The Pfozheimer Newsletter
April 26, 2021
“All The News That Fits We Print”

**Tutor(s) on call this week:**
**Perri Smith**
*(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

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**This Week in Pfoho…**

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<th>Monday 4/26</th>
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<tr>
<td><strong>PfoHoCo Mtg</strong> 7pm (link ↓)</td>
<td><strong>Ballet Pop w/ Angela M.</strong> 7pm, Holmes HR (space limited, see ↓)</td>
<td><strong>Tech Table w/Keith &amp; Elaine</strong> 8pm (link below)</td>
<td><strong>Research &amp; Writing Tbl w/Daniel,</strong> 4:00-5:00pm, link below</td>
<td><strong>Chem Help w/Chris</strong> 6:30-8:30p (info below)</td>
<td><strong>Please Stop Talking Table w/Keith &amp; Elaine,</strong> Noon, link ↓</td>
<td><strong>Science Writing Tbl w/Chris</strong> 3-4p (info below)</td>
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<td><strong>Tea Tasting w Makinde</strong> 7:30p, Moors Terrace</td>
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**Notes from the Allston Burr Assistant Dean, Monique Roy,**
pforzheimerhousesdean@fas.harvard.edu:

**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.

**UPCOMING ACADEMIC DEADLINES:**
* April 28 - Last day of classes
* April 29 - Reading Period begins
* May 6 - Exam Period begins
* May 15 - Exam Period ends

**Harvard Summer School Courses for Credit**
This is a reminder that only some of the courses offered at Harvard Summer School count for degree credit. That list of courses can be found here: [Summer School 2021 - Courses for Harvard College Credit](#). Additionally, there is a ton of information about HSS that has been specifically curated for College Students. That can be found on the HSS website here: [HSS Harvard College Overview](#). Please be sure to read that information thoroughly if you are planning to register for HSS courses.

**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](https://handbook.fas.harvard.edu/book/covid-19-emergency-policies).

Extension of Time Policy - Spring 2021: Extensions are an option: Extensions up through the last day of exam period (Saturday, May 15th this term) can be granted by professors, but any work handed in after May 15th requires Ad Board approval to be accepted by the professor. Monique is here to help you navigate that! If you anticipate needing an extension beyond May 15th, please be in touch with Monique as soon as possible so she can walk you through that process.

Exam Policy - Fall/Spring 2020-2021: The examination rules have also been adapted for remote learning. The rules apply to how you take exams, when they are scheduled and what to do if you are absent/ill or need to request accommodations. Exams fall under the Extension of Time policy but there is some nuance as to how it is done (and we need to be in communication with professors). Please be in touch with Heather and Monique right away if you anticipate needing any assistance with exams this spring.

Academic Resources and Stress Management: It is as important as ever to get plenty of sleep, eat well, and balance your studying with other activities. If you are feeling overwhelmed, please reach out. Your Pfoho tutors are available to provide support and encouragement, and Heather and I are always here for you, too – email me at pforzheimer@fas.harvard.edu or Heather at pforz@fas.harvard.edu.

The Academic Resource Center is an excellent resource for both academic and personal advising, especially when navigating a remote Reading Period and Final Exams; visit their website to learn more: [https://academicresourcecenter.harvard.edu/home](https://academicresourcecenter.harvard.edu/home).

The Writing Center is available if you are looking for help with papers and other written assignments: [http://writingcenter.fas.harvard.edu](http://writingcenter.fas.harvard.edu) and here for their online scheduler.

HUHS and CAMHS/Urgent Care: Services are available for both remote and on-campus students. If you are currently on campus, telemedicine and some in-person urgent care remains available, 8:00am – 6:00pm, 7 days a week, at Smith Campus Center - please call HUHS at (617) 495-5711 for guidance BEFORE your visit. For assistance between 6:00 pm – 8:00 am, 7 days a week, please call the nurse advice line at (617) 495-5711. If you are currently studying remotely/off-campus, see here for information about the HUHS and CAMHS services that are available to you. Please be sure to visit the CAMHS website for up-to-date information. Additionally, for those seeking resiliency tools in stressful and disruptive times, CAMHS psychologist, Tara Cousineau, PhD, offers her "Courage, Presence, Resilience" (CPR) workshop in short, 15-minute clips.

Academic Honesty: This is a VERY good time to check in with your instructors about course-specific expectations on source citation, collaboration, and late work. When you are sleep-deprived, feeling pressured, and down-to-the-wire on a deadline (or an exam), your judgment may not be at its sharpest. If you find yourself feeling pressured, please set up a meeting with me or a tutor to talk through your options. Remember that the penalty for academic dishonesty is always worse than for turning in an imperfect paper or incomplete problem set. See the Honor Council's "Top Five Tips" for more ideas. The full College policy on plagiarism, collaboration, and dual submission can be viewed here.

