Pennsylvania Governor Corbett’s Budget Proposal

On Tuesday, March 8, Governor Tom Corbett announced his proposed state appropriate cuts including:

• a 50 percent, or $80 million, reduction to our general educational appropriation, funds that are used mainly to support the education of the next generation of Pennsylvanians;
• the complete elimination of nearly $17 million of support for programs in the health sciences, including our top-ranked School of Medicine, the Western Psychiatric Institute and Clinic, our Dental Clinic and our Center for Public Health Practice;
• the apparent loss of annual biomedical research support, competitively awarded, of more than $9 million from the tobacco settlement fund;
• and the anticipated loss of more than $7.5 million in stimulus funding.

If you would like more information, please read the statement of Chancellor Mark A. Nordenberg.

A number of parents have asked about how they can help resist this proposal. The Governmental Relations Web site is a good resource. Here you will find contact information for the Governor and legislators (including a link to help identify your state legislator), talking points, sample letters, etc. Another way to have an impact would be to send a letter-to-the-editor to your local paper.

Commencement May 1, 2011

Congratulations to the class of 2011!

About the Ceremony

Commencement will begin at 1 p.m. on Sunday, May 1, 2011.

It is an exciting event for graduates and their families that marks the end of one road and the beginning of another. It is a busy day for students, faculty, and administrators.

Students are asked to follow these guidelines when arriving at the Petersen Events Center:

• Doors to the Petersen Events Center will open at 11 a.m. Family and friends are encouraged to arrive as early as possible in order to avoid a rush when the ceremony begins.

• Graduates are to arrive no later than noon. All students will process by degree and school onto the floor of the Petersen Events Center floor at the beginning of the ceremony. It is imperative that they be lined up for academic procession prior to the start of the ceremony.

• All graduates are to enter the Petersen Events Center through the lawn level entrance. Family and friends may enter through the lobby level or Concourse A entrances.

Hail to Pitt!
Graduation Central Has Everything for Graduation

Where: Connolly Ballroom, Alumni Hall, Oakland
When: April 12 and 13, 2011
Time: 11 a.m. to 7 p.m.

The Pitt Alumni Association, in cooperation with the Office of Special Events and the University Book Center, will host “Graduation Central” in the Connolly Ballroom of Alumni Hall. At this time, students will:

• Receive instructions for the ceremony
• Purchase their caps and gowns

Students also will be able to purchase graduation announcements, class rings, and diploma frames, and pick up their copy of the Panther Prints yearbook. If your student is participating in commencement, it is vital that your student attend Graduation Central on either April 12 or 13.

No Tickets Needed

Tickets will not be required for entry into the Petersen Events Center for the ceremony.

Academic Regalia

Regalia is required to participate in the commencement procession and ceremony. Regalia may be purchased at Graduation Central.

Prices are:

• Bachelor’s cap, gown, tassel, and hood: $52 (includes tax)
• Master’s cap, gown, tassel, and hood: $57 (includes tax)
• Doctor’s cap, gown, tassel, and hood: $72 (includes tax)

Payment must be made at the time of purchase by cash, check, American Express, Discover, MasterCard, Visa, or Panther Funds. Sizing charts and order forms are available through The Book Center or at Graduation Central.

Questions?

If you have questions regarding commencement or Graduation Central, please contact the Office of Special Events at 412-624-7100.

Summer Study

By Pat McGrane
Communications Manager
School of Arts and Sciences

Registration for Summer Sessions Continues

Whether students are finishing their first term or looking forward to graduation, summer sessions at the University of Pittsburgh provide an exciting opportunity to catch up on needed credits, stay on track to graduate in four years, or get ahead of schedule for the fall term. With more than 500 course offerings, summer sessions classes are designed to help students reach their educational goals no matter where they are in their academic career.

The flexibility of 4-week, 6-week, 12-week, and 14-week sessions allows students to enroll in courses that fit around their busy work and internship schedules. In addition, since classes are offered during day and evening hours, students can choose the times that are most convenient for them. Summer courses provide students with a wonderful opportunity to complete final general education or specialized requirements needed to graduate; finish core and prerequisite courses; enroll in popular courses and labs that are normally full during the fall and spring terms; or explore subjects in their major without the pressure of a full class load.

