

# UNIVERSITY OF PENNSYLVANIA *Almanac*

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## Princeton HealthCare System Joins Penn Medicine

Princeton HealthCare System (PHCS) and its affiliates, including University Medical Center of Princeton, Princeton House Behavioral Health, Princeton HomeCare and the Princeton Medicine physician network, are now part of the University of Pennsylvania Health System (UPHS), one of the world's leading academic medical centers.

UPHS and PHCS leaders announced the transaction last week, after receiving all necessary regulatory approvals. The plan was first announced in December 2016.

"The joining together of Princeton HealthCare System and Penn Medicine represents an exciting new chapter in Penn Medicine's growth," said Ralph W. Muller, CEO of UPHS. "PHCS has an impressive reputation for providing high-quality care to patients close to home, and innovating in many types of community-based health and wellness initiatives. Now, we can offer a powerful partnership to patients

throughout the region PHCS serves, continuing the services they already depend on, coupled with access to world-class care for complex conditions and innovative clinical trials available at Penn Medicine."

UPHS includes five highly regarded hospitals in Pennsylvania as well as primary and specialty physician networks and outpatient facilities, home and hospice services. The Hospital of the University of Pennsylvania (HUP) and Penn Presbyterian Medical Center have together been consistently recognized as an Honor Roll Hospital in the *U.S. News & World Report Best Hospitals* rankings, including the past four years in the nation's top 10 hospitals. UPHS is part of Penn Medicine, along with the Raymond and Ruth Perelman School of Medicine, which consistently ranks in *U.S. News & World Report's* top five medical schools and among the nation's five leading medical schools for National Institutes of Health funding.



Ralph W. Muller and Barry S. Rabner share a handshake to solidify this "powerful partnership"

"This is a significant day in our history, and we look forward to being an even stronger organization, clinically and financially, as we continue to fulfill our almost century-old mission of serving this community," said PHCS President and CEO Barry S. Rabner. "We could not ask for a better partner than Penn Medicine. Members of our community will continue to receive high-quality care right here, close to home. They also will benefit from easier access to the latest medical breakthroughs, clinical trials, cutting-edge technologies and specialized clinical expertise—both here and elsewhere in the Penn Medicine system."

PHCS, founded in 1919 and located about 40 miles north of Philadelphia, provides a wide range of inpatient and outpatient hospital care, behavioral health and addiction services, rehabilitation, in-home nursing, hospice care and fitness and wellness services to more than 1.3 million people in central New Jersey. University Medical Center of Princeton (UMCP) was ranked in the top 20 hospitals of the New York metropolitan region in *U.S. News & World Report's 2017-2018 Best Hospital* rankings.

As part of this transaction, the names of PHCS and its affiliates will change. The system will be Penn Medicine Princeton Health. The hospital's new name will be Penn Medicine Princeton Medical Center.

PHCS employs approximately 3,000 staff and has an active medical staff of more than 1,100 physicians. Like each of Penn Medicine's hospitals, PHCS also shares a proud tradition of nursing excellence, having achieved Magnet® status, the highest institutional recognition available for nursing excellence. PHCS announced in June

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## Penn Orthopaedics and Princeton Orthopedic Associates' Alliance

Penn Orthopaedics and Princeton Orthopaedic Associates have announced a new strategic alliance in an effort to enhance and continue to improve orthopaedic care to patients in New Jersey and Pennsylvania. As part of the Penn Medicine Orthopaedic Specialty Network, physicians and surgeons at each entity will work collaboratively across state lines to expand patients' access to highly specialized orthopaedic care, while improving care team communication and processes, and collecting data to help physicians advance clinical research and care.

"One of the main goals of the Penn Orthopaedics team is to provide the best orthopaedic care, whether a joint replacement, a hand transplant or a cartilage repair, to the greatest number of patients," said L. Scott Levin, chair of orthopaedic surgery and a professor of plastic surgery at Penn Medicine. "The partnership with Princeton Orthopaedic Associates, the leading community group in central New Jersey, was a natural fit, as our missions are built on the same ideals: taking the best possible care of our patients and forging strong relationships with them and their families, and advancing practice through clinical innovation."

Penn Orthopaedics is currently home to 48 physicians across 14 practice locations in Pennsylvania and southern New Jersey. As part of this alliance, Princeton Orthopaedic Associates' 25 physicians and five practice locations will further expand the footprint of the Penn Orthopaedics network of affiliated physicians and hospital—which also includes Cape Regional Medical Center in New Jersey and Bayhealth in Delaware—to reach to those in central New Jersey.

This partnership comes just days after the Princeton Healthcare System (PHCS) officially joined the University of Pennsylvania Health System (UPHS) (see above).

In addition to expanding the reach of the re-

gion's leading orthopaedic care providers, this partnership will also allow physicians at each institution to develop quality protocols in order to provide even better, cost-efficient care, while bringing the latest in innovative orthopaedic treatments and procedures to an even more diverse group of patients. Physicians will be able to collect and benchmark patient outcomes data from Penn Orthopaedics and Princeton Orthopaedic Associates—which, together, perform over 18,000 cases per year—in order to inform research, enhance practice methods and develop even more advanced treatment methods.

"When looking for a partner in the tri-state area, we focused on finding an institution which shared our commitment to providing the highest quality care, to creating an environment where our patients and their families would feel most comfortable and cared for, and to aligning with a group that would be unwavering during the changing healthcare climate," said Stuart Levine, president of Princeton Orthopaedic Associates. "In Penn Medicine Orthopaedics, we found the level of dedication and personalized patient care that we had been looking for in a regional partner."

