The Pforzheimer Newsletter
March 22, 2021
“All The News That Fits We Print”

Tutor(s) on call this week:
Sarib Hussain
(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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<td>PfoHoCo Mtg 7pm (link ↓)</td>
<td>Chem Help w/Chris 6:30-8:30p (link below)</td>
<td>Tech Table w/Keith &amp; Elaine 8pm (link below)</td>
<td>Yoga After Hours 9pm (link below)</td>
<td>Please Stop Talking Table w/Keith &amp; Elaine, Noon, link ↓</td>
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<td>Sunday Soiree, 9p, Holmes LR See 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 (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](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](https://handbook.fas.harvard.edu/book/covid-19-emergency-policies) or Heather's calendar [here](https://handbook.fas.harvard.edu/book/covid-19-emergency-policies) 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](https://handbook.fas.harvard.edu/book/covid-19-emergency-policies).

**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) **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.

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
- 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](https://handbook.fas.harvard.edu/book/covid-19-emergency-policies) 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) or Mario (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://roombook.harvard.edu) for full details.

**From your Community Health Lead, Kate Leach, katherineleach@g.harvard.edu:**

**Masks and the great outdoors!**
As the weather gets nicer, please remember that if you’re hanging out in the quad lawn or the Jordans courtyard (or anywhere on campus), masks are still mandatory. If you are “actively” eating or drinking it’s obviously fine to remove it, but you should put it back on as soon as you are done eating or after you’ve taken your drink.

Our level of reopening is directly tied to our compliance, and that means complying with masks and other protocols in addition to testing and Crimson Clear.
Keep up the good work, everyone!!

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

![A special warm and pfuzzy welcome to our pfabulous new Pfirst-Years!!](https://example.com/pfuzzy-welcome.png)

It was great to “meet” so many of you on Virtual Housing Day last Priday! 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)

**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 Ziadkhanpour (pfohoco@gmail.com)

**Pfhoho Inside Scoop on Careers series continues TONIGHT Monday, March 22, 7pm!**

**Tonight’s topic: Start-up Career Panel**
Please join us on Zoom to chat with these amazing panelists about their careers in the start-up scene informally.

- **Erik Schluntz ('15)** founded his first start-up in his freshman year at Harvard and has been heavily engaged in entrepreneurship ever since. Today, he is co-founder and CTO at Cobalt Robotics, a robotics start-up focused on building security guard robots.

- **Zeenia Framroze ('15)** works on the business side of start-ups, helping them scale and build their customer and employee bases. After three years of working in various business development roles at SmartCar, she is now Head of Sales and Customer Success at doc.ai, an enterprise AI platform that unlocks the value of health data.

- **David Mou ('08)** has founded multiple medicine-focused start-ups including scholarlocker and Valera Health. Today, he is Chief Medical Officer at Cerebral, a mental health company dedicated to improving access to
treatment for anxiety and depression.
Much pflove and looking forward to seeing you on Monday,
Your Career Tutor Team

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!

Please Stop Talking: a quiet coworking table with Keith and Elaine – Continues this Saturday, March 27 @ NOON

Zoom Link: 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/1FAIpQLSeozXz45IdeMfQFuJgDbhbbLp1gO3-HyvqxeKItfhqTAKFvA/viewform?usp=sf_link

Pfoho Sunday Evening Soirée: Ballet Pop with Angela M
Sunday 9pm, Holmes Heritage Room
Email angelama@g.harvard.edu to reserve an in-person spot in the Holmes Heritage room. Otherwise, you’re welcome to Zoom in!
Zoom link: https://harvard.zoom.us/i/95330913143?pwd=UzdkUndHUVAzR1pLeFhhT25xNFV6UT09
Join me for a fun ballet class, including barre and center combinations. All experience levels welcome! Wear anything you can move and groove in. I don't use classical music, so you should expect pliés to Fleetwood Mac, piqués to Troye Sivan, etc. Hence, ballet pop.

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, April 18th, 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=SEFRTTzTn1hMlZpRS91RUhKaTRYQT09
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

Chemistry Help with Chris – WEDNESDAY (not regular day), 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...this week on **Wednesday** evening!
You can sign up for a 1:1 with Chris between 6:30-8:30pm EDT 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=SjJ1RDRxYnlIazdMQlBtNzRUejEzdz09](https://harvard.zoom.us/j/99877939067?pwd=SjJ1RDRxYnlIazdMQlBtNzRUejEzdz09)

*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!*