

*New BIOL students  
this year: 155*

*Number of courses  
we're offering this  
semester: 27*

# BIOBEAT

*Sept. 4, 2020*

*Number of sections  
of lectures and labs  
this semester: 115*

*Number of Biology  
instructors: 31*

## *Let the games begin*

First thing's first - Welcome to our first year students and welcome back to our returning students! True, we aren't exactly back as normal, but we'll make the most of the situation.

Everyone in the Biology Department has been working hard to put your courses online this semester and we're all excited to see how it will play out. That said, it's safe to say there's also a healthy dose of uncertainty for both you and us so our mantra for this semester is, 'I can be flexible and it will all work out!' Just keep repeating that...

If you are uncertain about anything in your courses, make sure to ask your instructors for guidance. All of your instructors will be communicating with you on a regular basis via email and/or your course Blackboard site, and always use your MRU email account for communications or things can get lost.

The first week can be overwhelming and confusing. You're not quite sure how your courses will run and how it will all go. We get it. But you'll get the hang of things quickly and be pros in no time. Enjoy the first few days back!



*MRU West Gate looking fancy at the end of summer...someday, we'll see it again.*

## Helpful contacts:

Dorothy Hill (Biology advisor): [dphill@mtroyal.ca](mailto:dphill@mtroyal.ca)  
Cheryl Melatdoost & Chelsey Schafer ( BSc. Academic Advisors): [scitechadvising@mtroyal.ca](mailto:scitechadvising@mtroyal.ca)  
And, of course, your instructors. We are here to help and answer your questions.

## WISE WORDS FROM YOUR INSTRUCTORS

*Tracy O'Connor - How can students prepare for this semester?*

First, decide on your priorities. Then look at the time you have available and the deadlines you're facing. Break large tasks into bite-sized ones and schedule them. Feel satisfied when you tick off a task, and be flexible when something takes longer than you expected.

*Todd Nickle - What are you looking forward to with online teaching?*

In this strange time, we have a chance to move away from outdated practices. Traditional lectures are about 10% effective. With space for outside-of-lecture reading, reflection, and practice, students might learn more effectively!

*Adrienne Benediktsson - What are you nervous about for the semester?*

I worry that I won't be able to make the close connections with students across the internet that I would in the classroom. Students' voices matter.

*Happy long weekend, everyone.*