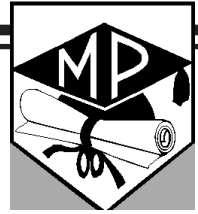
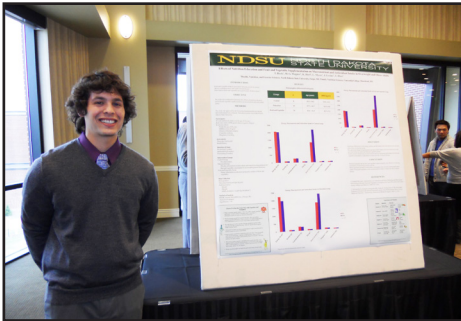


# MCNAIR SCHOLARS



The official publication of the McNair Scholars Program administered under the Division of Student Affairs at North Dakota State University

Volume XIII, Issue 1 — September 2012



Taylor Heck

Taylor Heck, a senior at NDSU, is pursuing a dietetics degree. He chose NDSU because the program is well-rounded and it is known for it.

*What led you to choose your major or field of study?* My mother guided me into the field of health care. From there she helped me discover dietetics and I discovered my interest in medicine and podiatry.

*What made you decide to become a McNair scholar?* I became a McNair scholar to further my knowledge and interest in research and preparing myself for graduate school and medical school.

*How has McNair opened doors for*

## Spotlight on scholars... featuring Taylor Heck

*you?* McNair has been a wonderful opportunity to immerse myself into the field of research and being able to complete a research project during the academic school year. As a McNair scholar you learn more than just being a scholar, you are able to work collaboratively with other individuals and work as a team while completing research. I was fortunate after the school year had ended, successfully completing my first year as a McNair scholar, that I was able to have the opportunity to do research in the summer at The John's Hopkins University School of Medicine in Baltimore, MD. If it was not for McNair, I do not know if I would have ever discovered this research opportunity.

*How do you determine or evaluate success?* I determine success upon the completion of my goals that I set for myself. With attaining these goals, I hope that I continue to become a successful individual and continue my aspirations.

*What motivates you to put forth your greatest effort?* What motivates me to become the best person I can possibly be — is by making my family proud of my accomplishments and attaining my goals that I set for myself.

*How do you handle stress?* I go to the gym to exercise or go for a swim in the pool to let my mind be at ease.

*What do you do when you aren't studying or doing research?* When I'm not studying or doing research I am hanging out with friends, working out, traveling, skiing, hunting, and just relaxing.

*What is your favorite food?* My favorite food is my mom's tacos. As a child growing up this was one meal that we would always have at least twice a month, and I have continued to love her tacos and cooking as a whole.

*Do you have any words of wisdom for your fellow McNair colleagues?* Be passionate at what you love most and continue to set the bar high for yourself and achieve greatness.

*"I do the very best I know how - the very best I can; and I mean to keep on doing so until the end."*

~ Abraham Lincoln



*"Only those who dare to fail greatly can ever achieve greatly."*

~ Robert F. Kennedy

*"Confidence is not knowing that you will never fail, but knowing that you can survive failure."*

~ Author Unknown

## McNair Scholars

**Nassir Abdi**, Clinical Laboratory Sciences major  
 Dr. Birgit Pruess, mentor  
**Zechariah Andersen**, Mathematics & Computer Science major  
 Dr. Sean Sather-Wagstaff, mentor  
**Manpreet 'Matt' Bains**, Zoology & Psychology major  
 Dr. Glenn Dorsam, mentor  
**Ian Berdanier**, English & Architecture major  
 Dr. Elizabeth Birmingham, mentor  
**Mary Hedrick**, Chemistry major  
 Dr. Svetlana Kilina, mentor  
**Taylor Heck**, Dietetics major  
 Dr. Yeong Rhee, mentor  
**Eric 'Scot' Jones**, Statistics major  
 Dr. Rhonda Magel, mentor  
**Krystal Kalliokoski**, Chemistry Education major  
 Dr. Mukund Sibi, mentor  
**Jane Loueng**, Pharmacy major  
 Dr. Donald Miller, mentor  
**Austin Maples**, Chemistry major  
 Dr. Victoria Johnston Gelling, mentor  
**Andre Marin**, Electrical Engineering major  
 Dr. Sudarshan Srinivasan, mentor  
**Tammy Nguyen**, Pre-Pharmacy major  
 Dr. Chengwen Sun, mentor  
**Tuan Nguyen**, Psychology major  
 Dr. Clay Routledge, mentor  
**Nakiedra 'Shenae' Robinson**, Chemistry major  
 Dr. Sivaguru Jayaraman, mentor  
**Esau Rodriguez Padilla**, Architecture major  
 Mr. David Crutchfield, mentor  
**Deanna 'Dede' Schreiber-Gregory**, Psychology & Statistics major  
 Dr. Michael Robinson, mentor  
**Samantha Skinner**, Zoology major  
 Dr. Craig Stockwell, mentor  
**Joshua Tan**, Computer Science major  
 Dr. Brian Slator, mentor  
**Jessica Totzauer**, Pharmacy major  
 Dr. Sanku Malik, mentor

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## NDSU Updates...

