# WELCOME

- Every one of you has the capability to graduate with a bachelor of science in physics.
- Every one of you is welcome, regardless of other identities you hold in addition to that of physicist.
- Every one of you may access campus resources to smooth your path through UW and help you transition to life beyond UW.



### UW Dept. of Physics Code of Conduct

As members of the Department of Physics, the University of Washington and the global scientific enterprise, we share a responsibility to act ethically and professionally. We strive to conduct ourselves in a professional manner that is welcoming to all and free from any form of discrimination, harassment, or retaliation. Our department values and welcomes individuals of diverse identities and characteristics.<sup>†</sup>

We recognize our individual and collective obligations to be truthful and to treat each other with respect. We strive to create a collegial, considerate, inclusive, and professional environment in our classrooms, research labs, offices, and online. We are cognizant of the particular obligation to model appropriate behavior during interactions that involve the inherent power differentials among department members.

Creating a supportive environment to foster academic and scientific progress and ensuring that all members of the department have access to a safe working and learning environment is a collective responsibility. Should unprofessional or inappropriate actions or comments be observed or experienced, direct intervention calling attention to the problematic behavior is often the best response. If that does not feel appropriate or safe, one should contact Physics Student Services, one's supervisor, the Physics Ombud, and/or SafeCampus to help determine and effect an appropriate response.

<sup>†</sup>These include, but are not limited to, race, ethnicity, sexual orientation, gender identity, age, family background, religion, and marital, parental, veteran and ability status.

## It's YOUR Education

- Ten years from now, what will you wish you had taken/learned/experienced while in college?
- Build a graduation plan that gets you the education you want and need – in and out of the classroom.
- Build in time to learn and explore
- Get to know faculty and staff
- If your plan doesn't quite get you a physics degree, talk to Prof. Olmstead about options and potential substitutions.

## NSF Data on Physics B.S. Careers

NSF Table 3-2. Broad occupation category of employed U.S. scientists and engineers with a bachelor's as the highest degree, by field of highest degree: 2013





### Habits of Successful Students

- Take classes you are interested in
- Read the book before class
- Go to class and ask questions there
- Start homework well before it is due
- Work with a study group
- Go to office hours
- Get to know your professors and Tas
- Get involved with research and/or campus activities
- Practice good sleep hygiene

#### **Capstone Requirement**

- Use physics skills independently outside the standard classroom
  - A. Do research or directed reading for credit in Physics or Astronomy
    - 3 cr PHYS 499 or ASTR 499 [or biophysics related if in bio track]
  - B. Take seminar courses (3 \* 1 cr) in which you give a presentation
    - PHYS 494-495-496
  - C. Be a TA for credit (contact Prof. Shaffer)
    - PHYS 401-2-3
  - D. Do physics-related research for credit outside the department
    - Take DEPT 499 or GEN STU 350 or extra physics elective
    - Write a 3-5 page paper on how your experience meets this requirement
  - E. Do internship or participate in engineering club where you use physics
    - Take DEPT 499 or GEN STU 350 or extra physics elective
    - Write a 3-5 page paper on how your experience meets this requirement
  - F. Do internship or research/club experience that does not include physics
    - Can meet at most 2 credits of capstone requirement.
    - Combine with PHYS 49x.
    - Take DEPT 499 or GEN STU 350 or extra physics elective
    - Write a 3-5 page paper on how your experience meets this requirement

### Learning Outside the Classroom

- Research
- Study Groups
- SPS Lunchbox Seminars (Monday 12:30)
- Assorted engineering teams (SpaceX, Human powered submarine; rocketry, robotics, etc.)
- Serving as a teaching assistant\*
- Tutoring and outreach
- DRiP (Directed Reading in Physics)

