

Fall 2016 Newsletter

SCHOLARS PRESENT AT THE 25TH ANNUAL MCNAIR CONFERENCE, WISCONSIN



Scholars at the 25th Annual McNair Conference, Delavan, WI
From left: Bryce Corbett, Lloyd Coakley, Jorden Thomas, Norris Akpan, Danette Abernathy, Shayla Brown.

THE NATIONAL MCNAIR RESEARCH CONFERENCE IS HELD ANNUALLY TO BRING TOGETHER SCHOLARS FROM ALL OVER THE NATION. THE CONFERENCE PROVIDES THE SCHOLARS WITH A UNIQUE OPPORTUNITY TO PRESENT THEIR RESEARCH WORK IN A PROFESSIONAL AND NURTURING ENVIRONMENT.

As part of the experience of attending the conference, the scholars are also provided with helpful tips on the graduate school application process, through workshops, panel discussions, and other activities.

This year, at the Silver Anniversary of the conference (October 28th – 30th), six (6) of our scholars presented their research:

For oral presentations: Ms. Norris Akpan on *The Effects of Probiotic Bacteria on Subjects following Traumatic Brain Injury*; Ms. Bryce Corbett on *Exploring eDNA methodologies as a way to detect relationship between Anchovies and Krill in Monterey Bay Canyon*; Mr. Lloyd Coakley on *Assessing the Relationship between Hypermasculinity/Aggression and Mental Illness (Anxiety) in African American Men*.

For poster presentations: Ms. Jorden Thomas on *Stigmatization of ADHD- How Implicit and Explicit Views along with Psychological Flexibility Form Biases*; Ms. Danette Abernathy on *Family size and effects of depression and anxiety*; Ms. Shayla Brown on *The Role of Social Support, Social Integration and Stress in First-Generation, Ethnic Minority Students' Decision to Persist at a University*.

"Whether or not you reach your goals in life depends entirely on how well you prepare for them and how badly you want them"

- Dr. Ronald E. McNair

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McNAIR SCHOLARS PROGRAM

Also in this issue: Summer Research Institute (SRI) 2016 Student Reflections; Scholar Highlights; All Scholars Meet (in pictures); Tips for Managing Stress...

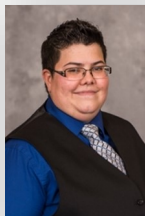
**THE RONALD E. MCNAIR
POST-BACCALAUREATE
ACHIEVEMENT
PROGRAM**



The SIU Carbondale McNair Scholars Program helps students realize their full potential by providing enriching educational experiences for low-income, first-generation college students and members of underserved groups in higher education. Beginning with a strong mentoring network, McNair scholars are fully supported and engaged in educational and professional development activities that lay the foundation for stellar research and academic skills.

Our McNair Scholars Program promotes **academic excellence, success in graduate school**, and the **achievement of a PhD** – confirming there is no such thing as too much ambition when it comes to educational goals.

SCHOLAR SPOTLIGHT—YAHAIIRA HELLER



**B.A. in Political Science
Concentration in Pre-Law
Minor in Philosophy
and Latino and Latin
American studies.**

My research interest has been the same, mainly concentrating on issues that revolve around the experiences and encounters of Latinos in American Politics and Public Policy.

I have expanded it to include other intersections such as Women and LGBTQ issues especially when these issues are cross referenced into Latinos bodies and experiences.

After completing my B.A. at SIU, I will be taking a gap semester to concentrate on some other presentations that I have been working on including the founding of a news blog for my campus which concentrates on the experiences of marginalized students.

That round table discussion will be presented in the Women's Gender and Sexuality Studies Conference this upcoming spring.

I will also be doing some mentorship on coalition building and alliances across differences at a school in the Carbondale dis-

trict as well as mentorship for LGBTQ identifying students at my Alma mater.

Further, I will be concentrating on polishing and finishing my applications for graduate schools. I look forward to my graduation this December, but I will enjoy dedicating myself to service if only for a semester.

My future goals include completing my master or doctorate degree. I would like to teach at an institution of higher learning in the long term.

I want to dedicate my life to public service, so anything that can place me on a platform to do so can become a part of my future goal set.

