**The Pforzheimer Newsletter**

December 7, 2020

“All The News That Fits We Print”

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**Tutor 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

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**This Week in Pfoho…**

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- **SOCH 1st Fi open for study Noon-9pm**
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- **Tech Table w/Keith & Elaine 8pm (link below)**
- **FALL TERM EXAMS BEGIN!**
- **Good Luck, Pfoho!!**
- **Yoga After Hours 9pm (link below)**

*Zoom Links for many events above listed below, scroll down!*

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

I hope your reading period is going well so far. I wanted to send you a few reminders you may find helpful. Please read carefully and hold onto this email for reference in the coming days.

1. **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 pforzheimerhousedean@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](http://writingcenter.fas.harvard.edu).

2. **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](http://www.camhs.harvard.edu) 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.
3. **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](https://college.harvard.edu/ourpathforward).

4. **Backing 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.

5. **Extensions are an option**: Extensions up through the last day of exam period (Saturday, December 19th this term) can be granted by professors, but any work handed in after December 19th requires Ad Board approval to be accepted by the professor. I am here to help you navigate that! If you anticipate needing an extension beyond December 19th, please be in touch with me as soon as possible so I can walk you through that process.

6. **Pfoho ABRD Virtual Office Hours**: To schedule a time to talk via phone or Zoom, see Monique's calendar [here](https://calendar.google.com/calendar/render?showCalid=cm9neW5o啐dRUNXbkGObm9 pounding%0A%0A) or Heather's calendar [here](https://www.heatherleach.com) and choose a time that works for you.

I wish you the best with your end-of-semester work. Please know that all of us in the House - Anne, John, the tutors, and house staff - are rooting for you as you make your way through the next couple of weeks of final exams and assignments!

All best, Monique

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**Announcements for Students ON Campus:**

**HUDS Meals now being served at Currier House**
All students residing in PfoHo with extensions for housing beyond November 22nd will be provided meals at Currier House beginning at breakfast on Monday, Nov. 23rd through dinner on Saturday, Dec. 19th.

**From your Community Health Lead, Kate Leach, katherineleach@g.harvard.edu**:  
1) Continuing this week, anyone who submits their Crimson Clear for all seven days in the week will be automatically entered into a raffle to win a $25 UberEats coupon! No action necessary, other than submitting your Crimson Clear daily and I will see who has done it all 7 days! Each week's winner will be announced on Wednesday of the following week.

2) **Keep Your HEPA Filter On!**: These filters can keep you and others safe. Keep it on, especially in shared spaces, where it should be on the highest setting. For more information, contact Super Mario at mleon@fas.harvard.edu.

**For the Pfoho Community near and far:**

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**Holiday Care Package coming soon!**
As we near the end of term and into the Holiday season, we have one more Winter Warmer package with PfLove coming your way to remind how much we MISS having you on campus and to send warm wishes for the Holiday Season. Packages should be in the mail on Wednesday so be on the lookout soon! 🎁

**Pfoho Housing for Spring Term – Notes from Sue**
First off, a reminder that ALL students are required to submit the [Spring term confirmation form](https://college.harvard.edu/ourpathforward) by December 14th, 2020 as a record of your intentions even in you’re choosing to remain at home or continue or begin a leave absence. That and everything else you need to know about Spring Term is handily available on this site: [https://college.harvard.edu/ourpathforward](https://college.harvard.edu/ourpathforward).

For those who confirm the invitation to live ON campus for spring term, here are a few guidelines that may
help answer some questions coming up:

* Every student will have their own single bedroom, whether as a single on a hall or within a suite
* No more than three students will share a single bathroom
* Housing will be done with seniority in mind, i.e. Seniors’ wishes will be considered first, then Juniors, then Sophomores.
* You will be given the chance to express your preference for roommates to live with, up to the max of three per suite.
* You will be allowed to list a preference for a particular building/hall, floor and specific room (within reason).

We unfortunately won’t have a definitive list of who will be living in Pfoho until early January. As SOON as I get that list, probably January 5th or 6th, I will send out a Pfoho Google Housing questionnaire to those students so you can list your housing preferences. The turn around time for returning this sheet will be REAAILY short – maybe only 24-36 hours – so as you begin to settle your plans, start thinking about your housing preferences, too, so you’ll have it all planned out once you receive the questionnaire link. I will do my very best to honor as many preferences as possible within the guidelines listed above.

If you have questions about housing in the meantime, feel free to email me at swatts@fas.harvard.edu, or happy to meet virtually or over the phone if you prefer. - Sue

House Life Survey – It’s still open!
Pfoho IS the BEST House!!
Hey Pfoho - If you haven’t already done so, please take a moment to complete the House Life Survey by clicking on this link: House and Community Engagement Survey - Fall 2020. It really doesn’t take very long (shortened from years’ past) and your feedback is really taken seriously and can affect change going forward, so please do it when you can. And not to get competitive, cough cough, but we are only at 12% participation and Kirkland’s at 26%. Pfftttt, that won’t pfly, pfriends!!

PfoHoCo Elections are Up and Running!
Hey Pfoho!
You can view the Candidacy Statements from the Pfohohoco email that went out earlier today (12/7). The Election timeline is as follows:

- **Campaigning begins**—December 7—12:00 a.m.
- **Voting opens**—December 7—12:00 a.m.
- **Voting ends**—December 13—11:59 p.m.
- **Notification of Results**—December 14—12:00 p.m.

And here’s a link to the voting form: https://harvard.az1.qualtrics.com/jfe/form/SV_0IK9BhnXUacyqzz

Best of luck to all our wonderful candidates,
Malia and Analli (pfohohoco@gmail.com)

Pffresh Air Pfitness!
Weekly virtual workouts have ended, but the workout sheets are still readily available. There are 6 weeks of workouts available to you, anytime you want to use them. Here’s the link: https://drive.google.com/drive/folders/1GSx3QeYE_ODtJ_jAVBOk4Qz7zFUhy3Ii?usp=sharing
Check out other Harvard GPA Programming HERE

Yoga After Hours! - Thursdays, 9:00pm ET
https://harvard.zoom.us/j/99875654669?pwd=RnU1WmUwR1ZrQ2w1OFp1MjhaYXo1Zz09
Password: yoga

Every Thursday evening, at 9 PM ET, we will be offering an hour of live, free yoga in a small, supportive group setting, led by Pfoho’s new dedicated yoga teacher, Rachel. No special equipment or experience is needed, but do wear comfortable clothes.

This class is offered on a drop-in basis for now. If numbers get too large, we may need to move to a sign-up process. One way or the other, we are keen to make this available to everybody who wants it. Hope to see you there!

**This Week’s Tables & Office Hours:**

Tech Table with Keith and Elaine – Wednesdays @ 8:00pm
Zoom link: https://harvard.zoom.us/j/91908064154?pwd=ak1XbmprdFBUQnRZOWszWU91VHdyUT09

Preparing for a statistics exam or final project?
Please email Brittany Petros (bpetros@mit.edu), our tutor in statistics, to schedule a 1-on-1 meeting for help
with practice problems, studying approaches, or data analysis. Brittany was a former STAT 110 and is particularly happy to help students prepare for this exam.

**Chemistry Help:**
Hi Pfoho! For the rest of the semester, Chem Table will be switching to one-on-one and small group sessions for students looking to prep for final projects and exams. Please contact Chris (cgerry14@gmail.com) if you'd like to schedule an appointment - timing is very flexible!

**Have Econ Questions??**
Schedule time at your convenience with your pfriendly Economics tutors! Please reach out to Martin or Angela M about your economics concentration requirements, problem set questions, or anything else on your mind.

*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!*