The Pforzheimer Newsletter
March 8, 2021
“All The News That Fits We Print”

Tutor(s) on call this week:
Daniel Frim
(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…

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<tbody>
<tr>
<td>Pre-Med Office Hour w/Brittany, 5-6p, link below</td>
<td>Writing &amp; Research Tbl w/Daniel, 4-5p, link below</td>
<td>Jose’s Ukelele Wkshop, 7pm, link ↓</td>
<td>Chem Help w/Chris 6:30-8:30p (link below)</td>
<td>HOUSING DAY! Pfoho Welcomes Class of ’24 Pfohoser!</td>
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<td>PfoHoCo Mtg 7pm (link ↓)</td>
<td>Pfoho Arts, Knitting Intro! 7pm, link below</td>
<td>Tech Table w/Keith &amp; Elaine 8pm (link below)</td>
<td>Moveable Pfeast #2, 9pm, Moors Terrace</td>
<td>Yoga After Hours 9pm (link below)</td>
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<td>Public Service Career Panel, 7-8pm, link below</td>
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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](https://www.harvard.edu/careers/arc) (ARC) is a great resource and is offering all services online, including [Academic Coaching](https://www.harvard.edu/careers/academic-coaching), Peer Tutoring and many workshops. They also have this super helpful [Learn at Harvard page with a list of guides/resources/tips](https://www.harvard.edu/careers/learn.htm). Check them out!
- [HUHS](https://www.hrh.harvard.edu/) and [CAMHS](https://www.cas.harvard.edu/) 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](https://www.pffocare.com/) options too.

UPCOMING ACADEMIC DEADLINES:
Consider adding these key dates to your calendars as a reminder.
Last Day to Withdraw from a Course: April 5th
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 and Practice Spaces in Pfoho available for reservations:
Now that we’re in phase LIME, we can begin to expand a bit on our reservable spaces to include some EVENING hours.
Changes will include:

1) Starting TOMORROW NIGHT, TUESDAY, March 9th, the Dining Hall will be 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) PFLibrary Evening Hours: We have adjusted the two reservation time slots in the PFLibrary to include and evening slot. The two time slots, also starting 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 PFLibrary. Same rules apply, including 48 hour advance reservation for each booking.

   JCR evening social reservations will be on Roombook very soon for groups of 7 people or less. More info about that will follow very soon once we finalize the guidelines.

   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
   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 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)
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) or Mario (mleon@fas.harvard.edu).
Enjoy the communal study, but please stay safe!

Moveable Pfeasts continues this week – Thursday, 3/11, 9pm, Moors Terrace
This Thursday at 9 PM, we will hold another in our new program of “movable pfeast”!
This week’s treat will again be on the Moors Terrace, and it will pfeature hot cocoa and sugar cookies baked by our Pfoho elves! This will also be a nod to Housing Day eve and will pfeature videos of prior Housing Day videos!!

The QRAC has extended its hours! 7am-7pm on weekdays, 9am-1pm on weekends
Similar to the MAC, reservations are required ahead of time.
See here for full details.

From your Community Health Lead, Kate Leach, 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:
PfoHoCo 2021-22!
PfoHoCo Meetings are held every week on Mondays @ 7:00pm
Zoom Link:  https://harvard.zoom.us/j/3277232698
** This week’s topic will be all about HOUSING DAY, which is THIS WEEK on Friday, March 12th, and how to make Pfoho’s the BEST!!

** Pfifty 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 anytime!
With Pflove, from your PfoHoCo Chairs: Javin Pombra & Kiana Ziadkhanepour (pfohoco@gmail.com)

Pfoho Inside Scoop on Careers series continues TONIGHT Monday, March 8, 7pm!
Tonight’s topic: Public Service Career Panel
Please join us on Zoom to chat with these badass women (all Pfoho alums - and it’s International Women’s Day!) about their careers in public service (and yours) informally -
** - Emily Rubenstein (’15) works in public service and policy as a former researcher at the American Institutes for Research and now Senior Program Associate at the Aspen Institute.
** - Jane Kim (’15) has worked in international development in awesome places like Internet.org and the One Acre Fund.
** - Sarah Rose Cass (’15) works in public health as Assistant Director at the largest public healthcare system in the US, NYC Health + Hospitals.
Much pflove and please RSVP here if you’re coming (no need to, but would help us gauge numbers),
Your Career Tutor Team, Namya and Martin
The Inside Scoop! Come hear from some recent alums (mostly Pfoho alums) who were in your shoes and are now doing some really cool stuff. Listen to how they got their jobs, what they actually did there, and what they learnt - and ask them your questions. This isn't a recruiting event, so ask them anything!
Pfoho Arts Class this week – Intro to Knitting with Allison Tu! – Tuesday, 3/9, 7pm