### New NDSU Athletic Logos

The NDSU athletic department recently introduced an official identity package including revised primary and secondary logos and a new custom typeface that will be used in athletic publications and team apparel.

"With our teams gaining more and more national exposure, we need to have a consistent look among all of our sports teams both on the field and off the field," said NDSU associate athletic director Troy Goergen.

NDSU previously used more than two dozen logo combinations available in two, three or four colors. The new identity package includes three logos only available in yellow and green.

*Excerpts from "It's Happening at State" June 15, 2012 volume 4 issue 10.*

### NDSU New Indoor Track and Field Facility

Groundbreaking on the new NDSU facility occurred during homecoming 2011. Construction began on October 17, 2011.

The 78,000-square foot indoor track and field facility, which seats 1,000, includes a 200-meter, eight-lane track with 42-inch wide lanes with additional practice lanes on the straightaway. There are also multiple long jump, triple jump and pole vault runways, along with a shot put and weight throw sector on the infield.

The facility is part of the future Sanford Health Athletic Complex, which will include a basketball practice facility, a student-athlete academic center, and human performance facilities, including strength training, sports medicine and rehabilitation areas.

Gene Taylor, Director of Athletics, said, "We're very pleased with the generosity from Shelly Ellig. We're excited to have his name again associated with an outstanding athletic facility here at NDSU. It's very fitting to have this facility named after Shelly based on our long-term relationship with Shelly and Stop-N-Go."

*Excerpts from NDSU Athletics website release date October 14 & 21, 2011*

### Longtime McNair Scholars Program Director Retires



Kay Modin & Prakash Mathew

Kay Modin retired in Spring of 2012 after 17 years of service. Modin served more than 200 scholars, of which more than 150 went on to earn doctoral or master's degrees.

Individuals who want to send Modin a greeting, may do so at Kay.Modin@ndsu.edu.



We all have areas in our life we want to strive toward; an idea, dream, inspiration that drives us to excel beyond our original expectations. When we acknowledge these areas of growth and challenge, we owe it to ourselves to do whatever is necessary to make it a reality. Most people understand the importance of setting goals as a way to stay focused toward our dreams; however, they may not know how to organize their goals in a way that encourages continued efforts toward that goal even when the challenges arise.

Once you have made a commitment, setting a goal will help motivate you to be successful in achieving what you wish for yourself or your responsibilities. Goals are most powerful when they are SMART goals:

- Specific** Focus on exactly what you want to have happen not a generalization of the plan. “I plan to commit 20 hours a week to research toward my thesis.” Instead of “I will work on my thesis.”
- Measurable:** In order to evaluate how you are doing, you need some measure of your success. Hours? Number of articles completed? Number of pages written this week? Consider developing your own measure (perhaps a 1-10 scale if that fits your needs. Be consistent with yourself.)
- Attainable:** The goal should be something that is challenging but also within your ability to achieve. Be willing to take risks.
- Realistic:** Running a marathon in February if you have never run before is unlikely. Know your limitations and be realistic about what you can accomplish.
- Timebound:** Set a start date and a completion date. Then you can set another goal when you have accomplished the first one.

Provided by RRTC Health and Wellness Consortium





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Return Address Requested



Dr. Ronald McNair and crew

# TRiO

McNair Scholars Program

Student Support Service

Upward Bound

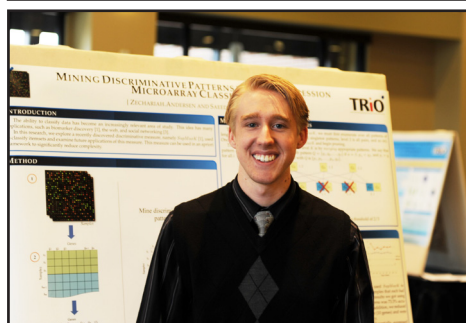
Veterans Upward Bound

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Zechariah Andersen

The Barry M. Goldwater Scholarship and Excellence in Education Program was established by Congress in 1986 to honor

## Kudos to You!

Senator Barry M. Goldwater, who served his country for 56 years as a soldier and statesman, including 30 years of service in the U.S. Senate.

The purpose of the Foundation is to provide a continuing source of highly qualified scientists, mathematicians, and engineers by awarding scholarships to college students who intend to pursue careers in these fields. The Goldwater Scholarship is the

premier undergraduate award of its type in these fields.

Out of 1,123 applicants, 282 scholarships were awarded for the 2012–2013 academic year to undergraduate sophomores and juniors across the United States. Zech was included in the 20 recipients who are mathematics majors; plus, he was the only North Dakota resident to receive it. Zech was awarded the full amount of \$7,500.

Kudos to Zech!

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