



University of Wisconsin-Superior

McNair Scholars Program

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2005 Poster Session and Banquet a Success

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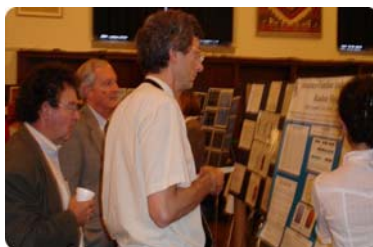
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McNair Scholars had a chance to present their research at the Poster Session on October 4th. Research this year included a variety of topics, including: Clients' Experiences with CASDA, Intonation in Performance Practice, Health Insurance Preferences of Duluth Small Businesses, and Polymers.



was honored as Mentor of the Year for his support of the McNair Scholars Program.

Dr. Hal Bertilson was honored with the Outstanding Mentor Award for his years of mentoring and support.



Maja Radulovic explains her research to Dr. Ted Cox, Chancellor Erlenbach, and Al Miller

McNair Scholars with their mentors

Thank you to the Scholars for their hard work and all their efforts throughout the summer.

Following the Poster Session was a banquet recognizing McNair Scholars for their hard work this past summer.

Thank you to the Mentors who put in so many hours working with the Scholars.

Each Scholar received a Certificate of Excellence, while the Mentors were awarded a Certificate of Appreciation.

Thank you to the families and friends who have supported the McNair Scholars and all the time put into their projects.

This year's poster session was a success. Many staff and students were able to join the McNair Scholars as they presented their projects.



Nick Nyderek (right) explains his research to Dr. Bumgardner

Chancellor Erlenbach delivered welcoming and encouraging words to the Scholars, families, and Mentors.

Reilly O'Halloran was the evening's guest speaker. He spoke about the importance of educational programs such as the McNair Scholars Program. He also promoted the McNair Scholars Program by encouraging Scholars, mentors, and families to write to politicians in favor of all TRiO programs, which may possibly be cut.

At the banquet, Dr. Gary Keveles



Joy Tiedemann (right) and LaTisha McRoy pause for a picture

Bethany's Journey

The summer of 2005, Bethany Wilfert traveled to Washington, D.C. for an internship with the Institute for the Advancement of Social Work Research. Bethany was the recipient of the 2005 BPD Summer Policy Fellow Award.

Bethany had the opportunity to volunteer at the National Association of Social Workers National Delegate Assembly. She also had a chance to meet social workers from around the country at the Assembly.

In July, Bethany had the opportunity to observe the House Hearings on the reauthorization of NIH.

This past fall, Bethany attended the National

BPD conference in Austin, TX, to speak about her experience in Washington, D. C. She also did a workshop about conducting international research.

Currently, Bethany has decided to stay out in Washington, D.C. She is working as a case manager at Christ House at Columbia Road Health Services. The Christ House is a medical facility for homeless men and women in Washington, D. C. Because of her degree in social work and her experience with co-case management, Bethany will take on a leadership role as well as being a case manager at the facility.



Bethany in front of the Nation Association of Social Workers.

Elise Lamont — Research at UW-Madison

Elise Lamont, summer 2004 McNair researcher, did a summer research project at the University of WI-Madison with the Department of Medical Microbiology and Immunology in 2005.

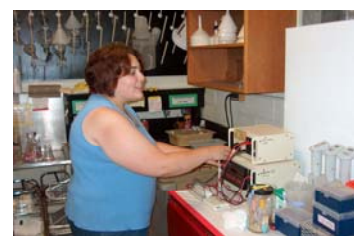
Elise's research was titled, "Structure-Function Analysis of DsdC by Random Mutagenesis."

Dr. Rodney A. Welch and Gary Baisa, Department of Medical Microbiology and Immunology at the University of Wisconsin-Madison, served as faculty mentors for Elise.

During her stay in Madison, Elise was also able

to take in some of the sites of the lab and of the state capital.

