The Pforzheimer Newsletter
March 15, 2021
“All The News That Fits We Print”

Tutor(s) on call this week:
Brittany Petros & Chris Gerry
(For Students on Campus)
617-651-1636

LOCKOUTS: During the day & evening, go to the Building Manager’s Office;
After Midnight, Call Securitas at 617-496-9370
FACILITIES After Hours: 617-495-5560

This Week in Pfoho...

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>PfoHoCo Mtg 7pm (link ↓)</td>
<td>Happy Wellness Day #3, Pfoho!</td>
<td>Writing &amp; Research Tbl w/Peter, 8-9p, link below</td>
<td>Chem Help w/Chris 6:30-8:30p (link below)</td>
<td>Please Stop Talking Table w/Keith &amp; Elaine, Noon, link ↓</td>
<td>Science Writing Tbl w/Chris 3-4p (link below)</td>
<td>Paint &amp; Jazz, session #2! w/Brittany &amp; Chris 4pm, (link ↓)</td>
</tr>
<tr>
<td>Pforum w/Parker Quartet! 7pm, link below</td>
<td>Tech Table w/Keith &amp; Elaine 8pm (link below)</td>
<td>Pfellows/hips Office Hour w/Makinde 8pm (link ↓)</td>
<td>Yoga After Hours 9pm (link below)</td>
<td></td>
<td>Sunday Soiree, 9p, Holmes LR Details TBA</td>
<td></td>
</tr>
</tbody>
</table>

Notes from the Allston Burr Assistant Dean, Monique Roy,
pforzheimerhousedean@fas.harvard.edu:

Hi Pfoho!
A quick note to say I know it can be **challenging to prioritize mental and physical health** at this time of the year/semester. I hope you are taking care of yourselves and each other. Please do not hesitate to REACH OUT (to me, to your tutor, to any of us on the Pfoho team) if there is anything we can do to help. Remember that we care about you and we are here to talk, to support you, whatever the situation. Oh, and see here for some tips you may find helpful for maintaining physical and mental wellbeing.

Warmly and with pflove,
-Monique

**Academic and Health Related Info:**
- The **Academic Resource Center** (ARC) is a great resource and is offering all services online, including **Academic Coaching**, **Peer Tutoring** and many **workshops**. They also have this super helpful Learn at Harvard page with a list of guides/resources/tips. Check them out!
- **HUHS and CAMHS** are available both for students studying remotely and on-campus students.
  - Remote students see here.
  - On-campus students see here.
  - CAMHS is offering many workshops and groups this semester.
  - There are numerous **PEER COUNSELING** options too.
UPCOMING ACADEMIC DEADLINES:
Consider adding these key dates to your calendars as a reminder.
- * April 1: Degree applications due for May 2021 degree candidates. Also the last day to submit a foreign language citation, to change your concentration, and to declare a secondary field.
- * April 5: Change of Grading Basis form due in my.harvard
- * April 5: Last day to withdraw from a course.

Change of Grading Basis (Taking a Course P/F):
The Change of Grading Basis Form is available in my.harvard. Please see here for more information about the process and how to check on the status of your request. (Please note: These changes may take a few days to process. You will receive an email when your request has been approved or denied.) Heather has also sent out an email later with additional guidance for both changing a course from letter graded to pass/fail and from pass/fail to letter graded. In Pfoho, this will be a two part process consisting of 1) a Google form for you to complete and 2) the official form in my.harvard. The entire process must be completed by Monday, April 5, 2021. Please email Heather (pforz@fas.harvard.edu) if you have any questions.

Remote Learning Privacy Policy:
Please note that the Committee on Undergraduate Educational Policy (EPC) passed a policy this year stating that students cannot post/make public class videos without faculty permission. Here is a link to that privacy policy. This rule protects everyone’s privacy and makes sure that the classroom is a place where students can focus on learning. It is also an important issue of equity as we need course materials recorded to make sure that all students (especially those at a distance from the East Coast) can learn. Please let me (Monique) know if you have any questions about this policy.

Other Emergency Student Handbook Policy Updates 2020-21:
Due to the COVID-19 pandemic, the Committee on Undergraduate Educational Policy (EPC) has been making updates to certain Handbook policies. https://handbook.fas.harvard.edu/book/covid-19-emergency-policies

Pfoho ABRD Virtual Office Hours: To schedule a time to talk via phone or Zoom, see Monique's calendar here or Heather's calendar here and choose a time that works for you.