This summer, on-campus housing will be available in Litchfield Towers C for all undergraduate students taking summer sessions. And there is more…

Summer courses are billed on a per-credit basis. Tuition and fee rates can be found at Institutional Research. Regular credit charges and fees are assessed. Regular University benefits such as access to libraries, gyms, and other campus facilities continue over the summer.

View all undergraduate tuition rates.

Special Tuition Assistance Awards

The School of Arts and Sciences will offer up to 200 $100 special tuition assistance awards for qualified Arts and Sciences undergraduate students who register for 12 or more credits during summer sessions and adhere to the following guidelines:

• Be enrolled as an Arts and Sciences undergraduate student.
• Be enrolled for 12 or more credit hours for the summer term (any combination of sessions is allowed).
• After enrolling for 12 or more summer sessions credits, apply for the special tuition assistance awards using your Pitt e-mail address. Please apply to summer@as.pitt.edu and include your full name and PeopleSoft number.

For more information on specific course offerings, on-campus housing, and registration information, visit the Web site.

Summer registration begins February 22 for undergraduates. Visit the Summer Course Schedule to find out when classes begin, last day for add/drop, and other dates and deadlines.

View the current course schedule for available classes. Students should be aware of enrollment restrictions, prerequisites, dates and deadlines, and that course availability changes constantly during the registration period. Prompt application and early registration maximize the possibility of getting into the desired class.

For more information on specific course offerings, on-campus housing, and registration information, visit the Web site.

School of Arts & Sciences
412-624-6090
www.as.pitt.edu
A Brief History of the Society

Omicron Delta Kappa, (ODK) the National Leadership Honor Society, was founded December 3, 1914 at Washington and Lee University in Lexington, Virginia by 15 student and faculty leaders. The founders formulated the idea that leadership of exceptional quality and versatility in college should be recognized, that representatives in all phases of college life should cooperate in worthwhile endeavors, and that outstanding students, faculty, and administrators should meet on a basis of mutual interest, understanding, and helpfulness. ODK was the first college honor society of national scope to give recognition and honor for meritorious leadership and service in extracurricular activities and to encourage development of general campus citizenship. Since its founding, Omicron Delta Kappa has initiated over 300,000 members.

The Society recognizes achievement in the following five areas:

• Scholarship
• Athletics
• Campus/Community Service, Social/Religious Activities, and Campus Government
• Journalism, Speech and the Mass Media
• Creative and Performing Arts

The ODK Idea

The Purpose of The Omicron Delta Kappa Society is Threefold:

First, to recognize those who have attained a high standard of efficiency in college activities and to inspire others to strive for conspicuous attainments along similar lines;

Second, to bring together the most representative students in all phases of collegiate life and thus to create an organization which will help to mold the sentiment of the institution on questions of local and intercollegiate interest;

Third, to bring together members of the faculty and student body of the institution, as well as other Omicron Delta Kappa members, on a basis of mutual interest, understanding, and helpfulness.

Omicron Delta Kappa at the University of Pittsburgh

The University of Pittsburgh chapter began in June of 1916 as the third ODK chapter in the country. ODK was the first college honor society of national scope to honor meritorious leadership and service. One of the most visible activities of the group over the years is the awarding of the Senior of the Year Award.

This award recognizes students who “through leadership, personal integrity and intellectual honesty, have served their University well.”

The names of these award recipients are etched in the stones between the Cathedral of Learning and the Heinz Chapel.

Past recipients of the ODK award line the ODK Walk where their names are etched in the stones between the Cathedral of Learning and the Heinz Chapel.

David Gau received the 2011 ODK Senior of the Year Award, between the Cathedral of Learning and the Heinz Chapel.

On February 25, of this year, the award was presented at the Honors Convocation to David Gau. David is a senior from Kennett Square, Pennsylvania, who in addition to his outstanding academic credentials as a pre-med student has been extremely active in the Pre-med Organization for Minority Students (POMS). He also has an extensive list of accomplishments both in leadership and service.

DIDJA KNOW? 

Based on the purpose of the ODK, students should be recognized for their contributions to the college and society. This can be done through various awards and recognitions, such as the Senior of the Year Award, which recognizes students who have excelled in leadership, integrity, and intellectual honesty.

