

12th Annual McNair Summer Symposium:



SIU McNair 2015 SRI Scholars: (left to right) back row: Leslie Murray, Demetrius Green, Dakota Justice, Naomi Tolbert, Michael Sall, and Luis Treviño-Pena; front row: Shantel Franklin, Gabrielle Morris, Timothy DeKoster, Raven Gougis, Essence Brown, and Magan Snowden.

This past summer, the SIU McNair Scholars Program sponsored its eight-week Summer Research Institute (SRI). The Program began with an intensive orientation week that introduced students to a variety of topics including research ethics and design, mentoring, networking, professionalism, academic writing, and graduate school selection. Our graduate assistants Angela Anima-Korang and Kenneth Washington helped create an enthusiastic learning environment that encouraged discussion and team building. Scholars took a research break by challenging their personal limits at the high ropes course at A Touch of Nature. Students spent the remainder of the program working with mentors to complete their research projects and studying for the GRE. Alannah McGill, our graduate intern, led weekly review sessions designed to improve their GRE studying and test taking skills. In addition to their research efforts, students finalized their research papers and presented a 12-minute PowerPoint presentation at for our 12th Annual Summer Research Symposium. The exposure students received during the summer enhanced their skills as student-researchers. Luis Treviño-Pena, a junior majoring in



THANK YOU!

philosophy, viewed the Summer Research Institute as an encouraging experience that reinforced his self-confidence and academic productivity. Working with his faculty mentor, Dr. Andrew Youpa, Luis worked on a project that explored the 'right to die argument associated with physician-assisted suicides.' "What I learned about myself was that I am capable of accomplishing a lot in a short period of time. I learned how to deal with procrastination and to focus for long periods of time," he said. Magan Snowden, a senior majoring in psychology, also shared her insights about the summer experience. She said, "The SRI helped me realize that I am truly passionate about my success as well as the individuals within my generation. The topic I chose was not only important but interesting. This allowed me to dig deep into my research project." Working on a qualitative study entitled 'On the Quest to Become a Female MD: Perspectives from African-American Female Students' Magan said she learned a lot about time management, dedication and hard work. This fall Magan was awarded an undergraduate research assistantship from the Center of Undergraduate Research and Creative Activities (CURCA) to continue to work on this project with her faculty mentor Dr. Cynthia Sims.



Michael Sall and Gabrielle Morris at A Touch Of Nature ropescourse.

The Scholars Program sincerely appreciates the efforts of this year's SRI Judges:

Dr. Angela J. Aguayo, assistant professor of cinema and digital culture; **Elom Amuzu**, doctoral student in counseling psychology; **Ashani Hamilton**, senior in animal science and current McNair Scholar; **Dr. Sosanya Jones**, assistant professor of educational administration and higher education; and **Dr. Pamela Smoot**, director of recruitment, retention and outreach for the College of Liberal Arts, and a clinical

2015 McNair SRI Research Presenters



I would tell incoming scholars that it is stressful, but it is all worth it in the end. You will learn more about how you handle stress than you ever thought you would. I feel like I learned more about myself in those eight weeks than I did at any other point in my college career. **Essence Brown-Biomedical Science**

Title: Early Prefrontal Traumatic Brain Injury
Mentor: Dr. Michael Hylin, Psychology

Don't let stress run you down to where you can't get your work done. Remember to have fun with whatever you are doing. **Tim DeKoster-Zoology**



Composition and Quality of Farm-Raised vs. Wild-Caught Fish
Mentor: Dr. Jesse Trushenski, Zoology



It's important to remember that that you get out what you put into your project, the program, and the total McNair Experience. So make it count. **Shantel Franklin-Political Science**

Fourth Place (tie)

Title: Student Political Engagement: A Comparative Study of Higher Education Political Programs
Mentor: Dr. Scott McClurg, Political Science