Announcements for Students ON Campus:

We’re in phase LIME now!
If you need a reminder of the guidelines for each color phase, here’s the link to all the Color levels.

UPDAted Study, Practice, and Social Spaces in Pfoho available for reservations:
Now that we’re in phase LIME, we have been allowed to expand our reservable spaces to include some EVENING hours.
Changes include:
1) The Dining Hall is now available for evening study! We can accommodate 16 individual spaces for study from 8:30-10:30pm Monday-Friday nights, all on a first-come, first serve basis. No reservations are necessary for these spaces. Please be reminded that you must wear a mask, no food or drink allowed, and please clean your space before and after.
2) PLLibrary Evening Hours: We have adjusted the two reservation time slots in the PLLibrary to include and evening slot. The two time slots, also staring TOMORROW, Tues, 3/9, will be:
   11am – 3pm (Mario's staff will clean from 3-4pm)
   7:30pm – Midnight
   These time slots are reservable on the Roombook link below. There are 6 spaces available in the PLLibrary. Same rules apply, including 48 hour advance reservation for each booking.
3) JCR evening social hours ARE NOW AVAILABLE on Monday-Friday evenings from 7:30-Midnight. The TV will be up and running. Reservations can be made on Roombook for groups of 7 people or less. Each individual needs to make a reservation on Roombook, it can’t be done as a group. Only one reservation per evening. The usual restrictions apply – i.e., wear a mask, keep 6 ft apart, no food or drink.

These other Pfoho Rooms continue to be available via Roombook:
   Holmes Living Room (go thru JCR, follow to end of hall) – 7 spots – 9am-1pm, 2-4pm on weekdays
   JCR (Holmes Hall, to the left of Mario's office) – 7 spots – 9am-1pm, 2-4p for study
   PLLibrary (along 1st fl Comstock Hall) – 6 spots – see above amendment
   Music Practice Room (basement of Holmes Hall, no voice or wind instruments, masks required) – 4 rms – 9a-1p, 2-4p
ONLY students living in Pfoho will be allowed to reserve these rooms (same applies to every House). All will be closed midday from 1-2pm for a more thorough cleaning. Cleaning supplies will be left in each room – please clean your space before and after use. All regulations from the Residential Community Compact will apply, including completing your Crimson Clear each day and wearing a mask at all times. HEPA filters will be running and should be left on.

**How To Reserve a Space:**
- Log into Roombook ([https://roombook.harvard.edu](https://roombook.harvard.edu))
- Click on FAS, then on Locations
- Log in with your Harvard Key (it will open up the EMS platform)
- Scroll down to the Pforzheimer section
- Pick your preferred date from the top bar
- Click on your desired spot and hours, then click Next Step (top right) to continue
- Fill in the form and click Create Reservation at the top right

You’ll receive an email confirmation.

Questions, please contact Sue ([swatts@fas.harvard.edu](mailto:swatts@fas.harvard.edu)) or Mario ([mleon@fas.harvard.edu](mailto:mleon@fas.harvard.edu)).

Enjoy the communal study, but please stay safe!

**QRAC Hours:** 7am-7pm Mon-Thurs, 7am-2:30pm on Friday, 9am-1:00pm on weekends

**Similar to the MAC, reservations are required ahead of time.**
See [here](https://example.com) for full details.

**From your Community Health Lead, Kate Leach, [katherineleach@g.harvard.edu](mailto:katherineleach@g.harvard.edu):**

**Noncompliant Swipes**
As some of you might know, if you are not cleared on Crimson Clear and you swipe into a House building, you will receive an automated email the next day informing you that you had a noncompliant swipe or that you entered the building without being cleared. The group that determines whether or not we stay at Level Lime Green is **VERY** cognizant of the number of noncompliant swipes so even if you complete Crimson Clear every day, you could still have noncompliant swipes. It may be helpful to get into the habit of doing Crimson Clear first thing when you wake up and check again to make sure you’re cleared when you leave your room (that’s what I do every day and it has worked well). Remember, Crimson Clear is something we should all do every day, even on the weekends and even if you don’t leave your room (but hopefully you’re leaving your room for fresh air and sunshine if you are able!).