In addition to recognizing individuals, ODK also supports the idea of campus and community service. This can be achieved through participation in extracurricular activities and service organizations, which can contribute to the well-being of the college and the wider community.

ODK is a national honor society that was founded to recognize and honor individuals who have achieved high standards of leadership, service, and achievement. The society was established to promote the development of leadership and service in college students, faculty, and administrators. The ODK Idea encourages individuals to cooperate in worthwhile endeavors and to work together for the betterment of the institution.

There are many ways to get involved with ODK, such as attending events, participating in service projects, and volunteering for campus organizations. The ODK Idea promotes the idea of leadership of exceptional quality and versatility in college, and it encourages individuals to work together to achieve these goals.

The ODK Idea is based on the idea that leadership is a key component of college life, and that individuals who are recognized for their contributions can serve as role models for others. The idea also emphasizes the importance of cooperation and teamwork, which are essential components of a successful college experience.

The ODK Idea is not limited to the classroom, but applies to all phases of college life. Students, faculty, and administrators should meet on a basis of mutual interest, understanding, and helpfulness. The idea encourages individuals to work together to achieve common goals and to promote the development of leadership and service in college.
Student Health Service - Travel Clinic

Marion Vanek, Director
Student Health Service

Should your student be planning a trip abroad over the summer, the University of Pittsburgh Student Health Service has an extensive travel clinic program available to all our students who may be traveling to another country. Users of our clinic receive information about immunization requirements in parts of the world to which they will travel, disease prevention, handling of medications, and dealing with emergencies.

Before your student packs their suitcase, advise them to schedule an appointment with one of our clinicians. We are committed to helping your student stay healthy during and after travel.

When do we recommend a Pre-Travel Assessment?

A Pre-Travel Assessment should be done 4 to 6 weeks prior to travel abroad. Please have your student call the University of Pittsburgh Student Health Service at 412-383-1800 and say they need to schedule a “Pre-Travel Assessment” and tell the receptionist where they are going.

Why do we recommend a Pre-Travel Assessment?

Whether your student is going on vacation, studying abroad, or visiting family abroad, it’s important to meet with a travel health specialist before the trip to ensure they get needed vaccinations, medications, and travel health counseling specific to their destination. This will help your student stay healthy during and after travel.

During the Pre-Travel Assessment we will review and educate your student about:

- Destination and activity-specific health issues for where they are travelling and what they will be doing
- Recommended and required trip specific immunizations
- Food and water safety and how to prevent and treat traveler’s diarrhea
- How to prevent insect-borne infections (malaria, dengue)
- How to prevent and treat altitude sickness (if needed)
- How to prevent accidents and injuries
- Why Medical and Evacuation Insurance is important including how and where to get medical care abroad
- Why a Travel Health Kit is important and where to get one tailored to health and travel needs

We will also provide prescriptions for malaria prophylaxis and traveler’s diarrhea (if needed) with instructions on use, as well as prescriptions for other routine medications. Our Student Health Service Pharmacy can make your student a customized Travel Health Kit by calling 412-383-1850.

What should your student bring to their Pre-Travel Assessment appointment?

- Ask your student to bring their most recent immunization records, including childhood vaccinations to the visit.
- If this is their first visit to the Student Health Service, be sure to ask them to learn the names of any medications they are taking, as well as any allergies including the type of allergic reaction.
- If your student has any forms that need to be completed for the trip or travel abroad (e.g. semester at sea or study abroad, etc.), tell them to bring the form to the appointment.
- Tell your student to complete page one of the Pre-Travel Form found on the Student Health Service Web site and to bring the completed form to the Pre-Travel Assessment appointment to make the most of the time they have with the clinician.

How much will the Pre-Travel Assessment cost?

Meeting with a Student Health Service clinician for a Pre-Travel Assessment is not covered by your student’s Student Health Fee. There is an additional fee of $50, which includes completing any forms required for their trip, as well as writing prescriptions and counseling for the trip. Some immunizations are available at the Student Health Service and these costs are not covered by your student’s Student Health fee. Your student can pay for recommended vaccinations at the Student Health Service or the Allegheny County Health Department. Prescription costs are also not included; however, the Student Health Service Pharmacy may accept your insurance and has low prices on Travel Health Kits.

What does my student get for the Pre-Travel Assessment fee?

