

Student advice

How you can get to talk to me

I hold office hours every week (see: [Sebastian Springer's contact details and office hours](#)). For the office hours, you need no appointments, just show up.

Occasionally, I will need to move my office hours. If that is the case, you will find a note on my door.

How you can get help without seeing me

Here is an FAQ list with some direct links.

For this question or request:	See here:	and further information:
I would like advising on grad school or internship applications.	Life Sciences Careers	Having read this, come to my office hours.
I would like you to write a letter of recommendation.	Letters of reference from Prof. Springer	Please follow the instructions on that webpage.
Which courses should I pick?		First years: talk to second years in your same major. Everyone: talk to Doris Mosbach , the Undergraduate Studies Coordinator; she knows best. Foundation Year students: talk to the Foundation Year advisors, I cannot advise well on the Foundation Year.
Other questions related to course choices and study options	Student Advising – Questions and answers	That page only tells you who to talk to; there is no point listing the answers since they are liable to change.