Physics Major Orientation

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Associate Chair of Physics
Physics Undergraduate Faculty Advisor

Student Services Staff

• Catherine Provost - Director
• Margot Nims – Academic Counselor
• Paula Newcomer – Academic Counselor
• Amy Glenz – Undergraduate Program Assistant
• Susan Miller – Phys 1xx Program Assistant

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Spring 2021
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.
It’s YOUR Education

• Ten years from now, what will you wish you had done/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
• Join activities that build community – from study groups to SPS to engineering teams to research
• 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.
Learning Outside the Classroom

General
• Study Groups
• Society of Physics Students
  – Lunchbox Seminars (Monday 12:30)
  – Email uwspsofficers@gmail.com to get involved

Can meet Capstone Requirement
• DRiP (Directed Reading in Physics)
• Research (in physics or beyond)
• Assorted engineering teams (SpaceX, Human powered submarine, rocketry, robotics, etc.)
• Serve as a teaching assistant (take 401-2-3 first)
• Tutoring and outreach

These also build community!
Get your graduation plan approved

• Think about your long-term goals
• Build a plan aimed at preparing to meet those goals
• Check for prereqs, when courses are offered, 
  # of problem sets due per week, etc.
• Revise your plan and enter into MyPlan
• Discuss your plan with Paula, Margot, or Prof. Olmstead
• Update your plan on MyPlan
• Get it approved
• (Iterate as needed between now and graduation)
UW Physics Pre-Reqs (Majors Courses)

Math
- 121/141
- 122/142
- 123/143
- 124
- 125
- 126

Math menu
- M207/A351
- M208/A352
- M209/A353
- M224/A401

Required ALL

Req for A
- 121/141

Req for B, C, T
- 321
- 322
- 323

Req for C&T
- 407
- 408
- 409

Req for T
- 419
- 421
- 422
- 423
- 429

Elective
- 494
- 495
- 496
- 497
- 498
- 499

Required ALL
- 224
- 225
- 226
- 227
- 228
- 229
- 231
- 325

Req for A
- 224

Req for B, C, T
- 321
- 322
- 323

Req for C&T
- 407
- 408
- 409

Req for T
- 419
- 421
- 422
- 423
- 429

Elective
- 494
- 495
- 496
- 497
- 498
- 499

Either
- Phys 227 or
- Both M207/A351
- and M208/A352

* Any 2 from Math Menu+228

Phys GPA
- > 3.6

MM:
- Bio = 1 + 228
- Comp, Teach = 2 + 228
- Appl = 3 from 228 + MM

12 phys cr
- > 200

30 phys cr

Bio = 1 + 228
Comp, Teach = 2 + 228
Appl = 3 from 228 + MM
## UW Physics Yearly Course Offerings

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Keep your Goals in Mind

• What will be on your resume that sets you apart?
• Which faculty will know you well enough to write a useful letter of recommendation?
• Do you have the right skills (especially computing)?
• Will you have experiences that inform your choice of a potential career (research, internship, etc.)?
• Are you building and maintaining a social network?
• Do you need some time off?

Talk to people about these questions!
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

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• 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.
Habits of Successful Students

• Take classes you are interested in
• Read the book before class, explore topics after class
• Go to class and engage
• Start homework well before it is due
• Work with a study group
• Go to office hours and connect with students there
• Get to know your professors and TAs
• Get involved with SPS, research and/or campus activities
• Practice good sleep hygiene
• Reach out for help before you are overwhelmed
Where to Find It ... UW Physics

https://phys.washington.edu
Problems with your class?

1. Talk to your Prof / TA
2. Talk to Margot or Paula (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
  – https://depts.washington.edu/safecamp/
• Community Standards & Student Conduct
  – https://www.washington.edu/cssc/
• Title IX Office
  – https://www.washington.edu/compliance/titleix/
• Office of the Ombud
  – https://www.washington.edu/ombud/
• Healthy Huskies
  – http://wellbeing.uw.edu/
Academic Difficulties?

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

Academic Difficulties Checklist
https://phys.washington.edu/academic-difficulties

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

Guidance for Undergraduate Physics Students Taking Leave from UW
https://phys-office.phys.washington.edu/myphtys/Students/timeoff.html

†About a quarter of recent physics graduates had at least one academic year quarter in which they did not register (18%) and/or did not finish any classes (11%) 43% have at least one 0.0, NS, NC, or HW on their transcript
Health and Wellness Resources

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 regarding 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 their academic success. Resources include the Wellness Room, which is used for relaxation, prayer, napping, meditation and is also used as a space for nursing mothers. The ECC also has Leadership Without Walls, the first community space on campus dedicated to supporting undocumented students at the UW. There is something for everyone at ECC, mind, body and soul depart's washington.edu/ ecc

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 206.685SAFE (7233)
Where to Find It .... Post UW

https://careers.uw.edu

https://www.spsnational.org
Helpful Hints

• Subscribe to [announcements-physics-majors]
• Check in regularly with Student Services
• Revisit your graduation plan as interests evolve
• Join SPS; Hang out in the h-bar
• 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
Questions??