

Physics Major Orientation

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Physics Undergraduate Faculty Advisor

Student Services Staff

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

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

These also build community!

General

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

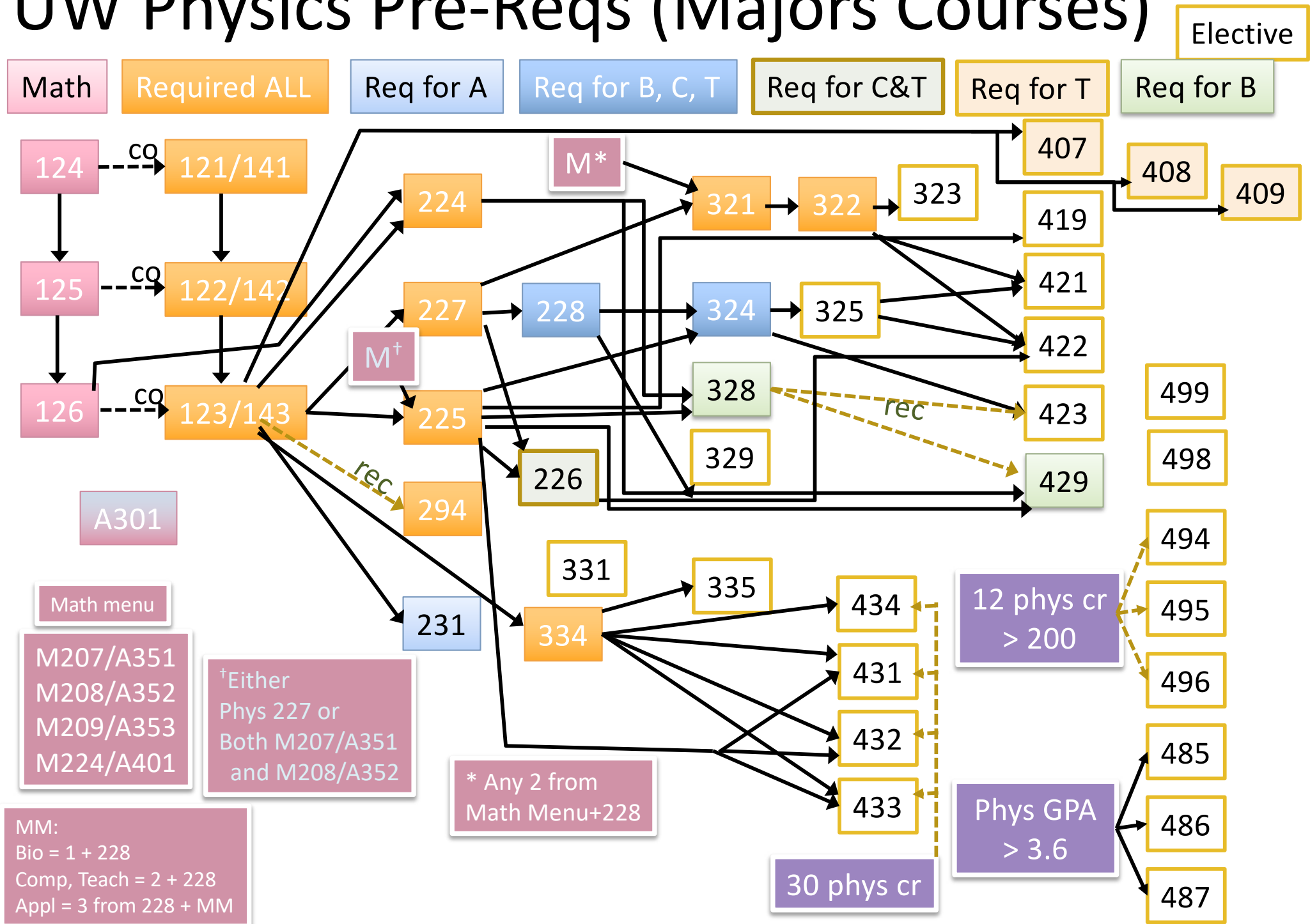
Can meet Capstone Requirement

- 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

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)



UW Physics Yearly Course Offerings

Autumn	Winter	Spring	Summer
224	217	224	224
225	225	226	225
227	227	227	228
231	228	228	231
	294		
321	322	321	322
324	325	323	324
328	332/232	329	334
331	334	335	
407	408	409	431 or 331
419	423	421	
422	429	432	
433	431	496	
434	495		
494			
Special Topics	Special Topics	Special Topics	Special Topics

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

<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.

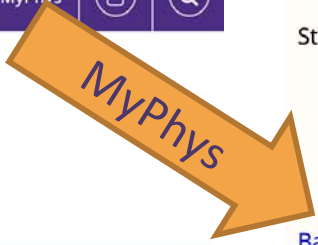
**A student may appeal dismissal status.

