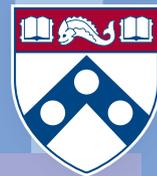


University of Pennsylvania • Spring 2023

Parents



New Horizons

Study Breaks • A Space to Create • Finding a Job • Meet Tara Davies
SAIL Classrooms • Summer at Penn • Advice from the Class of 2023

A Message from the President

As we approach commencement and the joys of summer, it is a time of new beginnings and a time of reflection. I have spent my first year as president meeting faculty and staff from across the University, having conversations with bright and inspiring students, cheering for Penn (and Philly) sports teams, and learning everything I can about my new home. It has been a whirlwind, and I would not change a single minute.

I have been inspired by the strategic planning effort we have undertaken, and the insights and ideas shared by so many members of the Penn community. Just like our students, I am eager to realize the promise that lies on the horizon. My eyes are set on enhancing what makes Penn great and creating new ways to help our students learn and flourish.

At Penn, there is no offseason for ambition. Whether it is winter, spring, summer, or fall, the possibilities for students to grow and shape their futures are limitless. In this issue of *Penn Parents*, you will learn more about how students are reaching new horizons academically, personally, and professionally. No matter the season, we are ready to support them every step of the way.

Magill

M. Elizabeth Magill
President, University of Pennsylvania



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Give ME A (STUDY) BREAK

Offering outlets for students to focus their minds and bodies is a no-brainer.



▲ Students take a goat-related break at the LGBT Center.

In the lead-up to final exams, students strive to finish the semester strongly. To assist them, departments across campus offer a plethora of academic resources as well as opportunities to help students focus on their well-being as they prepare for exams.

Students will notice increased programming in the weeks leading up to finals. Between Reading Days and exams, activities cater to the nuanced needs and interests of Penn students, including study breaks, free fitness classes, massages, writing assistance, and mindfulness and meditation sessions accompanied by a leafy green lunch.

“We’re making an intentional shift this year to make our programming low-pressure,” says Erica Hildenbrand, Director of Campus Outreach, Penn Athletics and Recreation. “Students really value the chance to participate in physical activity to clear their heads. In the end, they return to their studies sharper and more prepared.”



For a detailed list of events, check the [University Life calendar](#) about a week before final exams.

Juliana Vollmer, C’24, participated in a Gayme Night study break hosted by the LGBT Center. “I attend study breaks to make sure I don’t lose myself in the exam rush,” she says. “They let me take a step back from being a student and into being a person.”

Jake Muscato, Associate Director of the LGBT Center, agrees. “Our goal is to create a fun and carefree environment for students as they finish up,” he says. “These activities are always a positive outlet for any nervous energy, and they are an opportunity to focus on something outside of finals, even if for a short time.”

There are many ways that students can step out of their study bubble for fun or fitness, including pop-up group exercise classes, visits with therapy dogs from Penn Vet, lessons at the Pottruck Center’s 40-foot rock climbing wall, and brain-boosting workshops complete with healthy sustenance.

Academic Assistance Anytime

In addition to providing comprehensive academic support throughout the year, many departments offer enhanced programming before finals.

Weingarten Center:

offers disability services, supports academic skills, study strategies, and time management

Tutoring:

offers tutoring workshops and course-review sessions

Penn First Plus:

offers educational and pre-professional programming, with quiet study spaces equipped with technology

Weigle Information Commons:

features high-tech study spaces and a digital media lab

Writing Center:

employs tutors to help improve writing skills

Communication Within the Curriculum (CWIC):

offers coaching and programs to improve public speaking

Language Direct:

provides tutors to help improve language skills



▲ Penn First Plus offers study breaks featuring massage therapy and canine visitors from Paws for People.

“The most notable significance of the study break is its role in de-stressing,” says Faustin Amboko, C’25, W’25. “Whether it be massage therapy, bingo, petting an animal, or snacks offered at certain times, the study breaks offered by Penn First Plus really helped me create a moment of calm that enables me to do my best.”



Set **SAIL** for Success

Students steer their success through **Structured, Active, In-Class Learning**

For some, sitting through a calculus lecture might feel like being in another country. But while language courses often include group exercises to help students learn together, math and science courses often take place in large lectures, where learning happens unilaterally. Structured, Active, In-Class Learning (SAIL) classes can provide an entirely new perspective, enabling learners to steer their educational experiences as they help each other grasp new concepts.

“Being able to practice problem solving in class ensured that I was actually understanding the material, instead of watching a lecture, assuming I could solve the problems, then getting stuck on my own with the homework,” says

Favor Idika, C’23. Favor took a SAIL calculus class with Professor Philip Gressman. “By working in groups, you can brainstorm and gain a better grasp of the material together.”

SAIL challenges the notion that students are “empty vessels,” explains Gressman. Instead of relying on professors lecturing from a chalkboard, SAIL encourages students to tackle challenges head-on, with guided instruction when necessary.

“SAIL is an acronym that’s unique to Penn,” explains Gressman. “It describes a whole host of ideas for how to run a classroom. The idea is that anything you’re doing that’s getting your students engaged, that’s having their thinking happen in that classroom—that’s SAIL.”

SAIL classes are offered in smaller settings—30 students versus more than 100 in lectures—in subjects such as calculus, economics, biology, and physics. The structure involves students working on exercises together, with professors facilitating learning rather than dictating lessons.

“STEM students are often treated by instructors like empty vessels—that the information should be poured into them, and what we’re trying to do is push back against that.”



▲ Philip Gressman, Professor of Mathematics

These classes help build the resilience that comes from trying and stumbling en route to new knowledge. It’s an exercise in experimentation and inquisition—something Ben Franklin would be proud of.

“A lot of students are afraid that they’re having a harder time than everyone else, or to struggle in front of peers,” Gressman says. “I always explain that the struggle is part of the learning, within a collaborative and supportive setting. We want to take those moments of struggle and work on them together.”

After switching to SAIL, Gressman says his grade distributions in Calculus I became much more compact, and the grades of students at the lower end jumped up. Overall averages were higher, too, suggesting that everyone benefits. Gressman says SAIL also helped him create a more inclusive environment that addresses persistent stereotypes about who is good at math and who is not.

SAIL classes also can help students build bonds as they build new knowledge and skills. “SAIL classes create a collaborative learning environment,” says Favor. “I had the opportunity to make study group chats and comfortably socialize with other students in class. I look back on the SAIL experience fondly.”

BEYOND the Classroom

A Penn Nursing education is about more than learning to be a skilled health care professional—it also provides opportunities for personal growth outside of the classroom. For Samantha Caterson, Nu’23, one such opportunity took her to Spain to study art history in the museums of Madrid, exploring how the paintings, buildings, and sculptures that she was able to see up close were related to the history and culture of Spain.

“I had never been to Europe before taking this summer abroad, and it was life-changing to my perspective of the world,” says Samantha.

She was able to take that eye-opening trip because of Penn Nursing’s Student Success Fund. Launched in 2019, the Fund provides non-tuition financial support to under-resourced students, with consideration given to first-generation and under-represented students.

“Receiving this funding was important to my academic journey because it allowed me to explore both a new

language and culture in person,” adds Samantha. “I never would have had the opportunity to explore in this way without the Student Success Fund.”

Thanks to a new gift to the Fund by José Ramon Gonzalez, W’89, and Christine Ann Soto, C’89, students have even more opportunities to take advantage of valuable additional resources, such as study abroad experiences, summer courses, and research projects.

“As two first-generation college students, José and I are thrilled to support the Student Success Fund,” says Soto. “Schools like Penn have a moral and ethical duty to ensure access and equity in education for all. A Penn education laid the foundation for our pathway to success. We believe all Penn students deserve that opportunity.”



▲ Samantha Caterson, Nu’23

Tara Davies

Executive Director of Parent Outreach and Development



Last fall, Tara Davies was named the new Executive Director of Parent Outreach and Development. A proud Penn parent herself, Davies plans to expand opportunities for families to connect and find community.

Makers Making

Spaces

Makerspace students use lab equipment to test the strength of a composite material.

For Joshua Chen, ENG'23, an undergraduate in the Department of Materials Science and Engineering (MSE), and his classmates, the COVID-19 pandemic hampered their ability to gain hands-on experience in the lab.

With the lab work he would normally do as part of his program happening remotely, he started tinkering with his own small projects at home. And when he talked with his peers, he realized he wasn't alone.

"We were missing the creativity of the hands-on experience, but also the ability to make something just because it was cool," says Josh. "We wanted to build a culture where people could pursue their passion projects."

With support from the department and guidance from MSE Lab Manager Steve Szewczyk, the MatSci Makerspace came into being. With proper training, students can access equipment for everything from glassblowing to electron microscopy in the Makerspace, which is located in the basement of the Laboratory for Research on the Structure of Matter.



"We wanted to build a culture where people could pursue their passion projects."

—Joshua Chen, ENG'23

Penn undergraduates can work on their own during open hours, and the MSE undergraduate students on the Makerspace executive board—now officially called the MatSci Makers—also hold workshops for the entire Penn community. In these workshops, participants can learn about subjects from metal casting and clay pottery to additive manufacturing and composites fabrication and testing.

For Josh, the space gave him the opportunity to work on a passion project of his own: an electroplating hydrogel pen. Normally, to electroplate a metal, it needs to be submerged in a bath. Josh is working on a pen-like device that writes the electroplating directly onto the metal.

But no matter how students' projects work out, the skills they learn in the lab environment are invaluable. "There's a big difference between theoretical knowledge and practical knowledge," says Josh. "If you can go into a lab and make things happen, that's a valuable skill in your first job."

"This is an opportunity for students to make mistakes and learn," says Szewczyk, who offers the students guidance on methods and how to use the lab equipment safely. "It's great to see students hungry for this kind of hands-on experience."



Subscribe to Penn Engineering's newsletter: pennpri.de/ENGnews

Q | You have been part of the Penn community for over two decades. Tell us a bit more about your ties to the University.

A | My Penn ties run long and deep. I joined Penn in the mid-1990s, and now I am proud to wear several Penn hats: employee, alumna (SPP'19), and parent (PAR'24).

This institution has had a transformative impact on me and my family. As a first-generation college student, I thought that Penn was beyond my grasp. Later in my career, I earned an MS in Nonprofit Leadership from Penn. Now, I am fortunate to work on the campus where my daughter goes to college.

Q | How will your experience with the Alumni Regional Clubs program help in this new role? What are your goals for Parent Outreach and Development?

A | As Director of Alumni Regional Clubs, I met countless alumni, parents, and grandparents who all shared a deep affection for Penn.

Now that I've joined the Penn Parents team, I am excited to see so many parents who want to get involved with the University. I plan to enhance opportunities for parents to engage with Penn, whether they are interested in supporting the University's priorities, volunteering, or connecting with each other virtually or on campus. I will also focus on building a stronger parents community around the world, so all parents, whether in Pennsylvania, California, India, or London, can stay better connected and informed.

Q | How has your own experience convinced you of the importance of parent engagement?

A | Being a Penn parent has provided me with a shared experience and perspective when speaking with other parents. Sending your child to college is one of the most exciting and nerve-racking experiences for any parent or caregiver. That is why we are here to offer help and support.

Parent Outreach and Development provides a network for parents to meet, support, and learn from one another. We also share the most up-to-date information in our monthly newsletter, website, and the Penn Parents Facebook page. We offer volunteer opportunities and webinars designed to share information, answer questions, and build community.

I look forward to working with parents all over the globe to help ensure their experience while their students are at Penn is rewarding and memorable.



-  VOLUNTEER
-  JOIN THE PENN PARENTS COUNCIL
-  TAKE A WEBINAR
-  STAY INFORMED

TO LEARN MORE:
pennparents.upenn.edu/get-involved

▲ Students have the opportunity to work on passion projects in the Makerspace.



JOB SEARCH Journeys

Career Services helps students navigate a changing landscape

The world of work has changed dramatically in recent years, with the pandemic upending traditional workplace norms and expectations—including the job search process.

Virtual opportunities existed before the pandemic, but they vastly expanded with its onset. Today, these virtual options—from interviews to career fairs—give students access to more career resources than would have been available just a few years ago, when in-person interactions were often the primary way to make connections.

Although job searching may look different, one constant remains: Penn students from all schools and majors are achieving success. Key to their achievements are the myriad opportunities offered by Penn's Career Services team—all designed to support students as they navigate their career paths.

Meet three graduating students and learn how Penn helped them on their job search journeys:



Kofi Nightingale, ENG'23

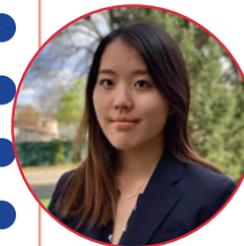
Major: Chemical and Biomolecular Engineering

Hometown: Portmore, Jamaica

How It Started: Kofi's plan was to seek an engineering position at a pharmaceutical or biotechnology firm. Then, his quest for a summer internship led him to another possibility: management consulting. Kofi found his internship at McKinsey & Company through Handshake, an online platform that allows students to search for jobs and internships by entering their major, preferred industries, and other key variables. Handshake then suggests opportunities and allows the student to apply directly on the platform.

How It's Going: Three days after completing his internship, which followed his junior year, Kofi was offered a permanent position with McKinsey as a Business Analyst.

In His Own Words: "I appreciated the defined process, which took me from my major to an internship to a full-time job."



Allison Tsai, C'23

Major: Visual Studies

Concentration: Art Practice and Technology

Hometown: Englewood Cliffs, New Jersey

How It Started: There is no single career path for students in visual studies, so Allison set about creating her own, choosing to focus on UX/UI (user experience/user interface) design. She used a variety of search tools, including online career fairs, Handshake, LinkedIn, and specialty job boards.

How It's Going: Allison found the perfect fit at Arup, a company focused on sustainable design. She will be joining their growing digital team this summer as a Graduate Software Experience Designer.

In Her Own Words: "I was grateful for the support Career Services staff provided when I received my offer letter, including help negotiating salary and an explanation of key benefits such as vesting and 401(k) plans. Penn offers so much through Career Services."



Caylen David, C'23

Major: Cinema and Media Studies

Minor: Economics

Hometown: Greencastle, Pennsylvania

How It Started: Caylen discovered his passion after a virtual talk by Rich Ross, C'83, a Hollywood producer and executive, soon after the onset of the pandemic. Fortunately, Caylen found a tight-knit community of Penn students and alumni with an interest in the entertainment industry. That includes Ross, who became a mentor to Caylen.

How It's Going: After his graduation, Caylen will begin as a Talent Agent Trainee at the United Talent Agency in California. He previously completed an externship and an internship at the same agency.

In His Own Words: "You never know where life will take you when you try something off the beaten path. I hope to find my niche by representing directors and writers in the horror genre."

Where are they now?

To learn more about the career outcomes for the Class of 2022, visit careerservices.upenn.edu/post-graduate-outcomes



What Career Services Offers

For students exploring jobs and preparing for interviews: career advising, resume review, mock interviews, and career assessments

For students seeking internships or full-time positions: on-campus and virtual interviews, career fairs (both in-person and virtual, with some specific to an industry or field), in-person and virtual employer information sessions, and Handshake, an online job and internship board with over 70,000 listings

For students planning to continue their studies: assistance with the application process to both graduate and professional schools

Learn more at careerservices.upenn.edu

The Critical Role of Internships

Today, as in the pre-pandemic days, internships remain a springboard to success. One-third of all graduates accepted a position from an employer with which they interned. This trend is especially prevalent in fields such as finance, consulting, and technology, which have robust internship programs designed to attract students for eventual full-time roles.

ALL ROADS LEAD TO

Summer

Students can study and save while they savor Philadelphia during the summer months.

Penn undergraduates decide to take classes over the summer for many reasons: to stay on track, to find their own freedom, or, like third-year student Gabriella Raffetto, C'24, G'24, to get ahead of prerequisites.

Gabriella is a double major in English and religious studies who is working toward a graduate degree through submatriculation. In the summer of 2022, she completed two online courses and a Penn Summer Abroad trip to London. "My reason was pragmatic," says Gabriella. "I took two required classes online during the first summer session. That way, I could be home at the Jersey Shore before being immersed in British culture for the rest of the summer."

Hundreds of courses are offered over two summer sessions—in-person, online, or through study abroad programs—to help students reach their academic and personal goals. Summer at Penn is also an opportunity for students to expand their networks—both socially and academically—and explore all that Philadelphia has to offer.

Summertime at Penn



Find an affordable off-campus sublet



Work as a research or lab assistant for a favorite professor



Eat al fresco at Houston Hall



Summer in Philly is sweeter with a trip to Franklin Fountain



Take in a Phillies game with friends



Hit the gym, swim, or join a friend for a walk along the Schuylkill River



Time for class: "Gods, Ghosts, and Monsters," online Tuesday nights



HOW IT WORKS:

11-Week Summer Session:
May 22 – August 4, 2023

Summer Session 1:
May 22 – June 28, 2023

Summer Session 2:
June 29 – August 4, 2023

DEADLINES:

The last days to add a course for summer 2023 with no financial penalty are:

May 30 (Summer Session I)

June 6 (11-Week Summer Session)

July 6 (Summer Session II)

HOW ARE SUMMER CLASSES DIFFERENT?

