

NEWSLETTER SUMMER 2012

- THIS ISSUE:**
- | | | |
|-------------------|------------------------|-----------------|
| 1. MCNAIR HISTORY | 2. WHERE ARE THEY NOW? | |
| 3. SRI 2012 | 4. 2012 SCHOLARS | 5. SCHOLARS SAY |
| 6. TERMS TO KNOW | 7. STRESS MANAGEMENT | |

MESSAGE FROM THE DIRECTOR

Dear Scholars and Alumni,

Each year, our students do amazing things! We are excited to share with you some of their accomplishments and highlight some exciting opportunities. Students have engaged in undergraduate research, presented at conferences, and applied and completed graduate school. The SIU Carbondale McNair Program continues to be a place that embraces students from all walks of life. It provides encouragement and support as students learn to quell their fears, conquer their obstacles, and pursue their dreams. We hope to continue our mission of shaping future scholars and remain a beacon of light amidst a sea of uncertainty. Enjoy!



THE HISTORY OF THE MCNAIR SCHOLARS PROGRAM



Ronald Ervin McNair, was born on October 21, 1950, in Lake City, South Carolina to Carl and Pearl McNair. He attended North Carolina A&T State University in Greensboro, where, in 1971, he graduated magna cum laude with a BS degree in physics. In 1976 he earned his Ph.D. degree in physics from the Massachusetts Institute of Technology.

In 1978, he was one of 35 applicants selected from a pool of ten thousand for NASA's space shuttle program and assigned as a mission specialist aboard the 1984 flight of the shuttle Challenger. On his first space shuttle mission in February 1984, McNair orbited the earth 122 times aboard the Challenger. He was the second African American to fly in space. Tragically, on the morning of January 28, 1986, McNair and his six crew members died in an explosion aboard the space shuttle Challenger.

In his honor, the U.S. Department of Education established the Ronald E. McNair Postbaccalaureate Achievement Program in 1989. The McNair Scholars Program provides opportunities for students who are low-income, first-generation college students, and members of underserved groups in higher education. The program prepares undergraduates to succeed in doctoral study by engaging them in research and scholarly activities in a supportive environment.

Since 2003, the SIUC McNair Scholars Program has served 116 students with 104 students or 90 percent obtaining a bachelor's degree and 40 alumni earning master's degree. Currently 17 students are enrolled in doctoral programs with 22 students pursuing master's degrees. We are excited to offer enriching educational experience for students that helps them to excel as undergraduates, succeed in graduate school, and ultimately enter faculty positions in our nation's colleges and universities. Through a strong mentoring network, the program supports and sponsors educational and professional development activities that lay the foundation for academic success. Our program produces highly trained graduates who possess stellar research and academic skills.

WHERE ARE THEY NOW? LIFE AFTER MCNAIR

SCHOLAR SPOTLIGHT: RECENT GRADS



KRYMESE FRAZIER
M.A. HR/Industrial Relations
University of Illinois, Fall 2011

DIAMOND GARNER

M.S. Accounting,
SIU Carbondale, Spring 2012



TAMARA JOHN

M.S. Pro. Media/Media Mgmt.,
SIU Carbondale, Spring 2012



KOLESHCIA NELSON

M.A. HR/Industrial Relations
University of Illinois, Fall 2011



ALEC PERRY

M.S. Comm. & Disorder Sci.
SIU Carbondale, Spring 2012



SARAH PITCHER

M.A. Sociology
SIU Carbondale, Spring 2012



DEANGELO WILLIAMS

M.A. Cinema Studies,
New York University, Fall 2011



PHD PIPELINE

SYDNEY DILLARD | B.A. Journalism, 2006

M.A. Media Theory, SIU Carbondale, 2008
Communication, Purdue University

TESHA DOZIER-ROBINSON | B.A. Psychology, 2007

M.S. Social Work, Saint Louis University, 2009
Leadership in Educ. Admin., Capella University

VANESSA ENRIQUEZ | B.A. Zoology, 2007

Cell and Molecular Bio., University of Colorado

DANIELLE ESTES | B.A. Soc. and Geography, 2006

M.A. Sociology, SIU Carbondale, 2008
Sociology, SIU Carbondale

KANDACE FISHER | B.S. Interior Design, 2005

M.A. Design Studies, Univ. of Wisconsin, 2008
Envir. and Behavior Studies, Univ. of Missouri

