

# THE LION'S ROAR

2023  
Happy New Year!

The monthly newsletter for Penn State Berks

## Chancellor Welcome



Dear Penn State Berks Students,

We Are ... very excited to welcome incoming and returning students to Penn State Berks in 2023! This is the beginning – or continuation – of an exciting journey for you as you pursue your goals and dreams, and ultimately learn more about your interests.

I encourage you to get involved and make the most of your time at Penn State Berks. There are many opportunities for students to engage with their Penn State Berks faculty, staff, and peers as well as with the Greater Reading community. More specifically, Berks students can pursue undergraduate research experiences, secure on-campus employment, join one of our 12 NCAA Division III sports teams or an intramural/club sport, complete community engagement projects, as well as engage with any of the more than 50 student clubs and organizations. There truly is an experience, opportunity, or organization for virtually any interest at Penn State Berks.

Penn State Berks offers a welcoming community for students, faculty, and staff of all cultures and backgrounds. The college embraces diversity and we are committed to fostering an inclusive campus that celebrates the unique strengths of all cultures. Students, faculty, and staff have been hard at work on initiatives that embrace social justice and racial equity for all.

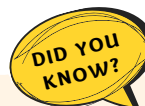
I look forward to meeting many of you in person, so feel free to stop me and say hello! I hope you have a successful and enjoyable semester.

Sincerely,  
Dr. Todd Migliaccio  
Interim Chancellor



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## DROP/ADD WEEK

Academic Advising Office  
160 Franco Building  
610-396-6280

Want to change your schedule? Students can DROP classes until Saturday, Jan. 14 at 11:59pm and ADD classes until Sunday, Jan. 15 at 11:59pm. Always speak with an academic adviser before making any schedule changes because those changes can impact your progress towards degree completion. Schedule changes could also impact financial aid and/or on-campus housing eligibility.

Students can meet with an academic adviser virtually or in-person Jan. 9 through Jan 13 from 8:00am until 4:00pm.

- **Virtually:** Join via Zoom  
<https://psu.zoom.us/j/97716137724>
- **In-person:** Come to the office and sign in for a walk-in appointment. You will have the option to meet with an adviser in-person or virtually.
- If you need to create a **full schedule** for the Spring semester, please call the advising center to schedule an appointment.

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## STUDENT INFORMATION & RESOURCES



### Important Dates

**January 2 - 23** Intent to Graduate Activation Period\*

**January 6** Leave of Absence Deadline\*\*

**January 8**

- Spring Course Registration Deadline
- Residence Halls re-open at 11am\*\*\*

**January 9** Spring Classes Begin

**January 11** Club Rush in Beaver Athletics and Wellness Center at 12:15pm

**January 14** Regular DROP Deadline at 11:59pm (for full semester courses)

**January 15**

- Regular ADD Deadline at 11:59pm (for full semester courses)
- Late Drop begins (for full semester courses)\*\*\*\*

**January 16** Martin Luther King Jr. Day (University Closed)

**January 22**

- Spring 2023 Bill Due
- Installment Payment Plan (IPP) enrollment deadline^

\*Students who intend on graduating in May 2023, should file their intent to graduate in LionPATH. More information [here](#)👉

\*\*Students who will not enroll in the Spring 2023 semester but plan on returning to the university at a later time should speak with an adviser and consider submitting the leave of absence form. Learn more [here](#)👉

\*\*\*Learn more about move in [here](#)👉

\*\*\*\*The Late Drop period ends on April 7 at 11:59pm.

This date applies to full semester courses. Learn more [here](#)👉

^If you enroll in the Installment Payment Plan (IPP) by the first payment (1/22), your second, third, and fourth installments are due on the 22nd of the three subsequent months. IMPORTANT: To use this method of payment you need to enroll in Penn State's Installment Payment plan every semester. Read more on the IPP, [here](#)👉

### General Resource List

#### • THUN LIBRARY

- Looking for a **place to study, access course materials, a lounge with vending machines, or support with technology**, visit Thun Library.
  - Webpage: <https://sites.psu.edu/thunlibrary/>👉
  - Hours of Operation are Mondays through Thursdays from 8:30am-10pm, Fridays from 8:30am-5pm, and Sundays from 2pm-8pm. Access the full calendar [here](#)👉
  - Course Reserves (free access to textbooks for your classes) can be used in the library in 2 hours intervals. [Check here](#)👉 or email Barb @BZL1@psu.edu to find out if your class textbooks are on reserve.
  - Follow Thun on social media @thunlibrary on Facebook, Instagram, and Twitter for regular library updates!

#### • ACADEMIC ADVISING [160 FRANCO BUILDING]

- Questions about **course scheduling, degree progress, changing your major, or advising policies** contact your assigned academic adviser (listed in LionPATH). You can also reach out to Academic Advising for support.
  - Email: [bkadvisingcenter@psu.edu](mailto:bkadvisingcenter@psu.edu)
  - Phone: 610-396-6280

#### • TUTORING

- Need help with **Math or Science**, schedule a tutoring session with a Learning Center Tutor [here](#)👉
- Need help with a **paper, speech, resume, or other written material**, schedule an appointment with a Writing Center Tutor [here](#)👉

#### • HOUSING & FOOD SERVICES

- Questions about **ID Cards or Residence Hall and Housing Contracts** email [HousingBK@psu.edu](mailto:HousingBK@psu.edu)
- Questions about **meal plans and food services, including reporting food allergies**, email [absfoodservicebk@psu.edu](mailto:absfoodservicebk@psu.edu)

#### • FINANCIAL AID [014 PERKINS STUDENT CENTER]

- Questions about your **aid, holds, or to do list items**, contact the Financial Aid Office
  - Email: [BerksFinAid@psu.edu](mailto:BerksFinAid@psu.edu)
  - Phone: 610-396-6070

#### • BURSAR [125 FRANCO BUILDING]

- Questions about your **bill or payment options**, contact the Bursar's Office
  - Email: [bkbursar@psu.edu](mailto:bkbursar@psu.edu)
  - Phone: 610-396-6040

#### • VETERAN BENEFITS

- Questions about **VA certifications**, contact the Registrar's Office
  - Telephone: 610-396-6085
  - Email: [BKVeterans@psu.edu](mailto:BKVeterans@psu.edu)

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## NEW YEAR, NEW YOU?



### MANAGING WELLNESS

#### JANUARY IS MENTAL WELLNESS MONTH!

This special month is dedicated to raising awareness of the importance of taking care of our mental health. Here are some quick facts about mental health & ways to take good care of yours!

#### 1. ONE IN FIVE ADULTS EXPERIENCE MENTAL HEALTH DIFFICULTIES.

- That means millions of lives are impacted every day. If you feel like your mental health is stable and positive, it's important to check on friends and loved ones to show someone cares. That can make all the difference when someone is struggling.

#### 2. THE MONTH OF JANUARY CAN BE EXTRA TOUGH FOR SOME OF US.

- With the festivities and social celebrations behind us, this dark and cold month can feel especially harsh and lonely. It can be normal to experience a mild dip in our mood, but to help prevent "January blues" from developing into something more serious, prioritize time for self-care, social interaction, and fun activities.

#### 3. GO EASY ON YOURSELF.

- New Year's resolutions may look good on paper, but sometimes putting pressure on yourself to make extreme changes can backfire. Take it easy, be gentle, and take on resolutions with a sense of flexibility and a goal of progress, instead of perfection.

#### 4. KEEP TABS ON YOUR MENTAL WELLNESS.

- This is the perfect time to get into the habit of doing regular mental health check-ins, with yourself and with friends/loved ones. There is still some stigma around mental health, so getting comfortable thinking about yours and talking about it with those you love can make it easier to reach out and support others when difficulties arise.

#### ○ UNIVERSITY RESOURCES

- **Counseling Services at Penn State Berks**
  - Free and confidential counseling is available to students when classes are in session. Learn more [here](#)!
- **24/7 Penn State Crisis Line**
  - Call the line at 1-877-229-6400
  - Text the line by texting "LIONS" to 741741



### MANAGING ACADEMICS

It's that time again when we're all thinking about making resolutions. Regardless of your current GPA, any student can benefit from setting academic goals (or resolutions) around engagement and performance.

#### GOOD ACADEMIC PRACTICES INCLUDE:

- Committing to attending all classes
- Scheduling consistent daily/weekly study time
- Utilizing on-campus resources (e.g., tutoring)
- Creating a study group of productive peers
- Getting to know your instructors and attending office hours
- Meeting with your academic adviser to review degree progress at least once per semester
- Earning a semester GPA higher than 2.00



### MANAGING THE MEAL PLAN

Residential students rely on their campus meal plan for meals and essentials throughout the semester. Without proper planning, students risk running out of dining dollars before the semester ends. Read below to learn how to best manage your meal plan and avoid running out too soon!

#### NAVIGATING YOUR CAMPUS MEAL PLAN

- Know your **meal plan level** at the beginning of the semester by logging into [eliving.psu.edu](http://eliving.psu.edu)
- Create a **weekly budget** by dividing your initial total dining dollar amount by 16 weeks. Strive to keep your spending at or below this amount each week.
  - EXAMPLE: \$1,074 in dining dollars (meal plan level 2) divided by 16 weeks will equal a weekly budget of \$67.13.
- Meal Plans are designed to be used at Tully's primarily. To avoid running out of dining dollars too quickly, you should only **occasionally treat yourself** to Creekside Market or Cyber Café.
- Meal plan levels can be **adjusted** until the last day of the semester by logging into [eliving.psu.edu](http://eliving.psu.edu)
- If your Dining Dollars are running low, **add funds to LionCash+** and when you **select Campus Meal Plan** at check out, it will give you the same discount as the meal plan when purchasing prepared food at Tully's.

