunities in Bio Sciences: do/bio

Learning Outcomes
• know the location of and services provided by Writing Center, AEP and do/bio
• understand the importance of seeking help
• understand the need to importance of engagement outside the classroom

November 5: Campus Resources: Developing General Skills, Workplace Preparedness and Community Involvement
We will leave around 3:45 pm to visit the Academic Internship Office

Academic and Co-Curricular Resources:
• Academic Internship (AIP): http://aip.ucsd.edu/

Community Involvement:
• Community Resource Centers: http://community.ucsd.edu/
• Student organizations
• Volunteer Opportunities:
  o Volunteer Connections: http://volunteer.ucsd.edu/
  o Moores Cancer Center: http://cancer.ucsd.edu/about-us/careers-volunteers/Pages/default.aspx
  o Volunteer 50: http://volunteer50.ucsd.edu/


Learning Outcomes:
• know the location of and services provided by AIP and the Community Resource Centers
• know about the numerous volunteer opportunities
• get inspired to give back

November 12: Campus Resources: The Libraries
**Meet at BioMed Library
Guest: Bethany Harris (Bio Librarian): beharris@ucsd.edu


Learning Outcomes:
• meet and get to know the Biology librarian and know the location of and services provided by UCSD’s libraries, esp. the BioMed Library
November 19 : Campus Resources: Developing General Skills, Developing Workplace Preparedness

**Meet at International Center Plaza**

Guest: Jim Galvin (Director: Global Seminars): jgalvin@ucsd.edu; Craig Schmidt (Director: Career Center): cschmidt@ucsd.edu

- Career Service Center: resources and opportunities (http://career.ucsd.edu/)
- International Center: resources and opportunities (http://icenter.ucsd.edu/)


Learning Outcomes:
- know the location of the International Center and meet and get to know the key staff
- learn about the different options for studying abroad
- know the location of the Career Center and get to know key staff
- learn about the resources available to you at the Career Center

November 19: Thanksgiving Holiday

December 3: Developing a Roadmap - Academic and Personal Well-Being

- What can I do with my Bio degree and how do I get there?
- Bring your Goals and Roadmap
- RIMAC: http://recreation.ucsd.edu/hours-of-operation.html


Learning Outcomes:
- students will be able to articulate their own major decision making process and determine whether they need to engage in further major/career exploration
- students understand the importance of developing general skills and act on that understanding
- students understand the need for goal setting and are able to identify major exploration tools and resources to solidify their major/career decisions
- develop strategies for increasing health and fitness and reducing stress and managing anxiety

December 10
Wrap-up and dinner at Drs. W² house

- Students invite the faculty they interviewed earlier in the quarter.

Course Assignments
My Roadmap:
Describe: (1) My goals while I am at UC San Diego and (2) where I want to be 3 – 5 years after graduation.
Due Date: October 9
Places to Know - Reflection
Choose one place that was discussed in class on September 29th. Visit that location for at least 30 minutes. Based on your observations, please describe your experience in a two-page reflection paper. Examples of questions you may want to ask yourself: What types of students frequent this location? What is the feeling I get being here? What does it look like? How does it reflect the culture of UCSD? How does it fit into UCSD?
 → Due Date: Oct 27, midnight

Faculty Interview-Invitation to Dinner on November 20
Identify one faculty member who you want to learn about. Schedule an appointment with the faculty member or visit the faculty during office hours. Prepare questions to ask this faculty member. Be sure to ask meaningful, purpose-driven and open-ended questions. Write a two - three page paper summarizing your experience interviewing the faculty member. What did you learn? What was it like scheduling the appointment? How did you feel during the interview? What was the response from the faculty?
 → Due Date: November 3, midnight

Transferable Skills
UNIVERSITY OF CALIFORNIA, SAN DIEGO
EDUCATION INITIATIVE
REAL WORLD PREPAREDNESS/TRANSFERRABLE SKILLS/CAREER COMPETENCIES

General Real-World Skills (Draft)
1 Effective oral and written communication skills that anticipate and adapt to the needs of diverse audiences and contexts (including digital environments)

2 Critical thinking and complex problem solving skills: Skill in analytic reasoning and systems thinking in real-world settings, resulting in innovative solutions within desired constraints

3 Effective interdisciplinary teamwork and interpersonal skills

4 Effective cross-cultural collaboration in diverse settings

5 Proactive ability for research: Ability to identify reliable sources of, and to access and evaluate information, including images and visual media, for life-long supplementation of initial knowledge base

6 Demonstrated integrity and ethical responsibility, and how to apply it in real-world settings

7 Demonstrated understanding of global context and issues, and their implications for the future
8 Demonstrated ability for self-reflection and self-improvement, ability to seek and use feedback

9 Demonstrated local and global civic engagement and social responsibility

10 Leadership: Demonstrated initiative, effective decision making, informed risk taking; ability to motivate and inspire others to a shared purpose