Classes will move fast! Staying organized and managing time are essential when preparing for summer classes.

START THE CONVERSATION:

Students are encouraged to discuss the pros and cons of summer coursework with their academic and major advisors before making any decisions.

OFF-CAMPUS HOUSING:

Start with Penn's Off-Campus Services: pennpri.de/off-campus.

CONSIDER COSTS:

Penn's grant-based undergraduate financial aid program does not extend into summer sessions. Limited grant funding is available for modest- or limited-income undergraduate students. Learn more at pennpri.de/summer-aid.

TRAVELING ABROAD:

Summer study abroad opportunities are available for Penn academic credit through Penn Summer Abroad. Learn more at pennpri.de/summer-abroad.

Campus is quieter in the summer, but Philadelphia is alive. Living off-campus, taking a class, and working on campus is an opportunity to do some adulting.

Chris Pastore
Director, Penn Summer Sessions



Take It From Me

Graduating students offer advice to those following in their footsteps

During First Toast, an annual Penn tradition, we asked graduating students to share their advice for younger students. We received countless submissions—some thought-provoking, some sentimental, and some downright funny. Here are a few of our favorites:



Gina Chryssofos
C'23

Ask older students about cool classes to take! There are so many fun ones.

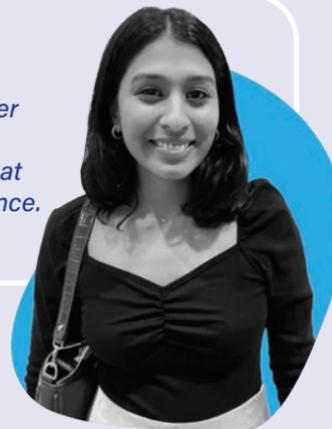


Jerry Xiang
C'23, W'23

Don't follow the crowd. Try classes and clubs that interest you, not just what your friends are doing.



Say "Yes!" as much as you can. You never know who you are going to meet or what you'll get to experience.



Tanvi Kongara
W'23



Be intellectually curious and open-minded. Penn is a magical place full of opportunity—take advantage of it!



Leontij Potupin
W'23



Madina Arapova
ENG'23

Don't be afraid to be yourself. People will like you for who you are.

Parent FAQ



Q: Do dining plan funds carry over from year to year? When do they expire?

Dining funds expire at the end of each year. Swipes can be used through the last day of finals, and Dining Dollars can be used through Commencement Day. Find hours of operation at dining.business-services.upenn.edu.



Q: Does PennCash transfer from year to year? Can my student get a refund if they are graduating?

PennCash does transfer from year to year. If your student is graduating or no longer wants a PennCash balance, they can receive a refund or donate the remaining amount to The Penn Fund. Students can contact the PennCard Center at penncard@upenn.edu or **215-417-CARD** for more information.



Q: My student lives on campus. When do they need to move out of the College Houses?

Non-graduating students must move out of their College House by 5 p.m. on Wednesday, May 10. Graduating students will automatically receive an extension to move out by Tuesday, May 16 at noon. Read more at residential-services.business-services.upenn.edu.



Q: My student lives off-campus. How can they sublet their apartment for the summer?

Your student's own network is a good place to start! Their friends or classmates staying in Philadelphia for the summer are great options. You can find more subleasing tips at cms.business-services.upenn.edu/offcampusservices.

Unlimited Opportunity

The collective philanthropic support from proud Penn parents helps sustain our rich tradition of academic excellence and global leadership, and provides life-changing opportunities for the entire Quaker community—including your student. Your investment in The Penn Fund, which helps to fund core priorities across the University, enables us to open the door to unlimited opportunities—and allows current undergraduates to unlock their boundless potential.

MAKE YOUR GIFT TODAY!
pennfund.upenn.edu/pennparents





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Penn Traditions—Planting for Posterity

Since 2011, Penn's first-year classes have participated in a Class Tree Planting ceremony, voting to choose which tree takes root on campus to officially represent their class. This year, the Class of 2026 selected a Beetree Linden, which was planted on a grassy triangle on College Green during Homecoming weekend.