The possibilities are endless, my ambition is bound and I am determined to succeed while serving.



SURVIVING IN GRADUATE SCHOOL

Graduate school can be tough, however, it is not impossible to do. With the right tips, you can not only survive, but also thrive in graduate school. Here are a few tips:

- ◇ Always keep a written set of goals or a to-do lists. It might sound simple enough, but use this right, and you can accomplish a lot in a day or a semester.
- ◇ Find a study group that is productive. This can help ease the stress of the bulk of readings that you will have to do constantly.
- ◇ Learn how to be assertive and how to state your case (without offending others). It is a master skill to have.
- ◇ Take time to breathe! Whether it is a long walk or a nap, your mental and physical health and your survival in graduate school depends on taking care of yourself. All else follows this.
- ◇ Dress up a little bit more for class, it definitely makes you feel a bit more confident of yourself. And who doesn't need a confi-

dence boost?

- ◇ Network! Network!! Network!!!
- ◇ Finally, celebrate yourself. After a milestone, be sure to celebrate even if it is with just some time off for yourself. It helps to make life in graduate school a bit less daunting.

Sources: <http://www.csee.umbc.edu/~mariedj/papers/advice.pdf>
<http://www.relevantmagazine.com/relevant-u/graduate/12-keys-success-grad-school>

NETWORKING TIPS FOR THE COLLEGE STUDENT

- ◇ Engage with your faculty and other staff who might be able to offer guidance on internships, graduate school application, and jobs.
- ◇ Use your LinkedIn account. If you do not have one, create one. Use it to find and keep connections. You can also create a personal website/portfolio to add to your online presence.
- ◇ Use the Career Services for help on your resume or CV, preparing for interviews, and finding internships.
- ◇ Talk to people who just graduated; they are a great resource. Ask them about their experiences applying to graduate schools or finding jobs.
- ◇ Actively engage in your classes. While it might be tempting to glide through a class

unnoticed, letting your presence be known by being an active participant in the class can be a great tool for networking; you can use this to establish a positive relationship between you and your professors and with your colleagues as well.

- ◇ Connect with colleges and companies you are interested in via social media. It is a great way to keep track of your interests.

Remember, networking is an important part of building your college career. Use it!

Source: <https://www.thebalance.com/top-career-networking-tips-for-college-students-2062581>



“It always seems impossible until it's done”

—Nelson Mandela

THE RESUME AND THE CV: DIFFERENCES & WHAT TO INCLUDE

- ◇ The **CV, or Curriculum Vitae**, (translates to ‘course of life’ in Latin) is a document which showcases in-depth level on achievements and accomplishments, primarily within academia. CVs work very well for persons pursuing positions in academics and/or research, because it focuses on projects and teaching. CVs do need to be updated frequently, as it’s more of a living document.
- ◇ Overall, a CV is lengthier than a resume- they can vary from 2 pages, for someone starting out in graduate school, to more than 10 pages for someone who has many years of experience and a long list of publications or projects.
- ◇ Typically, the information is laid out in reverse chronological format.
- ◇ Your CV will include education, grants, publications, research projects, professional memberships, employment experience, contact information and your references.
- ◇ A **Resume** is a concise document used to showcase your work experience and work-related accomplishments.
- ◇ Resumes are typically 1-2 pages in length- anything more will be too much with this type of document.
- ◇ Typically, in job searches, resumes are accompanied by a cover letter, as the cover letter will be a quick read that ‘sells’ the candidate and gives some highlights as to why they are the best candidate for the position and why the hiring manager should look no further.
- ◇ A resumes formats can vary. There are functional formats - which will highlight your skills and experience; chronological formats- which will list your skills and main achievements (sorted by date starting with the most recent); or an endless blend of the two primary formats- whereby the focus is spread across both functional and chronological order to present a different focus for a targeted audience.
- ◇ Your Resume will include your name and contact information, work experience, achievements and education.

Source: <https://www.resumeedge.com/whats-the-difference-between-a-cv-and-resume/>

13TH ANNUAL MCNAIR SUMMER RESEARCH INSTITUTE

The 13th Annual McNair Summer Research Symposium (SRI) was held July 15, 2016 from 9a.m. - 4p.m. on the first floor of Morris Library in the John C. Guyon Auditorium. The symposium was the final event of the Summer Research Institute (SRI). SRI participants presented their research projects from the 8-week intensive research program.