**Notices for the Pfoho Community near and far:**

**A special warm and pfuzzy welcome to our pfabulous new Pfirst-Years!!**
It was great to “meet” so many of you on Virtual Housing Day last Pfriday! We heartily welcome you to the pfold!! Normally at this time of year, we would be inviting you to a Pfirst-Year Strawberry Brunch among many other events but for now, we raise a virtual toast of welcome and celebration to you! We hope you’ll feel free to take advantage of all things virtual that we have to offer.

Welcome with much PfLove to the Pfoho Class of 2024!!

**PfoHoCo Notes:**
PfoHoCo Meetings are held every week on Mondays @ 7:00pm
Zoom Link: [https://harvard.zoom.us/j/3277232698](https://harvard.zoom.us/j/3277232698)

**Fifty Day Super Mario Challenge CONTINUES!!** 50 days, 50 pieces of Pfoho swag worn by our own Super Mario! Watch for each day’s pic on PfoHoCo’s Instagram @pfoho.

**Pfeedback** – we want to hear from YOU! Pfeel pfree to contact us at [pfohoco@gmail.com](mailto:pfohoco@gmail.com) anytime!
With Pflove, from your PfoHoCo Chairs: Javin Pombra & Kiana Ziadkhanpour ([pfohoco@gmail.com](mailto:pfohoco@gmail.com))

**Pfoho Pforum with Parker String Quartet – Tues., March 16th @ 7:00pm**
Zoom link: [https://harvard.zoom.us/j/99234555646?pwd=eHNBUSlWdEpPZXBoWiZaHVzWU1Jdz09](https://harvard.zoom.us/j/99234555646?pwd=eHNBUSlWdEpPZXBoWiZaHVzWU1Jdz09)
Password: 887507

The Parker Quartet began its sixth year as faculty members of the Harvard Music Dept, and in the group’s role as Blodgett Artists-in-Residence. Their program will include Vijay Iyer “mozart effects,” Beethoven string quartet in A minor, Opus 132, Mvt. 3, “Heiliger Dankgesang,” and Florence Price, selections from
“Five Folksongs in Counterpoint”. A brief discussion and Q&A time with the musicians will follow the performance.
All welcome!

Crafting with Bela!  Wondering how those beautiful paper flowers in the DHall were made?  They were made by our own awesome Bela Pappas from the DHall staff.  And now YOU can learn how to make them because, with CHL Kate’s help, Bela made a how-to video available right here:  https://youtu.be/uMj_FBBNa3E

Paint & Jazz with Wellness Tutors Brittany & Chris
Next Session will be Sunday, March 21st, 4-5:30pm, 2nd session!
We have sent out color-by-number canvases and sets of paints and brushes (just add water!). On the third Sunday of each month, starting in February, we will meet 4-5:30pm. Each meeting will begin with inviting those interested to share 1-2 things that they are grateful for, and then we will play soft jazz while painting together. It will be a laid-back, relaxing environment. **Any and all are welcome to attend, whether they signed up for a kit or want to bring their own art supplies.**

**When?** Sundays, 4-5:30pm (Feb 21, Mar 21, Apr 18, May 16; come to as many as you’d like!)
**How?** https://broadinstitute.zoom.us/j/2320569093?pwd=SEFRTTZtNm1hMiZpRS91RUhKaTRYQT09
Meeting ID: 232 056 9093
Passcode: 000000
**Questions?** Feel free to email us!  Brittany (bpetros@broadinstitute.org), Chris (cgerry14@gmail.com)
**What can I do with my finished product?** You can keep it, or choose to donate it to Pfoho. We will gather the donated paintings into an exhibit dedicated to you, our students, for your tenacity during an unprecedented year.

Please Stop Talking: a quiet coworking table with Keith and Elaine – Begins this Saturday, March 20 @ NOON

*Zoom Link:  [https://harvard.zoom.us/j/95171914425](https://harvard.zoom.us/j/95171914425)*

Join us for Please Stop Talking Table, the table where we just want everyone to hush up and work. What's that? You need to pop out to grab lunch in the middle of it? We don't mind if you don't announce it. Yes, cameras are welcome- I'll have mine pointed out at Pfoho's gate. Yes, you can leave your mic on, but if you talk more than a polite greeting or departure, the mute hammer will fall.