#### CAMPUS MEAL PLAN DISCOUNTS STRUCTURE

**Tully's:** receive a 65% discount on prepared items.

**IMPORTANT:** No discount for retail items. This includes barcoded items like chips, candy, bottled beverage, etc.

**Creekside Market:** no discount available

**Cyber Café:** no discount available



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## SEEKING SUMMER OPPORTUNITIES

Career Services: 010 Perkins | 610-396-6368 | <https://berks.psu.edu/career-services>

**Do you need an internship? Are you searching for a full-time job after graduation?**

Career Services can help! Stop in for individual help with your resume, job search process, interview preparation, & networking strategies. You can also attend campus-wide activities such as career fairs, workshops, and networking events throughout the semester!

### CONDUCTING UNDERGRADUATE RESEARCH

#### SUMMER RESEARCH OPPORTUNITIES PROGRAM (SROP)

- **WHAT:** SROP is a gateway to graduate education at Big Ten Academic Alliance universities.
- **GOAL:** increase the number of underrepresented students who pursue graduate study and research careers.
- **HOW IT WORKS:** SROP helps prepare undergraduates for graduate study through intensive research experiences with faculty mentors and enrichment activities.
- **APPLICATION DEADLINE:** February 10
- **MORE INFORMATION:** <https://btaa.org/resources-for/students/srop/overview> 📄



#### RESEARCH EXPERIENCE FOR UNDERGRADUATES (REU)

- Penn State's Physics and Materials REU
  - **MORE INFORMATION** [HERE](#) 📄
- Integration of Biology and Materials REU
  - **MORE INFORMATION** [HERE](#) 📄
- Multi-Campus Research Experience for Undergraduates
  - **MORE INFORMATION** [HERE](#) 📄



### CAREER SERVICES: JANUARY EVENTS

- **January 25:** Resume Workshop
  - From 12:15-1:15pm in Perkins 7
- **January 30:** IST Internship & Career Fair (University Park)
  - From 10:00 a.m. – 3:00 p.m. at the Hyatt in State College

### SECURING AN INTERNSHIP!

- **Step 1:** Make a great first impression!
  - Schedule an appointment with Career Services to have your resume reviewed.
- **Step 2:** Upload your resume to Nittany Lion Careers at <https://nittanylioncareers.psu.edu/> 📄
  - Nittany Lion Careers is Penn State's internal job board with over 4,700 job and internship postings across all majors!
- **Step 3:** Create and/or update a profile on [LinkedIn](#) 📄
- **Step 4:** Search for internship/job postings on Nittany Lion Careers.
- **Step 5:** Get connected by attending events hosted by Career Services! See January events listed above!
  - Need individual support, email Jennifer Pasquale at [jlh424@psu.edu](mailto:jlh424@psu.edu) to make an appointment!

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## A BERKS BITE: LEMON-PARMESAN CHICKEN AND RICE BOWL

### Ingredients

- 1 cup rice
- 5 tablespoons vegetable oil, divided
- 2 cups hot water
- 1 (8 ounce) package frozen broccoli
- Salt and ground black pepper to taste
- 2 pounds skinless, boneless chicken breast, cut into 1-inch cubes
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons onion powder
- 1 large onion, diced
- 1 lemon, zested and juiced
- ½ cup grated Parmesan cheese



### Instructions

- Preheat oven to 400 degrees F (200 degrees C).
- **COOK RICE:** Heat an oven-safe pot over medium-high heat; stir rice and 2 tablespoons oil together in the hot saucepan to coat the rice with oil. Pour hot water over the rice; bring to a boil and place a cover on the pot. Bake rice in preheated oven until the water is absorbed and rice is tender (12-15 minutes).
- **COOK BROCCOLI:** Place broccoli into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, (5-7 minutes). Drain and season broccoli with salt and pepper.
- **COOK CHICKEN:** Heat remaining oil in a skillet over medium-high heat, add chicken to hot oil, season with garlic powder and onion powder. Saute chicken until completely browned (5-7 minutes). Stir onion into the chicken; continue cooking until onions are soft and translucent (5-7 minutes).
- **PREPARE:** Spoon rice into the skillet; cook until lightly browned on the bottom (3 minutes). Stir broccoli into the rice mixture; sprinkle lemon zest and lemon juice over the mixture and stir. Top with Parmesan cheese.

## FINANCIAL AID REMINDERS

### FAFSA FAST FACTS 2023-2024

- The 23-24 FAFSA application **opened on Oct. 1.**
- The FAFSA must be **completed annually.**
- In order to access the FAFSA application, you'll need your **FSA ID and password.**
- To complete the FAFSA, you'll need **2021 tax documents.**
- Completing the FAFSA early can lead to **improved odds** of securing more FREE aid (i.e., grants and scholarships).
- After you've completed the FAFSA, monitor LionPATH for **Holds or To Do List Items** which may prevent aid from disbursing.
- Click the FAFSA icon to access the 2023-24 application.



## FINDING SCHOLARSHIPS

### PENN STATE SCHOLARSHIP RESOURCES

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

### OUTSIDE SCHOLARSHIPS SEARCH

- Tips and resource links from Penn State: <https://studentaid.psu.edu/types-of-aid/scholarships/outside-of-penn-state>
- Berks County high school graduates: <https://bccf.org/scholarships-grants/>
  - If you graduated from high school outside of Berks County, check to see if your home county has a community foundation that offers scholarships!