The winning presentations included:

1st Place: Norris Akpan on *The Effects of Probiotic Bacteria on Subjects following Traumatic Brain Injury*;

2nd Place: Baylen Earles on *Electrophysiological Assessment of Long-term Potentiation using In Vitro Hippocampal Slices*;

3rd Place: Lloyd Coakley on *Assessing the Relationship between Hypermasculinity/Aggression and Mental Illness (Anxiety) in Men*; and

4th Place: Shayla Brown on *The Role of Perceived Stress and Social Support on Students' Decision to Persist at a University*.

Other presenters included Danette Abernathy, Rudy Bacette, Jordan Holman, Trevor Keen, Daniel Morales, Emily Peterson, Jorden Thomas, and Yahaira Heller-Vargas.



We would like to thank Lizette Chevalier, Karen Renzaglia, Randy Burnside, Mark Watson, Deborah Barnett, Jeff Goelz, Angela Aguayo, Jaime Conley-Holt, Angela Anima-Korang, and Kenneth Washington for presenting throughout the week long introduction.

SRI 2016 REFLECTIONS

When thinking back over my time during the SRI, I am proud of myself for completing such an intensive 8-week program. The first week was our orientation that included highlighting the expectations for scholars, research/presentation skills, conversations about prevalent social issues, and bonding activities with my cohort.

This first week helped me to understand what it means to be a McNair Scholar. We were encouraged multiple times to discuss obstacles that we had faced throughout life, and that let me know that I am not alone in many of the battles that I have faced and will face. Having a program dedicated to underrepresented students is a value to institutions like SIU.

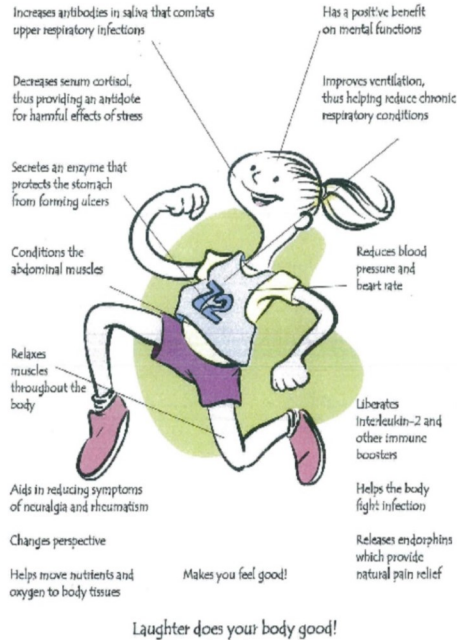
One other opportunity that the SRI gave me was to become closer with my mentor, Dr. Chad Drake. Before the SRI, I had been a member of his research lab, but this gave me the opportunity to work one-on-one with him. We had weekly meetings where we discussed the process of my research, how to better phrase concepts within my paper, and ultimately prepare for graduate school.

One assignment that we were required to do during the SRI was an interview with our mentor. I was able to ask Dr. Drake questions that I had as yet not had the opportunity to do so. Gaining his perspective on his experiences as an undergrad, graduate student, and now as a college professor gave me insight as to how rocky the path to success can be, but also that there is hope throughout the process.

Throughout the McNair experience, I came to know my cohort as friends and academic colleagues. The students who represent the McNair program have faced difficulties in many different ways. From being underrepresented, underestimated, and stigmatized against, we have shown that we are resilient and that we can defy odds. I hope that the relationships that we have built over the past 8 weeks continue on into our future careers.

