

# THE LION'S ROAR

The monthly newsletter for Penn State Berks

## DID YOU KNOW?

### Spring 21 Remote Instruction for All!

- All courses to be delivered remotely from Jan. 19 through Feb. 12.
- Residential students should check their emails and review the [Housing & Food Services website](#) for timely updates on move-in.

**University Announcement from 12/18**  
**Spring 2021 Frequently Asked Questions**  
**COVID Testing Requirements (before 2/15)**  
**Course Enrollment Considerations**

### Drastic Change of Household Income

Contact Financial Aid (610-396-6070) if there has been a drastic change of household income between 2018 (for your 2020-2021 FAFSA--funding the current academic year) and 2020. You may be able to complete a special circumstance review to see if you are eligible to review (and potentially increase) financial aid funds.

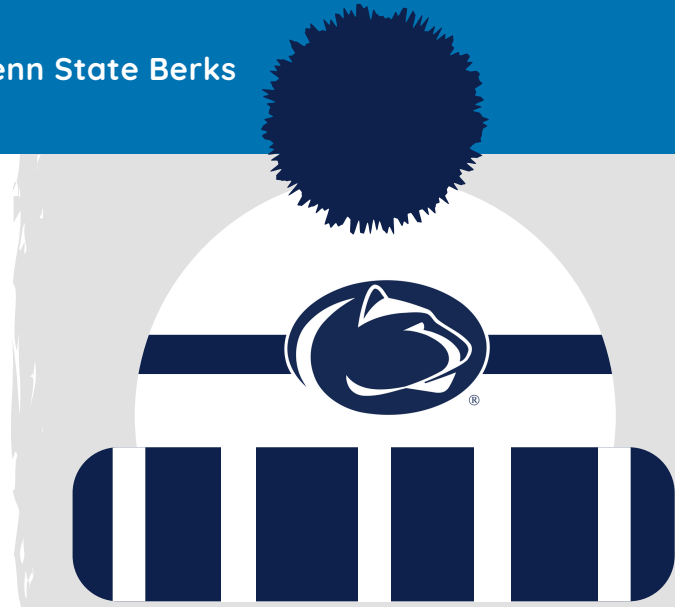
This is also true for drastic changes between 2019 (the tax year used on the 2021-2022 FAFSA--funding next academic year) to 2020.

### 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](#)



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## IMPORTANT DATES

**Jan 2 - Jan 25** File Intent to Graduate (in LionPATH)\*

**Jan 4** University offices re-open

**Jan 12** Alternative Grade Deadline (11:59 PM EST)

**Jan 15** Leave of Absence for Spring 2021 Deadline

**Jan 18** Martin Luther King Jr Day (no classes)

**Jan 19** Spring Semester begins\*\*

**Jan 24** Regular Drop deadline (11:59 PM EST)

**Jan 25** Regular Add deadline (11:59 PM EST)

\*May 2021 Graduates Only


\*\*Remote Instruction for all courses through Feb 12

## ACADEMIC ADVISING INFORMATION

### Spring 2021 Course Enrollment

- **There is still time to meet with your Academic Adviser to plan your Spring courses!**
- Remember, the sooner you schedule courses, the more likely you are to get the courses you want/need!
- **IMPORTANT**
  - Holds, To-Do List items, and/or having an unpaid balance may prevent you from scheduling classes for next semester.
  - Connect with Financial Aid, Bursar, and any other office as necessary to ensure all issues are resolved before you schedule.

### 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](mailto:bkadvisingcenter@psu.edu)

**To Schedule an Appointment:**  
Call 610-396-6280



### Drop/Add Advising Assistance

The Academic Advising Center will see students on a “Walk-In” basis from

**Tues., Jan. 19 - Fri., Jan. 22**  
between  
**8:00 AM – 4:00 PM**

Join via **Zoom** to ask your Drop/Add questions


 <https://psu.zoom.us/j/97793808896>

### Alternative Grading

Things to know about Fall 2020 Alternative Grading...

