The McNair Scholars Program at Sacramento State encourages, assists, and prepares talented undergraduate students for admission and studies at the doctoral level. For those students aiming to successfully pursue a Ph.D. and careers in university teaching and research, McNair provides access to the tools and resources necessary to become a competitive graduate applicant.

McNair requires an approximately two-year commitment and is designed to develop the knowledge and skill set necessary for success at the post baccalaureate level. The program collaborates with Sacramento State full-time faculty members to provide every scholar with the experience of conducting mentored research and completing an article for academic publication.

McNair serves low-income/first generation or underrepresented students. The program offers among several other benefits:

- Research methodologies, presentation skills, and GRE preparation
- Opportunity to present at Research Conferences in and out of state
- Collegial relationships who can provide strong references
- Financial assistance to visit potential graduate schools

For more information please stop by River Front Center 203, call us at (916) 278-5118 or email us at mcnair@csus.edu.

The 2012-13 Cohort traveled to the 17th Annual MKN McNair Heartland Research Conference in Kansas City, Missouri September 19th through the 22nd, 2013. In addition to presenting their research, they participated in various professional development activities which included meeting graduate school recruiters from across the nation. The scholars also had the opportunity to meet other fellow McNair Scholars and were exposed to Midwestern culture. It was a wonderful and exciting trip!

The effort and creativity of our McNair scholars will be showcased in an afternoon of academic enrichment and scholarly exchange. The Program will host its annual Research Symposium, on Monday April 14th, 2014 in the University Union, Redwood Room. The scholars will introduce their individual research projects through poster and oral presentations, and there will be an opportunity for questions and discussion. The campus community and the general public are invited to support our students and celebrate their scholastic achievements. Admission is free and refreshments will be served. Visit csus.edu/mcnair/Symposium.html for more information.

Save the Date!
Welcome New Scholars!

The McNair Community at Sacramento State welcomes the 12 new scholars as members of the 2013-2014 McNair Cohort. In an all-day Orientation held on Monday July 29th, 2013 the scholars gathered for the first time to meet their fellow McNair peers and the McNair office staff. At Orientation they had the opportunity to learn more about the program, explore some of their personal and academic interests, and discuss graduate school expectations. The new McNair scholars were also encouraged to take advantage of the several resources the program makes available including a dedicated technology-equipped study space in the McNair office, individual writing assistance, and peer mentoring.

This year the program collaborated with Peak Adventures to engage the group in a series of team building exercises designed to build trust and camaraderie among cohort members. Peak Adventures offered a customized challenging, but enriching experience the scholars openly embraced from beginning to end.

While the morning was filled with physical exercise, the afternoon was reserved for reflection and self-analysis. Carlotta Moore, the McNair Scholars Program Coordinator led personality and behavior-assessment exercises designed to bring the new members of this year’s cohort together, and build a network with their fellow peers that hopefully will lead to long-term collaboration and lifetime friendships. The diversity of interests and backgrounds, and the evident passion and enthusiasm of the new members of the McNair family promises a remarkable academic adventure ahead for the 2013-2014 McNair cohort!
Meet the 2013-2014 McNair Cohort

Alejandra Montelongo
Academic Standing: Senior
Major: Speech & Language Pathology
Minor: Deaf Studies
Hometown: Rancho Cordova, CA
Research Interests: Literacy and Language
Fun Fact: I have illustrated a children's book, and hope to continue to illustrate on the side in the future.

Faculty Mentor: Dr. Robert Kraemer

Angelica Ward
Academic Standing: Senior
Major: Ethnic Studies
Minor: African Studies
Hometown: Sacramento, CA
Research Interests: Minorities and Cancer
Fun fact: Jokes are funnier to me when I am sleepy.

Faculty Mentor: Dr. Michelle Dang

Guadalupe Ferreyra
Academic Standing: Senior
Major: Anthropology
Minor: Philosophy
Hometown: Stockton, CA
Research Interest: Farm workers’ health
Fun Fact: I have a hidden artistic side. One of my hobbies is to paint and for every painting I make I write a poem.

Faculty Mentor: Dr. Joyce Bishop

Albert Millan-Hernandez
Academic Standing: Senior
Major: Molecular Cell Biology
Hometown: Livingston, CA
Research Interests: Regenerative Medicine
Fun Fact: I find puzzle work fun work.