Don't be afraid to COMMIT! SRI is so rewarding and you will realize how much you've learned when you are able to apply this same knowledge to concepts in your major and even your day to day life. **Raven Gougis-Biomedical Science**



Title: Brain GLP-1 Receptor mRNA expression after stroke in rats
Mentor: Dr. Joseph L. Cheatwood, Anatomy



To all scholars, I would say enjoy your time with McNair and grow! It is a wonderful experience and will open your eyes to endless possibilities of success through academia. **Demetrius Green-Radio, Television, and Digital Media**

First Place

Title: Black Sitcoms & White Fragility: How to become a successful American Television Show
Mentor: Dr. Saran Donahoo, Educational Administration and Higher Education

My best advice is to remain calm and take a break every now and then; otherwise you'll likely run yourself into the ground. **Dakota Justice-Anthropology**



Title: Portrayals of Native Americans in American Movies
Mentor: Dr. Gray Whaley, History



The advice I would give to new scholars is to research your interest! Don't try and select a subject you think will only solely produce good results, pick a subject which you want to study, research, and read about daily.
Gabrielle Morris-Rehabilitation Services

My Title: PECS Usage and Training at the Center of Autism Spectrum Disorders
 Mentor: Dr. Valerie Boyer, Rehabilitation Institute

Find a way to be passionate about everything you do.
Leslie Murray-Philosophy



Title: The Immanence of the Eschaton & the Scientific Discoveries of the Present
 Mentor: Dr. Randall Auxier, Philosophy



Don't be shy! It pays to get to know everyone. The more connections you make the more doors you will open. Additionally, the people you meet now will be the connections that will carry with you throughout your career; these will be the people that you call upon for advice and support during your research.

Michael Sall-Plant, Soil, and Agricultural Systems

Fourth Place (tie)

Title: In vitro screening of native Trichoderma spp. isolates as potential biological control agents of seedling diseases of soybean caused by Macrophomina phaseolina and Rhizoctonia solani
 Mentor: Dr. Ahmad M. Fakhoury, Plant, Soil, and Agricultural Systems

The advice that I would give incoming scholars would be to create a project that they are truly passionate about and utilize every resource the McNair Program has to offer but most importantly have fun!
Magan Snowden-Psychology



Third Place

Title: On the Quest to Become a Female MD: Perspectives from African American Female Students
 Dr. Cynthia Sims, Workforce Education and Development



Work hard and give the summer all of your effort; be the one who contributes to the larger discussions within society.
Naomi Tolbert-Political Science

Second Place

Title: Unequal Access: Factors Contributing to the Disproportional Representation of Marginalized Groups within Study Abroad Programs
 Mentor: Dr. Chris Stout, Political Science

Be brave and don't overthink your own capabilities. Don't stress out about the fact that you may have never done anything like SRI or written such a long a paper or given a presentation. Instead focus on doing your best and your best really will be more than good enough.
Luis Trevino-Pena-Philosophy



Title: Physician-assisted suicide: Addressing the "right to die" argument
 Mentor: Dr. Andrew Youpa, Philosophy

Alumni Highlights: Recent Graduates from SIU Carbondale



Psychology

Lateesha Baquet is a graduate student in the Rehabilitation Counseling program at SIU Carbondale. She holds a graduate assistantship in the SIU McNair Scholars Program Office where she is involved with recruiting new students and social media. While at SIU, her accomplishments included completing an externship with the Robbins Community Help Agency, Inc., volunteering for the Boys and Girls Club and serving as a member of the Black Women's Task Force, Student Support Services and the Association of Black Psychologists. Lateesha also served as a life skills therapist with Neuro-Restorative.



Social Work

Gina Collori is in the fast-track MSW program at Aurora University. She plans to pursue an LCSW and focus her efforts on community enrichment, gang intervention and prevention, rehabilitation, and youth development. While at SIU, her accomplishments include membership in the University Honors Program and serving as a member of Alpha Lambda Delta Honors Society.



