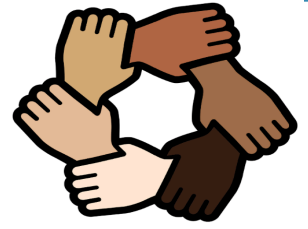




WICHITA STATE  
UNIVERSITY  
TRIO PROGRAMS  
McNair Scholars Program

# “The Doctor” McNair Scholars Program



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Jan. - May 2024

## 2024 National TRIO and GEAR Up Day



February 16, 2024  
McNair Staff and Scholars attended National TRIO and GEAR UP Day at WSU. They had the opportunity to listen to guest speaker, Hoan Do.

## Birthdays

*Happy Birthday to those celebrating during the months of January, February, March, and April:*

- **January:** Siubhan Mora-Bruce, Bayle Sandy, Antonio Rojas, and Isai Chavira
- February: Cassidy Latham, Jaquelyn Martinez, and Alexis Corral
- **March:** Breonna Joiner, Valeria Paunetto, Janeth Saenz, Jennifer Segovia, and Eduardo Avila
- **April:** Juan Hernandez

## Finding a Faculty Mentor

Finding a faculty mentor, whether for research or general mentoring can be a daunting task. McNair Scholars are encouraged to partake in research where they will work closely with a research mentor. Scholars who do not partake in research should have a faculty mentor. Faculty meetings are three times, or more, a semester. These meetings should provide the Scholar with guidance on research, graduate school, career moves, etc.

### What is a mentor?

A mentor is someone who is older and more experienced than you. Generally, this person should be able to guide and direct you in different aspects of life such as your career, school, or personal matters. It is normal for people to have more than one mentor

### Why is it important to have a mentor?

Having a mentor can provide different opportunities one wouldn't have without them. Mentors can open the doors for networking, profession opportunities, and guidance.

### Questions to ask yourself when searching for a mentor

- Are their career and/or research interests similar to yours?
- Do they have time to meet with you?
- Can you approach them for guidance?
- Have they received a doctoral degree?
- Have they been published?
- Are they reputable?
- Is this person someone you can look up to?
- Are they working on research?
- Would they be willing to be your research or faculty mentor for an academic year or longer?

McNair Scholars can work with mentors outside of Wichita State.

Sources: [https://www.wamjmed.com/article/S0002-9343\(09\)00336-2/fulltext](https://www.wamjmed.com/article/S0002-9343(09)00336-2/fulltext)  
<https://academic.oup.com/femspd/article/80/1/ftac011/6571933>



## Combating Procrastination

As the end of the semester approaches, it can become difficult to stay motivated and on track with classes. Combating procrastination can be accomplished by identifying the issue and creating goals.

Below are some tips and tricks to overcome procrastination and finish the semester strong.

-Awareness: look at the situation at hand. What is the reason for the procrastination? Could it be bad habits or lack of time management.

-Assessment: What feelings arise when you are procrastinating? Is there a need to change how procrastination makes you feel?

-Outlook: Change the way you look at things. What do you want from completing an assignment other than a good grade? Look at the assignment in parts instead of as whole.

-Surroundings: Think about your surroundings; where do you study or work on homework? If your surroundings are causing too much of a distraction, consider looking elsewhere.

-Goals: Focus on what you want to accomplish instead of focusing on the what you do not want to accomplish. Set realistic and accomplishable goals in a reasonable time frame.

Source: <https://mcgraw.princeton.edu/undergraduates/resources/resource->

## WOOP Goals

WOOP goals are a different approach on creating goals. This method allows for critical thinking about developing goals are that realistic and can be accomplished in a set amount of time.

**W:** Wish- what is the goal

**O:** Outcome- what do you want to see as a result of completing the goal.

**O:** Obstacles- what obstacles stand in the way of completing the goal.

**P:** Plan of action- how will obstacles be overcome to reach the goal?

Source: <https://www.panoramaed.com/blog/setting-goals-woop>

## Spring- Faculty Led Seminars

The following speakers have agreed to volunteer their time and share their expertise during the spring 2024's faculty-led seminars.