Faculty Mentor: Dr. Tom Landerholm

Brandon L. Venerable
Academic Standing: Junior
Major: Nutrition/Dietetics
Hometown: Sacramento, CA
Research Interest: My goals are to obtain my Ph.D. and utilize my knowledge to understand the correlations between food and medicine.
Research interests: The health and wellness of the Sacramento State student body.
Fun Fact: My hobby and passion is to cook. I've been working in restaurants since the age of 17, working my way around as a prep cook, pantry chef, and pastry assistant. My love for nutrition comes from my passion for cooking and designing healthy meals out of farmers market ingredients.

Faculty Mentor: Dr. Mical Shilts

Roberto E. Chacon
Academic Standing: Junior
Major: Mechanical Engineering
Minor: Math
Hometown: Sacramento, CA
Research interests: Solar Energy, Aerospace, and Automotive Engineering
Fun Facts: I love to go camping and participating in outdoor adventures.

Faculty Mentor: Dr. Jose Granda
Meet the 2013-2014 McNair Cohort

**Dorian Love**
Academic Standing: Senior  
Major: Journalism  
Minor: Teacher Education  
Hometown: Sacramento, CA  
Research Interests: Social media communication, gender in the classroom  
Fun Fact: I love horror movies.  
*Faculty Mentor: Dr. Carmen Stitt*

**Vanessa Menendez**
Academic Standing: Junior  
Major: Psychology  
Minor: Communication Studies  
Hometown: Colusa, CA  
Research Interest: My research interest is in understanding the causes of criminal behavior. I want to explore the psychological aspect in order to better understand what makes an individual more likely to commit a white-collar crime.  
Fun Fact: I like expressing myself through art. During my free time I enjoy painting or drawing objects/people that capture my interest.  
*Faculty Mentor: Dr. Phillip Akutsu*

**Rachel Huizar**
Academic Standing: Senior  
Major: English and Humanities (double major)  
Hometown: Sacramento, CA  
Research Interests: British Literature  
Fun Fact: Read and reviewed an early edition of Suzanne Collins’ The Hunger Games before it was released.  
*Faculty Mentor: Dr. David Toise*

**Dominic S. Rivera**
Academic Standing: Senior  
Major: Psychology  
Minor: Sociology  
Hometown: American Canyon, CA  
Research Interests: Ethnic and racial identity; violence reduction in at-risk youth; bullying and victimization; helping at-risk youth attain higher education  
Fun Fact: Basketball is my first love. I’ve been playing for 12 years and the Lakers are my favorite team!  
*Faculty Mentor: Gregory Kim-Ju*

**Erika Salinas**
Academic Standing: Senior  
Major: Social Work  
Minor: Native American Studies  
Hometown: Sacramento, CA  
Fun Fact: I am a competitive golfer and have been golfing since I was 6 years old.  
*Faculty Mentor: Dr. Annette Reed*

**Eddie Triste**
Academic Standing: Senior  
Major: Sociology  
Hometown: East Orosi/Nipomo - Tulare County, California  
Research Interests: Social Justice, Community Building, Immigration, Immigrant Rights, and Politics.  
Fun Fact: I burn the candle at both ends. I figure I’m older than the students now so I have to put a little more work into moving things forward.  
*Faculty Mentor: Dr. Manual Barajas*
MCNAIR FACULTY MENTORS

BE PART OF SOMETHING GREAT

The purpose of this section is to provide tools and information that can be utilized by current faculty mentors as well as by those faculty members who would like to collaborate with the Sacramento State McNair Scholars Program in the future. Below we supply various resources that will hopefully aid you as you strive to support our program and scholars. As a McNair mentor you are a critical resource to those first generation and/or underrepresented students who otherwise would not have access to the information, guidance, and support network critical to successfully complete their research project, journal article, and graduate school application.

THANK YOU 2012-2013 MCNAIR MENTORS!

We would like to express our deeply appreciation for your efforts and participation:

Dr. Maureen Smith  Dr. Michele Foss-Snowden
Dr. Mary McCarthy  Dr. Ricky Green
Dr. Julie Figueroa  Dr. Elvia Ramirez
Dr. Smile Dube  Dr. Kristin Van Gassbeck
Dr. Sylvester Bowie  Dr. Patrick Cannon

Welcome to the 2013-2014 Academic Year, and thank you for continuing to support our scholars!

Dr. Manuel Barajas
Dr. Gregory Kim Ju
Dr. Thomas Landerholm

The faculty listed above mentored a scholar in the 2012-2013 academic year and will mentor another McNair Scholar in the 2013-2014 academic year.