Back up your written work: Remember that it’s not a question of if your hard drive will crash, but when. There’s nothing more frustrating than losing a paper you just spent hours on, and some professors will not accept computer problems as a reason for your missing deadlines, so make sure to back up your work regularly. There are free cloud backups that you can use, including Google Drive ([https://www.google.com/drive/](https://www.google.com/drive/)) and Dropbox ([https://www.dropbox.com](https://www.dropbox.com/)). A good habit is periodically to email yourself a copy of your drafts, to make sure you’ll always have a recent edition available if anything happens.

Announcements for Students ON Campus:

We're still 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 Quad Shuttle offerings: The Saturday Night Quad - Yard Express Shuttle service is now available. Shuttles will run every 20 - 25 minutes starting at 4:30 PM until the last ride at 12:30 AM. On Monday-Friday nights, the Crimson Cruiser operates every 30 minutes from 4:30 PM - Midnight. Please wear a mask and enter at the center door. Capacity is limited to 15 students per trip. For more information, please visit the Harvard Transportation website.

Study, Practice, and Social Spaces in Pfoho available for reservations:
Spaces include:
1) The Dining Hall is now available for evening study!
2) **PfLibrary Evening Hours**: There are two time slots you can reserve on Roombook:

- **11am – 3pm**: Mario’s staff will clean from 3-4pm
- **7:30pm – Midnight**

3) **JCR evening social hours ARE NOW AVAILABLE** on Monday-Friday evenings from 7:30-Midnight. 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 Pfho Rooms continue to be available via Roombook** ([https://roombook.harvard.edu](https://roombook.harvard.edu)):

- 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
- PfLibrary (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 Pfho 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.

**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](#) for full details.

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

**PfHoCo Notes:**

PfHoCo Meetings are held every week on Mondays @ 7:00pm

Zoom Link: [https://harvard.zoom.us/j/3277232698](https://harvard.zoom.us/j/3277232698)

**PFeedback** – we want to hear from YOU! Please feel free to contact us at pfhoco@gmail.com anytime!

With PfLove, from your PfHoCo Chairs: Javin Pombra & Kiana Ziadkhanpour (pfhohoco@gmail.com)

**Pfho Arts: Ballet Pop with Angela M - 4/27 Tuesday 7pm - Holmes Heritage Room**

Reserve a spot: Email angelama@g.harvard.edu to reserve an in-person spot. Spots are limited to adhere to COVID-19 guidelines.

About: Join me for a fun ballet class, including barre and center combinations. It's ballet pop because I use pop instead of classical music. All experience levels are welcome. Wear anything you can move and groove in. Bring your water bottle.

**Pfinal Pfabulous Open House in a Box – Coming THIS WEEK!**

Our amazing elf team, Julia, Vanesha, and Frankie, will be mailing/delivering their pfinal Open House in a Box THIS WEEK! Packed with LOTS of baked goodies and sent with PfLove!

Follow our pfantastic elves on Instagram! Search for @ElvesOfPfho.

**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-HyvepXEItfhqTAKFvA/viewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSeozXz45IdeMfQFuJgDbhbblp1qO3-HyvepXEItfhqTAKFvA/viewform?usp=sf_link)

**Please Stop Talking: a quiet coworking table with Keith and Elaine – Continues this Saturday @ 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 Pfho’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.

**Tea Tasting with Makinde – Sunday, 7:30pm – Moors Terrace**

This Sunday at 7:30 out on Moors Terrace, come sample some fancy (and not so fancy) teas from around the world. Learn about the history – why it’s always either “tea,” “thé,” etc or “chai,” “cha,” etc in all languages, the
many different variants and varieties of tea, or just watch some flowering tea unfurl. Caffeinated and non-caffeinated teas will be served along with samples of chocolate from our own Taza chocolate factory.

***FINAL*** Paint & Jazz with Wellness Tutors Brittany & Chris
Sunday, May 16th, 4-5:30pm
We have sent out color-by-number canvases and sets of paints and brushes (just add water!). We will meet for our final session on May 16th, 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=SEFRTTZtNm1hMiZpRS91RUhKaTRYTQT0
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.

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

Research & Writing Table with Daniel – Thursday, 4/29, 4:00-5:00pm
Zoom link: https://harvard.zoom.us/j/96329148222?pwd=efRZWiFYVZKT0pCyk9HyF1K0ZJZz0
Join Daniel this Thursday, 4:00-5:00 ET, for a session of Unblocked: Writing and Research Table. Writing and research can be stressful, but the writing team is enthusiastically here to help you! Here are some of the challenges you can bring to Writing and Research Table:
~ 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.
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.”

Chemistry Help with Chris – Thursday, 6:30-8:30pm:
Want some help with that looming organic chemistry PSet? Do you have questions about d-orbital splitting and crystal field theory? Or are you curious about research, graduate school, or chemistry-related career options? If so, stop by Pfoho’s Chem Table.!
You can sign up for a 1:1 with Chris between 6:30-8:30pm EDT by emailing Chris at cgerr14@gmail.com.
Slots are available on a first-come-first-served basis - feel free to reserve as many as you need.

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! Email Chris, cgerry14@gmail.com, to set up an appointment.

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) by Monday at noon.

Stay safe, stay healthy, Pfoho!
Home, Sweet Home