Princeton Orthopaedic Associates is already one of the largest orthopaedic practices in New Jersey, serving primarily those in Mercer County and, by proximity to Pennsylvania, those in northern Bucks County. By formalizing this partnership, access to the preeminent orthopaedic care delivered by Penn Medicine physicians and Penn-affiliated physicians will be available to the more than seven million residents of Philadelphia, Delaware, Montgomery, Chester and Lancaster counties in Pennsylvania, Kent and Sussex counties in Delaware, and Burlington, Camden, Gloucester, Atlantic, Cape May, and now, Mercer, Middlesex and Somerset counties in New Jersey.

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## An Expanded Take Your Professor/Mentor to Lunch or Dinner & Host Your Class Programs

Professor-student and mentor-student interactions are at the heart of the Penn community, helping students develop their interests and careers, enhancing what goes on in the classroom, and fostering wellness across campus. This spring 2018, Penn's Take Your Professor/Mentor to Lunch or Dinner & Host Your Class Programs were restructured to support these goals. As part of a renewed campus-wide focus on wellness at Penn, the Offices of the Provost, New Student Orientation & Academic Initiatives, and Business Services are expanding these key programs to help forge closer ties between our professors/mentors and our students.

Events can be initiated by students or professors/mentors, in groups or one-on-one, and both professors/mentors and students can participate multiple times. There are four kinds of events:

- **Take Your Professor/Mentor to Lunch at the University Club:** Penn students can invite current or past professors, as well as staff members who serve as mentors, to a free lunch at the University Club (3611 Walnut Street, 2nd floor of the Inn at Penn), Monday through Friday, 11:30 a.m.-1:30 p.m. Professors/mentors can also encourage their students to create a reservation at [www.takeyourprof.org](http://www.takeyourprof.org)

- **Take Your Professor/Mentor to Lunch or Dinner at Penn:** Students and professors/mentors can eat a free lunch or dinner together in one of Penn's Residential Dining facilities: 1920 Commons, Hill College House, Kings Court English College House, New College House, or Falk Kosher Dining Café in Hillel.

- **Host Your Class at Penn:** A professor/mentor can host a class (or group of mentees) for lunch or dinner, twice per term, at one of Penn's Residential Dining facilities: 1920 Commons, Hill, Kings Court English College House, New College House, or Falk Kosher Dining Café in Hillel.

- **Host Your Class at Home:** A faculty member can host a class in their home and be reimbursed per student for the meal. This program is exclusive to current faculty teaching this semester.

More information—and submission forms—are available at: [www.hostyourclass.org](http://www.hostyourclass.org)

We encourage everyone who teaches or serves as a professional mentor at Penn to take part in the program, whether full- or part-time faculty, emeritus faculty, teaching assistants, associated faculty, advisors, or research mentors. We also welcome suggestions for ways in which we can strengthen the program and support our shared goal to foster strong professor/mentor-student bonds.

For more information, contact:

Troy Majnerick, [troy2@upenn.edu](mailto:troy2@upenn.edu) or David Fox, [dfox@upenn.edu](mailto:dfox@upenn.edu)  
Office of New Student Orientation & Academic Initiatives

## PPSA

### Conversation with Provost Pritchett: January 30

Penn Professional Staff Assembly (PPSA) is sponsoring *A Conversation with Provost Pritchett*. Provost Wendell Pritchett is the Presidential Professor of Law and Education at Penn Law. He will talk with Penn staff in the Terrace Room in Claudia Cohen Hall on *Tuesday, January 30*, from noon-1 p.m. Lunch will be provided. Registration is required and seats are limited. Register at <https://tinyurl.com/y7mrn8jt>

### From the Office of the University Secretary

#### University Council Meeting Agenda

**Wednesday, January 31, 2018 4 p.m.**  
**Bodek Lounge, Houston Hall**

- I. Approval of the minutes of December 6, 2017. 1 minute
- II. Follow up questions on status reports. 5 minutes
- III. Diversity and Inclusion. 50 minutes
- IV. New business. 15 minutes
- V. Adjournment.



#### TCPW Grants: February 12

The Trustees' Council of Penn Women (TCPW) is accepting applications for its Annual Grants Program and encourages members of the University community to apply.

Grants ranging between \$1,000-\$4,000 will be available to individuals or organizations which promote:

- women's issues
- the quality of undergraduate and graduate life for women
- the advancement of women
- the physical, emotional and psychological well-being of women

Favorable consideration will be given to projects that:

- affect a broad segment of the University population
- foster a greater awareness of women's issues
- provide seed money for pilot programs that have the potential to become ongoing self supporting programs

To apply, visit the TCPW website at [www.alumni.upenn.edu/tcpwgrants](http://www.alumni.upenn.edu/tcpwgrants) and download the application from the Grants page. Applications must be submitted no later than *February 12, 2018*. Awards will be announced in the spring of 2018 and funds will be distributed in July-August 2018 for projects in the 2018-2019 academic year.

#### Princeton Healthcare Joins Penn Med

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2015 that it would begin evaluating partnership opportunities to ensure its continued success in the future and in July of 2016, executed a Letter of Intent with UPHS. The move to join Penn Medicine comes following PHCS officials' consideration of 17 potential partners.

"Our Trustees engaged community members, physicians and employees in a thorough, two-year process to evaluate and select a partner," said Kim Pimley, chairman, PHCS Board of Trustees. "In Penn Medicine, we found a partner that shares our values. Together, we can make world-class care more accessible to the people in the communities we serve. We are delighted to begin a shared future with Penn Medicine."

## Integrate Environmental Sustainability into Your Coursework

**TO: University of Pennsylvania Faculty**

**FROM: Daniel Garofalo, Environmental Sustainability Director**

Penn's Climate Action Plan, our roadmap for institutional sustainability, was produced in 2009 and updated in October 2014. Among the academic recommendations of Climate Action Plan 2.0 is a focus on support for Penn faculty interested in teaching or researching topics of environmental sustainability.

Now in its 7th year, the Integrating Sustainability Across the Curriculum (ISAC) program provides paid interns to assist faculty in integrating sustainability into new or existing courses. Faculty work with an undergraduate research assistant, chosen through a competitive selection process, over eight weeks in the summer to update course content, adjust syllabi, presentations and reading lists, and modify exams to include environmental sustainability issues.

