

UNIVERSITY OF PENNSYLVANIA *Almanac*

Tuesday
January 19, 2010
Volume 56 Number 18
www.upenn.edu/almanac

MLK Symposium on Social Change: Films, Awards, Lectures

This evening, the MLK Symposium on Social Change will highlight the legacy of Bayard Rustin, civil rights activist and advisor to Dr. King, with a screening of *Brother Outsider*, a documentary about Rustin's life as an openly gay man and a panel discussion. The event will take place from 4-7 p.m. in the auditorium at Claire Fagin Hall.

The Dr. Martin Luther King, Jr. Interfaith Program and Awards Commemoration will take place at 6 p.m. in Bodek Lounge, Houston Hall on Thursday, January 21. The Dr. Martin Luther King, Jr. Community Involvement Awards will be presented with remarks from President Amy Gutmann. The guest speaker will be Elizabeth Alexander, Gr'92, poet, essayist, playwright, chair of the department of African American Studies at Yale University, and featured poet at the Inauguration of President Barack Obama.



Elizabeth Alexander

Penn Libraries: Archive of the Running Press Publishing Company

The University of Pennsylvania Libraries is pleased to announce the gift of the archive of the Running Press Book Publishing Company. Presented by co-founder Stuart (Buz) Teacher and Janet Bukovinsky Teacher, the archive includes the complete catalog of Running Press publications from 1972, when it began, to the present. Along with correspondence, contracts, business records, and other materials, such as advertising and promotional brochures, this gift documents the history of an independent publishing company based in Philadelphia.

The Running Press archives will allow scholars at Penn to study commercial American publishing at a crucial time in its history. During the last three decades of the twentieth century the medium of print was beginning to give way to digital formats. The industry was moving from small, personal publishing houses running on slender profit margins to large-scale operations whose profit goals were much more ambitious. Running Press both anticipated and participated in many of these industry-wide transformations. Niche publishing and the increased emphasis on design and marketing became integral to the firm's success.

The Running Press archive is also noteworthy in that it documents the history of a publishing firm that was conceived as a business. Running Press purposed itself to serve specific consumers with publications intended to appeal to real, immediate, and often tangible needs. Considered as business history, this archive preserves materials that show how, as the twentieth

The New Spirit of Penn Gospel Choir, Shabaton, African Rhythms and Penn-Slam Poet, Joshua Bennett will perform. The event, sponsored by the Awards Committee, the Dr. Martin Luther King, Jr. Commemorative Symposium Executive Planning Committee and the Office of the Chaplain, is open to the public.

On the following day, Friday, January 22, the Reverend Dr. Martin Luther King, Jr. Lecture in Social Justice will be held in the Harold Zellerbach Theatre, Annenberg Center at 5:30 p.m. Inaugurated in 2002, the annual event honors individuals and scholars of African descent who have committed themselves to social justice. This year's program features Benjamin Jealous, president and CEO of the National Association for the Advancement of Colored People in a conversation with Camille Z. Charles, Edmund J. and Louise W. Kahn Term Professor in the Social Sciences and professor of sociology & education at the University of Pennsylvania. The event, sponsored by the Center for Africana Studies, the Annenberg School for Communication and the Office of the President, is free and open to the public.

For more information, visit www.vpul.upenn.edu/ohe/mlk/index.htm for a list of numerous events that are part of this year's commemorative symposium on social change.

century neared its end, the American publishing industry began to change in significant ways.

The Penn Libraries have a long history of preserving the archival, printed, and other remains of Philadelphia's arts and cultural institutions, businesses, and individuals. Among the various collections cared for at Penn are the records of the Curtis Publishing Company, the Philadelphia Art Alliance, the Philadelphia Musical Fund Society, and the Stokowski and Ormandy years at The Philadelphia Orchestra. The records of Running Press complement these collections and document important aspects of Philadelphia's intellectual and esthetic history.

In recent years, the University of Pennsylvania has become a center for book studies. Opportunities to study the history of books and printing, as well as of design, marketing, and other aspects of traditional publishing, attract scholars from the humanities and from business and education programs. Book studies have become a field that crosses many disciplines at both undergraduate and graduate levels, and are an important part of Penn's curriculum. The Running Press archive joins resources for book studies that are extremely strong and heavily used.

"Running Press rode the crest of the publishing industry wave of the late twentieth century," notes Dr. Daniel Traister, curator in Penn's Rare Book and Manuscript Library. "Its records document a unique era of bookselling history and of Philadelphia history. This generous donation is a very welcome addition to Penn's Special Collections."

Penn Libraries: Potok Papers

The Rare Book and Manuscript Library at the University of Pennsylvania has received the papers of noted novelist, rabbi, professor, and Penn alumnus, Chaim Potok. Spanning the second half of the twentieth century, the collection documents Potok's literary career and rabbinical life. It comprises correspondence, writings, lectures, sermons, clippings, promotional material, memorabilia, and fan mail. Among more than 1,200 correspondents is Elie Wiesel, who writes in May, 1992: "I shall read *I Am the Clay* as I read all your books—with fervor and friendship." Examining the papers, scholars will be able to trace Dr. Potok's writing process from conception to publication: from notebooks for ideas and drafts, to annotated typescripts with comments, to galleys. The collection also provides insights into Potok's life, including his vocation as a rabbi, his service as a US Army chaplain in Korea from 1955 to 1957, and his work at the Jewish Publication Society, where he served as editor-in-chief from 1969 to 1974.

"It's an honor for us to curate the papers of Chaim Potok," said Carton Rogers, Vice Provost and Director of the Penn Libraries. "His publications have had a widespread impact on generations of students and researchers, and we are looking forward to opening his unpublished works to that same audience."

Born in the Bronx in 1929, Dr. Potok graduated from Yeshiva University and the Jewish Theological Seminary of America, was ordained as a rabbi, and earned his PhD in philosophy from the University of Pennsylvania with a study of eighteenth-century Jewish philosopher Solomon Maimon. A beloved teacher at Penn in the General Honors Program, Dr. Potok was Baccalaureate speaker in 1983, when Penn awarded him an honorary degree (*Almanac* May 17, 1983). With well over a million copies in print, his first novel, *The Chosen*, received the Edward Lewis Wallant Memorial Book Award and was nominated for the National Book Award. He worked in many genres, including novels, short stories, and plays, essays, reviews, editorials, and non-fiction works, including *Wanderings: Chaim Potok's History of the Jews*, and, with Isaac Stern, *My First 79 Years*, a biography of the violinist. He died in 2002 (*Almanac* September 3, 2002) and bequeathed his papers to the University of Pennsylvania Libraries. A reception to celebrate the arrival of the Chaim Potok Papers at Penn will be held in the Rare Book and Manuscript Library on what would have been the author's 81st birthday, February 17, 2010. This invitation-only event will feature a talk by Jane Eisner, editor of the influential Jewish newspaper, *Forward*.

