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GENERAL ANNOUNCEMENTS

Reminder: ORCID Requirement – BGS Needs Your ORCID

An ORCID provides you with a unique identifier that links all your research output (Publications, grants, professional activities), and it is becoming a requirement for manuscript and [grant submissions](#). By making your ORCID public, the graduate program (BGS) can easily track the successes of our students. That makes us better advocates for you to the University Administration, to Granting Agencies, and to our Communities. Learn more and access the form to submit your ORCID to BGS [here](#).

Mindfulness Based Stress Reduction (MBSR) at CAPS

Registration is now open for Mindfulness Based Stress Reduction (MBSR) at CAPS. This program teaches people skills to manage the multiple stressors in their lives. The class meets weekly, beginning with a mandatory orientation on February 5th. See flyer [here](#). Learn more and register here: <https://caps.wellness.upenn.edu/mbsr/>.

Onsite CAPS Counselor for BGS Students

Reminder: BGS has arranged for a counselor from Counseling and Psychological Services (CAPS) to be available to meet on site with BGS students on **Wednesdays from 3-7 PM in Smilow Conference Room 1-103** (in the hallway south of Rubenstein Auditorium). **Tiffany Brown, PhD**, is a psychologist at CAPS who will provide confidential services every Wednesday. She will work with BGS students to provide initial consultation, support, brief counseling, and referral services.

In order to set up an appointment with Dr. Brown, you may call CAPS at 215-898-7021 or email her directly at nicobr@upenn.edu.

“Let's Talk” Weekly Drop-In Sessions (New CAPS Initiative)

Let's Talk provides opportunities for students to engage in informal consultations with a CAPS clinician, Dr. Yacob Tekie, at different locations on campus, including the Graduate Student Center, ARCH, Greenfield Intercultural Center, the LGBT Center, and Van Pelt Library. This is a great way for students to gain insight, support, and to explore solutions and resources. For more information, [see the attached poster](#) or go to <https://www.vpul.upenn.edu/caps/letstalk>.

If you have questions, please email Yacob Tekie at tekie@upenn.edu.

Penn Transit Shuttle – Trader Joe's

Penn Transit has announced the launch of a pilot [Shuttle Service to Trader Joe's](#) at 2121 Market Street on Thursday and Saturday evenings! The pilot will take place from **December 5 until February 1**. Based on participation and operational impact, a decision will be made as to the future of the service.

Shuttle service will begin at 6:30 PM, with the first pick-up at Franklin's Table (3401 Walnut Street). The last pick-up from Trader Joe's will be at 9:55 PM. Transportation is first-come, first-served and free with a valid PennCard. For more information on the route, see the following [announcement](#) from the Undergraduate Assembly.

HTRS Student Research Award Applications Now Open

Applications are now open for the **2020 HTRS Student Research Awards (SRA)**, an 8- to 10-week program for medical, PhD, MD/PhD, or PharmD students working on targeted research projects in hemostasis and thrombosis. Proposed projects may be lab-based, clinical or epidemiologic in design. The program includes a \$5,000 award stipend plus a \$2,000 travel allowance, collaboration with a research mentor, and a presentation at a 2021 professional meeting. Applications are now open. **The application deadline is March 2, 2020.** Up to three fellowships will be awarded. For more details, see the [Request for Applications](#). To apply, please visit <https://htrs.smapply.org>.

UPCOMING EVENTS

None this week.

THESIS DEFENSES

Dec. 10, 10 AM (1412 BRB): **Allison Cote (CAMB), "Cell-to-Cell Heterogeneity in Transcription and Splicing."** Contact [Kathy O'Connor-Cooley](#).

Dec. 11, 10 AM (Barchi Library, 140 JMB): **Meghan Healey (NGG), "More than Words: Extra-Sylvian Networks Support Pragmatic Language Processing in Focal Dementia."** Contact [Christine Clay](#).

PROGRAM ANNOUNCEMENTS

CAMB

Dec. 11, 2 – 3 PM (9-104 Smilow): **Office Hours: CAMB Chair Dan Kessler.** Contact [Dan Kessler](#).

Dec. 12, 12 – 1 PM: **GTV Trainee Seminar: Colby Maldini (Riley Lab) and Katherine Quiroz-Figueroa (Rader Lab) presenting.** Contact [Anna Kline](#).

Dec. 13, 12 – 1:30 PM: **DSRB Program Lunch: Post Rotation Talks.** Contact [Meagan Schofer](#).

NGG

ANNOUNCEMENT

- **New!** Check out this week's PennNeuroKnow article - [What happens when people are missing important parts of the brain?](#) by Claudia Lopez-Lloreda. Often, when someone is missing part of the brain there are obvious impairments. But sometimes, there is no effect at all. A new study found that two women without olfactory bulbs, an area critical for smell, can still smell just as well as the rest of us.
- **New!** We are trying to gauge interest in diversifying art in Barchi. If you are supportive of adding new, more diverse portraits to Barchi please email jeni.stiso@gmail.com
- Use the new [GFAP form](#) when making purchases and asking for reimbursements.

