



# McNair News

McNair Scholars Program

Colorado State University



Spring 2008

Volume 2, Issue 1

## From the Director

As spring arrives it is rewarding to reflect on the past academic year and the awesome students we were able to work with. As the Director of the McNair program I must say this has been an event filled year! Through it all, the Scholars were a constant inspiration, providing the driving force for what I do and why I do it here at Colorado State University!

It is gratifying to watch Scholars who come into the summer program with little knowledge and no training in research begin to develop the skills necessary to successfully work toward a Ph.D. Can you imagine the excitement of watching promising scientists develop in state of the art research laboratories as they work beside renowned faculty members and successfully develop research skills that will carry them through their Ph.D. work!



Colorado State University McNair Program Staff  
Valerie Gallegos, Bonnie Beer, Michelle Petrie, and Lauren Shirley  
(from right to left)

I can say that it is truly an honor to work with Scholars and be a part of their development. Upon the conclusion of the summer research program our work with Scholars progresses to the next level as students begin the graduate school application process. My staff and I anxiously await the good news as students are accepted into programs across the nation. The results of admissions decisions are ones that usually bring tears of happiness and pride as we let Scholars go to begin their higher educational endeavors.

These are only a few of the reasons I am excited as I greet each and every work day. It is a privilege and a pleasure of unbelievable levels to work with the McNair Scholars at Colorado State University!

The successes of the McNair Scholars could not be realized without the support and devotion of an exceptionally professional staff! This past year I have had the enduring support from Bonnie Beer as my right hand administrative assistant. Bonnie has brought a smile and love to the office that is contagious. In addition, we have the energy and creativity of Michelle Petrie as an assistant, which has been wonderful. The work that is done to compliment my work with students has been carried out admirably by my graduate assistant Lauren Shirley. Lauren is soon to depart and begin her practicum for her Ph.D. work in Counseling Psychology. We wish her the very best in her work and look forward to a graduation invitation for her hooding ceremony as she will surely succeed in her Ph.D. endeavors.

Building and maintaining such an incredible team is facilitated by tremendous support from the Graduate Center for Diversity and Access and the Graduate School at Colorado State University. We are so grateful to receive continual support from both of these offices, and it is truly refreshing to work with a University that is as committed to serving the McNair Scholars as we are.

As always, there are scarcely words to acknowledge the support and effort the devoted faculty mentors, research scientists, and graduate students at Colorado State University have given to our Scholars. Thank you also to the partner school Student Support Service programs we work with who guide our Scholars and help them develop the skills and tools necessary to succeed while they are away from Colorado State University.

To see the achievements of our Scholars, please visit <http://www.mcnair.colostate.edu/>. Please join me in celebrating the dreams and achievements of our Scholars as they continue to soar!

Sincerely,

*Valerie Gallegos*

Program Director

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## 2008 Undergraduate Summer Research Program

Applications are now being accepted for the 2008 McNair Summer Research Program at Colorado State University!

Students are encouraged to apply by **April 28, 2008**. Applications will be accepted until all positions are filled.

### General Summer Program Information

- Summer program dates: May 27 - July 29, 2008 (9 weeks)
- Students receive a \$3,200 research stipend, plus room & board (\$1,700) and 3 paid graduate level credits
- Students complete a 9 week faculty-mentored research project
- Students are involved in and have access to extensive GRE preparation activities

Participating in the summer program is a great opportunity for *qualified juniors and seniors* interested in pursuing graduate studies. Please visit our website [www.mcnairstate.edu](http://www.mcnairstate.edu) for information about the program, including participant requirements and qualifications, advantages of the program, and information about applying.

To download an application, please visit: <http://www.mcnairstate.edu/mcnairstateapplication.asp>

## 2008-2009 Ronald E. McNair Graduate Fellowship



Are you applying to graduate school at CSU? Looking for first-year funding? If so, be sure to apply for the Ronald E. McNair Graduate Fellowship!

The Graduate School's Center on Diversity and Access at Colorado State University has generously provided funding for two graduate fellowships valued at \$15,000 each for the 2008-2009 academic year.

The McNair Fellowship Program seeks to increase the number of students who successfully complete quality Ph.D.'s at Colorado State University, with specific emphasis on helping McNair Scholars to earn their doctorates and enter into careers as university professors or researchers.

For more information about the fellowship, such as eligibility requirements, benefits to fellows, and application forms and procedures, please visit <http://www.mcnairstate.edu/financial.asp>. Be sure to apply by February 15th for full consideration. Don't let this exceptional funding opportunity pass you by!

"Whether or not you reach your goals in life depends entirely on how well you prepare for them and how badly you want them. You're eagles! Stretch your wings and fly to the sky!"

Dr. Ronald E. McNair

## 2009 Rocky Mountain McNair Conference

The Colorado State University McNair conference has moved back to Spring! Be sure to mark your calendars for the **13th Annual Rocky Mountain McNair Conference**, which is scheduled to take place on **April 23-25, 2009**.

The conference will once again be held in Fort Collins, Colorado at the Fort Collins Marriot. Please join us for a weekend of outstanding scholarly activity in a beautiful location!

For registration information and schedule updates, please visit our website: [www.mcnair.colostate.edu](http://www.mcnair.colostate.edu)



## Dr. Tara Ruttley, 2007 Graduate



Tara Ruttley, Ph.D.

Congratulations to Tara Ruttley, who received her Ph.D. in Neuroscience from the University of Texas, Medical Branch in May 2007. Tara has been a truly outstanding Scholar and we are so proud of her achievement!

Tara started on her path to success while she was an undergraduate at Colorado State University. As a first-generation college student with big plans for the future, Tara was well aware of the obstacles facing her. It was through hard-work, opportunity, timing, and determination that Tara was able to overcome those obstacles and work toward her goal of becoming a NASA astronaut. Tara's role as an active student at Colorado State University resulted in her securing a prestigious Life Sciences Training Program internship at the Kennedy Space Center as an undergraduate, and developing and patenting an innovative exercise machine that can be used by astronauts in space as a graduate student.

Tara now works for NASA as the leader of the International Space Station Health Maintenance System Project. Her life goal is still to become an astronaut and now that she has her Ph.D. she is one step closer to making it happen.

When talking of the success she has experienced thus far, Tara often remarks that she "was so lucky to have been rejected" from her first internship application for the Life Sciences Training Program. As she explains it, that rejection was what enabled her to become involved with the McNair Scholars Program at CSU and take advantage of exceptional opportunities. Tara writes that she "will forever be thankful to those on the CSU McNair staff for fostering my professional development, thereby boosting me to the success that I am today."

## Meet Our 2007 Summer Scholars!



Leticia Fernandez  
*Psychology*



Sarah Garcia  
*Microbiology*



Matthew Jaramillo  
*Psychology*



Golda Lake  
*Psychology*



William McCarthy  
*Forestry - Forestry  
Management*



Daphen Pino  
*Chemical Engineering*



Erica Ramon  
*Psychology*



Gliceria Rodriguez-  
Canessa  
*Chemical Engineering*



Tiffany Suekama  
*Chemical Engineering*



Jeffrey Teeter  
*Microbiology*



Armando Trujillo  
*Psychology*



William Walker  
*Electrical Engineering  
and Applied Physics*

Daniel Woldtved  
*Mechanical Engineering and  
Biomedical Sciences*



Jessica Yoos  
*Psychology and Sociology*

# Tackling the Verbal Section of the GRE

*“Knowing vocabulary and how to masterfully use language does not guarantee a good score on the verbal section of the GRE. A few strategies are in order too. These strategies can help you answer questions quickly and assist you in solving impossible problems.”*

