



THE LION'S ROAR

The monthly newsletter for Penn State Berks


WHAT'S INSIDE:

- **Did You Know? (p. 1)**
- **Important Dates (p. 1)**
- **Summer Planning (p. 2)**
- **Academic Advising Updates (p. 3)**
- **Financial Aid News (p. 3)**
- **Campus Feature: Athletes (p. 4)**
- **Resources & Student Support (p. 5)**
- **A Berks Bite (p. 6)**
- **Securing a Housing Contract (p. 6)**
- **Final Exam Tips (p. 7)**

DID YOU KNOW?

ALTERNATIVE GRADING: What's the Catch?

Did you utilize Alternative Grades in prior semesters? Are you considering using them again? Depending on your academic and financial situation that could be a huge MISTAKE. Alternative grades were designed with the best interests of students in mind, but students may not be aware of the long-term impact and consequences of their choices. Financial aid and entrance to major eligibility could be impacted. Join the Academic Advising and Financial Aid staff of Berks to explore the ins and outs of alternative grades and how they can impact your future at Berks (and beyond).

Learn more on April 5 at 12:15pm via [Zoom](#) 

TO DO

SPRING 2021 VERIFICATION

If you still have FAFSA Verification requests from the Office of Student Aid on your LionPATH To-Do list for the aid year of 2021, you MUST SUBMIT the documents by Friday, April 23, 2021. If not, you are at risk of LOSING YOUR FINANCIAL AID for the current aid year!


IMPORTANT DATES

APRIL


- April 7** University Wellness Day*
- April 8** Fall 2021 Priority Registration begins**
- April 11** Fall 2021 Regular Registration begins**
- April 9** Late Drop Deadline
- April 22** Installment Plan Payment #3 Due***
- April 30**
 - Last day of tutoring
 - Summer Success Scholarship Deadline
 - Withdrawal Deadline
 - Last Day of Course Instruction


MAY

- May 1** Berks Scholarship Deadline
- May 3 - 7** Final Exams
- May 8** Commencement^
- May 8:** Residence Hall Move Out Deadline^^
- May 12 - 21** Alternative Grading selection period^^^

***Wellness Day:** Check with your instructor(s) to determine whether or not you have class and/or an assignment on this day. For programming opportunities, visit <https://wellnessdays.psu.edu/> 

** Registration dates indicate when students can begin enrolling in Fall 2021 courses. Actual enrollment dates vary from student to student. Check the "Enrollment Dates" section of on LionPATH.

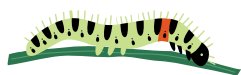
***If you enrolled in the **installment plan** before the first payment (1/25), this date (4/22) is your fourth installment. Read more on this, [here](#) 

^^For more information about Commencement, visit <https://berks.psu.edu/graduation> 

^^^Students living in the Residence Halls must move out by 2pm on May 8. Check with your RA and/or on eLiving for more information.

^^^Speak with your Academic Adviser about your specific academic circumstances before electing Alternative Grades.





SUMMER COURSE ENROLLMENT

Check your LionPATH Student "Home Base" (i.e., your dashboard) for an Enrollment Appointment date and review the schedule of classes.

CONSIDER THE FOLLOWING

- Summer registration is available on a first-come, first serve basis.
- Students can schedule classes at any Penn State campus!
- Stay on track towards degree completion by speaking with your academic adviser before enrolling!

SUMMER COURSES 2021

Contact Financial Aid to determine if you might be eligible for aid.



Summer Success Scholarship

This scholarship helps students who have fallen behind in their degree program and would benefit from taking a summer course to get caught up but have financial challenges.

DEADLINE: April 30, 2021

AWARD: \$2,000 towards summer tuition

ELIGIBILITY

- Current student at any Penn State campus
- Enrolled in at least one summer course at any Penn State campus
- Summer course is necessary to get back on track for your degree program
- Demonstrated financial need

*Students will be notified by May 21, 2021 whether or not they have received the scholarship.

To apply for the scholarship visit:

<https://summersession.psu.edu/form/summer-success-scholarship>

SUMMER EXPERIENCES

Summer is a great time to gain experience for your future endeavors.

- Schedule a Zoom meeting to discuss Summer 2021 internships or job opportunities by emailing Jennifer Pasquale at JLH424@psu.edu
- Review full-time professional and internship opportunities in all majors on the Career Services Canvas Pride <https://psu.instructure.com/courses/2080274>
- View the Career Weeks newsletter, Nittany Lion Careers (online posting site for students and employers), and other resources by accessing the Career Services Webpage <https://berks.psu.edu/career-services>



Are you making SAP?

What is SAP?