Over the past six summers, the ISAC program has supported faculty in a diverse array of disciplines, including architecture, law, biology, engineering, urban planning and German language. Faculty participants have unanimously reported extremely high quality work and have been delighted by their students' productivity and enthusiasm for the work.

*What's Involved?*

To participate in this transformational academic experience, please review the Call for Faculty Proposals posted on the Green Campus Partnership website. Madeline Schuh in Penn's Sustainability Office, [mschuh@upenn.edu](mailto:mschuh@upenn.edu) can answer questions about ISAC or connect you with a faculty member who has participated in the past.

*How to Apply*

If you decide to apply, submit a one-page proposal by *Wednesday, February 14* that:

- describes the existing or proposed course;
- indicates the reason for integrating or enhancing sustainability in the course; and
- includes a brief work plan for a student research assistant.

*Program Requirements*

If accepted into ISAC 2018, requirements for participation include:

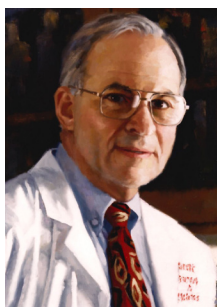
- participation in a one-day workshop for faculty in early May; and
- co-supervise a student research assistant for eight weeks over the summer of

2018.



## Deaths

### Leonard Jarett, Pathology and Laboratory Medicine



Leonard Jarett

Leonard Jarett, the longest-serving chair in the history of the department of pathology and laboratory medicine at the University of Pennsylvania School of Medicine, died on January 13. He was 81.

Dr. Jarett assumed the chairmanship of Penn's department in 1980 and in 1985 was named the Simon Flexner Professor and Chair. He held this position until 1998, when he became Distinguished Professor of Pathology and Laboratory Medicine. From 1984 to 1986 he served as vice chairman of the Medical Board at the Hospital of the University of Pennsylvania and from 1989 to 1990 he also served as associate dean for faculty affairs. He was internationally recognized as an investigator in the area of insulin action and was deeply committed to developing an integrated department that excelled in clinical service, excelled in both basic and applied research, and that excelled in teaching. A completely redesigned residency program was instituted early in his tenure as chair.

Dr. Jarett graduated from the Rice Institute in Houston in 1958 and received his MD (*cum laude*) from Washington University of St. Louis in 1962. He completed an internship in pathology at the Barnes Hospital in St. Louis, followed by an assistant residency, and became a trainee in Experimental Pathology in the department of biochemistry, Washington University School of Medicine. In 1964, he became a research associate, NIH, NHLBI, Laboratory Biochemistry, Section Cellular Physiology, in Bethesda, Maryland. Starting in 1966, he became an assistant professor in pathology at Washington University School of Medicine and was promoted to associate professor in 1969 and full professor in 1973. He also served as director of the Central Diagnostic Laboratories of Barnes Hospital until 1979.

In 1980, Dr. Jarett was appointed chair of the department of pathology at Penn, which was formally renamed the department of pathology and laboratory medicine under his leadership, emphasizing the integration of anatomic pathology and laboratory medicine and reflecting the department's broader scope. From Washington University, he brought an extensive clinical and administrative background to the department and initiated a complete administrative reorganization. This resulted in improvements of the quality and turnaround time of results and increased consultative activity. Both anatomic pathology and laboratory medicine were computerized. Many collaborative clinical studies were initiated and inspections by the College of American Pathologists verified the high quality of the service provided by the department to the staff of the Hospital of the University of Pennsylvania. A measure of the quality of the service was the desire of several national laboratories or regional organizations to use the specialized services of the department for tissue typing, drug screening and toxicology, immunocytochemistry and *in situ* hybridization.

Dr. Jarett was also deeply dedicated to academic medicine, with a philosophy that involved training residents in clinical consultation, teaching and research, resulting in a program uniquely suited to train individuals for academic careers. Early in his tenure, he formalized previous decisions that the residency program change its emphasis from training for community hospital practice to training specialists for academic careers. His own research focused on metabolism and diabetes, where he investigated the mechanism of insulin action at the molecular level, the role of insulin internalization and nuclear translocation in the control of cell growth and gene expression. The very first paper he wrote as a first-year medical student in 1958 at Washington University became a Citation Classic. As a resident he showed that nonendocrine hormone-secreting tumors produce immunologically active ACTH. His work on the interaction of insulin with its receptor on the plasma membrane led to the theory that a mediator regulates the activity of key enzymes that control the metabolism of carbohydrates and lipids by altering the state of phosphorylation of these enzymes. For this work, Dr. Jarett was awarded the 1980 David Rumbough Award of the Juvenile Diabetes Foundation.

Dr. Jarett was the recipient of numerous other awards and accolades. He received the Cottle Award of the Academy of Clinical Laboratory Physicians and Scientists in 1985 and its Gerald T. Evans Award in 1992. He received an honorary MA from the University of Pennsylvania in 1982. In 1990, Dr. Jarett earned the Alumni Achievement Award of Washington University School of Medicine. In 1995, the department established an Endowed Professorship in his honor. He received the Presidential Citation of the American Association for Clinical Chemistry in 1997, the Distinguished Service Award of the Association of Pathology Chairs in 1998 as well as the Luigi Mastroianni Clinical Innovator Award that year, and the prestigious "Gold-Headed Cane Award," an award he was particularly fond of, in recognition of his long-term contributions to the field from the American Society for Investigative Pathology in 2000. He authored more than 150 original papers, served on editorial boards for nine journals, and published close to 30 books and chapters.