KRYSTELLE JEAN-MICHEL | B.A. Psychology, 2008

Counseling Psych., Western Michigan University

MICHAEL-ANN JOHNSON | B.A. History, 2008

M.A. History, SIU Carbondale, 2010
History, SIU Carbondale

TAMARA KANG | B.A. Psychology, 2011

Psychology, Univ. of Texas El Paso

RENEE LOPEZ-SMITH | B.S. Plant Biology, 2004

Plant Biology, SIU Carbondale

CHASITY LOVE | B.S. Chemistry, 2009

Analytical Chemistry, Purdue University

CORTEZ MCBERRY | B.S. MICROBIOLOGY, 2005

M.S. Microbiology, SIU Carbondale, 2007
Immunobiology, University of Cincinnati

SARAH OWUSU | B.S. Physiology, 2009

Physiology, Penn State University

KRISHNA PATTISAPU | B.A. Speech Comm., 2008

M.A. Speech Communication, SIU Carbondale, 2010
Communication Studies, University of Denver

ANTONIO RODRIGUEZ | B.A. Political Science, 2007

M.A. Political Science, SIU Carbondale, 2009
Political Science, University of Maryland

SUMMER RESEARCH INSTITUTE 2012

Orientation Week

This year 13 students participated in the 9th Annual McNair Summer Research Institute. During the eight week institute, the scholars learned about various types of research. During the first week, the students learned strategies to improve their writing and speaking skills. They also learned about other personal development skills, such as, conflict resolution and stress management. The scholars tapped into their inner strength through the Touch of Nature ropes course and Gallup's Strengthsquest.



The Research

Each week, the scholars attended workshops and seminars that shaped their understanding of research including how to write a research proposal, annotated bibliography, and literature review. The scholars collected all types of data, some students conducted interviews, while others administered surveys. During this process, they also learned how to analyze and report their findings. Many scholars learned statistical terms like Cohen's d, Regression Model and SPSS. In the final week, each scholar honed their presentation skills in anticipation of the McNair Symposium.

McNair Symposium

On Friday, July 13, 2012, the scholars presented their research in the John C. Guyon Auditorium in the Morris Library. The topics ranged from the environmental impacts on microscopic life to an examination of motherhood in J.K. Rowlings' "Harry Potter" book series. We closed out the ceremony with a slideshow that detailed all of the hard work and dedication put forth by the scholars. Congratulations on a job well done! The top performers are listed below:



1st Place

Renee Hazen

The Toxicity of Sulfentrazone to *Daphnia magna* and *Lemna minor*



2nd Place

Mercedes Gomez-Jacobo

El Niño Southern Oscillation (ENSO) Impacts in Central America - El Salvador



3rd Place

Lonnie Mann

Marked for Life: a Need for Prosthetic Design Ornamentation



4th Place

Calvin Zimmermann

A Holistic View of the Other Half of Gender: College Men and Masculinities



5th Place

Roniqua Roundtree

Does Parenting Style Affect College Students' Motivation and Academic Success?



6th Place

DanYale Locke

The Study of the impact of Customer Perceptions of Unethical Advertisements on Corporate Social Responsibility and Customer Loyalty

2012 MCNAIR SCHOLARS



SOPHOMORES

*Not pictured above

Brittany Hoover | Paige Preston | Briana Shaw

JUNIORS

Megan Abell | Brittany Dickson | Mercedes Gomez-Jacobo | Renee Hazen* | Adrainne Kelly-Wright | Phi Le
DanYale Locke | Lonnie Mann | Benard McKinley | Arrealle Owens | Roniqua Roundtree | Ravyn Shelton
Calvin Zimmermann*

SENIORS

Amber Blacharski* | Larry Greene Jr. | Nathan May*

GRADUATING SENIORS

Elom Amuzu | B.A. Psychology

Ms. Amuzu will attend the Doctoral Program in Counseling Psychology at SIU Carbondale with funding.

Marcus Brown | B.S. Social Work

Mr. Brown will attend Washington University's George Warren Brown School of Social Work with funding.

Darlyshia Cherry | B.A. Speech Communication

Ms. Cherry will attend the Masters program in Intercultural Communication at SIU Carbondale.

Kimberly Elsenbroek | B.S. Plant Biology

Ms. Elsenbroek will attend Doctoral Program in Evolution, Ecology and Bio. Sciences at Indiana University with funding.

An'Drea E. Hall | B.A. Criminology/Criminal Justice and Sociology

Ms. Hall will attend the Masters Program in the Sociology Department at SIU Carbondale with funding.

Jessica Miller | B.A. Linguistics

Ms. Miller will attend the Masters Program in the Sociology Department at SIU Carbondale with funding.

Crystal Newcomb | B.S. Social Work

Ms. Newcomb will attend the Masters in Social Work program at SIU Carbondale with funding.

Anthony Steinmetz | B.A. Anthropology

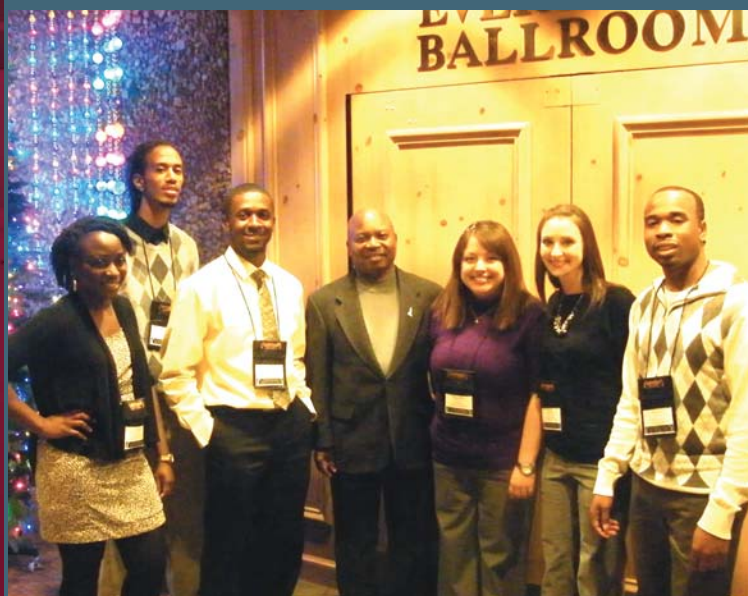
Mr. Steinmetz accepted a position with the James H. Dunn Jr. Fellowship in Springfield.

Esmeralda Zamora | B.A. Crim./Criminal Justice

Ms. Zamora will attend the Masters of Criminology/Criminal Justice program at SIU Carbondale with funding.

2011 MCNAIR CONFERENCE

Scholars pose with Carl McNair Jr., Ronald's brother.



Reflection from Marcus Brown

"Attending the conference with my cohort was an enjoyable experience. The conversations shared, laughter, fun moments, not so fun moments, and creating a chant increased an unbreakable bond that brought us closer together. Our relationship grew stronger as we were able to learn about one another on a more personal level. Because of the bond we developed at the conference, we all are connected and often times come together in good-fellowship.

The speakers were inspirational! Each speaker motivated me to work diligently towards any endeavor. I was empowered to complete my graduate school personal statements and finding success with my short and long-term goals. In short, the topics were pertaining to ingredients to success.

Overall, I enjoyed the conference. The atmosphere was great to network with other scholars as well as professionals."

CREATIVE EXPRESSIONS

Haiku by Renee Hazen

Aha

Aha! in science
Research can bring this forward
Trials worth moments

Whole

Study the movements
Of all the things in this world
Holistic knowledge

Haiku by Phi Le

How does research make you feel?

Much Literature
Consumed by the work at hand
Blossoming of knowledge

Personal Haiku

Gentle like morning sun
Early in the work, yet so bright
PERSEVERE & STRENGTH



MCNAIR SYMPOSIUM SPEECH

Adrainne Kelly-Wright, a 2012 McNair Scholar, shares her experience in the Summer Research Institute.

This will be one of my most memorable McNair memories. This memory goes back to a McNair dinner that I attended back in 2010. At this dinner, I had the opportunity to meet scholars that participated in the Summer Research Institute. As they addressed myself and the other 'newbies,' they explained in great detail, the strain that McNair placed on their summer life. The picture they painted was glum. I was terrified! What had I gotten myself into? I was soon reassured when the scholars began talking about the support they received from the McNair staff. I was intrigued, although still terrified.

Through this experience, I have gained 12 new friends that I may have never met. During the last seven weeks, we have blossomed into researchers. We have challenged ourselves physically, emotionally, and academically with every activity, challenge, and test we conquered. From the blind folded dodge ball games to the Touch of Nature Ropes Course, the walking caterpillar activity to the sleepless nights, GRE classes to the final presentation. We have grown from sluggish caterpillars on the first day to beautiful butterflies, ready to take flight. I can honestly say that I feel privileged to be a McNair Scholar, but more privileged to be a part of the 2012 summer research cohort. The scholars sitting here today are some of the most brilliant, compassionate, driven individuals with whom I have had the privilege to spend the last seven weeks..."

GRAD SCHOOL TERMS

A.B.D.

This is an acronym for "All But Dissertation." These will be the initials behind your name if you've completed all your Ph.D. coursework in graduate school, but not your dissertation.

