>Welcome to the Fall 2010 Semester

We hope you all had a great summer and are looking forward to new opportunities and challenges. This issue of the newsletter will share some information on the travels of McNair scholars, the new scholars, and updates on McNair alumni. If you have any interesting tidbits to share, please email to jill.teters@und.edu or patrice.giese@und.edu.

Greetings McNair Scholars, Mentors, and McNair Program Supporters!

As another fall semester gears up into action, the scholars and their mentors are going “full steam ahead” with planning research projects for the upcoming year, participating in GRE Prep workshops offered by the program, and setting up study schedules to assure that the student’s academic goals are accomplished. As the year begins, we would especially like to thank the faculty mentors who assist the McNair students as they begin their journey toward a doctoral degree. You offer the students insights and support which they can receive from no other source, as your experience and scholarly pursuits are exactly those to which they aspire, and your willingness to serve as a mentor is invaluable.

The McNair Program staff members continue to provide programming and speakers which also will enhance knowledge about preparation for and success at the graduate school level. Patrice Giese and Jill Teters offer individualized assistance in all areas of academic advisement and personal growth as the scholars strive to achieve their goals. We look forward to the upcoming year being a great success for all!

Elaine Metcalfe, Director
UND TRIO Programs

University of Winnipeg Undergraduate Psychology Conference

On April 23, 2010 I presented at the University of Winnipeg Undergraduate Psychology Conference in Winnipeg, MB. I took part in the poster presentations. The title of my poster was: Perceptions of stalking among female undergraduates: Impact of level of threat and victim response. I have been working on this study since I became a McNair student so it was very gratifying to present it to other psychology students finally. While at the conference, I got to see the city of Winnipeg for the first time and eat at an authentic Greek restaurant. It was a great opportunity and I can not wait to present at more conferences.

Shea Thomas
McNair Senior
Graduate School Visits

This last August I had the opportunity to visit two of my top school choices for graduate studies on the west coast. Washington State University (WSU) and University of Idaho (U of I), they are sister schools that are in neighboring cities of Pullman, WA and Moscow, ID about 8 miles away from each other. Both of these schools seemed almost perfect in the literature and WSU was my top choice. I was able to spend three days in the Pullman/Moscow area exploring the area and getting a “feel” for the towns and schools.

At WSU I showed myself around the very modern and new campus that was centered in the middle of Pullman. I found the McNair office and had an impromptu visit with a graduate student in the program. This student was very excited about her studies and the school in general. I was able to then meet with Dory Lohrey-Birch at the biology department; she is the Graduate student administrator and had wealth of information to share about the biology department. However she was vague about the research happening in the department and mentioned that there were a lot of graduate and PhD students taken on last year and research positions were assigned and limited. I was not able to meet with Dr. Snyder, a professor at WSU that I was interested in working with or any other professor, so I did not feel like I received all the information needed about the research opportunities at WSU. I plan on keeping in contact with the biology department in order to receive new and changing information at their school.

Next was my visit with U of I where the McNair office set up most of my day. I got a full tour of the beautiful older campus situated away from the town on a protected hill. I was able to visit with the ladies at the McNair office about the town and school in general. They were very helpful and walked me over to the biology department to meet with Dr. Sandford Edenbridge, an entomologist, whom I have cited in my research and enjoy reading his published journal articles. We were able to visit for nearly an hour about his research, the schools research, and funding as well as possible openings within the department. After talking with him, I came to the conclusion that my interests in research, and the research at U of I are going in different directions. As wonderful as the University of Idaho is, I believe my future school is elsewhere.

I realized after the visit to these two schools that I am no closer to making a decision on a graduate school than when I started. I am optimistic, though, and I have another list of schools to go evaluate. I am confident that I will eventually find the right fit for me. A personal advertisement for this task might read like this: “Graduate of the University of North Dakota, December 2010, major biology and minor in chemistry, emphasis in biology and natural science studies, experience working with invertebrates. Seeks; a program that is north of 44° latitude and west of 15° longitude; must include hands-on research techniques, and a drive to perpetuate their research into practical real-world applications.”

Sincerely,
Julia Beard
McNair Senior

Contact info: julia.beard@und.nodak.edu

McNair Scholars,

The following is information about an upcoming event was sent by Liz Blazek, former McNair scholar. The target audience is people who are already in graduate school, but it may also be a very good source for McNair Scholars who ultimately want to be in a Higher Education setting.

This event is being organized by the Introduction to Higher Education students at the University of North Dakota. On October 12, they are hosting the THIRD ANNUAL CAREERS IN HIGHER EDUCATION FAIR in the Ballroom of the Memorial Union on UND campus from 4:00-5:30 pm.