In 2001, Dr. Jarett won a Special Dean's Award in recognition of his role as former chair (*Almanac* April 24, 2001). In the department, Dr. Jarett is remembered as an exceptional, generous yet exacting, and extraordinarily supportive mentor to an entire generation of academic pathologists in training and throughout their careers. Moreover, his tremendous talents in leadership, his ability to create a cohesive and integrated department, and his recruitment of outstanding and talented residents, fellows and senior faculty, leave a lasting legacy and have profoundly shaped the direction of the department to this day.

He is survived by his wife, Arlene K. Jarett; children Stacy Levitan (Jonathan), Douglas Jarett and Jennifer Jarett; and grandchildren, Jacob and Maya Levitan.

Contributions in his memory may be directed to the Parkinson's Fund at Pennsylvania Hospital by visiting <http://bit.ly/PDFundPAH>, or please send checks to Penn Medicine Development and Alumni Relations, 3535 Market Street, Suite 750, Philadelphia, PA 19104.

### Arthur Levy, Student Disabilities Services

Arthur Levy, a dedicated proctor and office assistant for Student Disabilities Services (SDS), died on September 27. He was 54.

Mr. Levy was a Penn student during the 1980s. He started working at the University of Pennsylvania in the Office of Affirmative Action in June 1993 and joined Student Disabilities Services when it was formed in Spring 2002. He was a member of the staff who moved the SDS office from Harnwell House to the new Weingarten Center in August 2004.

The Weingarten Center staff remembers Mr. Levy as a kind and intelligent individual, with a sense of humor, who was well-informed about current events and enjoyed discussing related topics.

He is survived by family who reside in Oxford, PA.

### Jonathan Lumpkin, Penn Law

Jonathan Lumpkin L'20, a Penn Law school student, has died. He was 25.

Mr. Lumpkin was a first year law student from Baton Rouge, Louisiana, who began his studies in 2015. Before coming to Penn, he majored in history, political science and philosophy at the University of New Orleans, graduating *summa cum laude*.

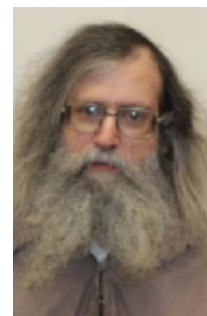
He is survived by his mother Carolyn Deyo (Stephen Poss); father Wayne Lumpkin; and brother Blair Lumpkin.

### Richard Toth, Landscape Architecture

Richard Eugene Toth, former faculty at the Penn's department of landscape architecture in what is now the School of Design, died on January 3. He was 80.

He graduated with a Master's in Landscape Architecture from Harvard University's Graduate School of Design in 1963. He then joined the faculty at Penn, where he taught until he returned to Harvard, joining their faculty in 1968. After teaching there for five years, he joined Utah State University's faculty in 1973 and served as the chair of the department of landscape architecture & environmental planning. He retired after 50 years of teaching in 2014.

Mr. Toth is survived by his wife, Diana; his children, Justin (Kathleen Weron) and Erica (Greg Walker); and his grandchildren, Nicholas, Andrew, Wren, William and Tristan.



Arthur Levy

#### To Report A Death

*Almanac* appreciates being informed of the deaths of current and former faculty and staff members, students and other members of the University community. Call (215) 898-5274 or email [almanac@upenn.edu](mailto:almanac@upenn.edu)

However, notices of alumni deaths should be directed to the Alumni Records Office at 2929 Walnut Street, Suite 300, (215) 898-8136 or email [record@ben.dev.upenn.edu](mailto:record@ben.dev.upenn.edu)

## Diving Into the Origins of Swimming at Penn: 120 Years of Intercollegiate Swimming

### The Construction of Houston Hall Pool

Organized swimming at the University dates back to the beginning of construction on Houston Hall in 1894. Even before the building was officially opened, in 1896, it was available to students as a headquarters for an undergraduate social club that housed many campus events. Houston Hall is considered the first student union building in the nation. It was home to many amenities such as a reading nook, small theater, swimming pool, gymnasium and a bowling alley. Penn students were encouraged to apply for membership so they could take advantage of the variety of these student activities. The Club and all of the organizations occupying Houston Hall were all directed by undergraduate students. On March 9, 1897, the University reported that a new committee was created to “look after the interests of those using the pool.” It consisted of a chairman and two subordinates, all three of whom were undergraduates.

The pool was located in the Houston Hall basement (where the Hall of Flags is now) and only stretched 10 feet in width by 30 feet in length. It was infrequently used to hold “Swimming Exhibitions” during what was known as “Houston Club Monthly Smokers”. This was a monthly evening social event which consisted of entertaining activities such as bowling tournaments, billiards, dances and instructional swimming exhibitions. There were also occasional exhibitions consisting of various displays of the current swimming styles or fancy strokes, team relay races and water polo competitions. The exhibitions were commonly held in collaboration with the National Swimming Association (NSA), which was founded in 1893 in Philadelphia. It consisted of the representative amateur swimmers of Philadelphia and vicinity. The two teams would race each other and compete in water polo matches. Results for the races and water polo matches were reported the next week in the student paper, the *[Daily] Pennsylvanian*. Columbia University Professor Charles Holroyd, a member of the NSA and said to be an expert swimming master, originally directed these swimming exhibitions.

### The George Kistler Era Begins

On April 5, 1897, Penn announced that the Houston Club had hired former world champion swimmer and instructor, George Kistler, to take on the responsibilities as overall director of the Houston Hall Pool. His prior swimming achievements made him a prime candidate for the position and later showed to be a very astute decision. Mr. Kistler began to successfully develop both swimming and water polo teams.

Mr. Kistler, an Englishman, took over the swimming exhibitions soon after he was hired. On April 24, 1897, Mr. Kistler gave his first swimming exhibition immediately following the University’s Athletic Carnival on Franklin Field. Under his guidance, the members of the Houston Club faced off against the NSA in a water polo match, claiming victory in every event.

The year 1897, the year the University swim team was officially organized, also marked the start of Edward Carroll Schaeffer’s college swimming career under Mr. Kistler. Under Mr. Kistler, E. C. Schaeffer was the first nationally prominent

swimmer in intercollegiate competition. He set all 37 of his American records and five world records while attending the University of Pennsylvania. Mr. Kistler, who had been the world mile champ at one time himself, took Mr. Schaeffer under his wing and gave him special instruction. Mr. Kistler said that, “Schaeffer never had to extend himself in the middle distance events so I never did find out just how fast he could swim.” In 1900 the Philadelphia and New York newspapers reported that Mr. Schaeffer would go to England to compete in the Olympic Games. The plan failed when no organization could be found to sponsor his round-trip expenses.



*Penn’s pioneer: George Kistler, a living legend.*

### The Move to Weightman Hall

In 1903 the University began construction on its new gymnasium, Weightman Hall. When it was finished in 1904 it included a pool that replaced the one in Houston Hall. The Weightman Hall pool dimensions were 30 feet by 100 feet. At this time, the Board of Trustees and the faculty of the University made it mandatory that every student be able to swim. Mr. Kistler was the administrator of the swimming program. The minimum requirement for all students was two lengths of the pool or 200 feet. The opening of Weightman Hall also marks the period when Mr. Kistler made the transition from his job as the University’s swimming instructor to his career as a swimming coach.

Mr. Kistler has been called the founder of intercollegiate swimming in America. Due to Penn’s success in the pool, in 1906 the swimming and water polo teams began to gain both moral and financial support from the University’s Athletic Association. In fact, the creation of the first Intercollegiate swimming league was inspired by Mr. Kistler’s work with aquatics at the University. Penn went on to become the champions of America in 1908 and 1909. At this time, there were only four schools that participated regularly in the swimming and water polo competitions: Yale, Harvard, Columbia and Penn.

### Swimming Highlights Since The Kistler Era

After a very successful career of 37 years, Mr. Kistler retired in June of 1934 and was awarded a varsity letter. He was succeeded by William Merriam, who, a few years earlier, had assumed most of the coaching responsibilities. Penn swimming and diving has been competing under the National Collegiate Athletic Association (NCAA) since 1924 and with their Ivy

*(continued on page 5)*



*In 1896, Penn became the first American college to make a swimming pool available to its students. The 10 foot x 30 foot pool was located in the basement of Houston Hall (above).*





Weightman Hall's pool (above) opened in 1904 and closed during the 2005-2006 academic year.



Shelby Fortin (above).

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League peers since 1938. Despite its initial popularity, water polo is no longer an official sport at Penn, but has been a club sport since 1977. In 1967 the University built the Bernard Gimbel Gymnasium (now known as the David Pottruck Health and Fitness Center) including an Olympic length pool, known as the Sheerr Pool, which is now the Men's and Women's varsity swimming and diving training and competition pool.

The University swimming and diving teams have both had many successful seasons since the 1897 inception of aquatic competition. Penn's swim team has won the Ivy League Championship five times: 1940; 1964-1965; 1967-1968; 1969-1970; and 1970-1971.

At least seven Olympic swimmers either were students at Penn or held some other association with the University: Jack Medica, Francis (Frank) Jones Gosling, Mary G. Freeman Kelly, George T. Breen, William G.M. Slater, Eleanor Suzanne Daniel Drye and Robert Lewis Cragg, Jr. Mr. Medica won a gold and two silver medals in 1936. Twenty years later, in 1956, Mr. Breen won a silver and two bronze medals; four years later he won another bronze medal. Both Mr. Medica and Mr. Breen became swimming coaches at Penn, as well as Ms. Freeman Kelly. Eleanor (Ellie) Suzanne Daniel Drye won three Olympic medals (a gold, a silver and a bronze) in 1968, followed by another bronze medal in 1972 while she was a student at Penn.

For more, see the University Archives: <http://www.archives.upenn.edu/history/features/sports/swimming/overview.html>



In 1967, an Olympic-length pool (above) opened in Gimbel Gym, named for Bernard F. Gimbel, W'1907. The Sheerr Pool is named for Wharton alumnus Stanley I. Sheerr, W'37. The gym became the Pottruck Health & Fitness Center in 2002, named for alumnus David Pottruck, C'70, MBA'72.



Chris Swanson (above).

Chris Swanson (above) was a nine-time Ivy League swimming champion from 2013-2016 and became Penn's first NCAA champion (and the first Ivy League student to win an NCAA title since 1990) when he won the 1,650 freestyle at the 2016 Championships.

Jeff Brown was a six-time Ivy League champion from 1995-1997.

Eric Schulz was a four-time Ivy League champion from 2014-2016.

Current junior Mark Andrew is already a three-time Ivy League champion with this year's Championships coming up in February.

Patti Brennan was winner of the 100-yard breaststroke in 1977 in the first Ivy League Championships ever contested.

Shelby Fortin (at left) is easily the most decorated women's swimmer in Penn history, winning seven Ivy League titles from 2011-2014.

Current senior Virginia Burns is already a four-time Ivy champion, and in February she hopes to become the first Penn women's swimmer to win the same event at the Ivy League Championships all four years (500 freestyle).



## Human Resources: Upcoming February 2018 Programs

### Professional and Personal Development Programs

Open to faculty and staff. Register at <http://knowledgeink.upenn.edu/>

*Using Spark Hire Video Interviewing*; February 1; 12:30-1:30 p.m.; free. With SparkHire Video Interviews growing in popularity at the University, we want you to be prepared! Recruitment and Staffing welcome you to learn from our experts on how to best use the SparkHire Video Interview tool as a candidate.

*Succeeding in a Changing World*; February 6; 12:30-1:30 p.m.; free. In this award-winning video, bestselling business author and Harvard Business School Professor John Kotter will help you understand change—and succeed in a changing world.