Communication Studies

Jovan Gathings is pursuing a master's degree in Human Resources and Industrial Relations at the University of Illinois, Urbana-Champaign. He serves as a graduate assistant for the office of Diversity and Social Justice Education where he facilitates workshops and training related to diversity and social justice. While at SIU, he was a recipient of the SIUC Alumni Association Award, the Dean's list, the Paul Hibbs Award for Communication Studies, the Outstanding Senior Award, and the Center for Inclusive Excellence-Man of the Year Award. Jovan plans to become a human resources or chief diversity officer.



Communication Disorders & Sciences

Kenyahta Gray is a master's student in the Communication Disorders and Sciences program at SIU Carbondale where she holds a research assistantship in her department. She plans to pursue a doctorate degree in speech and language pathology. At SIU, she received the 2014-2015 REACH Award, served as a Saluki Peer Mentor, and was a member of the National Black Association for Speech Language and Hearing.



Psychology

Jasmine Jackson is pursuing a doctoral degree in the counseling psychology program at Howard University. She plans to pursue a career as a licensed counseling psychologist upon receiving her Ph.D. While at SIU, she served as president of the Association of Black Psychologist Student Circle and was on the psychology 202 undergraduate panel. Also, she received the African American Achievement scholarship and was on the Dean's list multiple semesters.



Marketing

Asia Lee is a graduate student at SIU Carbondale in the College of Business. She plans to receive her MBA with a focus in Innovative Marketing. She holds an assistantship in the office of University Communications and Marketing where she is responsible for web management and social media. While at SIU, she was a member of the University Honors Program, the Sigma Alpha Lambda National Leadership Society, and the Delta Epsilon Iota Honor's Society.

Alumni Highlights: Recent Graduates from SIU Carbondale



Art History

Claudia Martinez was accepted to the University of California, Los Angeles but has decided to take the year off from her studies. She plans to work for a library or museum to make art more accessible to the community. While at SIU, she served as a member of the Art History Association and the Museum Studies Club.



Social Work

Siedah McNeil is an advanced standing student in the MSW program at the University of Kentucky where she received the 2015-2016 McNair Scholars Fellowship. Her ultimate goal is to earn a PhD and teach at the university or junior college level. While at SIU, she traveled abroad to Kenya, Africa and Munich, Germany. Also, she participated in the women's civics institute and she served on the curriculum committee for social work. After she graduates, she plans to work in an inter-professional healthcare setting and pursue her clinical license.



Social Work

Erin Scott is enrolled in the Sports Management Master's Program at Northern Illinois University. Erin hopes to use her leadership skills and her love sports to foster a career as an Athletic Director. While at SIU, she served as a member of the Student Athletic Advisory Committee (SAAC), the Saluki Women's Track Team, the Women's Intersport Network (WIN), and Delta Sigma Theta Sorority, Inc.



Psychology

Briana Shaw is taking a year off from her educational pursuits. She hopes to return to school to pursue a Master's in Business Administration. While at SIU, she worked in the graduate admissions office and served as a member of Students Promoting Educational Advancement and Research (SPEAR), Blacks Interested in Business, Student Support Services, and EMPAC. Additionally, Briana served as a life skills therapist with Neuro-Restorative.



History

Jazma Sutton is enrolled in the doctoral program in U.S. History at Indiana University in Bloomington. She plans to become a history professor. While at SIU, she was a member of the University Honors Program and the Delta Epsilon Iota Honors Society. Also, she received numerous scholarships including the William A. Pitkin Memorial Success Scholarship, the History Alumni Award, the Emma Smith Hough Library Scholarship, and the African American Achievement Scholarship.



Horticulture

Jason Voyles was accepted to the Professional Science program University of Illinois Urbana-Champaign. He plans to take a year off from his educational pursuits. His ultimate goal is to manage a commercially funded organic green house. While at SIU, served as a member of the Horticulture Club and received a project award from the Green Fund for a bicycle sustainability project.