FACULTY MENTOR ELIGIBILITY

Our faculty mentors are key members of our operation and provide our scholars with invaluable assistance and resources. To become a McNair Faculty Mentor a faculty member:

- Must be a Sacramento State faculty member
- Must be a full-time and tenure-track professor
- Must have attained a Ph.D.
- Must commit to provide one-on-one regular assistance to the scholar

WELCOME 2013-2014 MCNAIR FACULTY MENTORS!

It will be a tremendous pleasure to have the opportunity to work with you!

Dr. Annette Reed  Dr. Tom Landerholm
Dr. David Toise  Dr. Robert Kraemer
Dr. Manuel Barajas  Dr. Gregory Kim Ju
Dr. Jose Granda  Dr. Mical Shilts
Dr. Michelle Dang  Dr. Phillip Akutsu
Dr. Carmen Stitt  Dr. Joyce Bishop

MENTORING TIPS FOR A SUCCESSFUL MENTOR-MENTEE RELATIONSHIP

- Help your mentee set a realistic timeline, if you know you will be unavailable because of business or personal travel, let them know.
- Offer support by encouraging communication and participation, and also set up a system to measure achievement. Help create a solid plan of action and define expectations clearly.
- Be honest in your evaluations, but also be tactful.
- Give advice and be a resource for new ideas.
- Remember that students come from diverse backgrounds and experiences. Get to know your mentee on an individual basis.
- The more consistent you are, the more you will be trusted. Be reliable.
- Stay positive! Recognize the work the mentee has done and the progress made.
- Contact the McNair Office if you need assistance, information on deadlines, projects, or events; or simply to say hello!

Adapted from: http://www.amtamassage.org/mentor/Ten-Tips-for-a-Successful-Mentor-Mentee-Relationship.html

Please forward this newsletter to any of your faculty colleagues interested in providing one-on-one research guidance and academic support to a first generation/low-income or underrepresented student. The McNair Scholars Program at Sacramento State provides preparation, guidance, and support for admission and studies at the doctoral level. Please also encourage all undergraduate students interested in a career in academic research/college instructions to stop by our office, visit our online site, or call us.
Featured Scholar
Ariel Jasmine Mosley

Major: Psychology
Minor: Philosophy
Hometown: Tracy, CA
Career goal: Professor of Psychology.


Fun Fact: My favorite things to do in my free time are painting on giant canvases, drinking giant cups of coffee, watching foreign films, and singing karaoke.

What were some of the noteworthy highlights associated with your most recent internship experience?

- Working with my mentor, world famous social psychologist Dr. Jack Dovidio, to design my own research projects, along with working with his post doctorates and graduate students on their projects.
- Meeting such amazing scholars of all disciplines from all over the country, and hearing about how passionate they are about their work.
- Going out to eat at the local ethnic restaurants and immersing myself in New Haven culture.

How did you find out about this internship opportunity?

I am thankful that we learned in our McNair seminars the importance of networking and making connections, because the skills were really helpful. I met with the Dean of Graduate Studies, Dr. Michelle Nearon, and she encouraged me apply to the Yale SURF program. The first time I spoke with her was at a recruitment fair at my first McNair Scholars Conference. I followed up with her, and we remained in contact ever since.

Can you tell us about the application process?

The process involved an online application that required two letters of recommendation, which I requested from two mentors from my department whom I have been working very close with for the past few years. The application also requested official transcripts, asked applicants to list academic achievements, and required three personal statements about one’s research interests, future research plans, and future career goals. The application opens up in the spring on the Leadership Alliance website.

What, in your opinion, does it take to submit a successful internship application?

At the bare minimum, to be a successful applicant, it is important to do your homework. Be aware of deadlines well in advance, and make sure that you understand what each section of the application is asking for. Triple check your materials to confirm that they are more than adequate for submission. Work in advance to make sure each part of your application is as strong as possible, such as securing those extra GPA points, or taking that extra teaching assistantship. Perhaps run your application by a trusted professor who believes in your success, and ask them for their suggestions on formatting or word choice. Make sure you have a clear idea of what exactly you are applying for, know what the program has to offer you, and know what experiences you will be gaining from the opportunity. More importantly, know who You are as an applicant, know what skills you already bring to the table, and communicate clearly in your personal statement your interests, your goals, and your potential as an asset to their program.