— Jorden Thomas, Class of 2016

Physical Benefits of Laughter



HealthAlliance Hospital
A Division of United Memorial Health Care

STRESS BUSTERS

- ◇ Be realistic about what you can get done in the time you have: Don't sacrifice too much sleep to study.
- ◇ Take a short break at least every two hours. After two hours of studying we learn and remember less than if we take frequent breaks.
- ◇ Take 10 minutes or more to relax deeply at bedtime to help get to sleep and wake more refreshed. Use relaxation skills, Yoga, relaxation recordings, music, calming thoughts, etc. to help you relax.
- ◇ If worry is interfering with studying, mentally yell "Stop!" or "Not Now," to stop the flow of thoughts. Then focus on your breathing, gradually slowing and deepening it. Repeat calming phrases until calmer.
- ◇ Notice your stress level on a scale of 0 to 10, 10 being the highest. When you are above 5, do something right then to calm yourself: take a short walk, laugh, listen to music, listen to a relaxation recording, call a friend, take a power nap, etc.

WHERE AR THEY NOW? ALUMNI UPDATES

Doctoral Degree

Congratulations , **Dr. Rene Lopez-Smith** on earning your doctorate from Southern Illinois University Carbondale. Dr. Rene's dissertation focused on *The Special Walls Around Gametes in Ceratopteris Richardii and Aulacomnium Palustre: Using Immunocyto-chemistry to Expose Structure, Function, and Development.*

Master's Degree

2016	Amanda Osborn	Psychology	Illinois Institute of Technology
2016	Lynn Vaughn	Industrial Technology	Idaho State University
2016	Erin Scott	Sports Administration	Northern Illinois University
2016	Siedah McNeil	Social Work	University of Kentucky
2016	Gina Collori	Social Work	Aurora University
2016	Martisia Mitchell	Public Administration	SIU Carbondale



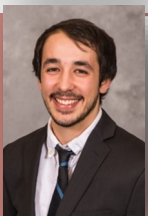
2016/2017 SCHOLARS



Name: Anastazia Graf
Major: Rehabilitation Services
Year: Senior
Hometown: Deer Creek, IL
Highlights (Research, Work, Study Aboard, RSO, etc.):
What are your Strengths:
What advice would you give a future scholar:
Fun Fact:



Name: Bryce Corbett
Major: Zoology
Year: Senior
Hometown: Homewood, IL
Highlights (Research, Work, Study Aboard, RSO, etc.):
What are your Strengths:
What advice would you give a future scholar:
Fun Fact:



Name: Baylen Earles
Major: Biological Sciences
Year: Senior
Hometown:
Highlights (Research, Work, Study Aboard, RSO, etc.):
What are your Strengths: Futuristic, Strategic, Learner, Achiever, Analytical
What advice would you give a future scholar:
Fun Fact:



Name: Danette Abernathy
Major: Psychology
Year: Senior
Hometown: Chester, IL
Highlights (Research, Work, Study Aboard, RSO, etc.):
What are your Strengths: Woo, Includer, Adaptability, Positivity, Harmony
What advice would you give a future scholar:
Fun Fact:



Name: Daniel Morales
Major: Zoology
Year: Senior
Hometown: Mount Prospect, IL
Highlights (Research, Work, Study Aboard, RSO, etc.):
What are your Strengths: Learner, Restorative, Arranger, Adaptability, Self-Assurance
What advice would you give a future scholar:
Fun Fact:



Name: Emily Peterson
Major: Civil Engineering
Year: Senior
Hometown:
Highlights (Research, Work, Study Aboard, RSO, etc.):
What are your Strengths:
What advice would you give a future scholar:
Fun Fact:



Name: Harleigh Williams
 Major: Psychology
 Year: Junior
 Hometown:
 Highlights (Research, Work, Study Aboard, RSO, etc.):
 What are your Strengths:
 What advice would you give a future scholar:
 Fun Fact:



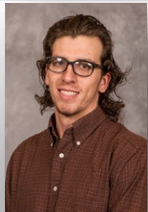
Name: Izabella Bradford
 Major: Microbiology
 Year: Junior
 Hometown: Napa, California
 Highlights (Research, Work, Study Aboard, RSO, etc.):
 What are your Strengths
 What advice would you give a future scholar:
 Fun Fact:



Name: Jordan Holman
 Major: TV and Digital Media Radio
 Year: Senior
 Hometown:
 Highlights (Research, Work, Study Aboard, RSO, etc.):
 What are your Strengths: Futuristic, Empathy, Input, Positivity, Maximer
 What advice would you give a future scholar:
 Fun Fact:



