BIOLOGY 1101
INTRODUCTION TO BIOLOGY

Fall 2022

WELCOME TO THE BIOLOGY DEPARTMENT!

This course explores the general principles of biology focusing on the basic chemistry of life, cell biology, molecular biology, and genetics in all types of living organisms. Emphasis will be given to links between fundamental biological processes and current challenges of humankind in the areas of energy, food, and health. This course fulfills the Living World sector of Penn's General Education Curriculum. Below are the most frequently asked questions about BIO 1101.

IS THIS THE RIGHT COURSE FOR ME?

This course is for *everyone* who is interested in learning about the fundamentals of cell biology, molecular biology, and genetics. If you've had just a bit of high school biology, and perhaps it's been a few years, this is the course for you. However, if you have a strong foundation in Biology and Chemistry, scored at least a 4 or 5 on the AP Biology exam, and had one or more high school Chemistry courses, BIO 1121 might be a better fit. BIO 1121 covers select topics in greater detail and at a quicker pace.

WHO IS LEADING THE COURSE?

Instructors

Dr. John Wagner
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Phone: 215-746-2159
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Student Hours: Mondays 4-5,
Fridays 10:30-11:30
Or by appointment

Dr. Jennifer Round
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jround@upenn.edu
Phone: 215-746-2230
Office: Van Pelt Library 144
Student Hours:
Wednesdays 1:30-2:30
Or by appointment

Head Teaching Assistant
Dr. Lori Spindler
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116 Leidy Labs

Lab Coordinator
Dr. Linda Robinson
linda3@sas.upenn.edu
Phone: 215-898-7131
110 Leidy Labs

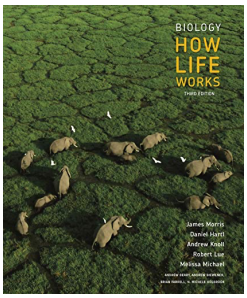
Teaching Assistants
(check back for TA names and emails)

WHEN AND WHERE DO WE MEET?

We meet in person **Mondays & Wednesdays 12:00 – 1:20** in Leidy Labs Room 10
www.facilities.upenn.edu/maps/locations/leidy-laboratories-biology
We meet on Zoom **Fridays 12:00 – 1:00** for problem-solving sessions (link on Canvas)
You attend a weekly BIO 1101 Lab session at your assigned day and time

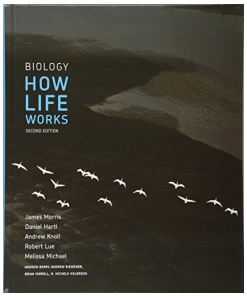
WHAT MATERIALS DO I NEED?

The Textbook



Biology: How Life Works, 3rd edition
Publisher: WH Freeman
ISBN-13: 978-1319017637
Hardcover, loose leaf, or electronic

A Cheaper Alternative



Biology: How Life Works, 2nd edition
Publisher: WH Freeman
ISBN-13: 978-1464126093
Minor revisions from 2nd to 3rd edition

A tablet, laptop, or mobile device – download the free PollEverywhere app to answer in-class polling questions
The BIO 1101 Laboratory Manual – You will download the manual chapter by chapter from the BIO 1101 Canvas site.

WHERE CAN I FIND IMPORTANT COURSE MATERIALS?

The BIO 1101 Canvas site contains a great deal of useful information, including the syllabus, weekly reading schedule, Powerpoint slides from class, old exams, lecture recordings, additional readings, and web resources. Only students registered for BIO 1101 will have access to the Canvas site. If you can't access the BIO 1101 Canvas site, but you are certain you are registered for the course, please contact the Head Teaching Assistant.

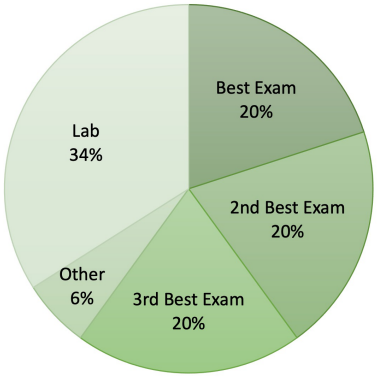
HOW WILL INSTRUCTORS COMMUNICATE WITH ME?

