SBS TOP PRESENTS ...

A GUIDEBOOK FOR SBS FRESHMEN

AY21/22



GUIDEBOOK

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To thank our sponsors and those involved in the making of this booklet



FRESHMAN WELCOME BOOKLET INFORMATION ISSUE NO. 1 August 2021



Congratulations on gaining admission to the School of Biological Sciences, Nanyang Technological University, and a warm welcome to SBS, NTU!

In today's world, we face serious challenges. Climate change, healthy living, an aging population are just a few of today's issues that we need to grapple with. In particular, the COVID-19 pandemic has illustrated just how vital it is for us to understand biology and how important it is for biologists to make a difference to the world today. Your learning journey with NTU will put you on the right track to make the world a better place.

This year is the second time that the SBS TOP will be held online due to COVID-19 restrictions. The TOP team has been working extremely hard to make TOP an enjoyable, enriching, and safe event. Make the most of orientation to get to know NTU and to settle in and be at home for the next few years of your university life. In this difficult COVID-19 time, it is even more important that we support each other.

Finally, I would like to give my deepest thanks to the TOP organizing committee for their efforts in making TOP a success!

Best regards, Nanyang Assistant Professor Melissa Jane Fullwood Assistant Chair of Students, AY2021/22 Contact: mfullwoodentu.edu.sg Dear freshies,

Welcome to the SBS family.



Let me first congratulate you. If you got in, it means you are amongst the top academically in your cohort. We take great pride in recruiting and training the brightest minds. Here, you will find many opportunities to further yourselves. It is your responsibility to make the most of it. Remember, the degree you receive at the end of your NTU journey is not just a piece of paper, it is the culmination of the richness and meaningfulness of your experiences, both curricular and co-curricular.

COVID-19 has impacted our lives profoundly. Being able to meet our friends in person seems a luxury of the past. Being able to make new friends and forge new relationships has become more difficult. I ask that you keep your spirits up, explore the various new ways and avenues to connect with others, and develop a sense of compassion. Help and support others around you. Together, we will get through this as a community.

This will be first TOP where you will be introduced to the new clade system. In the clades, you will find new seniors, alumni advisors and faculty clade parents. This has not come easy, requiring the blood and sweat of generations of student leaders. I hope this TOP experience will inspire you. And I hope you will come contribute towards making SBS a great place to study and grow.

Warmest regards, Dr Wilson Goh Former Assistant Chair of Students, AY2020/2021



A very warm welcome to the School of Biological Sciences!

I am so excited for all of you to embark on the journey as an SBS undergraduate. We are a warm community, made up of individuals with a shared pursuit for new knowledge and discoveries.

With our pioneering establishment of the Clade System, the upcoming academic year will be an exciting one for SBS. Instead of "Gryffindor", "Slytherin", "Ravenclaw" and "Hufflepuff" in Harry Potter, you will be sorted into "Andromeda", "Cygnus", "Hydra" and "Orion". Through the Clade System, we hope to make SBS a more homely environment for all. Be it freshies, seniors or even the faculty, everyone can have a group of people to count on for fun, support, and encouragements.

It is definitely unfortunate to kickstart university life amid a pandemic. However, rest assured that our orientation committee will do their best to prepare you for the next few years! I encourage all of you to keep an open mind, step out of your comfort zones and let us make the best out of our circumstances.

With warmest wishes,

Fan Chongyue President of 19th Management Committee Biological Sciences Club



Hi Freshies!

I'm really excited to welcome you all into our SBS family!

When I was a freshman, I was given the opportunity to meet and befriend many supportive seniors through attending the SBS orientation programme. My seniors gave me and my batchmates helpful advice to survive our first year at NTU and beyond. Now that we are seniors, it is our turn to do the same for you.

This Freshman Welcome Booklet is the culmination of months of hard work by the SBS TOP committee members, especially our Chief Editors and their subcommittee members, as well as all of the seniors who helped contribute tips and tricks that they think would be helpful for you. I sincerely hope that the information contained in this booklet will support your university journey as an SBS student.

With the SBS and NTU population consisting of people from all walks of life, university is arguably the best time to meet new friends and expand your network. I hope that the connections that you formed through the SBS TOP will last you throughout your years in NTU as they have for me.

On behalf of the committee of SBS TOP 2021, I hope that you enjoyed the orientation program prepared for you this year. I wish you all the best and a lovely time here at SBS. See you in school!

Warmest regards,

Lynnette Leong TOP Chairperson 2021



ROUTE TO SBS



WALKING TO SBS













FACILITIES IN SBS

STUDY LOUNGES





Submission boxes for reports are located in the level 1 study lounge

Located @ level 1 and level 2!