Name: Jorden Thomas
 Major: Psychology
 Year: Senior
 Hometown: Thomaston, GA
 Highlights (Research, Work, Study Aboard, RSO, etc.):
 What are your Strengths: Activator, Ideation, Learner, Achiever, Relator
 What advice would you give a future scholar:
 Fun Fact:



Name: Keegan Trip
 Major: Psychology
 Year: Junior
 Hometown:
 Highlights (Research, Work, Study Aboard, RSO, etc.):
 What are your Strengths:
 What advice would you give a future scholar:
 Fun Fact:



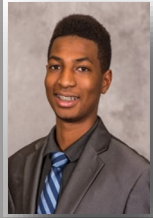
Name: Lloyd M Coakley II
 Major: Psychology/Anthropology
 Year: Senior
 Hometown: Belleville, IL
 Highlights (Research, Work, Study Aboard, RSO, etc.):
 What are your Strengths: Harmony, Input, Communication, Ideation, Individualization
 What advice would you give a future scholar:



Name: Norris Akpan
 Major: Biological Sciences
 Year: Senior
 Hometown:
 Highlights (Research, Work, Study Aboard, RSO, etc.):
 What are your Strengths: Input, Adaptability, Empathy, Intellection, Individualization
 What advice would you give a future scholar:



Name: Naomi Tolbert
 Major: Political Sciences
 Year: Senior
 Hometown: Carbondale, IL
 Highlights (Research, Work, Study Aboard, RSO, etc.):
 What are your Strengths:
 What advice would you give a future scholar:
 Fun Fact:



Name: Rudy Bacette
 Major: Psychology
 Year: Senior
 Hometown: Evanston, IL
 Highlights (Research, Work, Study Aboard, RSO, etc.):
 What are your Strengths: Command, Adaptability, Activator, Ideation, Restorative
 What advice would you give a future scholar:
 Fun Fact:



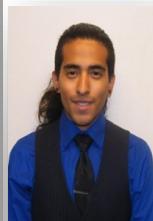
Name: Shayla Brown
 Major: Psychology
 Year: Senior
 Hometown:
 Highlights (Research, Work, Study Aboard, RSO, etc.):
 What are your Strengths: Input, Intellection, Context, Positivity, Achiever
 What advice would you give a future scholar:
 Fun Fact:



Name: Trevor Keen
 Major: Physics/Math
 Year: Senior
 Hometown:
 Highlights (Research, Work, Study Aboard, RSO, etc.):
 What are your Strengths: Analytical, Ideation, learner, Deliberative, Intellection
 What advice would you give a future scholar:
 Fun Fact:



Name: Yahaira L. Heller
 Major: Political Sciences/ Pre-law
 Year: Senior
 Hometown: Adjuntas, Puerto Rico
 Highlights (Research, Work, Study Aboard, RSO, etc.):
 What are your Strengths: Deliberative, Responsibility, Belief, Relator, Analytical
 What advice would you give a future scholar:
 Fun Fact:



Name: Xavier Aguirre
 Major: Information Systems Technology
 Year:
 Hometown:
 Highlights (Research, Work, Study Aboard, RSO, etc.):
 What are your Strengths: Deliberative, Responsibility, Belief, Relator, Analytical
 What advice would you give a future scholar:
 Fun Fact:



Name: William Browning
Major: Plant Biology
Year:
Hometown:
Highlights (Research, Work, Study Aboard, RSO, etc.):
What are your Strengths:
What advice would you give a future scholar:
Fun Fact:



Name: Juan Corral
Major: Rehabilitation Services
Year:
Hometown:
Highlights (Research, Work, Study Aboard, RSO, etc.):
What are your Strengths:
What advice would you give a future scholar:
Fun Fact:



Name: Jamieson Deamer
Major: Cinema & Photography
Year:
Hometown:
Highlights (Research, Work, Study Aboard, RSO, etc.):
What are your Strengths:
What advice would you give a future scholar:
Fun Fact:



Name: Ana Hernandez
Major: Social Work
Year:
Hometown:
Highlights (Research, Work, Study Aboard, RSO, etc.):
What are your Strengths:
What advice would you give a future scholar:
Fun Fact:

THE YEAR IN REVIEW



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