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

The screenshot shows the top of the UW Physics Department website. The browser address bar is phys.washington.edu. The navigation bar includes the University of Washington logo, "Department of Physics | University of Washington", "College of Arts & Sciences", "Quick Links", and "MyPhys". A dropdown menu for "Programs & Courses" is open, showing options like "B.S. Degree", "Physics Minor", "PhD Program", "Professional Master's", and "Courses". A sub-menu for "B.S. Degree" is also visible, listing "Requirements", "Declaring Major", "Transfer Credit", and "Advice for Prospective Majors". An orange banner in the background reads: "Due to critical personnel only. Department staff are available via email. See our emergency page to see our COVID-19 Prevention Plan."



Student Information

Student Organizations:

- [Society of Physics Students \(SPS\)](#)
- [Physics Graduate Student Council](#)
- [Graduates of Color in Astronomy and Astrophysics](#)
- [Physicists for Inclusion and Equity](#)

Baccalaureate Studies:

- [B.S. Degree Requirements](#)
- [Physics Minor Requirements](#)
- [Departmental Honors Program](#)
- [Academic Difficulties](#)
- [Scholarship Information](#)
- [Internship Opportunities](#)
- [Student Email Lists](#)
- [Undergrad TA/RA Pay](#)
- [Phys 401/2/3 Application](#)
- [Phys 498: Directed Reading](#)
- [Independent Study Contract](#)
- [Curricular Practical Training](#)
- [Graduating Senior Exit Survey](#)
- [Graduate School Bound?](#)
- [Taking Time Off?](#)
- [Former Quarter Drop](#)
- [Exceed Max Credits Petition](#)
- [UW Graduation Petition](#)
- [UW Registrar Forms](#)
- [Frequently Asked Questions](#)

Advising & Student Services

The Physics Department is proud to have an outstanding Student Services Team. They are here to assist you in any way possible.

<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/myphys/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



UNIVERSITY of WASHINGTON

Immunization Requirement / Insurance & Cost / Urgent Help



HOME / MENTAL HEALTH / MEDICAL & DENTAL / SAFETY / RECREATION / RESOURCES / PREVENTION & EDUCATION / GET INVOLVED / CAMPUS PARTNERS

<https://wellbeing.uw.edu>

Husky Health & Well-Being

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 their academic success. Resources include the Wellness Room, which is used for relaxation, prayer, napping, meditation and is also used as a quiet 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

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)

HEALTH & WELLNESS (in Elm Hall)



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

COUNSELING CENTER (in Schmitz Hall)



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

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 (in Mary Gates Hall)



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

Where to Find It Post UW



CAREER & INTERNSHIP CENTER
UNIVERSITY of WASHINGTON
Division of Student Life



Handshake

Sponsors

Schedule an Ap

PEOPLE WE SERVE

OUR SERVICES

DIY RESOURCES

INTEREST & IDENTITY RESOURCES

JOBS/INTERNSHIPS

AUTUMN
NON-T
VIRTU

- Career Fairs
- Online Resume Review
- Drop In Coaching
- Career Coaching Appointments
- Mock Interviews
- Workshops and Events
- Career Courses
- Connect with Employers

TECH
PROGRAM

Upcomi

- MAY 25 Cover Tue, May
- MAY 25 Virtua Tue, May
- MAY 26 Job Se Wed, Ma
- MAY 27 Prepar Thu, May
- MAY 28 How t Fri, May
- JUN 22 Grad S Tue, Jun

<https://careers.uw.edu>



SOCIETY OF PHYSICS STUDENTS
An organization of the American Institute of Physics

<https://www.spsnational.org>

About

SPS Store

Programs & Resources

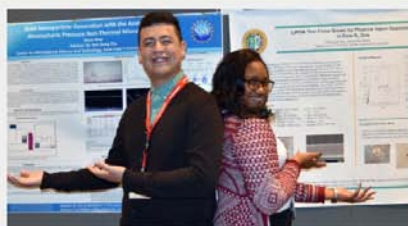
Awards

Meetings

Grad School & Career Resources

Publications

Join SPS



INCREASE YOUR POTENTIAL.

SPS Virtual Colloquium Series

View the upcoming speaker schedule or watch recordings of past talks

- Grad School Resources
- GradSchoolShopper.com
- Career Resources
- Pion Portal Resources
- Careers Toolbox
- SPS Jobs

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

A scenic view of a paved path lined with trees in full pink and red bloom, set against a bright sky and green lawn. The path is flanked by lush green grass and vibrant, flowering trees that create a canopy of color. In the background, a building is partially visible through the foliage. The overall atmosphere is bright and cheerful.

Questions??