Satisfactory Academic Progress is reviewed yearly and determines a student's Federal financial aid eligibility.

SAP: Two Key Factors

- Cumulative GPA of a 2.00 or higher
- Completion rate of 67% or higher.
This means passing 67% of the TOTAL credits (not courses) you have ever attempted at Penn State.

For more information on this policy, [click here.](#)

ACADEMIC ADVISING UPDATES

FALL 2021 COURSE ENROLLMENT

- Meet with your Academic Adviser to plan your Fall courses.
- Check LionPATH to see your course enrollment date.
- Those with Priority Registration typically enroll in courses sooner.
- The sooner you schedule next semester's courses, the more likely you are to get the courses you want/need!

IMPORTANT

- Some LionPATH Holds and To-Do items as well as having an unpaid balance, will prevent you from scheduling classes for next semester.
- Connect with Financial Aid, Bursar, and any other offices as necessary BEFORE your enrollment date so you can ensure all issues are resolved before you schedule.

Sophomores, it is time to declare your major!
Use LionPATH or contact your adviser
BEFORE you schedule next semester's
courses!

GENERAL ADVISING ASSISTANCE

Students in DUS (Division of Undergraduate Studies [i.e. undecided]) who want to schedule a Zoom or phone appointment with a DUS Adviser can do so on [Starfish.psu.edu](https://starfish.psu.edu)

Non-DUS Students should contact their assigned academic adviser. Find your assigned adviser listed in LionPATH. *Note, Non-DUS students are welcome to schedule an appointment with DUS advisers. Please email or call to schedule.*

For Quick Advising Questions:
Email bkadvisingcenter@psu.edu

To Schedule an Appointment:
Call 610-396-6280

Financial Aid News Scholarship Opportunities!

Students returning to Berks for the 2021-2022 Academic year can apply for the Returning Students Scholarship Application at <https://berks.psu.edu/berks-scholarship-application>
DEADLINE: May 1 (late submissions will not be accepted)

Penn State scholarship information:

Academic College Scholarships:

<https://studentaid.psu.edu/types-of-aid/scholarships/academic-colleges>

Office of Student Aid:

<https://studentaid.psu.edu/types-of-aid/scholarships/applications>

Administrative Unit Scholarships:

<https://studentaid.psu.edu/types-of-aid/scholarships/athletics-ROTC-fellowship-libraries-and-more>

Outside scholarship opportunities:

Outside Scholarships:

<https://studentaid.psu.edu/types-of-aid/scholarships/outside-of-penn-state>

Contact Financial Aid

Phone: 610-396-6070

No answer? Leave a message with your name, phone number, 9-digit PSU ID number, and reason for calling

Email: BerksFinAid@psu.edu

2021-2022 FAFSA

Returners, complete FAFSA for 2021-2022!

- You can file your 21-22 FAFSA by [clicking here](#).
- PA residents, submit BEFORE May 1, 2021 for PHEAA State grant consideration.
- Have your 2019 tax info!

If you already completed the 2021-2022 FAFSA, you may see verification requests.

The requests will be for the aid year of "2022" in LionPATH. For questions about verification, learn more [here](#)

Campus Feature: Student Athletes



Ashley Berry is a senior studying Kinesiology at Penn State Berks. She has been playing softball since she was 13 years old. The 2021 season marks her fourth year playing for Berks! Here is what she had to say about being a student athlete.

SPORT: Softball. **POSITION:** Outfield

WHAT DOES IT MEAN TO BE A STUDENT ATHLETE?

Being a student-athlete means having balance, hard work, dedication, and sacrifice. Even though it can be a lot to be a student-athlete, I think we are preparing for the future and becoming better versions of ourselves. I wouldn't have it any other way!

HOW DO YOU FILL YOUR TIME WHEN YOU ARE NOT BEING A STUDENT OR AN ATHLETE?

I like to hang out and make TikToks with my friends, workout, and go on hikes.

WHAT IS YOUR FAVORITE FOOD TO EAT ON THE NIGHT BEFORE A BIG COMPETITION?

My favorite thing to eat before a competition is pasta.

IF YOU WEREN'T PLAYING SOFTBALL, WHAT SPORT DO YOU THINK YOU'D PLAY?

If I wasn't playing softball, I think I would play basketball or do gymnastics.

WHAT'S YOUR FAVORITE QUOTE AND WHY?

"You, me, or nobody is gonna hit as hard as life. But it ain't about how hard ya hit. It's about how hard you can get hit and keep moving forward. How much you can take and keep moving forward. That's how winning is done!"— Rocky Balboa. This is perfect quote that anyone can live by to push through whatever they are going through, whether it would be on the field or in life.