Your student will get a tailored review of their health and immunization needs, written prescriptions for medications (routine, malaria and traveler’s diarrhea), and travel health counseling tailored to the specific travel destination and individual health needs. These assessments cost $100-$200 at private travel clinics.

What if my student gets sick after their trip?

Tell your student to make a follow-up appointment after they return from the trip if they develop health issues like fever, diarrhea, rash, etc. The Student Health Service clinician can assess and treat any new health conditions and concerns.

What is PantherWELL?

PantherWELL is a peer health education program housed in the Office of Health Education & Promotion. Peer Health Educators (PHEs) are a select group of Pitt students who have an interest in promoting health and wellness to fellow students. The PHEs do this through group presentations, tabling events and other outreach programs on health topics that are important to college students. The PHEs are trained to be referral agents for their peers, so if you have a health-related problem or question, they can help you find the answer.

Resources for Groups Requesting a PantherWELL Program

Programs presented by the PantherWELL peer health educators are informative, yet fun and interactive. These programs are designed to focus on health topics that affect college students in their academic and social lives. The information presented in the programs is factual and honest and presented by students who know what it means to be a college student in the 21st century.

Some programs are more appropriate for academic settings, such as in a classroom. Please make sure to read the descriptions fully before deciding which program suits your needs best. If you have any questions about a program, call the Office of Health Education & Promotion at 412-383-1830.

How can your student become a Peer Health Educator?

PantherWELL hires new PHEs every spring, so check the PantherWELL Web site. For more information about the recruitment process for the PantherWELL program, students should contact Jaime Sidani, Advisor, 412-383-1835 sidaniej@umc.pitt.edu.

PantherWELL is a peer health education program housed in the Office of Health Education & Promotion. Peer Health Educators (PHEs) are a select group of Pitt students who have an interest in promoting health and wellness to fellow students. The PHEs do this through group presentations, tabling events and other outreach programs for their fellow Pitt students. You will see the PHEs giving presentations on health topics in the residence halls, the William Pitt Union, the Towers Lobby, for student organizations, and sometimes for academic classes. You will also see PHEs around campus setting up tables and other outreach programs on health topics...
The Fifth “Must-do” FROM THE COLLEGE OF BUSINESS ADMINISTRATION

By Liza Adams
Director of CBA Academic Advising, 2505 Sennott Square

In previous issues of the newsletter, the first four College of Business Administration “must-dos” were introduced. To be prepared to take a highly successful next step beyond college, we advise business students to:

1. OWN your academic and career development.
2. CLARIFY your aspirations and directions.
3. BUILD your professional network.
4. CREATE your evidence (by building both an outstanding transcript and resume).

We have observed that business students who practice these behaviors are mostly likely to be highly satisfied and successful in both their college experiences and their post-college next steps.

We now reach the fifth must-do. Having laid the groundwork for a successful next step beyond college, business students must be able to market themselves. Every CBA student needs to build and polish their own personal brand, so that they can confidently say to a recruiter: “These are the skills, talents and experiences that differentiate me from all of the other students who practice these behaviors.”

How do business students prepare to market themselves? CBA students work closely with the Career and Leadership Development Center (CLDC) to create the following:

• Resume: The resume documents the evidence students have been creating. This single page document allows employers to easily identify the skills, experiences, courses and activities that would make the student a successful candidate.

• Cover Letters: Each cover letter should be customized for each job application.

• Business Portfolios: Especially critical for Marketing majors, but often useful for many other students, a business portfolio allows a student to show an employer examples of their skills.

• Interview Skills: Students build excellent interview skills through practice and mock interviews.

• Personal Pitch: All business students need to be able to summarize their unique brand quickly, professionally and persuasively to potential employers.

We want all CBA students to be ready to take a great “next step” upon graduation. This fifth “must-do” is a critical final step. Great grades, terrific career development experiences and fantastic networks are all important, but – ultimately – students have to have the tools to successfully market themselves.

For more information about the College of Business Administration, please visit our Website.

Pitt’s Counseling Center Provides Stress Free Zone: A Space Dedicated to Student Self-Care and Stress Reduction

Deanna Barkett, MA, MS Outreach & Consultation Coordinator University of Pittsburgh Counseling Center

The college years offer students a set of stressors quite different from their years at home. New responsibilities, welcomed independence, academic challenges, and a larger and often more complex social structure to navigate are all potentially new territory for the college student. The college years can also be a time, however, when students learn healthy ways to cope with and to reduce stress.