New PhD

Kandace Fisher-McLean graduated with her PhD in Human Environmental Science: Architectural Studies from the University of Missouri-Columbia in May 2015. Her dissertation title is *Exploring the Relative Impacts of Altruistic, Biospheric, and Egoistic Motivations to Adopt Green Housing Features*. Congratulations to Dr. Fisher-McLean for your hard work, dedication, and perseverance!

New Masters Degrees

Megan Abell graduated with her Masters in Theatre Arts from San Diego State University in May 2015.

Carol Burns graduated with her Masters in MPS in Branding and Integrated Communication from City University of New York in May 2015.

Brittany Dickson graduated with her MS in School Counseling from Southern Illinois University Carbondale in May 2015.

Kimberly Elsenbroek graduated with her MS in Evolution, Ecology, and Behavior studies from Indiana University in Bloomington in August 2015.

Tamara Kang graduated with her MA in Clinical Psychology from the University of Texas, El Paso in May 2015.

Levell Mables graduated with his MS in Kinesiology from Southern Illinois University in May 2015.

Ravyn Shelton graduated with her MS in Communication Disorders & Sciences from Southern Illinois University Carbondale in May 2015.

“Whether or not you reach your goals in life depends entirely on how well you prepare for them and how badly you want them. You're eagles! Stretch your wings and fly to the sky.”

~ **Ronald E. McNair**

Taming the Butterfly: Tips to Consider when Applying to Graduate School

By Kenneth Washington,
McNair Graduate Advisor

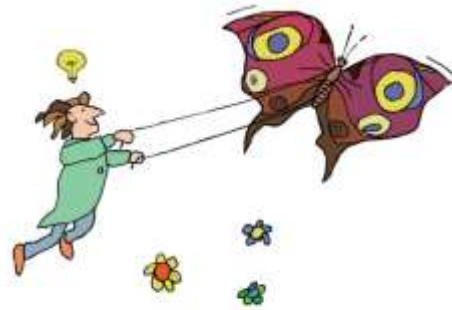
Applying to graduate school can be an overwhelming process. Taming your butterfly sounds like a rather simple task but throughout the graduate school application process, this uneasy feeling may be a result of your inability to accept the unknown. While searching for the “right” program, do you often ask yourself, “How do I know if this is the right one or what should I be looking for?” Here are a few suggestions to help “tame those butterflies.”

1. Demystify the Process: Learn everything you can about the process to help build your confidence. Create a spreadsheet with deadlines, course prerequisites, GPA requirements, GRE scores, funding options, graduate program officers and key faculty. Don't forget to check the national list to see if your school choice offers a McNair application fee waiver.

2. Be Reflective: Spend some time reflecting on why you want to go to graduate school. Do you want to attend graduate school because of the potential to make more money, have a more secure future, personal growth, etc.? There is no correct way to reflect on your own experience, however, I would invite you to take some time to think more about your specific reasoning. Often our values, cultural background, and worldview influence our reasoning. Reflecting on your past may be reaffirming to your current life goals or lead you on a new life path.

3. Own your Process: It is crucial that you find your own method within this larger process. We all have our unique learning styles and processing speeds so be resourceful and appreciative of the strengths that you already possess. Owning the process may encourage you to feel more in control and secure in your decision making process

Although applying to graduate school can be stressful, there are several ways to overcome this barrier. I encourage you to learn as much as you can about the application process, self-reflect, and take ownership of your future. If you consider these suggestions, I am confident that you will be able draw from your experiences and find the strength to endure when the process becomes challenging.



Directing Phantasy



Jumpstart a Healthy Lifestyle

By Lateesha Baquet
McNair Graduate Assistant

How is it that when we progress through a busy day and we don't remember the basics for healthy living? Sometimes we get so caught up in maintaining our

daily schedule that we forget to find a balance.

Here are a few things to remember to help you jumpstart your healthy lifestyle:

1. **Eat Fresh:** Eating fresh can be challenging for college students living on a budget. Start by keeping a food journal and look for ways to substitute junk or processed food with more vegetables and fruits. A baked sweet potato or an apple will make a healthy addition to your food choices.
2. **Drink Water:** Are you aware that approximately 75% percent of your body is made up of water? Health professionals are constantly urging us to drink more water because of the health benefits. Drinking water can balance body fluids, help control calories, energize muscles and have cosmetic benefits. When having your next meal, consider the benefits of drinking a glass of water.
3. **Be Active:** Are you moving enough to stay healthy? Health specialists say that exercise can be an all – natural cure for those who are depressed, stressed, or have anxiety. Exercise helps control weight, promotes better sleep, and improves your mood. Boost your feel-good endorphins by walking a mile or two, running laps around the gym or park, or dancing to your music playlist. If you stuck on how to be active look for ideas on-line at sparkpeople.com or Pinterest.
4. **Sleep:** Sleep plays an important role in your mental and physical health. It is involved in healing and repairing the heart and blood vessels and maintaining our daily brain function. Try to keep a sleep routine that allows you to get at least 8 hours. When preparing to go to sleep, consider a relaxing minimize lights and noises, and avoid alcohol and heavy meals before bed.
5. **Self-Care:** Take time to decompress and step away from your busy life. Yoga and meditation can help you relax. Consider prayer or daily affirmations that support your connection to a higher power. Don't forget that friends, family and your peers can be a hidden support network to help you recharge.

GRE TIPS

Do you find yourself putting off studying for the GRE? Here are some websites and apps that can make practicing and studying for the GRE more manageable.

Number2.com

Free customizable tutorials with self-adapting standardized practice test sessions. <https://www.number2.com/>



GRE Vocabulary Builder

by Magoosh

Free phone app to help build your vocabulary

<https://gre.magoosh.com/builder/vocabulary>



ETS POWERPREP® II

Free software provides overviews for each section of the GRE® revised General Test.

https://www.ets.org/gre/revised_general/prerep/powerprep2



Khan Academy

Sign-up for a free account on Khan Academy to refresh forgotten math concepts.

<https://www.khanacademy.org/>





Professional Development

Body language influences others' impressions of us, often without our realizing it. Amy Cuddy offers some helpful tips to aid you in using your body language to positively impact your interactions with others.

CLICK THE PLAY BUTTON TO VIEW

UPCOMING EVENTS:

- Oct. 22 ***All Scholars Meeting - Morris Lib. Rm. 752 (5:00 pm - 7:00 pm)
- Oct. 28 - Professional Image on a Dime - SS Bldg., Rm. 160 (1:00 pm - 2:00 pm)-Host: FAO
- Oct. 30 - Nov. 1 - McNair Conference & Grad Fair - Delevan, WI
- Nov. 4 - MCNAIR APPLICATION SUBMISSION DEADLINE**
- Nov. 11 - Veterans' Day - Holiday
- Nov. 16 - Not Just a Roof Over Your Head - Mae Smith Res. Hall (6:00 pm - 7:00 pm)-Host: FAO
- Nov. 19 ***All Scholars Meeting - Morris Lib. Rm. 752 (5:00 pm - 7:00 pm)
- Nov. 25 - Nov. 27 - Thanksgiving Break - School Break
- Dec. 1 - Debt Man Walking - SS Bldg., Rm. 160 (4:00 pm - 5:00 pm)-Host: FAO
- Dec. 10 ***All Scholars Meeting - Alumni Lounge - 2nd Fl. St. Rec Ctr. (5:00 pm - 7:00 pm)
- Dec. 14 - Dec 18 - Final Examinations

McNair Scholars Program Staff:

Karen Renzaglia, Director
Rhetta Seymour, Associate Director
Stephanie Mayberry, Program Assistant
Lateesha Baquet, Graduate Assistant
Alannah, McGill, Graduate Intern
Kenneth Washington, Graduate Assistant