\* Contact Peter Shaffer for tutorials; Jack Olsen for labs

# **Helpful Hints**

- Subscribe to [Announcements-physics-majors]
- Check in regularly with Student Services
- Revisit your graduation plan as interests evolve
- Attend SPS and WIP events
- Form a study group
- Take advantage of campus resources
- Get to know your professors
  - It is YOUR job to introduce yourself
  - Profs can help you get involved in research
  - Summer REUs and Grad School require letters of rec

### Problems with your class?

- 1. Talk to your Prof / TA
- 2. Talk to Margot Nims (Academic Counselor)
- 3. Talk to Prof. Olmstead (UG Faculty Advisor)
- 4. Talk to Prof. Yaffe (Dept. Chair)
- 5. Talk to the Ombud

## Something isn't right (in or out of class)...

- In an Emergency, call 911
- Safe Campus
  - <u>https://depts.washington.edu/safecamp/</u>
- Community Standards & Student Conduct
  - <u>https://www.washington.edu/cssc/</u>
- Title IX Office
  - <u>https://www.washington.edu/compliance/titleix/</u>
- Office of the Ombud
  - <u>https://www.washington.edu/ombud/</u>
- Healthy Huskies
  - <u>http://wellbeing.uw.edu/</u>

# **Continuation Policy**

https://phys.washington.edu/uw-physics-major-continuation-policy

- Students must take physics courses, courses from the menu of math classes, or electives in other departments that meet a requirement for the physics major\*
- Students are required to maintain a cumulative average GPA of at least 2.0 in all physics classes.
- Students must earn a numerical grade of at least a 2.0 in each graded course used to satisfy the requirements of the physics major.

\*Exceptions include students doing double majors and students who have already completed or nearly completed all the requirements, and must be preapproved. Excessive course repeats, excessive course drops and excessive University withdrawals may also demonstrate a lack of satisfactory progress.

# **Continuation Policy**

https://phys.washington.edu/uw-physics-major-continuation-policy

- If a student does not meet satisfactory progress requirements, the student is placed on WARNING status. A registration hold is placed that may be removed by contacting Physics Student Services
- A second quarter\* without satisfactory progress results in the student being placed on PROBATION status. A registration hold is placed that is removed only after meeting with Physics Student Advising.
- A third quarter\* without satisfactory progress results in the student being placed on DISMISSAL status. The student will be dropped from the physics major.\*\*

\*Two consecutive quarters of satisfactory progress return a student to their previous status. \*\*A student may appeal dismissal status.

# Academic Difficulties?

- Running into a snag is not unusual.
- The most common reasons for academic difficulties are EXTERNAL to the university.

#### https://phys.washington.edu/academic-difficulties Checklist of

- Personal Factors
- Academic Factors
- Actions you can take
- Resources you can access

300/769 recent physics graduates report being delayed by health or other personal problems

#### https://wellbeing.uw.edu/

#### **Husky Health** & Well-Being

#### Get your flu shot

Flu shots are conveniently available on campus to UW students, faculty and staff.

#### All UW-Seattle health services in one place

UW-Seattle offers a wide range of health and wellness services, from exceptional medical care and counseling services to recreation classes, safety resources, peer health advocacy, trainings and more. Some services on this site are limited to currently matriculated UW-Seattle students, while others are open to faculty, staff and the general public.

Our goal is to support your health, safety and well-being so you can make the most out of your Husky Experience. How can we help you today?

MEDICAL



MENTAL HEALTH





SAFETY

LEARN MORE

>



RESOURCES



**GET INVOLVED** 

#### Health and Wellness Resources



- Alcohol and Other Drug Education
- Suicide Intervention Program
- Interpersonal Violence Advocacy
- Prevention Education and Outreach
- Student Care Program



- individual, relationship and group counseling
- Same-day crisis appointments
- Light Therapy for Seasonal Affective Disorder
- Career Counseling