- Alternative grades do **not** negatively impact your GPA.
- Between **Dec 23 and Jan 12**, in LionPATH students can elect to keep their letter grade as earned OR use alternative grades for their course(s).
- There are **three types** of alternative grades
  - SAT: original course letter grade(s) of C or higher
  - V: original course letter grade(s) of D
  - Z: original course letter grade(s) of F
- If a student has an **Academic Integrity violation** in a course, they will not be able to use alternative grading in that course.

There may be drawbacks to electing alternative grades, including impacting entrance to major, Dean's List recognition, financial aid, etc. Speak with your **academic adviser** if you are considering alternative grades.


**Learn more about Alternative Grades on the** [keeplearning.psu.edu](https://keeplearning.psu.edu) **site by clicking here** 


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## FINANCIAL AID NEWS

### 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](#) 



### SUMMER COURSES 2021

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

### 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 OPPORTUNITIES

### Lion Side Chat Presents: Majorly Prepared Series

**WHAT:** Webinar series providing an in-depth look at Berks majors. These sessions are open to the public and offered throughout the Spring semester.


**DATE:** Wed, Jan 27

**TIME:** 7pm - 8pm


**TOPIC:** Careers in Social Sciences 

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




**Upcoming Sessions:** Feb 5, Feb 10, Feb 15, Feb 22, Feb 24. See which majors are presenting during these sessions by visiting the [LionSide Chat website](#) 

### Alternative Grading Resources

 **DECISION WORKSHEET:** Provides an understanding of Alternative Grading in the Fall 2020 semester.

**INFO SESSION:** Everything you need to know about the NEW alternative grading policy

- **DATE:** Thurs., Jan 7, 2021
- **TIME:** 2PM
- **REGISTRATION LINK:** registration required to receive Zoom link ([click here](#)). 

**Contact Financial Aid**  
Phone: 610-396-6070 (leave a message with your name, phone number, 9-digit PSU ID number, and reason for calling if there is no answer)  
Email: [BerksFinancialAid@psu.edu](mailto:BerksFinancialAid@psu.edu)

## ***A Berks Bite: Homemade Hummus***



### **Ingredients**

- 3 cloves garlic
- 2 (15-16 oz. cans) Garbanzo beans/chickpeas, drained
- ½ cup Tahini (sesame paste), well stirred
- Juice of 2 lemons
- 1 teaspoon ground cumin
- ¼ cup extra-virgin olive oil
- ½ teaspoon paprika
- ¼ teaspoon red pepper flakes

### **Optional**

- 1 roasted red pepper
- ½ teaspoon ancho powder

### **Instructions**

- In a food processor, mince the garlic.
- Add the garbanzo beans, tahini, roasted red pepper (if desired), and lemon juice.
- Process until mixture is smooth.
- Add the cumin, ancho powder (if desired), paprika, and red pepper flakes.
- Turn on processor and drizzle in the olive oil until well combined.
- Serve with vegetables or pita bread.
- To store, cover and refrigerate 3 to 4 days.

*Recipe courtesy of Dr. Paula Plageman*

## **CAMPUS FEATURE: BEAT THE WINTER BLUES**

If your sadness feels overwhelming or continues for a prolonged period, please contact Counseling Services. More info at <https://berks.psu.edu/counseling-services>



- **Exercise for 30 minutes.**
- **Get some sunshine.**
- **Eat a healthy serotonin-boosting diet (e.g., include eggs, pineapples, nuts, salmon, spinach weekly).**
- **Start or complete a project.**
- **Try yoga or meditation.**
- **Start a gratitude journal.**
- **Create a movie/book list.**
- **Start a new hobby.**
- **Talk with positive people.**
- **Listen to happy music.**
- **Play with pets.**
- **Bake something that smells great.**
- **Wear bright colors.**
- **Do something to help someone.**