### Michelle Redmond, PhD



Research Assistant Professor for the Department of Preventive Medicine and Public Health at the University of Kansas discussed "Writing for Publication". Topics included: journal selection and the submission process, impact factor, and parts of a manuscript.

### Office of Financial Aid

Amanda Duffy and Janet Hartley presented the cost of attending graduate school, managing debt, and paying loans. They provided students with handouts to help them manage their finances and pay off debt.



### Christine Fuston, PhD



Senior Staff Psychologist/LGBTQ Mentor Program Coordinator at UC Irvine. Christine is a McNair alum. She received a Bachelor of Arts in Psychology from Wichita State University. She then went on to pursue doctoral studies in Philosophy at Oklahoma State University. Christine discussed overcoming burnout.



# McNair Events and Student Spotlight



14 students attended the January seminar covering “methodology and data collection” and “the back-up plan”.



Ashley Cervantes and Sara Gallo Baltazar attended the McNair Promising Practices Institute in Puerto Rico.



Students had the opportunity to listen to McNair Alumni talk about their experiences in graduate school and with the graduate school application process.



WSU Students, and McNair Scholar, Bayle Sandy (third from left) presented their research at the Kansas Undergraduate Research Day at the Capital in Topeka, KS.



McNair Scholar, Andres Saenz, attended the USHLI conference in Chicago, Illinois.



McNair Scholar, Aunsiti Swan, received the Inclusive Advocate Award from the Office of Diversity and Inclusion.



## Someone Like Me?



*Alissa Bey, Ph.D.*

Alissa Bey, research associate, specializes in evaluating public health programs and providing technical assistance on evaluation and environmental systems change. She brings expertise in collecting, managing, analyzing, reporting on, and presenting quantitative and qualitative data. Her interests revolve around research that supports prevention, policy, and equity-based systems change to improve well-being, especially for marginalized groups.

Bey advances EDC's Health and Human Services Blueprint project and the CDC National Institute for Occupational Safety & Health evaluation on addressing suicide prevention of health care workers. Before joining EDC, as evaluation project manager for the University of Oklahoma Health Science Center, she led an evaluation of a youth-based health advocacy program aimed at improving health equity.

Bey participated in the McNair Scholars Program at Wichita State University from 2014- 2016.

Source: <https://www.edc.org/staff/alissa-bey>

## McNair Graduates

Three McNair Scholars graduated in the fall 2023 semester.



**Ashley Bland**  
Bachelor of Science in  
Biomedical Engineering,  
minor in business admin-

**Lindsey (LC) Choi**  
Bachelor of Biological  
Sciences- Environmental,  
Ecological, and Organismal  
Emphasis



**Octavio Pacheco- Vazquez**  
Bachelor of Science in  
Physics, minor in math-  
ematics



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## McNair Scholars Program

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## McNair Fee Waivers/Fellowships

The Council for Opportunity in Education (COE), in conjunction with the Council of Graduate Schools (CGS), has compiled a list of McNair incentives to help Scholars find graduate schools that offer application fee waivers and/or fellowships and other opportunities that are available to McNair Scholars.

This list can be found at: <https://coenet.org/wp-content/uploads/2023/05/2023-McNair-Scholars-Fee-Waiver-List-523.xlsx>

### Highlighted Fellowship:

The McNair Doctoral Program at the University of Florida provides graduate students with a stipend, in-state tuition, fee waiver, an health insurance or up to four years for a Ph.D. student or up to three years for an MFA student. As part of this fellowship, students will be appointed to a research assistant and expected to conduct research under faculty supervision.

McNair Scholars who apply to UF are also eligible for a graduate admission application fee waiver. To get that fee waiver, contact the UF Office of Admissions via this link: <https://admissions.ufl.edu/contacts>  
More information can be found at: <https://grad.ufl.edu/gss/funding/mcnair/>

## “The Doctor”

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## McNair Facts: Did You Know?

McNair’s first outspace space adventure was in 1984. As the second African American man to travel to space, he orbited the earth a total 122 times on the Challenger.



Source: <https://www.encyclopedia.com/education/news-wires-white-papers-and-books/mcnair-ronald-e>

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