- Tara Kuther, Ph.D., About.com

## Verbal Strategies

### Sentence Completion<sup>1</sup>:

- Before looking at the answers, try to complete the sentence with words that make sense to you
- Use the context of nearby words to figure out unknown words
- If you're really stuck for the meaning of a word, try to think of other words that have similar prefixes, roots, or suffixes
- Eliminate choices in double-blank questions if the first word alone doesn't make sense in the sentence
- Let transition words (like although and likewise) help suggest the best answer

### Antonyms<sup>1</sup>:

- Be aware of secondary meanings of words
- Consider the feel of the word - it may give you a sense of its meaning
- Think of a recognizable context for a word you don't recognize
- Use word parts (prefixes, roots, suffixes) to figure out the meaning of unknown words
- Think of an opposite meaning for the capitalized word before you look at the actual choices



### Analogies<sup>1</sup>:

- Learn to recognize the common types of analogies
- Beware of possibly correct answers that appear in reverse order
- Consider alternative meanings of words, as well as alternative parts of speech
- Beware of obvious answers - they may be there only to mislead you
- Create a sentence that uses the two capitalized words - the sentence may tell you the relationship between the words
- If you don't know the meaning of a word, try to recall if you've heard it in an expression - the context of the expression may suggest the meaning of the word

### Reading Comprehension<sup>1</sup>:

- First read the question, then read the passage
- Don't try to memorize details but instead pay attention to the topic and the focus of the passage as you read
- First and last sentences of each paragraph are critical
- When asked to make inferences, base your answers on what the passage implies, not what it states directly
- When trying to come up with a title for the passage, look at the first and last lines of the passage for clues
- Learn to spot the major reading question types

<sup>1</sup>TestInfo.net. (2007). GRE test tips and techniques: Test tactics and sectional strategies for the GRE. Retrieved January 28, 2008 from <http://www.testinfo.net/gre/gre-tips.htm>

## A Guide to Eating Right

As a college student, you are likely well aware of the fact that staying healthy is crucial to being successful in school. If you're too sick to go to class, or too exhausted to stay awake in class, it just isn't possible to learn. But how does one stay healthy?

We are often told that "eating right" and exercising will help us to stay fit and healthy. But what does eating right really mean? According to the USDA (2007), a healthy diet "emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; includes lean meats, poultry, fish, beans, eggs, and nuts; and is low in saturated fats, trans fats, cholesterol, salt, and added sugars."

Listed below is a table that covers each of the 5 primary food groups. Use the table to find out how much the average 20 year old college student should be eating from each group, and see suggestions about easy foods to eat that will help you meet the quantity requirements for each food category.

Group	Benefits <sup>2</sup>	The Average 20 Year Old Woman Should Have... <sup>3*</sup>	The Average 20 Year Old Man Should Have... <sup>3*</sup>	Easy Foods to Eat <sup>3</sup>
Grains	Give your brain and muscles energy  Are a good source of B vitamins and iron	6 cups a day (with at least 3 cups being whole grains)	9 cups a day (with at least 4.5 cups being whole grains)	Oatmeal (is a whole-grain) Popcorn (is a whole-grain) Flour tortillas (is a refined-grain) Sliced bread (can be either whole-grain or refined)
Fruits and Vegetables	Help eyes, hair, and blood, and boost immune system  Are a good source of vitamins A and C, minerals, and fiber	2 cups a day of fruit  2.5 cups a day of vegetables	2 cups a day of fruit  3.5 cups a day of vegetables	<u>Fruits:</u> 1 cup = 32 grapes = 2 halves of a canned peach = 8 large strawberries = 1 cup apple-sauce <u>Vegetables:</u> 1 cup = 12 baby carrots = 1 large green pepper = 1 medium potato = 2 large stalks celery
Milk/Dairy	Helps maintain strong teeth and bones  Is a good source of calcium and protein	3 cups a day	3 cups a day	1 cup = 1 regular container of yogurt = 3 slices processed cheese = 1 cup of frozen yogurt = 3 scoops of ice cream
Meat and Beans	Help build muscles, fight infections, and heal wounds  Are a good source of protein	5.5 ounces a day	6.5 ounces a day	3 ounces = 1 small steak = 1/2 small chicken breast = 3 eggs = 1 can tuna = 3 tbsp peanut butter = 10 walnuts = 36 almonds
Fats and Oils	Keep hair and skin soft and give a feeling of fullness  Are a good source of dietary fat	6 teaspoons a day	7 teaspoons a day	1 tsp oil = 8 large olives = 1 tbsp Italian salad dressing = 1/2 tbsp margarine = 1/6 medium avocado