**Zoom link**

**About the class**

Knitting is a wonderful hobby all around, especially in quarantine! It's great to have something to keep your hands busy, and you can make warm garments to survive the rest of the winter, cute custom gifts, or basically anything you want. I'm so excited to teach everyone how to knit! It is a pretty visual hobby, so it might take a while to pick up at first, which is why I've put together a playlist of videos (we'll watch these during the class, but feel free to check out the first two videos at [https://tinyurl.com/HUKCKnittingBasics](https://tinyurl.com/HUKCKnittingBasics). If you're still interested in continuing to knit after the class, feel free to join Harvard's knitting circle, a super chill group of fiber artists on campus!

**Ukulele workshop with Jose – Wednesday, March 9, 7:00pm**

**Zoom Link:**
Meeting ID: 742 147 7903; Passcode: 258117
Questions? Contact Jose at jose.quezada.marquez@gmail.com.

**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/1FAIpQLSeozXz45IeMfQFuJgDbhbbP1q03-HvyePXEKtbfhqTAKFvA/viewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSeozXz45IeMfQFuJgDbhbbP1q03-HvyePXEKtbfhqTAKFvA/viewform?usp=sf_link)

**Open House in a Box – THIS WEEK!**

Once again this term, our amazing elf team will be spearheading a replacement for our traditional Faculty Dean Open Houses, by baking goodies and mailing them in boxes to enrolled students living off-campus (we will deliver to the doors of every Pfoho student living on campus).

**The first packages will be mailed out and delivered early this week!!**

Follow our fabulous elves on Instagram! Search for @ElvesOfPfoho to get the most recent updates and even vote on goodies you’d like to see in future packages.

**Students studying remotely** – if you haven’t had a chance to confirm your current physical address, you can still do so [here](https://broadinstitute.zoom.us/j/2320569093?pwd=SEFRTTTZtNm1hMIZpRS91RUnKaTRYQT09).

We want to make sure your Open House in a Box gets to you!!

**Coming NEXT Week:**

**Pfoho Pforum with Parker String Quartet – Tues., March 16th @ 7:00pm**

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"

Zoom link will be sent out separately. All welcome!

**Paint & Jazz with Wellness Tutors Brittany & Chris**

**Next Session will be Sunday, March 21st, 4-5:30pm, 1st 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=SEFRTTTZtNm1hMIZpRS91RUnKaTRYQT09](https://broadinstitute.zoom.us/j/2320569093?pwd=SEFRTTTZtNm1hMIZpRS91RUnKaTRYQT09)

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:

**Pre-Med Office Hour this week with Brittany – Monday, 5-6pm**

Zoom Link: [https://broadinstitute.zoom.us/j/2320569093](https://broadinstitute.zoom.us/j/2320569093)
Meeting ID: 232 056 9093
PW: 000000
Questions, contact Brittany at bpetros@broadinstitute.org

**Unblocked: Writing and Research Table tomorrow with Daniel - Tuesday, 4-5pm.**
Zoom link: [https://harvard.zoom.us/j/93115277174?pwd=cTNjMkJlZkVlemJ6dFJtdW41UForZz09](https://harvard.zoom.us/j/93115277174?pwd=cTNjMkJlZkVlemJ6dFJtdW41UForZz09)
Please join Daniel on Tuesday from 4:00 to 5:00 ET for a nearly midway-through-the-semester session of Unblocked: Writing and Research Table. 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 Daniel will be there to help with that too!

**Tech Table with Keith and Elaine – Wednesdays @ 8:00pm**
Zoom link: [https://harvard.zoom.us/j/91908064154?pwd=ak1XbmprdFBUQnRZOWJsWU91VHdyUT09](https://harvard.zoom.us/j/91908064154?pwd=ak1XbmprdFBUQnRZOWJsWU91VHdyUT09)

**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=pol&utm_medium=link](https://doodle.com/poll/2y8m645u8h93b97f?utm_source=pol&utm_medium=link)
Zoom: [https://harvard.zoom.us/j/99877939067?pwd=SjJ1RDRxYnlIazdMQiBtNzRUEjEzd09](https://harvard.zoom.us/j/99877939067?pwd=SjJ1RDRxYnlIazdMQiBtNzRUEjEzd09)

**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=SkVzaGVzalFQTi9jenhXMziRVEIhUT09](https://harvard.zoom.us/j/96853245779?pwd=SkVzaGVzalFQTi9jenhXMziRVEIhUT09)

*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!*