Pat Maloney is a senior studying Kinesiology at Penn State Berks. He has been playing baseball for 15 years, with 4 of those years being at Berks.

SPORT: Baseball. **POSITION:** Centerfield

WHAT DOES IT MEAN TO BE A STUDENT ATHLETE?

To be a student athlete means to excel in the classroom and on the field. It's honestly a very stressful way to live but it's also a very rewarding one. Being a student athlete means a lot to me because I get to balance two things I really enjoy, playing the game of baseball and constantly learning.

HOW DO YOU FILL YOUR TIME WHEN YOU ARE NOT BEING A STUDENT OR AN ATHLETE?

When I have time, I hangout with friends. I also really enjoy going on hikes. Lastly, my brothers and I have found a new hobby of playing disc golf this past year.

WHAT IS YOUR FAVORITE FOOD TO EAT ON THE NIGHT BEFORE A BIG COMPETITION?

The night before a competition I'll try to eat kind of big meal to give me some energy. Sometimes I cook pasta and chicken parmesan or head over to Chipotle for a bowl.

IF YOU WEREN'T PLAYING BASEBALL, WHAT SPORT DO YOU THINK YOU'D PLAY?

Well, I honestly think I'd be playing golf or basketball if I wasn't playing baseball. I've become a fan of golf in the past couple years and I've always had a love for playing basketball.

WHAT'S YOUR FAVORITE QUOTE AND WHY?

"The only person you are destined to become is the person you decide to be." – Ralph Waldo Emerson. This quote really embodies what it means to be what you want and live by your own choices and actions. It really helps me put into perspective what being a student athlete is. My character is the strongest thing about me and no one will ever break that, because I decided it won't be broken. My word of advice is to just be YOU, and build yourself to what you want and dream to be, then you'll find what is truly YOU. Make your own success YOU.





THE LION'S ROAR PAGE 5

Resources & Support for Students

STUDYING ON CAMPUS

Campus classrooms are available for **remote learning** and do not require a reservation.

For a complete list, visit <https://berkstech.psu.edu/remote-learning-rooms/> 

Thun Library is open Mon-Fri from 9am-5pm AND until 10pm on Wed!! Reserve a service/space [here](#)  by clicking on the "Location" drop-down menu and selecting your desired space.

COUNSELING SERVICES

For **FREE** and **CONFIDENTIAL** counseling on-campus, call or email to schedule an initial phone screening appointment at 610-396-6082 or crt5292@psu.edu

In Crisis?

- Call **Berks county crisis** hotline
 - 877-236-4600
- Contact the **24/7 Penn State Crisis Line**
 - Call 877-229-6400
 - Text "LIONS" to 741741

Penn State offers a wide range of support to students in need. If you are concerned about yourself or someone else, please reach out today!

Care Report Form

- **WHEN:** Concerns regarding academics, physical or mental health/safety, or finances.

Sexual Misconduct

- **WHEN:** Concerns regarding sexual harassment, sexual misconduct, dating violence, domestic violence, or stalking.

Bias Reporting

- **WHEN:** Concerns regarding bias, intolerance, discrimination, harassment, and/or incivility.

Majorly Prepared Series

Join Berks faculty, staff, and students as they discuss the 20 bachelor's degree programs and other educational opportunities available at Penn State Berks. These sessions are open to the public and offered throughout the Spring semester.


Upcoming Sessions:

April 2, 9, 15

TIME: 12:15pm - 1:15pm

TOPICS: Scientists and Health Professionals;

Accounting & Business; Art on campus


ZOOM: <https://psu.zoom.us/j/97003462963> 


Explore more sessions on the [LionSide Chat website](#) 



We offer FREE TUTORING!

Get started **EARLY!!**


For help with Math, Science, or Study Skills make an appointment with our **Learning Center** Tutors [here](#) 

For help with a paper, speech, resume, or other written material make an appointment with our **Writing Center** Tutors [here](#) 

PREPARING FOR FINALS

Whether you have gone through several semesters or this is your first time preparing for college finals, consider watching Dr. Ryan Hassler's LionSide Chat from Fall 2020. It will help you prepare for Spring 2021 Finals Week!