Academic master's degrees

These are the broad Master of Arts (M.A.) or Master of Sciences (M.S.) degrees, usually awarded in the traditional arts, sciences, and humanities disciplines. M.S. degrees are also awarded in technical fields such as engineering and agriculture. These degrees may lead to your entrance into a doctoral program.

Assistantship

Assistantships are available at many grad schools, and can be teaching or research centered. In exchange for completing some work or research for the graduate program, you're offered free or reduced tuition as well as other possible benefits, such as health insurance and a monthly stipend.

Defense

Generally an oral presentation to a committee of faculty members, where you provide a summary of your thesis and the research results you obtained. An Examining Committee then presents you with questions and you must respond and defend your work. There's usually a time limit.

Fellowship

Fellowships are essentially scholarships or grants that are awarded to students in grad schools. Awards vary but could include enough money to cover the cost of everything, including tuition, housing, and food. Sometimes, they require service, such as working on a very specific type of research, or publishing a set amount of articles in a specific field.



GRE

Acronym for Graduate Record Examination, a standardized exam usually required for admission to graduate schools.

Internship

Work experience as part of a field of study, which usually takes place over several months. It may be full-time, may require you to move, and you may be paid. An internship may be required for graduation from a graduate program.

LSAT

Acronym for Law School Admission Test, a standardized test required for admission to law school.

Ph.D. (Doctor of Philosophy)

This is an advanced degree, beyond the master's level, which requires further courses as well as several years of original research culminating in a dissertation.

Practicum

A work experience or hands-on portion of a class offered in graduate schools. For instance, clinical psychology students may spend 8 hours a week seeing clients to fulfill requirements for some classes. A practicum is smaller in scope than an internship and usually only lasts as long as the length of the course which requires it.

Terminal master's degree

These are also referred to as professional master's degrees and include degrees with descriptive titles, such as Master of Business Administration (M.B.A.), Master of Social Work (M.S.W.), Master of Education (M.Ed.), or Master of Fine Arts (M.F.A.). These are degrees that prepare you for a particular profession. Any further education at the Ph.D. level isn't considered necessary to enter your career field. Other "terminal" degrees may include journalism, international relations, architecture, public administration, and urban planning.



MANAGING STRESS

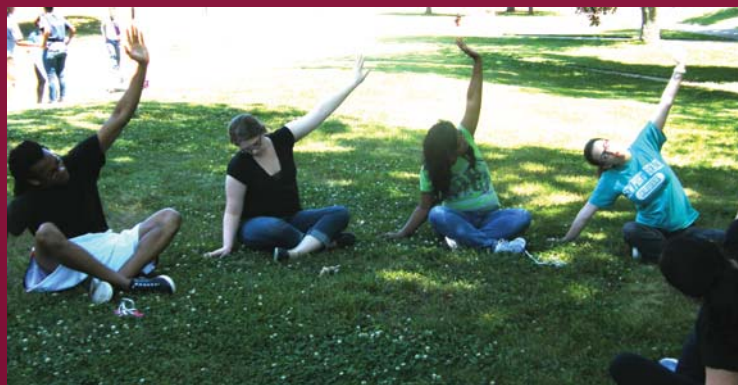
BY MAYO CLINIC STAFF

Relaxation techniques are a great way to help with stress management. Relaxation isn't just about peace of mind or enjoying a hobby. Relaxation is a process that decreases the effects of stress on your mind and body. Relaxation techniques can help you cope with everyday stress and with stress related to various health problems, such as cancer and pain.

Whether your stress is spiraling out of control or you've already got it tamed, you can benefit from learning relaxation techniques. Learning basic relaxation techniques is easy. Relaxation techniques also are often free or low cost, pose little risk and can be done just about anywhere. Explore these simple relaxation techniques and get started on de-stressing your life and improving your health.

The benefits of relaxation techniques

When faced with numerous responsibilities and tasks or the demands of an illness, relaxation techniques may take a back seat in your life. But that means you might miss out on the health benefits of relaxation.



Practicing relaxation techniques can reduce stress symptoms by:

- Slowing your heart rate
- Lowering blood pressure
- Slowing your breathing rate
- Increasing blood flow to major muscles
- Reducing muscle tension and pain
- Improving concentration
- Reducing anger and frustration
- Boosting confidence to handle problems

To get the most benefit, use relaxation techniques along with other positive coping methods, such as exercising, getting enough sleep, and reaching out to supportive family and friends.

<http://www.mayoclinic.com/health/stress-management/MY00435/DSECTION=relaxation-techniques>

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