Yoga After Hours, Spring 2021 - Thursdays, 9:00pm ET
Taught once again by the wonderful Rachel Rowenhorst
Participants need to register through the following google form below and then they will be given the zoom link for the class.  It’s quick and easy.
[https://docs.google.com/forms/d/e/1FAIpQLSeozXz45IdeMfQFuJgDbhbbLp1qO3-HvyepeXEKtbfhqTAKFvA/viewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSeozXz45IdeMfQFuJgDbhbbLp1qO3-HvyepeXEKtbfhqTAKFvA/viewform?usp=sf_link)

*This Week's Tables & Office Hours:*

Tech Table with Keith and Elaine – Wednesdays @ 8:00pm
*Zoom link:  [https://harvard.zoom.us/j/91908064154?pwd=ak1XbmprdFBUQnRZOWszWU91VHdyUT0](https://harvard.zoom.us/j/91908064154?pwd=ak1XbmprdFBUQnRZOWszWU91VHdyUT0)*

Unblocked: Writing and Research Table tomorrow with Peter - Wed, 8-9pm.
*Zoom link:  Here*
Please join me from 8:00-9:00pm ET for a session of Unblocked: Writing and Research Table. Writing and research can be stressful, but the writing team is here to help you think through your questions, concerns, and ideas. Here are some things we can discuss together:
~ Getting started on a paper or essay ~ proofreading ~ feedback on structure, content, etc. ~ outlining papers ~ planning and writing theses ~ general motivation and accountability ~ contacting a non-responsive professor ~ finding a research project or opportunity that's right for you ~ and much more!.
There's no need to submit anything beforehand: just drop by with questions, an outline, or a draft. Even if you don't have anything written yet, feel free to stop in; getting started can be the biggest hurdle of all, and we're here to help with that too!
Looking forward to our conversations!

Chemistry Help with Chris – Thursday, 6:30-8:30pm:
Want some help with that looming organic chemistry PSet? Are you curious about research, graduate school, or chemistry-related career options? If so, stop by Pfoho's Chem Table on Thursday evening! **You can sign up for a 1:1 with Chris between 6:30-8:30pm EST using the Doodle poll below.** Slots are available on a first-come-first-served basis - feel free to reserve as many as you need. Doodle: [https://doodle.com/poll/2y8m645u8h93b97f?utm_source=poll&utm_medium=link](https://doodle.com/poll/2y8m645u8h93b97f?utm_source=poll&utm_medium=link)  Zoom: [https://harvard.zoom.us/j/99877939067?pwd=SjJ1RDRxYnliazdMQIbNzRUEjEzdz09](https://harvard.zoom.us/j/99877939067?pwd=SjJ1RDRxYnliazdMQIbNzRUEjEzdz09)

**March Pfellowships Office Hours w/Makinde – Thursday, 3/18, 8:00pm**

**Zoom link:** [HERE](https://harvard.zoom.us/j/99877939067?pwd=SjJ1RDRxYnliazdMQIbNzRUEjEzdz09)

Come chat with Makinde to find out how much money Harvard might be able to give you to pre and post-graduation. We can discuss plans for the summer, advice on how to prepare for the next season of fellowships, or just talk through available options. See you there!

**Scientific Writing Help with Chris – Sunday, 3:00-4:00pm:**

Data don't actually speak for themselves, so how can we talk about scientific results most effectively? If you're feeling stuck with a presentation, a thesis chapter, or any other type of scientific communication task, then come to **Pfoho's Scientific Writing Office Hours** for some guidance. Office hours will be held every Sunday from 3-4pm EST. Hope to see you there!

**Zoom:** [https://harvard.zoom.us/j/96853245779?pwd=SkVzaGVzalFQTi9jenhXMzIvRVEtUT09](https://harvard.zoom.us/j/96853245779?pwd=SkVzaGVzalFQTi9jenhXMzIvRVEtUT09)

*Our Pfoho Newsletter will continue to come out every Monday (or occasionally Tuesday) afternoon. If you’d like to include an announcement, just send it to Sue Watts ([swatts@fas.harvard.edu](mailto:swatts@fas.harvard.edu)) by Monday at noon.*

*Stay safe, stay healthy, Pfoho!*