

*January 18th is
Martin Luther King
Jr. Day.*

*The add/drop date is
January 19th!*

BIOBEAT

Jan 18, 2021

*MRU's Career Expo
is coming up and
you can sign up
for the pre-event
workshops [here](#).*

Welcome to the Winter Semester!

It's the second week in now and I hope everyone is settling into your new (and improved?) winter semester. Here are a few things to keep in mind as we all embark on our collective journey towards that glorious moment in April when we finish off the year.

By now, you're all familiar with the online environment for learning. Some of you like it, some of you don't. However, you're in a better position now to deal with it because you know what to expect.

Take a second and think about what worked for you last semester and what didn't. If you didn't perform as well as you'd have liked, think about what you can change for this semester. Don't keep doing the same things if it didn't work last time. Take charge of the things you can control like how much time you spend on assignments and not leaving them until the last minute, being more organized, asking your professor for more direction and guidance. You can't control everything, but you can control some things and no one else can do it for you. [Student Learning Services](#) hosts great workshops to help you organize your online learning.

With a new semester comes new courses and new instructors so you'll have to figure out a whole new set of expectations around your classes and assignments. Each instructor approaches their courses a



little differently but everyone is working hard to give you the best possible learning experience. A lot of thought has been put into your course design and if you're ever unsure about an assignment, or the best approach to take, or even why the assignment is important, ask your instructor to explain!

And for some of you, this is your final semester and you're finishing up your last few classes before graduating. Remember four or five (or six) years ago when you started at MRU? It seemed like you'd be here forever. Now you've got 13 weeks of classes left and it's going to fly by. Make this your best semester yet by consciously taking time each week to enjoy where you're at and how far you've come. Make a point of enjoying your last few courses - you may as well!

Coming up next week...how to survive group work.

NEW IN BIOLOGY THIS WEEK...

Frogs wave hello to attract mates

Sachatamia orejuela glass frogs live amongst the slippery rocks in waterfall spray zones in Ecuador and Colombia. Because of the crashing water, they can't use songs to get the attention of potential mates like many other frog species do. Instead, [they give a little wave with their hands and feet](#). Rebecca Brunner, a PhD student, stumbled across this behaviour while she was working in the Ecaudorian rainforest studying bioacoustics.

Designer cytokine helps neurons re-grow

Researchers in Germany used genetic engineering to develop a designer cytokine protein called hyper-interleukin-6 (HiL-6). Using a viral vector, they injected HiL-6 into motor regions of mice that had been paralyzed by crushing the spinal cord. The HiL-6 spread to adjacent neurons and stimulated regeneration in motor regions of the brain and the spinal cord - something that's previously been impossible. [After 2-3 weeks, the mice were able to walk](#).

Get off to a good start in your new courses and send your professors an email to say hello and introduce yourself.