Watch here:

<https://sites.psu.edu/lionsidechats/tag/dr-ryan-hassler/> 



A Berks Bite: Raspberry Buckle



Ingredients

- 1 cup butter, at room temperature
 - plus more for greasing pan
- 1 cup granulated sugar
- ½ cup light brown sugar
- 6 large eggs, at room temperature
- 2 tbs finely grated lemon zest
- 2 tsp vanilla extract
- 2 1/2 cups all-purpose flour
- 1 tsp fine sea salt
- ½ tsp baking powder
- 9 cups raspberries or other summer berries
- Cinnamon, for dusting (optional)
- Confectioners' sugar, for dusting


Instructions

- Preheat oven to 375 degrees.
- Butter two 9-inch round cake pans.
- In the bowl of an electric mixer, combine wet ingredients--butter, granulated sugar, and brown sugar. Beat until light and fluffy. Add eggs one at a time, then add lemon zest, and vanilla and mix until combined.
- In a separate bowl, combine dry ingredients--flour, salt, and baking powder. Whisk to combine. Add dry mixture to wet mixture. Mix until just combined. Gently fold in berries.
- Bake for 35-40 minutes or until top is lightly browned and a toothpick inserted comes out clean.
- Allow to cool for at least 15-20 minutes. Lightly dust with cinnamon and/or powdered sugar. Can be served warm or at room temperature.

Recipe courtesy of Housing and Food Services at Penn State Berks

SECURING A HOUSING CONTRACT

REQUESTING A HOUSING CONTRACT:


- Log on to www.eLiving.psu.edu  with your Penn State login information.
- Under the HFS Contracts icon, select **'Request Housing'**.
- Choose the campus and contract period.
- Select the **'Request Now'** button.
- The page will refresh with a confirmation statement.

VIEW INVITATION AND GENERATE CONTRACT:

- In www.eLiving.psu.edu, select **View Invitation** to view available housing options.
- Select the housing option you desire and click **'Continue'**.
- (Optional) Add the PSU Access ID for your desired roommate and click **'Continue'**. *Not all housing options allow for a roommate.*
- Review your selections and click **'Create Contract'** to generate the HFS Contract for your selected housing option. If you added a roommate, that student will also be offered the HFS Contract.

ACCEPT YOUR CONTRACT:

- Select the **Shopping Cart** icon and view the offer.
- Click **'Begin Acceptance Process'** to view and read the HFS Contract and Terms, Conditions, & Regulations (TCRs).
- **Check the box** to indicate that you have read and agree to abide by the TCRs.
- **Type your name** to electronically sign the HFS Contract.
- Click the **'Accept Contract'** button.

For more on Housing Contracts click [here](#) 



THE LION'S ROAR PAGE 7

MANAGING EXAM STRESS

EAT HEALTHY AND EXERCISE



- Skip the sugary snacks, they will only make you crash. Instead, opt for snacks like granola bars, healthy cereal, or fruits and veggies to keep your blood sugar stable. If you're studying for a long period of time, eat some protein too. Also, try to get some form of exercise. Even a 10 minute walk will leave you calmer and more focused!

BUILD IN SHORT BREAKS



- Regular breaks during studying helps to maintain your focus and motivation overtime. For every hour or so that you study, take a 10 or 15 minute break. Set a timer and let yourself do whatever you want for those 10-15 minutes, THEN START WORKING AGAIN!

BE YOUR BIGGEST FAN



- When it comes to college, you have to be your biggest fan and believer. Saying to yourself (aloud or in writing) that you are capable of success can increase your confidence, encourage you to stick to your boundaries, motivate you to study, and result in greater success.

ESTABLISH BOUNDARIES AND COMMIT



- Don't be afraid to say *no* to the people and things that consume your time. Establish regular study sessions during the days and times you are most productive. Once established, treat those sessions like appointments or classes and don't agree to anything that conflicts with those sessions!

VISUALIZE YOUR SUCCESS



- Imagine yourself in the exam space and answering the questions confidently. Focus on how relaxed your body and mind are when you know the answers and understand the material. Visualize getting a great score on your exam and reflect on the hard work you put in to making it happen. By imagining a positive experience and outcome, you relax yourself. This can also motivate you to complete the tasks necessary to make the visualized outcome a reality.

CREATING A FIVE-DAY STUDY PLAN

The best way to ensure your success is through adequate preparation. Typically, it should take approximately 5 - 7 days to fully prepare for an exam. Review the tips below for establishing a study plan.



- Create a 5-day plan by counting backwards from your final exam date. Days don't have to be consecutive and should include weekends!
- Consider outside obligations (e.g., employment, club/org involvement). You may not be available to study on days with a lot of outside obligations.
- Establish realistic study times when you are most likely to be alert, motivated, and undisturbed.
- Create a plan for review. Divide the material (e.g., textbook, lectures, and supplemental material) by major topic/concepts or chapters.
- Employ active learning strategies that encourage mastery of information and *not* simple memorization of information.
- Commit to your plan but be prepared to modify the plan as necessary. For example, it may take shorter or longer to review certain topics. You may also need/want to connect with the professor, a tutor, or study group for particularly challenging concepts.

Learn more and access a [free 5-day template here](#)👉