Like a career fair, this event will display various offices around UND explaining potential careers existing in higher education. The representatives from various student services will discuss what their office does and what types of positions might exist here or at other colleges/universities. The hope is that students interacting with higher education personnel will be intrigued and motivated by their passion and expertise, and consider a career in higher education. Also, various graduate assistantships (open now or expect one in the future) will be promoted.

RECAP
Event: THIRD ANNUAL CAREERS IN HIGHER EDUCATION FAIR
Date: October 12, 2010
Time: 4:00-5:30 pm
Location: Ballroom in the Memorial Union
Native Research Network

This summer I attended the annual Native Research Network (NRN) conference for the second time. Last year it was in Portland, OR and I was awarded a student travel scholarship. The scholarship gave me the opportunity to experience the conference comfortably as well as choose a mentor who worked in a field that I was interested in. This conference aims to provide students guidance and a network of people who practice ethical and Indigenous centered research. Last year’s experience encouraged me to continue to go to this conference. I signed up to receive emails from the Native Research Network so I could keep in the loop of what is going on in the world of Indigenous research.

This year I attended the conference as a presenter. It was a little different experience being up in front of people talking about the research I am doing at UND. I felt nervous because I am young and some of the people listening had their PhD's, masters and so on. However, when I got up to speak I talked about my experience at UND and how the research team I am a part of assisted me. The research team which is headed by my mentor, Dr. Gray, has helped me with my development as a researcher. For example, this past year we attend sessions on statistics, Ref-Works, and how to use the library. When we meet we exchange ideas of how to improve each other’s research. It is exciting to hear about the different projects everyone is working on. Thus during the presentation I wanted to give the audience information which was helpful for me as a young student in a large university who wanted to research/study American Indian health and wellness.

I hope that other universities can use our team model for students who are interested in doing research. It is a great way to recruit younger students and for them to be mentored by the more advanced students. Our group consists of undergraduates (freshman-senior), graduates (masters and doctorate), faculty and staff. We have people on many different levels of education and it is just as helpful for the people with the higher degrees because the undergraduates can help them with data collection for their thesis or dissertation. It is a very beneficial cycle.

The conference had a great agenda lined up for the week. My favorite session was one on health policy called, Translating Research into Policy and Practice. The presenter was the senior policy advisor of the tribal chairmen’s health board, Dr. Donald Warne. He gave a background of the status of American Indian health and effective ways to improve it. He encouraged more students to be educated in the field of policy because it is one of the most important ways for “your people’s voices to be heard”. Overall, I learned a great deal from the conference but Dr. Warne’s message is the one that stood out to me. It has inspired me to continue to learn more about health policy in Indian Country, and that is what I plan to do!

Sierra Davis
McNair Senior

Welcome New Scholars

My name is Shirryka LaFountain and I’m a Clinical Psychology major at the University of North Dakota. I am an older sibling to two brothers and a sister. I do my best to set the best example I can for them because I want them to have a great life. Family is always the most important thing to me. I am beginning my own research this semester and am extremely excited about it. I like to focus my work on psychophysiology. I am very interested in the human behavior and the physiological responses for those behaviors. My first research project I would like to conduct is based on dreams. Why people dream the things they do; how they are triggered and how they affect your daily life. I am a junior this semester and doing my best to prepare myself for graduate school coming up very shortly. I wish to attend graduate school here at UND for a bit because the faculty is phenomenal and the help and support is amazing. I really believe I can do great work with the teams I create here. I then will continue to receive my doctoral degree in my field. I wish to leave UND at this point and expand my research to a new school with a different environment.

Korey Southerland is from Minneapolis, Minnesota. Before coming to UND, she completed the Transfer curriculum at Minneapolis Community and Technical College, where she was co-founder of the Student Committee on Public Engagement. She was a delegate to two Minnesota elections and has demonstrated her dedication to public service by volunteering and conducting outreach with varied political and community organizations. In the spring of 2010 she received the Milton R. Young scholarship which is a competitive political science departmental scholarship that seeks recipients with a precocious dedication to public service. Korey is double-majoring in Atmospheric Sciences and Political Science with a Mathematics minor. She is currently working to establish a UND chapter of the Association of Women in Science. Korey was also selected to be a weather intern for “Studio One” (the schools television network) where she will be a reporter. She recently participated in UND’s competitive “Communicating Climate Change” internship, funded by NASA’s Global Climate Change Education Program, where she conducted research using NASA Earth observation datasets and designed translational webcasts and lesson plans for students and the general public. Korey plans to pursue her doctorate in Atmospheric Policy, with an emphasis on identifying and specifying best practices within the scientific community for translational research on carbon emissions and climate change to promote effective communication with public and industry officials, inform the general public, and develop sound public policy.
Summer Events
**UND SSS and McNair Alum, Don Gross, on the Front Lines of Haitian Earthquake**