*Learning with Lynda: Improving Your Conflict Competence*; February 7; 12:30-1:30 p.m.; free. In this course, author and conflict expert Craig Runde helps you manage workplace conflict more effectively. He first explains the dynamics that create conflict, and helps you become aware of what your conflict response is. *Learning with Lynda* utilizes the University's enterprise-wide license of *Lynda.com* to provide a blended learning solution to the Penn campus. Prior to attending the in-class session, it is strongly recommended that you take the online Lynda module. During the classroom session we apply the concepts from the online module.

*Engagement Starts with You*; February 14; 12:30-1:30 p.m.; free. Research shows that engaged employees are more productive and satisfied with their jobs. In this session we will look at engagement from the individual perspective.

*The Art of Presentation*; February 20 & March 28; noon-1 p.m.; \$75. The Art of Presen-

tation is a two-part skills seminar that will help you improve your presentations skills whether you are persuading, educating or informing. This interactive workshop focuses on professional business communication including preparation, structure, delivery and strategy.

*Penn Perks*; February 22; 12:30-1:30 p.m.; free. Be prepared to be surprised and delighted by more than 100 'hidden benefits' we will reveal in this session. We're sure there is something that will make your day.

*TED Talk Tuesday: Gregg Steinberg, Super-Resilience: How to Fall Up*; February 27; 12:30-1:30 p.m.; free. Learn how to use adversity as your superpower in this entertaining and informative TED Talk.

### Quality of Worklife Workshops

Open to faculty and staff. Register at [www.hr.upenn.edu/myhr/registration](http://www.hr.upenn.edu/myhr/registration)

*Admissions Brown Bag: Discussion of Liberal Arts Programs*; February 14; 12:30-1:30 p.m.; free. Faculty and staff with college age dependents are invited to join Penn's undergraduate admissions office to discuss a liberal arts education which is not uniform from college to college. In most colleges and universities, about 1/3 of a student's classes will be in a major and about 1/3 will be in liberal arts distributional requirements. Discussion will include advising, declaring a major, completing a college's requirements and academic choice outside of these guidelines. Please feel free to bring your lunch.

*Conflict Resolution*; February 15; 12:30-1:30 p.m.; free. Gain the skills necessary for effectively reducing opportunities for conflict with colleagues and in the workplace. Learn the varied styles of conflict resolution and the options for managing conflict when it arises. Feel

free to bring your lunch.

*Webinar: What To Look Out For As Our Loved Ones Age*; February 21; noon-1 p.m.; free. Those of us who have senior loved ones in our lives want to be sure they are well cared for. This webinar will address some of the challenges elders face as they age, and solutions that we, as caregivers, can put into place from near or afar. We will discuss common eldercare issues and which eldercare systems can best address these concerns. There will also be an opportunity at the end of the session to address more individualized concerns.

*Guided Meditation: Take a Breath and Relax*; February 23; noon-1 p.m.; free. Practice mindful breathing that focuses your attention on the present moment with kindness, compassion, and awareness. Self-massage and gentle mindful movements that promote relaxation and reduce stress may also be included in the workshop. No experience necessary.

### Healthy Living Workshops

Open to faculty and staff. Register at [www.hr.upenn.edu/myhr/registration](http://www.hr.upenn.edu/myhr/registration)

*Chair Yoga*; February 21; noon-1 p.m.; free. Interested in trying yoga but don't know where to start? Join us for a wonderful class of chair yoga. You get the same benefits of a regular yoga workout (like increased strength, flexibility and balance) but don't have to master complex poses.

*INDOOR February Wellness Walk*; February 16; noon-1 p.m.; free. A special someone may hold the key to your heart, but taking care of yourself by eating well and being physically active can be the key to a healthier heart! Meet the Center for Public Health Initiatives staff inside the Palestra for some heart healthy exercise. February is American Heart Month, an appropriate time to pay attention to one of the most important organs in your body. In keeping with this month's Valentine's Day and Heart Health theme, participants are encouraged to wear red for this 1-2 mile walk. Bring your water bottle and don't forget your sneakers!

—Division of Human Resources



### Beyond Bebop: Jazz, Classical and the Third Stream: January 31

The Chamber Orchestra of Philadelphia will perform a world premiere of Vidiksis, with improvised electronics as the finale to their program on January 31 at 7:30 p.m. in the Harold Prince Theatre at the Annenberg Center. This is a unique chamber music experience. Get a drink, grab a seat up close and settle in for an interactive performance as members of The Chamber Orchestra of Philadelphia play in the round. Host Bob Craig, WRTI jazz host, will provide background and insight on each work and lead conversations with the musicians between pieces. The performance concludes with a casual audience Q&A. The program will take a deeper look into rich, fruitful, multifaceted dialogue between jazz and classical music and a genre-blurring exploration into new worlds of improvisation. Tickets are \$30 and can be purchased at <https://www.annenbergcenter.org/event/beyond-bebop-jazz-classical-and-the-third-stream> or call the Box Office at (215) 898-3900.

## Update

January AT PENN

### TALKS

**25** *Smart Cities: Challenges to Implementing Innovation in Cities*; panel discusses the role of innovation in cities; 4 p.m.; Perry World House; register: <https://tinyurl.com/y8c3ohbs> (PWH).

**29** *Being Black in Philly: We Choose to Stay!*; panel moderated by Shomari Kazi; 5:30-8 p.m.; Terrace Room, Cohen Hall; info: [www.upenn.edu/aarc/mlk/calendar\\_ml.htm](http://www.upenn.edu/aarc/mlk/calendar_ml.htm) (AARC, SP2, GSE, BGAPSA, Makuu).

**30** *Ancient Brews: Rediscovered & Recreated*; Patrick E. McGovern, Penn Museum; noon; Hourglass Room, University Club; RSVP: [pasef@pobox.upenn.edu](mailto:pasef@pobox.upenn.edu) (PASEF).