LABS

CLASSROOMS!







Labs you will frequent often are located at either BI or level 2!

GENERAL OFFICE



This where you can collect your marked lab reports and where you settle admin issues.

STUDY SPOTS



Classrooms (when not in use for lessons)



Level 1 Study Lounge



Level 2 Study Lounge



Benches

NEAREST EATS!



THE QUAD CAFE (BASEMENT 1 SBS)





Fried Yong Tau Foo



Korean Food Market



Economical Cai Fan







NORTHSPINE

Starbucks















The Sandwich Guys



North Spine Foodcourt LOCATED ON LEVEL 2





Strong Reccommends

Mini Wok Yong Tau Foo Vietnamese Pho



SBS EVENTS

SBS organises Exam Welfare Pack events for students nearing the final examination period. These events serve as an avenue for students to relax and interact with their peers, through engaging in fun activities where they also stand to win prizes.

In 2019, a Halloween-themed event was held, with an exciting carnival and a haunted house being the event highlights. Through playing the various carnival games, students could earn points and in turn redeem attractive prizes such as Marvel plushies and MUJI notebooks. Students could also enjoy free food and drinks including churros and soya milk. To top it off, popular exam welfare items like stationery and SBS-designed motivational stickers were distributed to encourage students during their exam preparation as well.





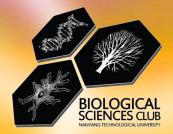
In AY 20/21 Sem 1, we organized our first virtual EWP, "Spread Kindness, Not Virus". Each welfare pack contains goodies such as gummy bears, milo, instant noodles and exam preparation necessities like foolscap paper, pen/pencil, markers and many more. The event was in line with World Kindness Day that falls on 13th November yearly. Thus, we promoted kindness within our students by encouraging them to write down an inspirational quote on an index card after collecting their EWPs. These cards were then collated and pinned onto a board, which was left in the Study Lounge to encourage and motivate students during the examination period.





The annual College of Science (COS) Day is an event organised by three faculties. As one of the largest inter-faculties collaborations, this large-scale event aims to bring the three faculties (ASE, SBS, SPMS) together and celebrate as a college and allow students to participate in a day of fun and activities.







For COS Day 2020, various game booths were set up, allowing students to have fun and bond together as they engage in the games. A series of science workshop booths were also set up for students to learn more about the different sciences, catering to the different faculties, and have fun at the same time. Various foods such as bubble tea, fried Oreos, churros and *muah chee* were also given out. Another highlight of the event was the short talent time, showcasing the talents from the three faculties. Jambands from the various halls were also invited to perform, which the crowd was able to enjoy while eating the food or playing the games.



The NTU Inter-School Games (ISG) is held annually to promote inter-school activities through sports. It is also a platform to foster new friendships within SBS and with those from other schools. There are 16 sporting activities for everyone to choose from e.g. basketball, futsal, volleyball, tchoukball, and etc. Each school sports committee would be in charge of hosting a sport, so even if playing a sport is not your cup of tea, you can plan and organise the event!



The NTU Inter-School E-Games (ISEG) is a new initiative set up in 2020 during the COVID-19 pandemic to encourage inter-school competition through mobile and PC games such as MLBB, Brawl Stars, PUBG Mobile, Wild Rift, DOTA 2, Valorant etc.

In terms of participation, each participant has a chance to win peripherals such as wireless mouses and headsets from brands such as Razor! Each participant will also receive a personalised ISEG shirt with their own school name in it and also goodie bags with loads of useful stuff from different sponsors. Additionally, for the top 3 teams in each game category, medals are given to them to add another memorabilia to their achievements. The future of egaming is here, so do join us to win a medal for SBS!





HELLO FRESHIES!

In my 3 years here, life has been colourful and packed. Through orientation, I met a group of amazing people, who are still some of my closest friends in NTU to this day. We took mods together, crashed each other's halls, went on semesterly JB trips, beach outings, and even played Among Us together during the first CB!! The friends you make will be your lifelines in the next 4 years of struggles here, at least I know they were mine!

As a naïve and nosy freshman, I signed up to be an Events Director in the Biological Sciences Club! Through this, I got to meet and work with many wonderful people, including two girls that were actually my ride-or-die's in disguise.







Of course, balancing all of my commitments was not an easy process. And, it sounds super cliché, but time management actually played a role in ensuring that I was able to stay on top of everything. More importantly, I think it's a matter of discipline and knowing what you want.

Between us three, wacky ideas materialized into wildly themed school events as well as a masquerade pageant. While preparing for these events, we got to work with the other directors, many of whom I became great friends with. Wanting to pass on this wonderful experience to our successors, I formed a team of six where we continued on in the club for another year, allowing me to meet and work with even more wonderful people! Truly, my time in the club has been great, and I've gained so much.



Anyone can plan daily schedules, but how well can you stick to it? There will always be times when determination wavers and y'know that show you've had to put off is looking damn good right about now. If you stick with the very reason why you picked up these commitments in the first place, this will help you push through the hard times and sticking to schedules would be a lot easier.

Lastly, don't be afraid to reach out to your seniors! The community here in SBS is very welcoming, and everyone has gone through what you'll be going through. So, I'm sure they all have loads to share, be it advice on modules, past year papers and notes, or even just a listening ear.





Anyways, I hope you had a great time in this camp. Your seniors have really put in a lot of time and effort into the activities that you went through! See you around school!!





LIM KAI YI (ELDEEN)
BSMCP, Year 4



GETTING THROUGH STAR WARS

FUN FACT!



STARS (Student Automated Registration System) is a system tha allows for students to register their desired modules every semester. Due to the competitive nature of the registration process, many term this process "STAR wars".

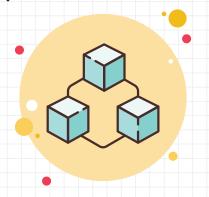
- Plan in advance and don't forget your personalised date and time!
- Don't be worried if you don't get all your courses through STARS. Appeal for it and there you go...
- Submit core modules and electives separately to ensure registration of cores
- WORSHIP MS CHLOE CHAY & MS LIM YIN CHEAN!!!
- Remember that the war doesn't last for a few hours only! It carries on for the next day or two where you may be registered for the mods on your waitlist. SO, do not panic and all the best!



ADVICE ON CORE AND UNAVOIDABLE MODULES

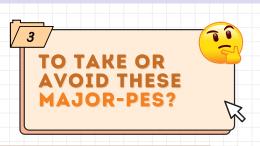
FUN FACT!

Core modules are courses that you MUST take as they are all in relation to your degree. As such, they are simply unavoidable. In other words **boojan** must take.



- Find friends to take the Scientific Communication 1 & 2 modules with. PS: Teamwork so beware!
- There there, don't cry. Biochemistry 2 and Biophysical chemistry will be over soon.
- Sometimes, you may get a D+ for a module like principles of genetics. It do be like dat: (so what doesn't kill you makes you stronger. Yay!
- Just try your best with these core modules and do past year papers. Try to find like-minded people and discuss answers for improvement!





FUN FACT!

Major-PEs are modules that you choose from your major. This will allow for specialisation in a certain field!



DIIFFICULT MODULES:

- Virology: prepare for essays, group presentations, and negative-marking finals
- · Advanced Virology: even harder than Viro!
- RNA Structures and RNA-based Drug Development: challenging if you're not passionate about RNA
- Advanced Microbial Pathology: interesting content but be prepared for weekly tests and journals! Take it if you like a challenge
- Understanding Singapore's Healthcare System: take if you are interested in healthcare! But weekly group assignments may be time-consuming
- Equations of Life: an online math module, might be slightly difficult if you have lost touch with math in general
- Principles of Economics (GERPE-LA): content is okay but competition is steep
- Neurobiology: advised to take in Y2/Y3
- Business Management (GERPE-BM): high competition
- Practical Ethics (GERPE-LA): be prepared for loads of readings and weekly seminars

TRY TAKING THESE MODULES:

- BS3342 UAEB Role of Actin Cytoskeleton in Metastasis: easy A/A+ with interesting experiments but quite difficult!
- BS3336 UAEB Proteomics: experiments are done in pairs, but small class sizes paired with a helpful prof will make things easier. A lot of useful lab skills can be learned.
- BS3349 UAEB Introduction to R Programming: good module to take, but content may be a bit heavy and fast-paced. Try learning R beforehand!
- Forensic Science: a very interesting but high demand module
- Astronomy (GERPE-ST): having an interest in astronomy is good enough to motivate you to study to get you an A!
- Fundamentals of Business Law (GERPE-BM): Prof Claire makes concise mind maps that are very helpful for revision)
- Language mods (in general): bell curve may be a bit steep though!



FUN FACT!

GER-PEs (General Education Prescribed Elective) and UEs (Unrestricted Elective are the modules taken outside your major!

Note: This is more applicable to direct Year 2s, as GER-PE/UE has been changed to ICC and BDE for the Year 1s.



5

I GOT A FOR THIS MODULE AND HERE'S HOW I DID IT:

1. BS1002 (Biophysical Chemistry)

- Follow the prof's lecture to your discretion. It's out of good heart, but may not be the way you understand the topic.
- Study formulas, tutorials and PYPs.
- It's do or be done. Buckle up!

2. BS1008 (Biostatistics)

- Easy game. Do PYPs and consult Prof for ans.
- Memorise formulas and tut questions.
- Math class 101.

3. BS3001 (Neurobiology)

- No easy way out of this. Do all PYPs.
- Most questions in textbook but questions on application are killer. Read more.

4. BS1001 (Introduction to Biology)

- Free and easy A. Mostly online.
- Great additional A to add to your CGPA.
- How to get A? Just try.
- Don't try to avoid it even if you can.

5. UAEBs!

- Histology is good. 1 week of hardcore work
- Most people get an A in the end!
- BUT, keep in mind that you are doing 3AUs worth work in 1 week so...
- Goodbye Sleep!

6. BS1100 (MCBT1)

- Be consistent and ask for help.
- Even after screwing up, got A+!
- Just keep trying and submit reports.

7. BS3006 (Bioentrepreneurship)

- Get good groupmates!
- If you can, take this module with friends and you can manage an easy A.



- NO SHAME IN DROPPING! SERIOUSLY.
- Don't procrastinate till y4. Drop before.
- You don't have to follow the school's timetable advice 100%!
- Some semesters will have not have an equal load for both majors. During those times, try to shift them around if you cannot handle.
 No problem in doing what you think is suitable for you--
- Because double majors have much fewer
 UEs and GERPEs, take those in later years to
 determine whether you want to SU or pull
 up your CGPA.
- Fully utilise UEs and take those that are easy to score in and will help your GPA.
- Don't even think about learning a language as a minor if you have 2 majors.





BEST LUNCH/DINNER/ SUPPER SPOT

- Aside from the info on this extremely helpful guide. A tight slap in the face would do me good.
- Get more As... okav lah not possible. Just do your best and enjoy your uni experience!
- Don't give a lot of importance to GPA. Just continue to try your best
- Getting FCH is not easy but you can do it if you try!!
- Remember to make friends
- Just switch that second major already. Also math is everywhere.
- · Even after coming to a bio course. you will get whacked by BS1002 on your very first day. No escape from math!
- Ask your seniors about what mods to take. D grade in your first semester can be a hard blow:(

- Quad fried Yong Tau Foo is amazing!
- NIE canteen. Affordable plus great food. Go try lah
- Hive tom yum pasta is great so check it out
- Pasta express. The one and only saviour (priceyy)
- Calling the vegetarians in the house. Crowded bowl has the best salad out there.
- Tamarind canteen, Great mala and brekkie!
- McDonald's is every student's guilty pleasure:P
- Can 11 caifan. Cheap and solid woohoo
- Vegetarian stall at NS canteen, Perfect for people who can spend and eat. Look out for student-run telegram groups for good offers too!
- Crespion thai and Bakery Cuisine at NS.

IF YOU COULD, WHAT ADVICE WOULD YOU GIVE TO YOUR YEAR 1 SELF?

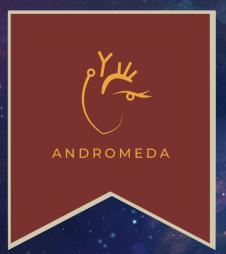




- . Midterm break or recess week is not for you to rest. It's to catch up on your backlog, don't waste.
- Printing: Don't die-die queue at campus supplies at North Spine. Alternatively can go: Lee Wee Nam library SPMS or Hive library.
- Try and learn some python before BS1009 begins.
- . Cheapest printing is at NIE (though the walk is far). Only 0.025 per BNW page.
- Please enjoy life and don't fret about grades a lot.
- Your sanity is more precious than that one A. If you can handle the pressure then alright. If not grades aren't everything yeah? Enjoy your last few years before you get a monotonous job!
- UEs are very precious. Take those that interest you and explore as much as you can.
- For the double major kids, SU all your GERPEs because these are the only ones you can SU okay?

SBS CLADES

The clade system is our school's very own house system, unique and exclusive to our students. The four clades, Hydra, Cygnus, Andromeda, and Orion are named after dominant constellations of each season. Clades are headed by friendly student clade leaders and mentored by professors, who are committed to supporting you in your time here. As a clade member, do expect exciting social opportunities, dependable academic support as well as access to facilities such as our clade room. The clade system is all about enhancing your student experience and making your time at SBS fun and fulfilling.