After living in Grand Forks for 14 years and attending UND, where I participated in both the Student Support Services (‘92) and McNair programs (’92-95), I decided to move to Fargo, ND. There I worked as a Cytotechnologist for 6 months before moving to Saba, Netherlands – Antilles. At the age of 36, I attended the first 2 years of medical school there. Following that experience, I decided to move to Atlanta, Georgia area for my 3rd and 4th years of medical school.

I did my residency anesthesiology at University of Kentucky Medical Center (UKMC) in Lexington, KY from 2000-2004. I had the opportunity to perform anesthesia research at UKMC in 2005. Following that, I worked Locums Tenens in anesthesiaology at the University of West Virginia Morgantown and in Beckley, WV until 2006. Following that, I began work at Cabell Huntington Hospital in Huntington, WV as an anesthesiologist, where I currently work and live with my wife Sharon (UND, ’95). We have two children Jacob 11 years, and Bojena 9 years. I also have a daughter, Faith, who lives in Crystal, ND.

I am Board Certified with the American Board of Anesthesiologists. I am currently a member of the American Medical Association, American Society of Anesthesiologists, West Virginia Society of Anesthesiologists, and the International Anesthesia Research Society. My interests in anesthesia include regional anesthesia providing pain relief with nerve blocks, and neuroanesthesia for spinal surgeries.

On August 7, 2010 I went to Haiti for a week on a medical mission trip with a local group, Daystar Medical Mission. That same group had gone to Haiti the 2nd week in January when the earthquake hit. I was a member of the team of 17 medical professionals including nurses, doctors, and physical therapists who originally responded to the emergency. When I was there, we did 20 hysterectomies for women suffering from fibroid tumors. The infrastructure in Haiti is still weak. The government charges $1,000 to the Haitians to receive any large containers that are shipped overseas, making it difficult to get medical supplies and relief where it is needed. Unfortunately, at the end of my stay, my mother passed away, requiring my wife and I to return to my hometown of Rugby, ND.

I hope all is well with the TRIO offices at the University of North Dakota!
SUGGESTED TIMELINE FOR APPLYING TO GRADUATE SCHOOL
Compiled by McNair Staff

It is important that you have a timeline for completing the application requirements. Prepare a timetable with specific deadlines. The graduate school general admissions or funding deadlines often differ from the specific graduate program deadline. Be sure that you apply in time to receive full consideration for funding packages.

**Summer**
Sign up and attend the “Orientation to the Graduate School Process” class.
Explore graduate programs—become familiar with faculty research interests, entrance requirements, and application deadlines.
Review for the GRE.
Draft a personal statement (2-3 pages typed, double spaced).

**September**
Attend the Saturday GRE prep classes in McCannel Hall.
Register to take the GRE.
Narrow down your list of prospective schools.
Ask faculty for recommendations. Give them a specific deadline!
Have the UND Writing Center and your faculty mentor review your personal statement.
Research on financial aid options, including grants, scholarships, fellowships, assistantships, and educational and personal loans.

**October**
Continue attending the Saturday GRE prep classes.
Take the GRE.
Order official transcripts.
Revise your personal statement, refining it to your specific graduate programs.
Make contact with faculty (and others, i.e. graduate students) at your prospective schools.

**November**
Follow up with faculty to make sure letters of recommendation are completed and submitted.
Finalize your personal statements.
Download applications and complete a draft, editing them as needed.

**December**
Send out all applications; keep copies for your records.
Check with each school to ensure that all materials have been received, including transcripts, letters of recommendations, and test scores.

**January**
Focus on financial aid: complete the FAFSA online (even if you expect to receive funding, it is good to have other options, just in case. Apply for grants, fellowships, and assistantships (check deadlines, some fellowships and scholarships might have December or earlier deadlines).

**February/March**
Visit your prospective programs, if possible.
Continue to make contact with program representatives to check on the status of your application.

**April 1**
You should begin receiving admissions letters by now.
Words for Wits


1. To eat greedily or ravenously.
2. Savage; ravenous.
3. Pertaining to the end of something irregularly shortened, as if bitten or broken off.
4. Not knowing what we don’t know.
5. To abscond.
6. Balneal
7. Premature
8. Anosognosia
9. Polemic
10. Absquatulate

Improve your GRE vocabulary by matching the following words and definitions: