Upcoming Events

- **Friday, March 1, 8PM — Budding Friendships: A Joint Concert.** Join the Harvard Wind Ensemble and the Middlesex Concert Band for a joint concert. The program includes *Gandalf, Danzón No. 2, and Pineapple Poll*. Free and open to the public. All are welcome. Lowell Lecture Hall.

- **Saturday, March 2, 8PM — HRO: Junior Family Weekend Concert.** Join the Harvard-Radcliffe Orchestra for a special concert featuring our student conductors! Gordon Ma ’19 conducts Haydn’s Symphony No. 103, "Drumroll"; Reuben Stern ’20 conducts Sibelius’s Symphony No. 3. To get tickets or for more information, please visit the Harvard Box Office, or contact HRO: hro@hcs.harvard.edu. Sanders Theatre.

- **Monday, March 4, 7-10PM — Paint the Arts Room, Part 2.** We started painting, now we need to finish! Join your classmates in brightening the walls of the First-Year Arts Room, and leave your mark on the space. Roll up your sleeves, and flex those creative muscles! First-Year Arts Room, Holworthy Basement.

- **Tuesday, March 5, 12:30-1:30PM — ArtsBites: Samantha Hunt and Amy Kurzweil.** Time for pizza, conversation, and artists! ArtsBites is the OFA round-table discussion series with students and visiting artists. Tuesday, March 5, we welcome Samantha Hunt and Amy Kurzweil, writers and contributors of *The Harvard Advocate* magazine. Space is limited; please RSVP at: ofa.fas.harvard.edu. Office for the Arts, 74 Mt. Auburn St.

- **Tuesday, March 5, 6PM — Making the Earth and Moon.** Earth formed 4.5 billion years ago in a series of giant collisions, the last of which produced the moon. The fingerprints of this process can be seen in the chemical compositions of Earth and the moon, which are remarkably similar. Harvard professor Rebecca Fischer will look at the hypotheses for how Earth and the moon came to be geochemical twins, and she will present new models that offer insight into why this occurred. Geological Lecture Hall, 24 Oxford St.

- **Friday, March 8, 4-5PM — Rivals in Rendering Horror: Rembrandt, Rubens, and Tragedy.** In several spectacular paintings of the 1630s, Rembrandt strove to surpass Peter Paul Rubens in the rendering of violence and horror. Eric Jan Sluijter’s lecture will examine the important role of artistic competition and will consider both Rembrandt’s and Rubens’s rivalry with the Senecan tragedies that were performed on the stages of Amsterdam and Antwerp, particularly in their depiction of terrifying occurrences, violent passions, and gruesome deeds. Harvard Art Museums, Menschel Hall, Lower Level.

Faculty Dinner

**Extended Deadline for the 2019 First-Year Retreat.** The First-Year Experience Office is hosting a retreat in Harvard, MA, at Friendly Crossways Retreat Center during the first weekend of spring break, March 16-18. The goal is to provide time and space for reflection, rejuvenation, and relaxation through structured group activities, optional outdoor excursions, social/free time, and community building in a space removed from the hustle and bustle of Harvard Square. Sign up via the link in your Events List email from Friday, February 8, or email firstyearwellness@fas.harvard.edu. Register by Monday, March 4, 5PM.

Wellness

**March is National Nutrition Month!** Attend Nutrition & Health to learn more about the history, hype, and truths behind popular diets. Have your burning nutrition questions answered by Meg Schrier, Manager of Nutrition Services. Light snacks provided! Sign up at: bit.ly/2GMmsWA. Tuesday, March 5, 7-8:30PM, CGIS K050.

Intramurals

First-year students competed for IM points in an afternoon of inner tube water polo Sunday, February 24, at Blodgett Pool.

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First-Year Experience Office

Morton Prince House
6 Prescott St.
Cambridge, MA 02138
Phone: 617-495-1574
Fax: 617-496-1624
Email: firstyear@fas.harvard.edu
Hours: Mon. - Fri., 9AM-5PM

Submissions
Please send submissions by Tuesday at 9:00AM to:
yardnews@fas.harvard.edu
Published Fridays.

Safety Notice
To contact an FYE representative in the event of a serious, non-academic emergency, please call your proctor, or the Harvard University Police at (617) 495-1212. Safety and other emergency messages are displayed on the Harvard Emergency web page: harvard.edu/emergency. Sign up for MessageMe to receive the most up-to-date emergency information: messageme.harvard.edu.

Opportunities for First-Years

Become a Student Mental Health Liaison (SMHL). SMHLs work to create dialogue about mental health, self-care, and being there for others. We are a peer education group that works collaboratively with the Wellness Proctors/Tutors, CAMHS, and other student groups to promote a supportive student community at Harvard.

Learn more about our mission at: facebook.com/HarvardSMHL. We would love to have you join the family. Apply here by Sunday, March 3, at 11:59PM: bit.ly/SMHLApp19.

Tour the Bauhaus and Harvard Exhibit. Join us for an exclusive tour for first-year students of the Bauhaus at Harvard exhibition, led by one of the show's curators. Hear about the hidden stories of Harvard Bauhaus collections and buildings, learn how the show was created, and see behind the scenes of this special exhibition. Please RSVP using the link on the FYE website’s Events section: firstyear.college.harvard.edu. For questions, please email: sarahmochkin@gse.harvard.edu.

Thursday, March 7, 4-5PM, Harvard Art Museums (meet in the lobby).

Apply to PBHA’s Summer Urban Program. Are you interested in leadership experience, mentoring teens and peers, working in public service, and having an unforgettable summer? Apply to be a senior counselor at PBHA’s Summer Urban Program! SUP’s network of 10 summer camps across Boston and Cambridge run for seven weeks each summer. Staffed by 130 college students and 90 local high schoolers, each summer SUP welcomes more than 800 young people ages six to 13. SUP offers mornings of academic enrichment, afternoons of educational field trips, and artistic, cultural, and service-learning workshops, along with two overnight camping trips and a day-long final trip. HIred senior officers receive a $4000-$5000 stipend, Harvard housing, professional development training, and unparalleled leadership opportunities. Applications are still accepted on a rolling basis. Learn more at pbha.org/programs/sup. Email sup@pbha.org with questions.

Resources for First-Years

Summer: It's Not Too Late Plan. Get help to start your summer search! There are still plenty of opportunities available. Hear from the Office of Career Services about internships, research, and public service. Register on the OCS website: ocs.fas.harvard.edu.

Monday, March 4, 4:30-5:30PM, Office of Career Services, 54 Dunster St.

Slavic Department Open House. Come on by the Slavic Department for our Spring Open House. We will have a tasty array of Russian/Georgian food! Faculty will be in attendance to chat or answer any questions you might have about any of our course offerings or concentration options. Wednesday, March 6, 4:30-6:30PM, Barker Center, 3rd Floor.

Advising Corner. It is never too early to start learning more about concentrations. Stop by the table near the exit in Annenberg, 11:30-2PM, on designated days to ask questions and get advice on everything from course selection, research options, and post-college planning. Visit with these advisors next week: Program in General Education — Thursday, March 7.

Women’s Week 2019: Power Through. The mission of Harvard College Women’s Week, March 4-8, is to promote gender equity by raising awareness of women’s and gender issues, developing women’s leadership, and celebrating women who challenge, motivate, and inspire. Women’s Week features events that celebrate women’s achievements, explore women’s issues, and encourage dialogue about the role of gender at Harvard and what it means to be a woman in today’s world. For more, visit: hcwc.fas.harvard.edu/womens-week.

Bureau of Study Counsel Workshops:

- Time Management. Identify your priorities, learn how to plan and manage your time more effectively, and develop strategies for dealing with challenges. Register at bsc.harvard.edu/workshops-and-discussions. Monday, March 11, 12-1:30PM, BSC, 5 Linden St.

- Post-Concussion Strategies and Coping Workshop. For Harvard College students who experience academic, social, or other aftereffects of a concussion. No registration required. Wednesday, March 13, 12-1PM, BSC, 5 Linden St.

Let’s Talk. Let’s Talk is a program that provides easy access to informal, confidential conversations with clinicians from CAMHS. Clinicians hold walk-in hours at designated sites around campus. Open to all Harvard students on a variety of issues. No paperwork, no fees, and no appointment necessary. Visit: bhs.harvard.edu/lets-talk.

Journal Project Prompt #24: What are some things you were once afraid of, but are no longer?