EVENTS THIS WEEK

12/11 10am - 12pm (Barchi) - Meghan Healey Thesis Defense

12/12 9am - 2pm - NGG ARC Meetings

12/13 4pm - 6pm (BRB II/III Lobby) - MINS/NGG Holiday Party

12/13 8pm - 11pm (Fuji Mountain) - NGG KARAOKE

CALENDARS

[NGG and GLIA](#)

[MINS](#)

[BGSA](#)

CAREER DEVELOPMENT

2020 International Emory Global Health Case Competition – Apply by Dec 13, 2019

The PSOM Center for Global Health is forming a multidisciplinary team of 5-6 students who will travel to and participate in the [2020 International Emory Global Health Case Competition!](#)

This is a unique opportunity for students from multiple universities and disciplines to come together to learn about, develop, and recommend innovative solutions for a 21st century global health problem in competitive and collaborative environment. The trip is fully funded by Emory and the Center for Global Health, and winning teams receive generous prize packages up to \$6,000. See the full announcement from the Center for Global Health [here](#).

The competition will take place Friday, March 13 – Sunday, March 15, 2020. **If you are interested in applying to be a member of the Penn team, please send your CV & Statement of Interest (500 words max) to Andie Yost at ayost@pennteam.upenn.edu by December 13, 2019.**

2020 Competition for the iBiology Young Scientist Seminars (YSS) – Apply by Dec 16, 2019

Applications are now open for the 2020 Competition for the iBiology Young Scientist Seminars (YSS)! This is a video series produced by iBiology that features early-career scientists giving talks about their research and discoveries. Applications must be received by **December 16, 2019 (11:59pm PT)** to be considered. [Learn more here.](#)

EVENTS THIS WEEK

None this week.

CALENDAR

[Career Development](#)

RESOURCES

[BGS Career Development Site](#)

[BGS Career Twitter](#)

[BGS Alumni & Current Students LinkedIn](#)

[Penn Career Services - Ph.D./Postdoc Careers Page](#)

[Handshake](#)

[Request a sponsored Membership to the New York Academy of Sciences](#)

STUDENT GROUPS & SOCIAL ANNOUNCEMENTS

Call for Donations – Recycle Styrofoam Boxes for Cat Shelters!

As the winter approaches, many stray cats in West Philly (~400,000) are prone to suffering and even dying from hypothermia. BGS students have partnered with Project Meow to collect styrofoam boxes, to be recycled as winter shelters for Philadelphia's stray cat population. If you have a box in the lab, please email jscoku@gmail.com or lascnm2004@yahoo.com to arrange a timely pick up!

The box should fit about two big cats. Please see [flyer](#) for example.

Project Meow Fundraising Dinner at Dahlak

On **Thursday, December 12**, have dinner at Dahlak (4708 Baltimore Ave, Philadelphia, PA, 19143) any time between 5 and 10pm and 20% of your tab (dinner and any alcohol ordered with your dinner) will be donated to Project MEOW - just mention to your server that you're there to support

Project MEOW! Dahlak serves traditional Ethiopian food, Ethio-Philly fusion, and some Italian favorites.

Dahlak's owners would like a head count of PM fans who will be dining there on the 12th, so if you plan to attend, please RSVP at info@projectmeow.org.

Menu: <https://www.grubhub.com/restaurant/dahlak-4708-baltimore-ave-philadelphia/261487>

EVENTS THIS WEEK

Dec. 10, 5:30 PM (Johnson Foundation Library – 2nd Fl Anatomy Chemistry Bldg): **PSPDG General Meeting and Holiday Party**. Unwind at our holiday party starting after a brief general meeting. Prizes awarded to the best holiday sweater and best baked good! Potluck styled, with some food & drinks provide. See flyer [here](#).

Dec. 13, 5:30 – 8 PM (Hall of Flags, Houston Hall): **SACNAS Annual Parranda!** There will be food from El Coqui, music, and celebration! See flyer [here](#).

Dec. 15, 8 – 11 PM (Houston Hall, 3417 Spruce St): **EE Just / GAPSA IDEAL All-Access Pajama Party!** The Ernest E. Just Biomedical Society and IDEAL Council would love for all BGS students and friends to join us at an end of semester celebration on December 15th from 8-11pm! In this fun and affordable event we will have a hot chocolate bar, delicious food, games, music, and more! This event is open to all students, so don't hesitate to get tickets before they run out. Come in your best holiday sweaters/ pajamas to win fun prizes and relax after a busy semester by getting your tickets [here!](#) If you have any questions please email bnance@pennteam.upenn.edu for more details.

RESOURCES

[Request a sponsored Membership to the New York Academy of Sciences](#)

[Slack for BGS Students](#)

[BGSA Website](#)

[Calendar of BGSA Events](#)

[Grad Center at Penn](#)

[Family Center at Penn](#)

[Book Penn Rooms](#)

[The Community Impact Fund](#)

[Penn Today Events](#)

[Ask Isaac: Your Personal IS Guru](#)

For information about upcoming events or to advertise in next week's bulletin, contact [Rebecca Lopez](#).