The pictures from top to bottom are: Elise presenting her poster; Elise working in the lab; and Elise and friends.



Maja Radulovic — Research at University of MN-Twin Cities

Maja Radulovic, summer 2004 McNair researcher, participated in a summer research experience through Life Sciences Summer Undergraduate Research at the University of Minnesota, Twin Cities.

The program included training in Neuroscience for 3 weeks at the Lake Itasca University of Minnesota biological station. For the remaining 7 weeks Maja did research in the laboratory of Dr. Karen Mesce who is a professor of Entomology and Neuroscience at the University of Minnesota-Twin Cities.

Maja's research project was titled, "Effects of the Steroid Hormone 20-Hydroxyecdysone on Cell Adhesion Molecule Expression in the Moth, *Manduca sexta*."

Her mentors were Katherine Himes, a fifth year graduate student in Neuroscience and Dr. Karen Mesce.

In her spare time, Maja designed the new McNair Scholars Program logo. Thank you, Maja, for your artistic logo!



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McNair Scholars 2005-2006

The McNair Scholars Program would like to introduce the new Scholars for the 2005-2006 research year:



L-R Back Row: Yoni Debesai, Stephanie Ebnet, Ryan Kiefer, Jessica Unkelhaeuser, Kristy Smith, Jamie Houk, David Haines, Brenda Kunkel

L-R Front Row: Shannon Martin, Jamie Runstrom, Erika Runstrom, James Paine, Pasia Her, Chaw Moua, Mai Tao, Marshall Talley (sitting)

Summer 2006 Researchers include:

- Stephanie Ebnet; Biology and Psychology
- Ruta Embaye (UMD); Business
- Pasia Her (UMD); Elementary and Middle School Education
- Jamie Houk; Psychology
- Ryan Kiefer (UMD); International Health
- Robin Krawza (not pictured); Math and Secondary Education
- Brenda Kunkel; Math
- Shannon Martin (UMD); Psychology
- Chaw Moua; Social Work
- James Paine; History
- Erika Runstrom; Biology
- Jaime Runstrom; Biology and Pre-pharmacy
- Kristy Smith (UMD); Psychology
- Mai Thao (UMD); Psychology
- Jessica Unkelhaeuser; Social Work

The 5 Major Time Wasters

1. Spreading yourself too thin by trying to do too many things at once. *Suggestion:* You must set priorities for each day, and if necessary, each hour. Get the most important things done first.

2. Being afraid to delegate. *Suggestion:* Convince yourself that it's not necessary to do everything yourself. You can still be certain things are being done the way you want them to be when you delegate.

3. Not wanting to say "no" to requests. *Suggestion:* You can't say "yes" to everything without getting in over your head. Decide

what you *must* do—and *want* to do—and say "no" to all other requests.

4. Being tied to the phone. *Suggestion:* Have others screen your calls. Use an answering machine when you don't want to be disturbed. Schedule a telephone hour to return calls.

5. Procrastinating. *Suggestion:* Get those chores done first—it they're important. Divide large tasks into smaller ones. Reward yourself when you accomplish something.



Source: Dr. Jan Yager, writing in *Woman's Own*, Harris Publications Inc., 1115 Broadway, NY, NY 10010.

Communication Briefings, V. XX, N. I

30-second Writing Clinic

Sick Sentence:

"He said, by way of illustration, that he had made an application to the board in January for a sufficient amount of funds to make a purchase of three computers."



Healthy Sentence:

"He said, for example, that he had applied to the board in January for enough funds to buy three computers."

Taken from *Communication Briefings*, V. XX, N. I



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The McNair Scholars Program at the University of Wisconsin–Superior prepares income eligible, first generation college students and students from groups underrepresented in graduate education for doctoral study. It is a nationwide program sponsored by the U.S. Department of Education, created in memory of Ronald E. McNair, Ph.D., an African-American physicist killed in the Space Shuttle Challenger mission in 1986.

WE'RE ON THE WEB!

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