*Bioactive Materials for Transitioning Cell Phenotypes with Chronic Vocal Fold Scar*; Mariah Hahn, Rensselaer Polytechnic Institute; 1 p.m.; Penn Smilow Center Auditorium (CHOP; Perelman School of Medicine).

### AT PENN Deadlines

The January AT PENN calendar is now online.

The February AT PENN calendar will be available *January 30*. The deadline for the March AT PENN is *February 13*.

## Penn Museum Calls in The Year of The Dog on January 27—37th Annual Chinese New Year Celebration

Get ready to call in The Year of the Dog at the Penn Museum's 37th Annual Chinese New Year Celebration on *Saturday, January 27, 2018*, from 11 a.m. to 4 p.m. The family-friendly day features traditional Chinese music and dance, contemporary Asian film, tangram workshops, tai chi and kung fu martial arts demonstrations, storytelling, calligraphy, family crafts, a Year of the Dog Photo Contest and much more—closing with the grand finale drums and the roar of the lion dance and parade. Activities are held in the Museum's Rotunda, which houses one of the finest collections of monumental Chinese art in the country, and throughout the international galleries of the Museum.

The Chinese New Year Celebration, one of Philadelphia's oldest, is free with Museum admission donation (\$15 general admission; \$13 seniors [65+]; \$10 children [6-17] and full-time students [with ID]; \$2 ACCESS Card holders (up to four family members per card); free to children under 5, members, active U.S. Military, STAMP and PennCard holders).

### Year of the Dog activities

Nancy Steinhart, curator of Asian Art at the Penn Museum, offers a short, illustrated talk, *Dogs in Chinese Art*, at 2:30 p.m. to celebrate the year. Throughout the day, guests will have an opportunity to take a scavenger hunt around the Museum, finding dog-related objects in the galleries. All guests can celebrate their own year on the Chinese zodiac at a zodiac animal selfie station. New Leash on Life, a non-profit pris-

son dog-training program that saves the lives of shelter dogs at risk of euthanasia and gives incarcerated inmates a chance for redemption, will be on hand to talk about their program.

### Music and Arts, Culture and Film

Chinese for Families, a local language school, joins with a program for all ages. Guests will meet some of the Chinese for Families young students and learn about Chinese New Year, the Chinese Zodiac, and Chinese language and archaeology through short films and interactive games.

At noon, more than 20 young dancers, aged 9 to 17, from the Great Wall Chinese School Little Mulan Dance Troupe, perform traditional dances, while Michele Belluomini of Blue Deer Storytelling offers up three tales for guests to enjoy: *The Dog's Tale*, *The Empty Pot*, and *Lao Lao of Dragon Mountain*.

Master Chef Joseph Poon, known for his Wok 'N Walk Tours of Philadelphia's historic Chinatown, offers a vegetable carving demonstration, seasoned with humor, 11:30 a.m.-1 p.m.

Chinese painting instructor Onlei Annie Jung leads a drop-in Chinese calligraphy class, and offers a separate workshop about the seven tans of the tangram, an ancient Chinese puzzle game believed to have been invented in China during the Song Dynasty, and introduced in Europe in the early 19th century.

Sifu John Chen and his students from the Ba'z Tai Chi and Kung Fu Studio offer an interactive Tai Chi workshop at 1 p.m., and members of the Greater Philadelphia Falun Dafa As-

sociation offer a demonstration of Falun Gong.

With a focus on Chinese Music: East verses West, local musician and instructor Kurt Jung and Qin Qian perform modern and traditional Chinese melodies on the erhu (Chinese two-string fiddle) and the yangqin (Chinese hammered dulcimer) at 12:30 p.m. Mr. Jung discusses the role of music in ancient Chinese society.

The Philadelphia Asian Film Festival (PAAFF) presents a short film, *Tailored to Fit*, directed by Xin Li. A young immigrant filmmaker who discovers a generation gap as she explores her love-hate relationship with China's iconic Qipao dress. PAAFF is a volunteer-run nonprofit film festival working to celebrate and elevate the Asian American and Pacific Islander experience through cinema.

Throughout the day, a Chinese Art Marketplace provides activities for families, including a calligraphy station, a dog-related craft station, information on Chinese medicinal herbs and traditions, and shopping opportunities with local vendors. Asian Arts Initiative will be tabling the event throughout the day, offering an opportunity for museum guests to learn more about their diverse programming. Asian Arts Initiative advances racial equity and understanding, activates artists, youth, and their communities through creative practice and dialogue grounded in the diverse Asian American experience.

The Pepper Mill Café joins the festivities by offering a selection of Chinese lunch entrées and kid-friendly foods.

### Drum Roll and a Roar: A Grand Finale

Members of Cheung's Hung Gar Kung Fu Academy offer a dynamic, Shaolin-style Kung Fu demonstration at 2:45 p.m., then treat visitors to the sharp footwork and pulsating drums of a spectacular Grand Finale Lion Dance at 3:45 p.m. to chase away evil and usher in good luck for the year.



A short film, *Tailored to Fit*, directed by Xin Li, will be shown at 1 p.m. at the Penn Museum during the 37th Annual Chinese New Year Celebration on *Saturday, January 27*.

## The University of Pennsylvania Police Department Community Crime Report

**About the Crime Report:** Below are the Crimes Against Persons or Crimes Against Society from the campus report for **January 8-14, 2018**. Also reported were 14 crimes against property (14 thefts). Full reports are available at: <https://almanac.upenn.edu/sections/crimes> Prior weeks' reports are also online. —Eds.

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 8-14, 2018**. The University Police actively patrol from Market St to Baltimore Avenue and from the Schuylkill River to 43rd St 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.

01/09/2018	9:42 AM	3400 Spruce Street	Harassing phone calls
01/10/2018	3:33 AM	4200 Spruce Street	Intoxicated male/Arrest
01/10/2018	3:28 PM	3910 Irving Street	Fraudulent check given for payment
01/11/2018	5:55 PM	3939 Baltimore Ave	Fraudulent charges on credit card
01/12/2018	5:23 PM	3549 Chestnut Street	Pepper spray used to rob complainant of cash

### 18th District

Below are the Crimes Against Persons from the 18th District: 7 incidents (3 assaults, 3 robberies, and 1 indecent assault) were reported between **January 8-14, 2018** by the 18th District covering the Schuylkill River to 9th Street & Market Street to Woodland Avenue.

01/08/2018	9:48 AM	1239 S. Markoe Street	Assault
01/08/2018	8:45 PM	S. 46th and Market Street	Robbery
01/11/2018	3:08 PM	3440 Market Street	Assault
01/12/2018	5:16 PM	500 Blk of S. 42nd Street	Indecent Assault
01/12/2018	5:25 PM	3549 Chestnut Street	Robbery
01/12/2018	7:23 PM	245 S. 44th Street	Assault
01/14/2018	1:04 PM	4615 Hazel Avenue	Robbery

## Almanac

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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 Penn website) include HTML, Acrobat and mobile 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.

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## The Science of Learning

Allyson Mackey

One of the reasons I enjoy teaching cognitive neuroscience is that research in this field, including my own, directly speaks to the students' most immediate concern: how to learn what they need to learn. So, every year, I begin by sharing a list of cognitive neuroscience findings that could help them improve their performance in my class. Students take some of these strategies seriously and ignore others, but I find that sharing this list helps them see the relevance of what they are learning and how to learn those things more effectively. Hopefully, it also helps them succeed in other classes as well, and helps them appreciate how the science of learning is relevant to everyone.

Julie McGurk, an associate director for the Center for Teaching and Learning, and I worked together to summarize the research I share with my students below:

1. *Get enough exercise.* Exercise is associated with positive changes in the hippocampus, a brain structure that is critical for learning and memory. In animals, exercise is associated with the birth of more new neurons in the hippocampus (Lazarov, Mattson, Peterson, Pimplikar, & van Praag, 2010). Similarly, in humans, exercise leads to growth of the hippocampus, and to improved memory (Erickson et al., 2011).

2. *Get enough sleep.* The hippocampus primarily listens to the rest of the brain during the day, but at night, the roles reverse, and the hippocampus tells the rest of the brain what to remember and what to forget (Mitra et al., 2016). In humans, sleep improves learning and memory (Maquet, 2001; Walker & Stickgold, 2004). Sleep is especially important for understanding the gist of new knowledge and for discovering important patterns and rules (Stickgold & Walker, 2013).

3. *Manage your stress.* Stress changes the structure and function of the frontal lobes of the brain, leading to impairments in attention and cognition (McEwen & Sapolsky, 1995). Exercise and sleep help keep stress in check, but you might want to consider other ways of managing stress. Mindfulness meditation has been associated with reduced stress and improved brain structure and function (Tang & Leve, 2016).

4. *Find your motivation.* In animals, motivation, and the release of the neurotransmitter dopamine, are associated with bigger brain changes and better learning (Bao, Chan, & Merzenich, 2001; Bergan, Ro, & Knudsen, 2005). In humans, intrinsic motivation, based on personal interest or values, has been shown to influence behavior more than extrinsic motivation, based on rewards or external pressures (Ryan and Deci, 2000). Reflecting on how the course material you are learning relates to your interests and values can help with your

persistence with the material as well as your ability to learn it (Harackiewicz et al., 2014).

5. *Believe your brain can change.* Brain networks that support knowledge and abilities change with practice. The network that supports intelligence is especially plastic, even in adulthood (Mackey, Miller Singley, & Bunge, 2013; Mackey, Whitaker, & Bunge, 2012). Understanding brain plasticity has important implications for learning: if you know that you can get smarter and learn more, you're more likely to try harder even when material is frustrating or difficult (D. S. Yeager & Dweck, 2012). A large random assignment study showed that freshmen who learned about brain plasticity were less likely to drop out of college and had higher GPAs than the control group (David S. Yeager et al., 2016).

6. *Understand that it takes time to adjust.* Trying a new subject? Feeling like you have less background knowledge than other students? Learning that it is common to not feel like you fit in right away, but that this will change with time, helps students do better in school (D. S. Yeager & Walton, 2011). Students who were randomly assigned to read an essay written by a peer who struggled in a college class (got a bad grade, or got critical feedback from a professor), and had to write a similar essay for another student, got better grades and were less likely to drop out than students in a control group (David S. Yeager et al., 2016).

7. *Take notes by hand.* Memory for facts does not differ by note-taking strategy, but performance on "conceptual-application" questions is worse for laptop note takers. Laptop users tend to transcribe verbatim and don't do the important synthesis step needed to decide which information is worth writing down (Mueller & Oppenheimer, 2014).

8. *Practice retrieving knowledge.* Testing your knowledge of material at regular intervals produces better learning than simply studying the material. Feedback on that retrieval (figuring out where you were right and wrong), enhances learning further (Roediger and Butler, 2011).

9. *Explain ideas and concepts to others.* There is evidence that generating explanations, even if they are incorrect, can lead to better learning, as compared with re-reading texts. Explanations lead people to form simpler and broader knowledge, which is more "expert"-like (Lombrozo, 2016).

10. *Think about your thinking.* Metacognition, the ability to think about your thinking, improves class performance. Metacognition involves: 1) thinking about your strengths and weaknesses, 2) knowing a range of strategies for approaching learning, 3) matching an appropriate strategy with the learning task, 4) planning and enacting that strategy, and 5) actively monitoring the chosen strategy by frequently reflecting on whether it is working (Schraw and Dennison, 1994).

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This essay continues the series that began in the fall of 1994 as the joint creation of the College of Arts and Sciences, the Center for Teaching and Learning and the Lindback Society for Distinguished Teaching. See <https://almanac.upenn.edu/talk-about-teaching-and-learning-archive> for previous essays.