We will usually post announcements to Canvas. **Please adjust your Canvas Notification Preferences so you won't miss any important course updates or announcements. Occasionally we will use the course listserv to distribute messages by email. **Be sure your preferred email address is listed in PennInTouch, or you may miss important announcements.

HOW WILL I DEMONSTRATE LEARNING?

1. **Exams** – You will take three in-class exams during the semester and one final exam at the end. The exams will be multiple-choice format, and the final exam will be cumulative. Your three highest exam scores are used in calculating your course grade, and your lowest exam score will be dropped. If you miss an exam, that exam will be the one that is dropped. *No make-up exams will be given.*
2. **Participation** – You will participate in in-class polling, Friday problem-solving sessions, and online vocabulary discussions. More details on these activities will be posted on Canvas and discussed in class.
3. **Lab** – Laboratory activities will include Canvas quizzes, in-lab activities, and take-home assignments. More information on lab grading will be posted on Canvas and discussed during the first lab session.

HOW WILL MY GRADE BE CALCULATED?



Your three best exams are each worth 20%, your participation in polling, problem solving sessions, and online discussions ("Other") is worth 6%, and your lab assignments are worth 34%. Final letter grades will be assigned by assessing each student's total score relative to the highest total score attained by any student during the semester. In this way, every student in the course could potentially earn an A. We do not have pre-defined number of students who must receive an A, B, C, etc. The regrade policy will be posted on Canvas.

I WANT TO DO WELL IN THIS COURSE. HOW CAN I MAKE THAT HAPPEN?

We've been teaching introductory biology for many years, so we've seen time and time again what works for students (and what doesn't). These habits have been confirmed by decades of education research and really do make a difference:

1. **Attend class** - In college, no one nags you to get out of bed or forces you to attend class. It's on you to cultivate the self-discipline to show up and participate. Trust us when we say that attending class and taking notes is much more efficient than trying to figure it out on your own before the exam.
2. **Read, Review, and Repeat** – Read the assigned reading before class to familiarize yourself with the topic. Review and revise your notes after class. Revisit figures and diagrams in the textbook. Make BIO 1101 a daily part of your study schedule. Identify exactly what is confusing and tailor your study time to the murkiest points.
3. **Ask questions** – We expect you to have lots of questions. If you don't, you're not engaging deeply enough with the material. Collect questions as you go along and ask your questions in class, ask your TAs, ask your classmates. Post and answer questions on the Canvas discussion board.
4. **Use Student Hours** – Professors really do love to get visits from students! Student Hours are perfect for asking questions, reviewing material, getting advice, and helping us match your face to your name. Just drop in or email us if you need a different time.
5. **Study with other Students** – Science education research shows that studying with peers is super effective. Explaining a concept to someone else, or having it explained to you in multiple ways, is a great way to identify the gaps in your knowledge. Best of all, it feels good to share your struggles and successes with others!
6. **Study smart, not hard** – Learning is an active process. Don't just read passively with a highlighter. Write, draw, and talk it out. Answer practice questions alone, then with a friend, then bring it up for discussion in class. Repetition with variation builds and strengthens neural networks for deeper understanding and academic success!
7. **Stay healthy** – This one can be tough in college. Aim for 8 hours of sleep, exercise daily, and don't stretch your schedule too thin. Neuroscientists confirm that cognitive function is severely compromised if you are sleep-deprived and chronically stressed! If the stress is too much, contact Student Counseling Services for support.

IF I'M STRUGGLING, WHERE DO I GET HELP?

We want *every single student* to succeed in this class (and maybe even enjoy it!). If you are struggling, don't be embarrassed to ask for help.

1. **Talk to the instructors** – Go to Student Hours! We are always ready to give advice and encouragement.
2. **Talk to the TAs** – Your teaching assistants are knowledgeable, friendly, and trained to help.
3. **Use your campus resources** – Penn has lots of resources to help you succeed. Penn's Learning Resources Center can help with study strategies, test-taking skills, time management, and disability accommodations.
4. **Get a tutor** – Penn's Tutoring Center provides peer tutors for free! Don't hesitate to use them if you need them.

WHAT DO I NEED TO KNOW ABOUT LAB?

(check back)

THE WEEKLY SCHEDULE AT-A-GLANCE

(check back)