At Pitt, the Stress Free Zone (William Pitt Union, Lower Level) offers students opportunities for this kind of growth.

Day programming is offered Monday through Friday, 11 a.m. to 2 p.m., and students can drop in anytime during these hours. Programming is facilitated by the Counseling Center’s Mental Health Peer Educators and includes art-based activities that encourage students to connect to their creative side and to foster the kind of calm focus that often accompanies creative work. Projects are simple—poster painting, finger painting and drawing, making holiday decorations—with the hopes that students will take a few minutes to try this kind of stress-reducing strategy.

Other day programs, which also approach stress relief from a mindfulness/body wellness perspective, include free 5-minute chair massages by a licensed massage therapist and a biofeedback experience of the present moment “right now” and to be aware of their experience of the present moment without the normal reactivity that often surrounds an examination of the mind’s activity.

There is a saying: “You can’t stop the waves, but you can learn to surf.” Mindfulness offers the students a tool for learning to see the waves coming more clearly and to navigate them more skillfully. Through the day and evening programming offered in the Stress Free Zone, students have a chance to begin acknowledging that life is stressful and to begin deciding how they will approach the waves they are experiencing now and the waves to come.

For more information, please visit www.occ.pitt.edu.

Colleges of Business Administration

University of Pittsburgh

334 William Pitt Union

www.cba.pitt.edu

STRESS FREE ZONE

William Pitt Union Lower Level

Relaxation instruction, all provided by a Counseling Center staff member trained in yoga instruction and Mindfulness Based Stress Reduction. Classes last 45 minutes and are appropriate for all experience levels.

Meditation offers a way to connect to the simple truth that you are not your stress. By practicing meditation you can experience a spiritual and energetic shift in perspective. It is a way to be fully present in the moment without being preoccupied or distracted by worries from the past and the future. It is a way to experience a moment of pure peace, even in the midst of a stressful life. Meditation is a basic practice of mindfulness, which is the art of paying attention in a particular way: on purpose, in the present moment, and non-judgmentally. Mindfulness is the framework for all the evening classes. Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally. Students who participate in evening classes are offered guidance in cultivating their ability to “stay present” with what is going on “right now” and to be aware of their experience of the present moment without the normal reactivity that often surrounds an examination of the mind’s activity.

One of the great opportunities Pitt students have is to participate in our Outside the Classroom Curriculum (OCC). This series of programs and services helps students to grow in nine key areas, and can help students become stronger candidates for internships, graduate school, and career opportunities.

OCC is designed to help students majoring in any academic discipline to connect to all that Pitt has to offer and develop in these key areas:

Leadership Development
• Career Preparation
• Communication Skills
• Cross-Cultural Awareness
• Sense of Self
• Service to Others
• University Participation
• Well-being
• Appreciation of the Arts

During the next few weeks, Pitt will host several workshops to introduce students to the requirements. Please encourage your student to attend one of these introduction workshops where they will learn how to properly record all of the activities in which they have been engaged this year, or during the course of their collegiate careers. In addition to charting their progress, students can make plans on how to complete the year’s OCC requirements and position themselves for great success in the future.

For more information, please visit www.occ.pitt.edu.
After four years of participation in my chapter, I can honestly say the sorority has served that purpose for me and my individual pursuits. My sorority has taken a major part in molding my personality and providing opportunities I never imagined when I signed up for a “social organization” my freshman year.

Over my collegiate span, I have gained immense confidence, learned how to work with and accept difference of opinion, become more assertive, and gained a second family away from home.

While others may only visualize partying and social events in association with sororities, my sorority experience included traveling the country to leadership conventions, planning and executing large scale events, learning what it takes to motivate a group of people, and then impressing the heck out of a few employers when it came time to interview for a full-time job.

So what was my best decision in college? It was joining a sorority. Unfortunately, today’s society often depicts a very different Greek life than what I have experienced. While some people associate sororities and fraternities with images from Animal House or other stereotypes, my experience is best characterized by a statement I recently heard from one of my chapter’s alumni, “the true purpose and meaning of a sorority is to empower the women in it.”

The University of Pittsburgh is an affirmative action, equal opportunity institution.