#### SAFECAMPUS

#### WHY CALL SAFECAMPUS

We know that not every day will be a great day. At some point, you might need help. If you feel worried or concerned about yourself, a friend, a roommate; if something feels potentially dangerous; or if you just need to talk, remember that the UW cares about your safety and well-being. Your choice to reach out for help is a vital component to ensuring individuals get the support they need. SafeCampus is a safe starting place that can creatively problem solve with you and share campus resources. Call us 24/7 at 206.685.SAFE (7233)

#### **Q CENTER**

The Q Center is a transformational space for advising and gender discussion. The center offers social areas and one-on-one advising for any member of the university community in need of an open, empathetic, confidential and non judgmental space. In addition, the Q Center helps to facilitate and enhance a brave, affirming, liberatory and celebratory environment for the entire university community of all sexual and gender orientations, identities and expressions. For camaraderie, support and a weekly gender discussion group information visit **qcenter.washington.edu**.

#### KELLY ETHNIC CULTURAL CENTER

The Samuel E. Kelly Ethnic Cultural Center has a variety of wellness and culturally relevant resources designed to create a welcoming environment for all students. The mission of the Kelly Ethnic Cultural Center is to provide an inclusive space that supports students and fosters academic success. Resources include the Wellness Room, which is used for relaxation, prayer, napping, meditation and is also used as a private space for nursing moms! The ECC also has Leadership Without Borders, the first community space on campus dedicated to supporting undocumented students at the UW. There is something for everyone at the ECC: mind, body and soul! **depts.washington.edu/ecc** 

#### **MENTAL HEALTH CLINIC**

(in Hall Health Center)



Available at no further charge:

- Brief mental health screening, assessment and referral services
- BASICS program to explore alcohol use
- Crisis counseling and intervention

Available for a fee; insurance can be billed, many insurance plans accepted:

- Individual counseling
- Group therapy & support groups
- Medication evaluation and management
- Psychiatric services

#### DISABILITY RESOURCES FOR STUDENTS



- Serves students with temporary and permanent disabilities
- (including injuries and mental
  health issues)
- Provides academic and other accommodations All services are individualized



#### UW Physics Yearly Course Offerings

Autumn	Winter	Spring	Summer
224 225 227 231	217 225 228 294	224 226 227	224 225 228 231
321 324 328 331	322 325 334	321 323 329 335	322 324 334
407 422 433 434 494	408 423 429 431 495	409 421 432 496	431 or 331
Special Topics	Special Topics	Special Topics	Special Topics

#### **Core Requirements**

Area	Core
Intro	121 Mechanics
	122 Elect. & Magnetism
	123 Waves & Modern
	224 Thermal Phys
	225 Quantum I
	294 Intro to Research
Math	124, 125, 126 – Calculus
	Math Menu (at least 1 – see next page):
	Math 307/AMath 351; M308/AM 352;
	M309/AM353; M324; AM401
Phys	227 Math Physics
	321, 322 Elect & Magnetism
	334 Electronics Lab
	49x Capstone research/Seminar

	Comprehensive (+32 cr)	Applied (+29/28 cr)	Education (+32 cr)	Biological (+54 cr)
Math	228 2 MM	AMATH 301 3 or (228 + MM)	228 2 MM	228 1 MM
32x	226, 324 3 of {323, 325, 328, 329, A321, A322}	1 of {226, 323, 324, 329}	226, 324 1 of {323, 328, 329}	1 of {226, 323, 325, 329} 324 328 Statistical
Lab	2 of {331, 335, 431,432,433, A480 or CHEM 464}	231 2 of {331, 335, 431,432,433, A480 or CHEM 464}	1 of {331, 335, 431,432,433, A480 or CHEM 464}	
Res/ Sem	3 cr research or seminar	3 cr research or seminar	3 cr teaching or PER	3 cr in bio-related res.
UD Elect	2 additional Phys/Cognate Class	9 credits Phys/Cognate (may include 1 lab; 1 intro sci)	407-8-9	429
Other Sci				5 chem classes 2 bio 2 more bio or chem