What sort of work were you expected to carry out?

I worked primarily in Yale’s Intergroup Relations lab, under the Social-Personality Psychology Department under Dr. John Dovidio, to examine processes leading to social inequality and cultural biases. For the Yale SURF program, I was required to conduct an original research project depicted in a 25 single spaced manuscript and oral presentation, in the eight weeks I was in New Haven. My primary project utilized structural equation modeling to create a path structure that examined women’s experiences with sexual objectification, appearance idealization, and predictions of exploitative body behavioral manifestations.
However, because I wanted to make the most out of my time at Yale, and because I had already been introduced to the research process in the McNair Scholars Program, I became involved with six other research projects, three of which I designed myself.

Was the work research based or not?

The work that I did this summer was entirely research based, as I conducted literature reviews, wrote human subject applications for the Institutional Review Board, created materials, collected data, and analyzed results.

Did you enjoy the work? Was it challenging?

My experience at Yale was so multifaceted; there were so many things that really I enjoyed and that really challenged me. The part that I enjoyed the most was presenting my project about how women view themselves as powerless sexual objects at the leadership Alliance National Symposium, and hearing members of the audience say that my research has helped validate their experiences as oppressed women in society. It was really rewarding to see the direct implications of my work. The most challenging part was trying to learn how to balance the seven research projects that I was involved with, along with learning to program the computer based experimental software, as I have never been technologically savvy. However, the McNair program has taught me that graduate school is all about managing one’s workload and overcoming new obstacles so it was a great experience to really go out of my comfort zone and learn new things.

How has your participation in McNair influenced your academics?

Ralph Waldo Emerson once said “Go confidently in the direction of your dreams, live the life you have imagined.” Actually believing in me, and in my work, my cohort and advisors have helped me to boldly pursue my dreams, and go after what I want in life. If it were not for McNair, I would not have the confidence to believe in myself and to view myself as an efficacious agent in the direction of my life. McNair has helped me to view myself as more than a student, but as a scholar, and has taught me to be serious about my academic and professional life. Because of McNair, I have learned to take advantage of every opportunity, to make the most of every experience, and learn from every outlet. Being apart of McNair has opened me up to new experiences such as traveling, speaking at conferences, and networking with others. Without the CSUS McNair program, I would not be where I am today.

What advice would you give to current and future McNair scholars thinking about participating at an internship program this summer?

The first piece of advice I would give is to believe in yourself. One never knows what they are capable of until they try, and put themselves out there. Applying to and successfully participating in a summer internship program requires a great deal of self-awareness, self-confidence, and self-motivation. If you don’t believe in yourself, no one else will. For me, the hardest part was knowing that I could do it, knowing that my application had value, knowing that I had value. When you start to believe in the efficacy of your own actions, you start to do things that confirm those expectations, with each step bringing you closer to the person you want to be. Finally, always work extra hard, always do what feels right for you, and never give up on your dreams.

Ariel is willing to assist scholars planning to apply and complete an internship at Yale, or at any other institution. Please contact the McNair office for more details.

Graduate Diversity
Financial Awards

The Office of Graduate Studies, through the Graduate Diversity Program, currently offers grants and scholarships for qualified undergraduate and graduate students. Please visit the website at www.csus.edu/graddiv for more information on the grants and awards listed below:

Graduate Equity Fellowship
(Variable Amount)

Students must meet financial and academic requirements and be classified or conditionally classified in a graduate program. The fellowship is for students who have experienced economic and educational disadvantages.

California Pre-Doctoral Program
($3,000)

The program is designed to increase the pool of potential California State University faculty by supporting the doctoral aspirations of individuals who are upper division or graduate students in the CSU system. Applicants must be economically or educationally disadvantaged, and U.S. citizens or permanent residents.

Chancellor’s Doctoral Incentive Program
(up to $30,000)

The purpose of the program is to increase the number of promising doctoral students who are interested in becoming faculty members within the CSU system. Forgivable loans of up to $10,000 per year, up to a total of $30,000, are available.

Graduate Resources Online

General info
www.gradschoolsc.com
GRE online
www.gre.org/ttindex.html
Peterson’s: The Graduate School Guide
www.petersons.com/gradchannel/
U.S. News America's Best Graduate Schools
www.usnews.com/usnews/edu/grad/grhome.htm
### Scholars Going for the Gold

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### DOCTORATE IN PROGRESS

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### DOCTORATE COMPLETED

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