IN THIS ISSUE

- 2 Senate: Agenda; Deaths & Memorial; Penn Libraries Partner with Kualii OLE;
- 3 ISC: Enhanced Online Penn Directory
- 4 Research Roundup
- 5 RecycleMania; Faculty Conversations on the Academic Job Search and Academic Life; WOCAP
- 6 Chinese New Year Celebration; PPSA Program
- 7 HR Notices; Update; CrimeStats
- 8 Talk About Teaching and Learning

The following agenda is published in accordance with the Faculty Senate Rules. Any member of the standing faculty may attend SEC meetings and observe. Questions may be directed to Sue White, executive assistant to the Senate Office either by telephone at (215) 898-6943, or by e-mail at senate@pobox.upenn.edu.

Faculty Senate Executive Committee Agenda

College Hall, Room 205
Wednesday, January 27, 2010
3–5 p.m.

1. Approval of the Minutes of December 16, 2009 (2 minutes)
2. Chair's Report (10 minutes)
3. Past-Chair's Report on Academic Planning and Budget & Capital Council (3 minutes)
4. Cloud Computing (45 minutes)
Lauren Steinfeld, Chief Privacy & Institutional Compliance Officer
James Choate, IT Executive Director, ISC
5. University Response to Economic Impact: Budgetary Climate (20 minutes)
Craig Carnaroli, Executive Vice President
6. Faculty Benefits (20 minutes)
Jack Heuer, Vice President for Human Resources
7. Ballot: Committee on Committees (5 minutes)
8. New Business

Penn Libraries Partner with KualI OLE to Develop 21st Century Library Management Software

The Andrew W. Mellon Foundation has granted \$2.38 million to the KualI OLE (Open Library Environment) project, of which the University of Pennsylvania Libraries are a founding partner. The project's goal is to develop and freely distribute community source software designed specifically for the management of print and electronic collections for academic and research libraries worldwide.

KualI OLE is a partnership of research libraries dedicated to managing increasingly digital research library resources and collections. Partners include Indiana University, which will lead the project, Penn Libraries, Florida Consortium (University of Florida representing Florida International University, Florida State University, New College of Florida, Rollins College, University of Central Florida, University of Miami, University of South Florida, the Florida Center for Library Automation); Lehigh University; Triangle Research Libraries Network, represented by Duke University and North Carolina State University; University of Chicago; University of Maryland; and University of Michigan.

Large academic research libraries such as the KualI OLE partners manage and provide access to millions of items, using software to track interrelated transactions that range from ordering and paying for items to loaning materials to individuals and institutions.

"Penn is especially eager to be part of KualI OLE, because we believe the time has come for universities to take greater control over the infrastructure that supports teaching and learning," said Penn Vice Provost and Director of Libraries, Carton Rogers. "This project will improve the efficiency of library operations, but more importantly, it will make us far more nimble at deploying new services; it will fundamentally change the way our strategic aspirations relate to technology; and it will create new opportunities for creative interaction with other libraries."

More than 200 libraries, educational institutions, professional organizations and businesses laid the groundwork for KualI OLE by participating in the original OLE project, a design

phase that was supported by an earlier grant from the Andrew W. Mellon Foundation and led by Duke University.

"The Mellon Foundation has a distinguished history of supporting transformative projects for education and cultural preservation," said Brad Wheeler, KualI Foundation board chair and vice president for Information Technology at Indiana University. "We are grateful for their support of this open, extensible and deeply collaborative work among the [KualI] OLE investing libraries."

Over the next two years, KualI OLE project researchers will work to create a next-generation library system that breaks away from print-based workflows and reflects the changing nature of library materials and new approaches to scholarly work.

"The KualI OLE collaboration comes at the perfect time," said Deborah Jakubs, Rita DiGiallonardo Holloway University Librarian & Vice Provost for Library Affairs at Duke University. "If libraries are to provide excellent support for scholarship and teaching well into the future, we must develop a new model that reflects the true needs of our organizations and facilitates our work in a constantly changing environment. This partnership capitalizes on the experience, the commitment, and the energy of a key group of institutions to build that model for the future of research library operations. We are grateful to The Andrew W. Mellon Foundation for recognizing the promise of the OLE project, and to KualI for offering us this opportunity to align our goals with theirs."

Dr. Jakubs and Dr. Wheeler were recently elected co-chairs of the KualI OLE Board of Directors at its initial board meeting in Washington, DC, on December 16, 2009.

The KualI Foundation, of which OLE became an affiliated program in November 2009, is a community of universities, colleges, businesses, and other organizations that have partnered to build and sustain community-source software for higher education. This affiliation gives KualI OLE tremendous expertise in developing and sustaining community-based software.

Deaths

Ms. Falcone, Wharton



Lynne Falcone

Lynne A. Falcone, a retired administrative assistant in Wharton Entrepreneurial Programs from 2003 until 2005, passed away January 10. She was 67.

"Students, staff, faculty and visitors enjoyed working with Lynne because of her friendly, generous and caring nature," said Linda D. Kaelin, manager, administration & finance, Wharton Entrepreneurial Programs. "A large part of Lynne's job that she absolutely loved was the Visiting Scholar Program. Lynne opened her home up to Visiting Scholars working on research at Wharton Entrepreneurial Programs during the holidays who had no place to go."

A 1960 graduate of Upper Darby High School, Ms. Falcone was the former owner of Lynne's Ceramics in Drexel Hill.

Ms. Falcone is survived by her husband, Philip Falcone, retired supervisor for Penn Mail Services; daughters, Kristina Clark of Penn's Office of Alumni Relations, Kimberly Staub and Kelly Butkus; son, Christopher Falcone; brother, John Goff; 10 grandchildren; and nieces and nephews.

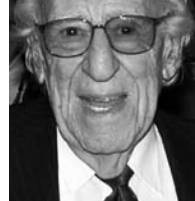
Contributions may be made to: Mommy's Light, PO Box 494, Lionville, PA 19353.

Memorial: Mr. Ryles

A memorial service will be held for Alex Ryles on Friday, January 29 in Terrace Room, Cohen Hall at 5 p.m. Mr. Ryles, a sophomore in the College, passed away November 22; he was 19 (*Almanac* November 24, 2009).

Dr. Zubrow, Pennsylvania Hospital

Dr. Sidney N. Zubrow, a retired physician at the Pennsylvania Hospital and faculty member in the School of Medicine, passed away January 9 at age 96.



Sidney Zubrow

Dr. Zubrow received his undergraduate degree from Penn in 1934 and his medical degree from Hahnemann University in 1938.

After earning his medical degree, Dr. Zubrow opened his own practice. He then served in World War II with the US Army Medical Corps.

In 1954, Dr. Zubrow joined Pennsylvania Hospital, where he was praised for his teaching and mentoring to younger doctors. In 1971, he became an associate professor of clinical medicine in Penn's School of Medicine. After retiring in the mid-1990s, Dr. Zubrow continued to teach clinical skills to young doctors at special request.

Dr. Zubrow, along with his wife, Molly, who passed away in 1996, established the Molly and Sidney N. Zubrow Award in the early 1980s to highlight humanism in medicine.

Dr. Zubrow is survived by his daughters, Betsy Z. Cohen and Diane Z. Sand; four grandchildren; nine great-grandchildren; a sister, Ruth; and nieces and nephews.

Contributions may be made to the Molly and Sidney Zubrow Lecture Series, c/o Pennsylvania Hospital, 800 Spruce St., Philadelphia, PA 19107.

Enhanced Online Penn Directory Coming the Week of January 25

The enhanced online Penn Directory, featuring new organizational listings, will be rolled out to the University the week of January 25. The enhancements mark the end of a multi-year initiative to bring all personal and organizational contact information to the web and eliminate the printed faculty-staff phone book. The online-only Penn Directory not only supports the University's sustainability goals but offers a level of currency that was not possible with the printed book: both personal and organizational listings can now be updated year round, whenever information changes.

The online organizational listings replace the organizational listings in the blue pages of the printed phone book, and retain the information that was available in print. (*See sidebar for disposition of non-organizational information that was in the blue pages.*) A robust search capability makes it easy to locate a specific organization. Contact information is displayed in an easy-to-scan format that approximates the print format, and can include e-mail addresses in addition to phone/fax numbers, addresses, and URLs. To illustrate, a segment of the updated ISC listing is shown below.

Information Systems and Computing, Office of the Vice President	215-898-3028	265C, 3401 Walnut/6228
V. P.: Robin Beck	215-898-7581 BECK@ISC.UPENN.EDU	265C, 3401 Walnut/6228
Exec. Asst.: Lanese Rogers	215-898-3028 lrogers@isc.upenn.edu	265C, 3401 Walnut/6228
http://www.upenn.edu/computing/isc	Fax: 215-898-0386	
Help & Information		
Adm. Syst. Support	215-573-8204	
Billing Questions	215-898-3377	
Data Ctr. Customer Svc.	215-898-1099	
Desktop Support-Contact your Local Support Provider (LSP)		

Like the listings in the printed blue pages, the online organizational listings provide important contact information for key individuals, organizational subdivisions, and services, but do not list all the members of an organization. Each organization decides what information to provide and can update it as necessary using the companion updating application.

The organizational listings will only be available to authorized faculty, staff, and students who log in and use the Penn view of the Directory. The redesigned Penn view search screen, shown below, will display two search panels: the new organization search panel and a newly streamlined search panel for personal listings.

Search the Penn Directory - Penn View

Contact information for faculty, staff and students. Directory listings are provided as a public service and are not to be used for solicitation. For an overview, read [About the Directory](#).

Search for a Person - Penn View

Last name:

First name:

Email:

Affiliation: Any

Organization:

Search Penn Organizations

Show results containing ALL terms entered

Show results containing ANY terms entered

To facilitate access, a new "Use the Penn view of the Directory" link will be added to the main Directories web page at www.upenn.edu/directories/. Faculty and staff are encouraged to use and bookmark the new link for direct access both to organizational contact information and to more extensive contact information for individuals than is available to the general public via the "Find a person" link.

I invite you to try out the enhanced Penn Directory at your earliest convenience, and welcome your comments and feedback. Please address any comments to penncomm@isc.upenn.edu.

—Robin Beck, Vice President, Information Systems and Computing

**Reminder:
Update Personal Listings**

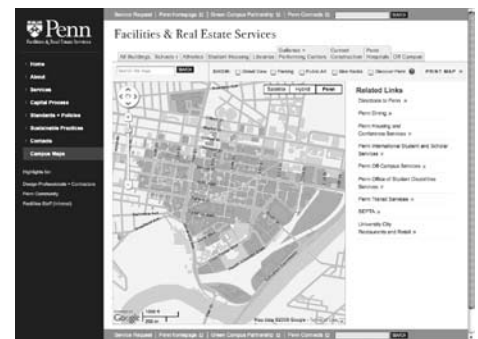
Faculty and staff are reminded that they are responsible for keeping their personal directory information up-to-date, and can do so at any time by following the "Update Directory listings" link at www.upenn.edu/directories/. New employees should use the same link to review their new directory record after obtaining a PennCard and PennKey.

Finding Non-Organizational Information from the Printed Blue Pages

In addition to organizational information, the blue pages of the printed faculty-staff phone book listed trustees, emeritus faculty, and standing faculty, and provided a building map. Much of this information is available online but in a different form. Here's how to find it:

Trustees: In the organizational listings, the heading "Trustees, Office of" links to the Office of the Secretary's website, where a list of trustees is maintained.

Building Map: In the organizational listings, under the heading "Facilities and Real Estate Services, Office of the Vice President," there will be a link to the building map maintained by Facilities on their website.



Emeritus Professors: Individual emeritus faculty can be found using the person search, but no consolidated list of emeritus faculty will be available. A search for "emeritus" in the organizational listings will provide a link to the Penn Association of Senior and Emeritus Faculty (PASEF) website. PASEF has no plans to list emeritus faculty.

Standing Faculty: Faculty information is available in departmental sites on the Penn web. No consolidated listing of standing faculty will be available.

Cooperation Is Key to Reducing Greenhouse Gases

A study by researchers at the University of Pennsylvania and University of Delaware shows that cooperation between local and regional governments and organizations is crucial to achieve carbon-reduction goals being negotiated in the Copenhagen Conference of the Parties, or COP15, summit.

The findings are presented in a new position paper presented at the summit, "An Urban Agenda for the New Climate," from Penn's T.C. Chan Center for Building Simulation and Energy Studies and the University of Delaware's Center for Energy and Environmental Policy (CEEP).

"City and regional strategies will continue to commit to and achieve quantitative carbon reductions that surpass those adopted by the COP process because of the 'bottom-up' governance that settlements and their civil societies produce," John Byrne of CEEP said. "The 'top-down' must support these efforts."

Cities use 75% of global fossil-fuel production, and the buildings and transportation that constitute key infrastructures of cities account for 60% of the investment needed to limit global temperature rise to 2 C°.

"Technology exists that can guide policymakers in the regulation of all aspects of sustainable settlements and can guide investments in energy efficiency that maximize and accelerate the transition to low- and no-carbon-built environments," said Ali Malkawi of Penn's School of Design.

The researchers say reducing greenhouse gases will need cooperation from local governments and organizations where crucial energy and environmental decisions actually occur.

"The 'gazelles' among metropolitan settlements demonstrate a path forward that recognizes the need to re-align decision-making authority and resources in terms of regional 'energysheds' that will optimize a low-carbon transition," said Mark Alan Hughes of Penn's School of Design, which houses the T.C. Chan Center.

Technology Not as Isolating

People who use modern information and communication technologies have larger and more diverse social networks than previously thought, according to a national survey findings that for the first time explore how people use the Internet and mobile phones to interact with key family and friends.

These new findings challenge fears that use of new technologies has contributed to a long-term increase in social isolation in the United States.

The findings from a joint study by the Annenberg School for Communication and the Pew Internet & American Life Project show that, on average, the size of people's discussion networks—those with whom people discuss important matters—is 12% larger amongst mobile phone users, 9% larger for those who share photos online, and 9% bigger for those who use instant messaging. The diversity of people's core networks—their closest and most significant confidants—tends to be 25% larger for mobile phone users, 15% larger for basic Internet users, and even larger for frequent Internet users, those who use instant messaging, and those who share digital photos online.

The survey was conducted by researchers led by Keith N. Hampton, assistant professor of communication and the Pew Internet Project.

Hospital Checklists Need Improvement

A team of sociologists and health-care researchers is calling for greater understanding of how hospital and medical checklists can be used to improve patient safety. Furthermore, say the authors of a commentary in the journal *The Lancet*, widespread deployment of medical checklists without an appreciation of how or why they work is a potential threat to patient safety and to high-quality care.

"The big challenge is how to get staff to use checklists consistently," said co-author Charles Bosk, professor of sociology in the School of Arts and Sciences at Penn and senior fellow in Penn's Center for Bioethics. "They're not a magic pill. A checklist isn't something a hospital can swallow and expect care to get better, safer or cheaper."

The mistake most commonly made when introducing checklists is to assume that a checklist can solve a cultural problem. It is a mistake, the authors contend, to think that you can get workers to use checklists just by insisting on it. A widely cited study that thrust medical checklists into favor involved using a five-step checklist to minimize the risk of patients getting catheter-related bloodstream infections. When the program was implemented in 103 intensive care units in Michigan for 18 months, infection rates dropped by 66%, resulting in estimated savings of \$200 million and 2,000 lives. The program was implemented in many countries.

The authors say that the popular study fails to prove the efficacy of medical checklists as much as it shows the need to create incentives for people to cooperate. This includes using audit and feedback to create reputational and social incentives and having advocates within the organization who act as champions.

"The science of checklist implementation is in its infancy and needs much more attention," said Mary Dixon-Woods, at the University of Leicester.

In the article, Dr. Bosk points out that simply having checklists in a hospital does not stop errors from occurring. He recounts the example of a 17-year-old girl who died in 2003 when she was given an organ transplant with a mismatched blood type.

"That error happened even though there were checklists for checking blood type," he said.

The article also indicates that checklists work well for some types of problems in health care but not others. For example, aviation checklists help pilots complete take-off and landing safely. It's less well known that checklists are also used for baggage handling, too, and there they don't work so well.

"Reality checklist for checklists," is authored by Charles Bosk, Mary Dixon-Woods; and Peter Pronovost and Christine Goeschel of Johns Hopkins.

Weight Loss Partners Help African-Americans Lose More

Enrolling in a weight loss program with a family member or friend appears to enhance weight loss among African-Americans, but only if the involved partner attends sessions frequently or also loses weight, according to a report in the October 26 issue of *Archives of Internal Medicine*.

Obesity and its cardiovascular complications affect many African-Americans, according to background information in the article. Standard behavioral treatments for obesity appear to be less successful in African-Americans than in whites. Cultural modifications to these standard programs—such as the inclusion of family members and support networks—may enhance their effectiveness.

Dr. Shiriki K. Kumanyika, professor of epidemiology at Penn's School of Medicine; Dr. Tom Wadden, professor of psychology in psychiatry in the School of Medicine and director of the Center for Weight and Eating Disorders, and colleagues, conducted a two-year trial of a culturally specific weight loss program among 344 African-American men and women. The goal was to achieve and maintain a 5% to 10% weight loss. Components of the program included counseling that encouraged self-monitoring of food intake and physical activity, distribution of pedometers, group sessions involving weight and activity checks and skill building, and community-based field workshops such as cooking demonstrations and gym visits.

Antidepressants Work Best for Severe Depression

A study of 30 years of antidepressant-drug treatment data published in the *Journal of the American Medical Association* shows that the benefit of antidepressant medication compared with placebo may be minimal or non-existent in patients with mild or moderate symptoms. Penn researchers say, however, the benefit of medications is substantial for patients with very severe depression.

The team, led by psychologists at Penn, collected data from placebo-controlled trials of antidepressants approved by the US Food and Drug Administration for the treatment of Major or Minor Depressive Disorder. Studies comprised adult outpatients and included a medication vs. placebo comparison for at least six weeks. Researchers calculated depression severity scores before and after treatment using the standard Hamilton Rating Scale for Depression.

The scientists learned that medication vs. placebo differences varied substantially, relative to the severity of depression suffered by patients. Those patients shown to have less severe depression experienced little to no greater improvement in their symptoms from antidepressant medication as compared to a placebo sugar pill.

"Antidepressant medications represent the best established treatment for Major Depressive Disorder, but there is little evidence that they have a specific pharmacological effect relative to pill-placebo for patients with less severe depression," said Dr. Robert DeRubeis, principal investigator and professor in the department of psychology in the School of Arts and Sciences.

Researchers concluded that the ability of antidepressant medications to reduce depressive symptoms varied considerably. For people whose depression was considered to be mild, moderate or even severe, little evidence showed that the medications yield specific benefit beyond what is provided by engagement in treatment and the resulting boost in the patient's expectation for improvement.

"For very severe depressions, the benefits of medications are clear and substantial," said Jay Fournier, lead author and a doctoral candidate in Penn's department of psychology. "But for others, the results of this study demonstrate how important it is for persons who are suffering from depression to take an active role in their care, regardless of the severity of their symptoms. Even placebo treatments help most people, and, although we do not fully understand how placebos work, part of the benefit comes from patients taking their depressive symptoms seriously and acting on their concern about their own mental health."



RecycleMania is a 10-week competition for students, faculty and staff, designed to encourage both recycling and waste minimization. Penn's goal this year is to have the campus community recycle 30 percent of the waste.

All community members are invited to put their creative talent to good green use by entering the RecycleMania poster and video competition.

Throughout the campaign, Bon Appetit at Penn Dining will offer a free fountain drink or coffee from 2-5 p.m. Mondays and Fridays to customers who bring a reusable cup, mug, or bottle to Accenture or Houston Hall. Also on RecycleMania Mondays at Au Bon Pain, customers with their own mugs can receive a free coffee with any purchase all day.

Additional information on Waste Minimization and Recycling at Penn is available at www.upenn.edu/sustainability/waste.html or by e-mailing sustainability@pobox.upenn.edu

RecycleMania 2010 Tournament

While waste may not be the largest contributor to Penn's carbon footprint, it is certainly the most visible. A 2008 waste audit revealed the potential to double Penn's diversion rate of traditional recyclables by adopting campus standards for signage, receptacle design, and collection protocols.

The Climate Action Plan calls on the University to reduce its overall waste stream and increase its diversion rate of paper, cardboard, and commingled recyclables to 40 percent by 2014. To make progress toward this goal and generate awareness about reducing waste and increasing recycling on campus, Penn will compete in the national RecycleMania competition for the third straight year.

RecycleMania is an annual competition between over 400 colleges and universities in the United States and Canada. Campuses compete in different contests to see which institution can collect the largest amount of recyclables per capita, the largest amount of total recyclables, the least amount of trash per capita, and achieve the highest recycling rate.

The 2010 RecycleMania Tournament will run from January 17 to March 28, with Penn competing in a division against its "Ivy Plus" peers at Brown, Columbia, Cornell, Harvard, MIT, Princeton, Stanford, and Yale. See www.upenn.edu/sustainability/recyclemania.html.

2010 RecycleMania Events

Monday, January 25

Lunchtime Recycle Bin Rally: noon-2 p.m., Bistro Lounge, Houston Hall. To kick off RecycleMania at Penn, the Sustainability Team will be on hand at Houston Hall for a personal recycling bin give-away to the first 200 Penn students or staff members. The team will also provide members of the Penn community with educational resources, informational posters for use in campus buildings, and offer best waste reduction and recycling practices for daily routines.

No Impact Night: 5-6:30 p.m., Wu and Chen Auditorium, Levine Hall. Join the Penn Sustainability Team in Engineering's Levine Hall for a screening of *No Impact Man*, the story of a Manhattan resident who abandons his high consumption lifestyle and tries to live for a year while making no net environmental impact. Opening remarks and RecycleMania announcements will be made by Environmental Sustainability Coordinator Dan Garofalo and Director of Penn Dining Services Laurie Cousart.

Tuesday, January 26

The University's Sustainability Efforts: noon, Golkin Room, Houston Hall (PPSA).

Wednesday, January 27

SAS Sustainability Town Hall: 6-7:30 p.m., Terrace Room, Claudia Cohen Hall G14. The SAS Student Sustainability Advisory Board will host the first of a series of sustainability town hall meetings to inform students, staff, and faculty of School and University initiatives currently underway, and answer questions regarding sustainability. Guest speakers will include in-house experts on the topics of waste and recycling, purchasing and business services, architecture and design, energy conservation, and academic opportunities.

Thursday, January 28

Sustainability 101 Brown Bag Lunch: noon-1 p.m., Class of '62, John Morgan Building. The School of Medicine will host this, with an introduction to green initiatives at Penn, presented by Dan Garofalo. This will introduce the Penn's strategy to reduce its impact on the environment, and provide participants with tips on how they can reduce their own personal footprint and help the University reach the sustainability goals established in the Climate Action Plan.

Friday, February 12

Love Your Planet @ SPEC LoveFest: 11 a.m.-3 p.m., Bistro Lounge, Houston Hall. Join the Penn Environmental Group to show your love for sustainability at SPEC's annual *LoveFest*. Stop by to learn more about how to live more sustainably at Penn and pick up resources for your dorm room or office space.

Tuesday, February 16

School of Medicine Recycling Fair: 11 a.m.-2 p.m., Biomedical Research Building II Lobby.

Wednesday, February 17

Panel Discussion: Trash Talk: noon-1 p.m., Event Area, Bookstore. Learn more about waste reduction and recycling initiatives at Penn at *Trash Talk*, a panel discussion with key players in the campus recycling process. The panel will be moderated by Dan Garofalo.

Wednesday, February 24

Panel Discussion: The Business of Recycling: 4:30-6 p.m. Dhirubhai Ambani auditorium, G06, Jon M. Huntsman Hall. The Wharton School will host a panel discussion on *The Business of Recycling* that will feature representatives from waste management and recycling companies to provide an inside look at the recycled materials market and what it means to the national economy.

Thursday, March 11

Green Labs Brown Bag Lunch: noon-1 p.m., Class of '62 Auditorium, John Morgan Building. The School of Medicine will host this event.

Friday, March 26

RecycleMania Poster/Commercial Contest Awards Gallery. The Environmental Planning and Ecological Design Club (EPED) presents an exhibit of the winners of the 2010 RecycleMania Poster and Commercial Contest. See details on RecycleMania website.

Tuesday, March 30

Penn Purchasing Fair: 9:30 a.m.-2:30 p.m., The Palestra. Check out the newest green products from Penn vendors. See www.purchasing.upenn.edu/green-initiative/index.php

Faculty Conversations on the Academic Job Search and Academic Life

Faculty Conversations on the Academic Job Search and Academic Life, Spring semester series, are co-sponsored by Career Services and the Vice Provost for Education.

This annual series features topics of interest to doctoral students and postdoctoral fellows who are planning academic careers. Speakers are faculty members and administrators from Penn and area institutions. Between this series and the Academic Career Conference (held in the fall for the last 21 years) more than 70 faculty from Penn and area institutions, have participated in these important and helpful talks to the next generation of faculty.

Wednesday, January 20, 4-5:15 p.m., Houston Hall 311, Griski Room

Teaching In Community Colleges

Tuesday, January 26, 4-5:15 p.m., McNeil Building, Room 103

Preparing for Campus Interviews for Academic Jobs and Negotiating Job Offers—Humanities And Social Sciences

Thursday, January 28, 4-5:15 p.m., Houston Hall 223, Golkin Room

Preparing for Campus Interviews for Academic Jobs and Negotiating Offers—Science, Mathematics and Engineering

Monday, February 1, noon-1 p.m., Houston Hall 311, Griski Room

Work/life: Balancing Personal and Professional Responsibilities

Friday, February 5, noon-1 p.m., Houston Hall 314, Class of '47 Room

Behind the Scenes With a Search Committee

Wednesday, March 24, Time, Location TBA

How the Current Economy Will Affect Academic Hiring and University Life

Thursday, April 15, 4-5 p.m., Houston Hall 223, Golkin Room

Preparing for The Academic Job Search—Workshop by Career Services Staff

Thursday, April 22, 4-5:15 p.m., Houston Hall 311, Griski Room

Preparing for Your First Year as a New Faculty Member

Register for the Faculty Conversations at www.vpul.upenn.edu/careerservices/gradstud/calendar.html.

Registration is requested.

Reminder: Women of Color Day Awards Nomination Deadline: January 22

The Women of Color Awards are given in recognition of individuals who have conscientiously endeavored to increase respect for women of color at Penn, University of Pennsylvania Health Systems, Presbyterian, Pennsylvania Hospitals and the Delaware Valley community. Awards are given in four categories: faculty/staff, graduate and/or professional student, undergraduate student and community member. See www.upenn.edu/almanac/volumes/v56/n15/wocap.html for criteria and nomination instructions.

Penn Museum's 29th Annual Chinese New Year Celebration: January 23

Roar into the New Year with the power and courage of a Tiger! The University of Pennsylvania Museum of Archaeology and Anthropology presents the 29th annual Chinese New Year Celebration, in the honor of the Year of the Tiger, Saturday, January 23, 11 a.m. to 4 p.m. Music and dance performances, healing and martial arts demonstrations, games, workshops, children's activities, and much more—topped off with the traditional Chinese Lion Dance grand finale—are all part of the spectacular day-long celebration. The celebration is free with Museum admission donation (\$10 general admission; \$7 seniors; \$6 students with ID and children [6-17]); free for children under 6, Museum members and PennCard holders).

Music, dance and special performances bring the sights, sounds, and wonders of China to the Museum galleries and auditoriums. Students from Chinese for Families, a multicultural Chinese language school offering Mandarin, martial arts, and dance classes, perform traditional Chinese dances, a martial arts demonstration, an original play, and present a Chinese New Year movie in Rainey Auditorium from 11:30 a.m. until noon. Next, Chinese for Families hosts a Tiger Craft Workshop in the Mosaic Gallery where children can try their hand at creating traditional tiger hats. The symbolism and power of the hats are thought to protect children from evil spirits.

Plum Flower Dance Company, a community dance club from Newtown, PA, performs dances such as the Mongolian Folk Dance, Han People Folk Dance, and the Flower Drum Dance, incorporating drums, ribbons, and silk fans, at 1 p.m. in the Harrison Auditorium.

New to the Museum's celebrations is the award-winning Yangyi Guzheng Academy student ensemble from central New Jersey. Yang Yi, academy founder and acclaimed guzheng soloist, presents the ensemble of six students in a performance of traditional Chinese folk music, at 3:30 p.m. in the Rainey Auditorium. The guzheng, a 21-stringed instrument (similar to a zither), creates a dreamlike, resonating sound that enhances many of the festivities and traditions tied to Chinese history.

Kurt Jung offers two presentations on the differences between Eastern and Western musical instruments, comparing the erhu (bowed string instrument) to the violin, the guzheng (Chinese zither) to the harp, and the ruan (lute-like plucked string instrument) to the Western-style guitar. The 11:30 a.m. program is recommended for interested adults, and the 2:30 p.m. program is designed for families with children. The presentations take place in the Lower Egyptian Gallery.

Visitors curious about the health benefits of Tai Chi can stop by the Lower Egyptian Gallery to see Master John Chen, Ba'Z Tai Chi & Kung Fu Studio, demonstrate Tai Chi from 1 to 1:40 p.m.—and gain a state of relaxation while leaving their stress behind.

Acupuncturist Eva Zeller gives a lecture on *A Brief History of Chinese Medicine* at 11 a.m. Ms. Zeller, who works at Acupuncture Medical Practice in Center City, weaves fun tales into the history behind the development of Chinese medicine. She discusses table herbs, scorpions, earthworms, and stone needles, and their place in Eastern medicine. Between 11 a.m. and 3:30 p.m., in the Chinese Rotunda, Ms. Zeller and staff from the Acupuncture Medical Practice

perform tongue and pulse evaluations, two basic Chinese health diagnostic techniques.

Members of Cheung's Hung Gar Kung Fu Academy offer an exhilarating Kung Fu demonstration at 3 p.m. in the Harrison Auditorium. Then, at 3:45 p.m., lion dancers and drummers from Cheung's Academy wind their way from the Harrison Auditorium to the Warden Garden, closing the Museum's New Year celebration with a traditional lion dance to chase away evil and usher in a year of good luck.

Chinese food—decorative and edible—is always a featured part of the festivities. Chef Joe Poon returns to the Museum to give his ever-popular afternoon vegetable carving demonstration from 2 to 4 p.m. in the Upper Egyptian Gallery, where he quickly and skillfully turns modest vegetables into flowers, birds, and fanciful scenes.

Activities for children and families abound. Visitors can learn more about Chinese New Year traditions, including the Chinese zodiac and its legend, how the New Year is celebrated in China, and customary New Year decorations, at a workshop run by Ting Ting Jin, bilingual counseling assistant at the McCall School, in the second floor Nevil Classroom, 11 a.m. to 3 p.m.

Onlei Annie Jung, a Chinese brush painting and calligraphy instructor at the Perkins Center for the Arts, joins the festivities to teach visitors some basic brush strokes for painting and writing Chinese characters at a workshop held in Classroom 2 from 11 a.m. to 1 p.m., and 2:30 to 3:45 p.m.

The Chinese Rotunda houses the Chinese Art Marketplace, the site for demonstrations by area artists, including paper cutting and Chinese calligraphy. Marketplace activities take place from 11 a.m. to 3:30 p.m., and surround the Rotunda's 19th century crystal ball—believed to have been owned by the last Dowager Empress, a Chinese ruler in the late 1800s.

Chinese New Year Celebration 2010 Schedule
11-11:30 a.m.—*Traditional Chinese Storytelling*—Upper Egypt
11 a.m.-1 p.m.—*Calligraphy Class*—Classroom 2
11 a.m.-3 p.m.—*Chinese New Year Workshop*—Nevil Classroom
11-11:45 a.m.—*A Brief History of Chinese Medicine Lecture*—Classroom 1
11:30-noon—*Eastern vs. Western Musical Instruments (Families)*—Lower Egypt
11:30-12:30 p.m.—*Chinese for Families Dance Performance*—Rainey Auditorium
1-2 p.m.—*Chinese for Families Tiger Craft Workshop*—Mosaic
1-2 p.m.—*Plum Flower Dance Company*—Harrison Auditorium
1-1:40 p.m.—*Tai Chi Demonstration*—Lower Egypt
3:30-3:50 p.m.—*Guzheng Performance*—Classroom 2
2-2:30 p.m.—*Traditional Chinese Storytelling*—Upper Egypt
2:30-3:15 p.m.—*Eastern vs. Western Musical Instruments*—Lower Egypt
2:30-3:45 p.m.—*Calligraphy Class*—Classroom 2
3-3:45 p.m.—*Kung Fu Demonstration*—Harrison Auditorium
3:45-4 p.m.—*Lion Dance Finale*—Warden Garden



Chef Joe Poon, doing his amazing vegetable carving demonstration.

Positive Psychology Program for PPSA Members

On Wednesday, February 24 from noon-1 p.m. in Houston Hall room 218 (Ben Franklin Room), this brief program will provide an overview of recent developments in the emerging field of Positive Psychology, the scientific study of the strengths and virtues that enable individuals and communities to thrive. Participants will learn about advances in the assessment of character strengths, tips for building resilience, and why it matters how you frame the challenges you experience. Participants will also learn tips for incorporating positive psychology into their everyday work lives, as well as find out how these skills are being integrated into Wharton's Management 100 course. The presentation will be given by Dr. Chris Maxwell, who earned the Master of Applied Positive Psychology degree at Penn in 2009. Please RSVP at ppsa@exchange.upenn.edu. (Those who RSVP in advance will be provided a link to complete an inventory of strengths before the program.) Dessert and beverages will be provided—feel free to bring your lunch!

—PPSA

Update

January AT PENN

EXHIBIT

29 *What in the World*; the unauthorized biography of the Penn Museum; Penn Museum. *Through April 11.*

SPECIAL EVENTS

25 *10th Annual Robert Burns's Lunch*; noon; The Museum Café, Penn Museum; Scottish food, poetry, kilts and bagpipes; info.: (215) 898-4089 (St. Andrew's Society).

27 *Faculty and Staff Blood Drive*; 10 a.m.-4 p.m.; Hall of Flags, Houston Hall; RSVP: www.membersforlife.org/pennj/schedule/login.php?sponsorcode=3404.

TALKS

21 *Public Anthropology, Photo-Ethnography, and Homelessness in America: Presenting Urgent Social Challenges*; Philippe Bourgois, curator, *Righteous Dopefiend*; 6 p.m.; pay-what-you-want; Penn Museum (Museum).

27 *A Dialogue with Miler Lagos: Artistic Practice and Process*; 5 p.m.; Arthur Ross Gallery; opening reception for *Silence Dogood* follows; RSVP: arg@pobox.upenn.edu (Arthur Ross Gallery).

Before Oriental Despotism: Perceptions of Ottoman Power in Early Modern Italian Political Thought; Christian Jurlando, political science; 5 p.m.; Cherpak Lounge, Williams Hall (Romance Languages; Italian Studies).

Deadline: Submissions for the Update are due every Monday for the following Tuesday's issue. The deadline for the March AT PENN calendar is *Tuesday, February 9*. For information see www.upenn.edu/almanac/calendar/caldead-real.html.

Events are subject to change. Information can be found on the sponsoring department's website. Sponsors are listed in parentheses. For locations, call (215) 898-5000 or see www.facilities.upenn.edu.

Additional events are in the January AT PENN calendar, www.upenn.edu/almanac.



Did You Know?

"Did You Know" is a monthly series that includes valuable tips to help you get the most out of the benefits and services offered by the Division of Human Resources.

Penn's Health Plan Carriers: Responding to New Cancer Screening Guidelines

Women's health has garnered much media attention recently due to new cancer screening recommendations made by the US Preventive Services Task Force and the American College of Obstetricians and Gynecologists. These new guidelines recommend starting mammograms and cervical cancer screenings at a later age, as well as less frequent mammograms and cervical cancer screenings depending on the woman's age.

However, the University's medical plan carriers—Aetna and Independence Blue Cross—have not changed their coverage policies for cancer screenings. All of Penn's plans provide for annual mammograms beginning at age 40 (or younger for those with a high risk for breast cancer), and annual cervical cancer screenings with no age restrictions.

You can learn more about both carriers' positions regarding the new screening guidelines by visiting the websites below. For more information on Penn's medical plans, visit the Human Resources website at www.hr.upenn.edu/Benefits/Medical or contact the Penn Benefits Center at 888-PENN-BEN (888-736-6236).

- IBC Position on the USPSTF Recommendations for Breast Cancer Screening, www.ibx.com/news_events/announcements/breast_cancer_screening_position.html

- ACOG Recommendations for Cervical Cancer Screening with Pap Smears, www.ibx.com/news_events/announcements/cervical_cancer_screening_position.html

- Aetna responds to new cancer screening guidelines, www.aetna.com/health-wellness/aetna-responds-cancer-guidelines.html

—Division of Human Resources

H1N1 Influenza Vaccine Clinic

Having the flu is never pleasant and can take a toll on the workplace. As the H1N1 influenza virus continues to spread, we want to help you protect yourself and your loved ones. If you have not yet received the H1N1 vaccine, you're encouraged to attend an upcoming H1N1 vaccine clinic on Monday, January 25 between 10 a.m. and 2 p.m. All Penn faculty and staff are eligible to attend, as the Philadelphia Department of Public Health is now making the H1N1 vaccine available to anyone who wants it. The vaccine is provided free of charge.

Remember that the H1N1 vaccine is an important way to help prevent the spread of flu in our community.

Details on where the clinics will be held will be available when you pre-register. For more information and to pre-register, visit the Human Resources website at www.hr.upenn.edu/Quality/Wellness/FluShots.aspx or contact Suzanne Smith at suz.smith@upenn.edu or (215) 898-5116.

Retirement Contribution Limits

It's never too late to start saving for retirement, and Penn makes it easy for you to save on a pre-tax basis through the University's retirement plans.

In calendar year 2010, retirement contribution limits will remain at \$16,500 for employees under age 50 and \$22,000 for employees age 50 and older. If you've been employed with the University for 15 years or more, you may also be eligible for an additional catch-up contribution.

For information about retirement contribution limits, retirement planning resources, and more, visit www.hr.upenn.edu/Benefits/Retirement, or call Penn's Retirement Call Center at 877-PENN-RET (877-736-6738).

Almanac Offices: New Location

Almanac has relocated its offices to the second floor of 3910 Chestnut Street/3111.

The main phone number and fax number will remain the same.

Almanac

3910 Chestnut Street, 2nd floor
Philadelphia, PA 19104-3111
Phone: (215) 898-5274 or 5275 FAX: (215) 898-9137
E-Mail: almanac@upenn.edu
URL: www.upenn.edu/almanac

The University of Pennsylvania's journal of record, opinion and news is published Tuesdays during the academic year, and as needed during summer and holiday breaks. Its electronic editions on the Internet (accessible through the PennWeb) include HTML and Acrobat versions of the print edition, and interim information may be posted in electronic-only form. Guidelines for readers and contributors are available on request and online.

EDITOR Marguerite F. Miller
ASSOCIATE EDITOR Natalie S. Woulard
ASSISTANT EDITOR Andrea Tursi
STUDENT ASSISTANTS Shane Goldberg, Sonie Guseh, Amy Li, Agatha Taveras, Jandy Wilson

ALMANAC ADVISORY BOARD: For the Faculty Senate, Martin Pring (chair), Sunday Akintoye, Helen Davies, Heather Love, Cary Mazer, Robert Horik, Harvey Rubin, Katherine Sender. For the Administration, Lori N. Doyle. For the Staff Assemblies, Nancy McCue, PPSA; Michelle Wells Lockett, WPPSA; Jon Shaw, Librarians Assembly.

The University of Pennsylvania values diversity and seeks talented students, faculty and staff from diverse backgrounds. The University of Pennsylvania does not discriminate on the basis of race, color, sex, sexual orientation, gender identity, religion, creed, national or ethnic origin, citizenship status, age, disability, veteran status or any other legally protected class status in the administration of its admissions, financial aid, educational or athletic programs, or other University-administered programs or in its employment practices. Questions or complaints regarding this policy should be directed to the Executive Director of the Office of Affirmative Action and Equal Opportunity Programs, Sansom Place East, 3600 Chestnut Street, Suite 228, Philadelphia, PA 19104-6106; or (215) 898-6993 (Voice) or (215) 898-7803 (TDD).



The University of Pennsylvania Police Department Community Crime Report

About the Crime Report: Below are all Crimes Against Persons and Crimes Against Society from the campus report for **January 4-10, 2010**. Also reported were 11 crimes against property (including 10 thefts and 1 case of fraud). Full reports are available at: www.upenn.edu/almanac/volumes/v56/n18/creport.html. Prior weeks' reports are also online. —Ed.

This summary is prepared by the Division of Public Safety and includes all criminal incidents reported and made known to the University Police Department between the dates of **January 4-10, 2010**. The University Police actively patrol from Market Street to Baltimore Avenue and from the Schuylkill River to 43rd Street in conjunction with the Philadelphia Police. In this effort to provide you with a thorough and accurate report on public safety concerns, we hope that your increased awareness will lessen the opportunity for crime. For any concerns or suggestions regarding this report, please call the Division of Public Safety at (215) 898-4482.

01/05/10	3:38 PM	1 N. 40th St	Male in possession of narcotics/Arrest
01/06/10	4:44 PM	3735 Walnut St	Male issued new court date
01/07/10	7:13 PM	3900 Market St	Complainant robbed by 3 males /3 Arrests made
01/08/10	1:27 AM	3700 Chestnut St	Officer struck in face/male arrested
01/08/10	6:09 PM	3000 Market St	Male wanted on warrant/Arrest
01/08/10	9:31 PM	3401 Civic Center Blvd	Male driving under the influence/Arrest
01/09/10	1:58 AM	3401 Civic Center Blvd	Male wanted on warrant/Arrest
01/09/10	10:11 PM	1 S 36th St	Officer assaulted/Arrest
01/10/10	7:18 PM	3800 Walnut St	Intoxicated driver arrested

18th District Report

7 incidents with no arrests (all robberies) were reported between **January 4-10, 2010** by the 18th District covering the Schuylkill River to 49th Street & Market Street to Woodland Avenue.

01/06/10	7:30 PM	4900 Cedar Avenue	Robbery
01/07/10	2:30 PM	28 S 40th St	Robbery
01/07/10	6:20 PM	4819 Warrington Avenue	Robbery
01/07/10	7:12 PM	3912 Market St	Robbery
01/08/10	6:36 AM	4608 Ludlow St	Robbery
01/09/10	7:48 PM	4600 Springfield Avenue	Robbery
01/10/10	1:00 AM	4900 Pine St	Robbery

Engaging Every Neuron in the Large Lecture Class

Connie Scanga

I have been teaching undergraduate Human Anatomy & Physiology (A&P) for nearly 20 years, the last eight at Penn. Human A&P is a required course in nursing and allied health curricula, and across the country is recognized as one of the most challenging courses in nursing curricula. In part, the difficulty derives from the fact that A&P is often a student's first encounter with an undergraduate life science course. More importantly, however, is the fact that the course is foundational, geared toward preparing students not only for advanced courses in nursing or biomedical science but also for clinical practice and decision-making. The challenges I face as I try to engage students in the process of learning are not unique to A&P, but rather are challenges confronted by many faculty, teaching foundational courses in varied disciplines.

Here at Penn, A&P is a two-semester course that includes both lecture and lab components, providing ample opportunity for me to interact with students in different learning environments. In this essay I will describe two teaching strategies I've employed to enhance student learning and success in the lecture portion of the course.

Study Guides: The tried-and-true approach to learning A&P

There are four hours of A&P lecture weekly. According to students, I talk rapidly. Thus, after each lecture students have a large amount of information to organize, memorize and synthesize. I regularly advise students to "study A&P every day," yet many students cannot determine where to focus their daily (and their most intense) study efforts. Most students are aware of the term "active learning," but they typically do not understand how to incorporate active learning strategies into their A&P study. In my early years of teaching I realized that students felt that they "knew" the information when they had memorized lecture notes and bold-faced terminology in their textbooks. This level of "knowing" was not adequate to ensure success on examinations nor to facilitate retention in long-term, working memory where it will enhance analysis and decision-making in subsequent clinical settings.

To help address these problems, I have developed a series of study guides that parallel my lecture content and provide structure for student study efforts. The study guides contain question sequences that are carefully designed to help students effectively organize course information, gain an appreciation for the relationship between structure and function within the body, and take an active approach to synthesizing lecture content. Questions range from general (*Describe the process of excitation-contraction coupling, beginning with the arrival of an action potential at an axonal terminal of a motor neuron.*) to specific (*What causes myosin to detach from actin after the power stroke is completed?*). I encourage students to produce (as soon as possible after a lecture) flashcards with the study guide questions and their answers, and to then focus their study on a shuffled pack of flashcards. Not only does this strategy create a disciplined routine that many students find helpful, it also provides a structure for my discussions with students who are having difficulty with course content. I receive many questions from students saying, for example, "I

don't understand excitation-contraction coupling. Can you explain it to me?" The student approach to this problem is most often to pull out their lecture notes. I have found it to be much more helpful if we refer to the relevant study guide questions so that the student can communicate in a systematic way what it is they know and identify specifically which questions are unclear.

Interactive Learning Interludes During Lectures: The Result of a Recent Brainstorm

For several years I have been struggling to become fluent in a second language. To this end, I have enrolled in several Spanish courses at Penn that have fostered an increase in my Spanish conversational skills. Taking these classes has also given me the opportunity to observe teaching and learning in a discipline other than the life sciences. One common teaching strategy in the languages is to pair class members for brief sessions of conversation about a specific topic. After a short period of dialogue, group members report their conclusions or observations to the larger class. It's hard to escape conversing under the circumstances and, fortunately, concerns about the potential public embarrassment of reporting to the class are minimized by the opportunity to rehearse with a classmate.

Last year I decided to modify this teaching strategy for use in my A&P lectures. As any teacher knows, student minds are most likely to wander precisely when you are talking about difficult material. To counteract this tendency during my lectures, I decided to make time for student conversations about the difficult topic, followed by reports to the larger class. For example, after lecturing about excitation-contraction coupling, I directed the students to quickly choose a nearby partner for two minutes of review, with one person talking and the other correcting (when necessary) what was said. Students were enlivened as they engaged with their partner about the complex physiological mechanism, referring to their notes, correcting the use of terminology and pronunciation of new terms, and gaining confidence as they worked together to synthesize difficult concepts. At the end of these paired conversations, I select students at random to report to the class, step by step, the mechanism or process that they have just reviewed with a partner. This interactive learning technique has been very successful at helping students to integrate difficult course concepts and is a notable energizer for the class, especially for students whose concentration may be faltering. An unanticipated benefit has been increased student comfort when talking about physiological mechanisms, many of which involve terminology that seems to students to be a type of foreign language.

In spite of the challenges they present, lecture classes provide an avenue for a well-versed instructor to convey a broad base of information to large numbers of students. I have not yet found a way to significantly modify the lecture format of my A&P courses without sacrificing coverage of essential information. However, it can be extremely fruitful for those of us teaching large lectures to meld the traditional lecture framework with approaches—including study guides, interactive interludes, and other creative strategies—that actively engage students in learning.

Connie Scanga is a practice assistant professor of physiology in the School of Nursing; the 2006 recipient of The Dean's Award for Undergraduate Teaching, and a recipient of the 2009 Provost's Award for Teaching Excellence by Non-Standing Faculty.

This essay continues the series that began in the fall of 1994 as the joint creation of the College of Arts and Sciences and the Lindback Society for Distinguished Teaching.

See www.upenn.edu/almanac/teach/teachall.html for the previous essays.