For more information about the food groups and even more personalized eating information, visit <http://www.mypyramid.gov/>. The USDA offers tons of information about healthy eating and the website is a great resource!

<sup>2</sup>Center for Young Women's Health, Boston Children's Hospital. (2007). College eating and fitness 101: A guide for college students. Retrieved January 18, 2008 from <http://www.youngwomenshealth.org/college101.html>

<sup>3</sup>United States Department of Agriculture. (2007). My pyramid plan. Retrieved January 18, 2007 from <http://www.mypyramid.gov/>

\*The amounts listed for women are based on a 2000 calorie diet. The amounts listed for men are based on a 2600 calorie diet.

## Recent Graduates

We proudly report that five of our McNair Scholars have recently graduated with their Bachelor's Degree.

**Please join us in congratulating our outstanding Scholars!**

Jessica Yoos - Psychology and Sociology, May 2007

Walter Pape - Sport Psychology, Summer 2007

Jeff Teeter - Microbiology, Summer 2007

Leah Hitchcock - Sports Medicine, December, 2007

Armando Trujillo - Psychology, December 2007



## CALLING ALL MCNAIR ALUMNI!



Please take a few minutes to fill out the enclosed card or visit [www.mcnair.colostate.edu/Alumni.asp](http://www.mcnair.colostate.edu/Alumni.asp) to update your information.

Keeping up to date information on McNair alumni is crucial for the success of our program.

*Thank you for helping us in this endeavor!*

## Birthday Wishes!



*The CSU McNair program wishes a Happy Birthday to the Scholars celebrating birthdays in the months from December to May. Here's to another great year!*

William McCarthy - December 1

William Walker - December 13

Jeff Teeter - December 20

Erica Ramon - December 27

Jessica Yoos - February 14

Daphen Pino - March 5

Dan Woldtvedt - May 29



# McNair Scholars Program

## McNair Newsletter

McNair Scholars Program  
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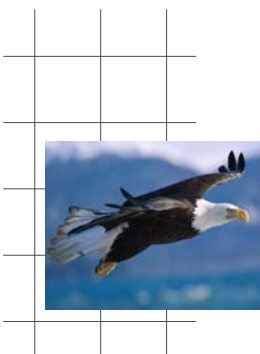
E-mail: [mcnair@lamar.colostate.edu](mailto:mcnair@lamar.colostate.edu)

Visit us on the web!

[www.mcnair.colostate.edu](http://www.mcnair.colostate.edu)

## 2008 Spring Calendar

Be sure to mark your calendar for the McNair events listed in bold!



Date	Event
1/21	University holiday - Martin Luther King Jr. birthday
1/22	Spring semester begins
2/6	Spring registration closes
2/6	<b>McNair dinner meeting - 5 pm, Young's Cafe</b>
3/15-3/23	Spring Break
3/21	Last day to withdraw from courses
3/27	<b>GTA Workshop - 2-3:30 pm, Clark C-72</b> <b>Guest speaker: Karla Gingerich</b>
4/29	<b>End of semester McNair meeting - Buffet dinner</b> <b>6-8 pm, Longs Peak Room, LSC</b>
5/9	Last day of regular classes
5/12-5/16	Finals week
5/16-5/17	Graduation
5/22	Semester grades available
5/29	<b>McNair summer program begins</b>