CYGNUS

Elegant and Graceful



SWAN:

CROWN

signifies loyalty towards the Clade and its members.

its neck arches inwards and fiercely protects the crown it beholds, resting safely on its wings.





CLADE LEADER: QIAN YI

The Clade Leader for Cygnus is Qian Yi a very bubbly and approachable girl with her hilariously funny moments.

Be her Clade member and she will be sure to entertain you with countless moments of wholesome fun.





HEART & MAIN ARTERY

signifies a willingness to sacrifice and be selfless for the greater good.

EYE OF THE PRINCESS

all-seeing eye in the middle, signifies wisdom

[AN-DROM-I-DUH]:

The Andromeda constellation is one of the most dominant constellations in Autumn.

It is named after the daughter of King Cepheus of Ethiopia and Queen Cassiopeia in Greek mythology, who was sacrificed to save the land.

Like its namesake, this Clade is selfless and always willing to help the ones around them in times of need.





CLADE LEADER: WERN YING

The Clade Leader for Andromeda is Wern Ying - the most innovative and creative among the Clade Leaders.

Be her Clade member and she will be sure to plan interesting activities and games for you.





ORIGN

Courageous and Driven

ORION'S ARROW:

signifies endless courage to keep moving forward

MOUNTAIN & MOON

signifies that regardless of the uphill battle ahead, members of Orion are willing to fight to achieve their goals.

[UH-RAHY-UHN]:

The Orion constellation, is the most dominant constellation in the winter night sky and resembles the mythical hunter Orion.

It is one of the brightest and best-known constellations.

Like its namesake, the Orion Clade embodies courage and are the people who will stand up for one another and are never afraid to go against the status quo, to support what is right.

ELADE LEADER:

The Clade Leader for Orion is Hui Fen - the friendliest among the Clade Leaders.

Be her Clade member and she will make sure to make you feel like part of a family.



HYDRA

Strong and United

WATER SNAKES

signifies the binding strength that holds individuals together and keeps them from falling apart

INFINITY

signifies the two water snakes formed an infinity symbol with the tails in the middle

[HAI-DRAH]:

Hydra, represented by a water snake, is the largest of the 88 constellations and dominates the night sky in Spring.

This is the Clade of resilience - working together, this Clade can achieve anything and never yield in the face of adversity.

Like the mythical Hydra, every time this Clade is knocked down it comes back twice as strong.



CLADE LEADER: JAMIE

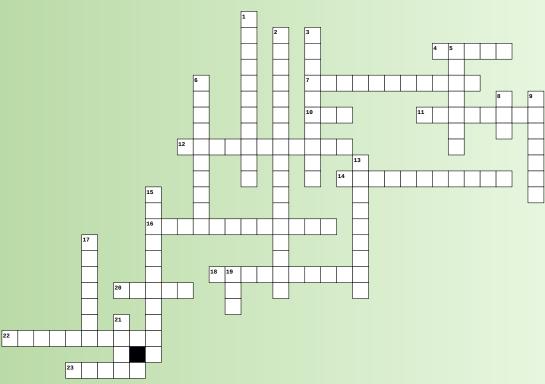
The Clade Leader for Hydra is Jamie - the most laid back and coolest among the Clade Leaders.

Be her Clade member and she will teach you how to be as cool as her.



SCHOOL OF BIOLOGICAL SCIENCES





Across

- 4. The representative body of the students
- 7. The number of Halls of Residences in NTU
- 10. A place where many sports facilities are located in
- 11. A canteen in the School of Biological Sciences (SBS)
- 12. An event you attend before the school week starts
- 14. The direct campus bus service to Pioneer MRT
- 16. A building located along Nanyang Hill, which is a buzz stop for student activities with various types of facilities and equipment available for booking by student organisations (hint: Near Canteen 2)
- 18. One of the 3 NTU campus bus services
- 20. The course registration system in NTU

Down

- 5. A place for students to study in SBS
- 2. A place known to be the largest University Auditorium in Singapore (hint: Near SBS)
- 3. A place in NTU where Nanyang Business School is located
- A wooden sports hall located in NTU
- A place to carry out experiments
- 8. A place located at North Spine, below Lee Wee Nam Library and adjacent to the Global Lounge: a gettogether place for students
- 9. A lesson where professors teach content
- 13. One of the 3 NTU campus bus services
- 15. A place known to be NTU's key attraction (hint: Located near Hall 4 and Hive)
- 17. The subjects we take during the semester

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Lim 4i 4ang

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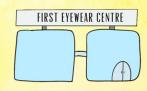












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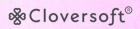
























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