



# STATE UNIVERSITY OF NEW YORK AT OSWEGO

## Word From the Provost

Dear McNair Participants:

I am sure that you know how lucky we are to have a McNair Program at SUNY Oswego. I am very proud of it and the work of all involved with it. To have the program on our campus, we had to compete with schools from across the nation for the recognition and federal funding. Based on the success of the first years of our program, we have recently received funding for an additional four years. Congratulations to all who made that possible.

I especially want to congratulate students on undertaking the McNair commitment to prepare themselves for graduate school by participating in McNair activities and by completing their major research projects. Each of the projects is very interesting and worthwhile. I know there is (or will be) a great sense of satisfaction when the projects are completed and you realize that, in fact, you can take on the challenges of graduate school.

I want to thank the mentors and staff who are so encouraging and helpful to the students. I know that you often undertake these projects in addition to many other responsibilities. Your commitment to our students is a hallmark of our learning-centered campus. Thank you for all you do to help our students reach their goals.

As we approach the sesquicentennial of the College, there is much to make us proud in our history. The McNair Program is an important part of our recent history of meaningful educational opportunities for students. Thank you to all and good luck for your continuing success.

Susan Coultrap-McQuin  
Provost, Vice President for Academic Affairs

## Seniors Present at College Hour

College Hour is a time period dedicated to student involvement, topical issues and personal enrichment without conflict with classes.

On October 16th our Senior McNair Scholars presented at College Hour. The discussion panel talked about preparing for graduate school; GRE, networking and the application process.

Most of the Junior Scholars were in attendance and had the opportunity to ask the Seniors specific questions about getting ready for graduate school. The Seniors also discussed their research projects and how that experience gave them the confidence necessary to start graduate school.

We would like to thank everyone who attended College Hour, Dr. Susan Coultrap-McQuin, Mentors and guests.

Inside this issue:	
New Scholars	2
President & Dean List	2
Mentor Spotlight	2
Summer Scholars	3
Niagara Falls	3
McNair Information	4



**“Don’t let the fear of time it will take to accomplish something stand in your way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use.”**

**Earl Nightingale**

## Meet the New Scholars

We have been working hard to recruit new scholars and with the help of faculty, mentors and support staff we currently have seven new Scholars. These students will be participating in the eight week summer research program that begins in mid May 2008.

1. Karina Antigua, Psychology
2. Kristin Belitz, Zoology, mentor Dr. Bach
3. Melanie Shaffer-Cuttillo, History, mentor Dr. Geraldine Forbes
4. Mindy Hoftender, Psychology
5. Cameron Jones, Communications, mentor Dr. Ann Edwards
6. Victoria Jordan, Studio Art, mentor Dr. Richard Metzgar
7. Viktoria Pennington, Creative Writing, mentor Dr. Ira Sukrungruang

## Mentor Spotlight— Dr. Timothy Braun

Mentee’s - Emmanuel Kuffour, BS in Biology, Graduation August 2007  
- Claudia Espinosa, BS in Biology, Graduation May 2008

What does a mentor really *do*?

The more basic issue is: What is a mentor? The term comes from the ancient Greek Homeric epics. A man named Mentor was chosen to raise and educate the son of the king of the Greek city-state of Ithaca when he went off to war. Essentially Mentor had to take the place of the boy’s father and teach him how to be a king and the leader of his people. We take mentors today to be people that are generally older and certainly more experienced in a particular area than the people that they work with. A mentor takes an active interest in seeing that someone less experienced learns a particular skill set and more importantly learns to apply that set of skills and develops as a professional in that area.

A mentor acts by guidance. A good mentor leads by example, not by trying to force others to do what he or she feels is right. A good mentor lets the person he or she is working with make mistakes, because, fundamentally that is how we learn. A mentor should help you examine your mistakes and see what can be learned from them, not deride you for making them. Sometimes strong criticism is needed to get people’s attention, but it should never be overly harsh or demeaning.

How do you find a good mentor? Mentors come in all shapes and sizes and are not always recognizable as such when you first meet them. Usually a good mentor will be someone you can talk to, but who is willing to be honest with you even if that honestly hurts a bit. Overly friendly or unfriendly people rarely make good mentors. It certainly helps to have a class with a potential faculty mentor but that is hardly necessary. Probably of greater importance is to get out and talk to as many faculty in your area of interest as possible to increase your chance of finding someone who will take an interest in your development as a professional.

## Look Who Made “The List”

We would like to congratulate those McNair Scholars who were on the Deans or Presidents List last semester, Spring 2007. Our Scholars continuously strive to better themselves inside the classroom and out. Last semester 75% of the McNair cohort made “The List.”

### Deans List: 3.30 to 3.79

Elizabeth Bishop, History  
Melanie Shaffer-Cuttillo, History  
Cameron Jones, Communications  
Marie Muniz, Accounting  
Victoria Jordan, Studio Art  
Stephanie Wasley, Sociology  
Claudia Espinosa, Biology  
Luanne Redeye, Studio Art

### Presidents List: 3.80 to 4.0

Tia Rubadeau, Psychology  
Dan Lupa,  
Business Management

# 13th Annual University at Buffalo McNair Research Conference

The McNair conference is a great opportunity for the Scholars to expand their knowledge in their own discipline. The Oral and Poster presentations are an example of hard work and dedication from the students as well as faculty mentors. This is the perfect forum to highlight the Scholars Research Project.

The conference wraps up with a graduate school fair that has more than 40 schools in attendance.



## Poster Presentations:

Marie Muniz, Future Retirement Benefits

Christina Parker, Child Centered Play Therapy, as Treatment for Children with Autistic Behaviors



Emmanuel Kuffour, Finding New Antibiotics



Ashley Noble, Examination of Obese Women: Social Issue in America

## Oral Presentations:

Elizabeth Bishop, Relationship Between Adorno's Aesthetic and Second Generation Shoah

Dan Lupa, Top Leader Competencies for Selecting Global Business Leaders

Claudia Espinosa, Wheat Germ Extract: A Natural Remedy with Anti-Cancer Properties

Tia Rubedeau, Self-Objectification, Body Regard, and Risk Taking Behaviors

Stephanie Wasley, The Effects of My Space and Self-Image

**"I find the great thing in the world is, not so much where we stand, as in what direction we are moving."**

**Goethe**



**STATE UNIVERSITY  
OF NEW YORK AT OSWEGO**

McNair Scholars Program  
SUNY Oswego  
106 Poucher Hall  
Oswego, NY 13126

Phone: (315) 312-4079

Fax: (315) 312-4026

**SUNY Oswego – ORSP  
McNair Scholars Program**



---

## **McNair Scholars Program:**

The Ronald E. McNair Post baccalaureate Achievement Program is dedicated to providing research-related experiences and academic support to talented undergraduates who are interested in pursuing a Ph.D. degree. This federally funded TRIO program targets first-generation college students and students from traditionally underrepresented groups.

### Program Benefits:

- \* Academic, personal, and career counseling
- \* Research mentoring by faculty
- \* Assistance in applying to graduate school
- \* Professional development seminars
- \* Summer research with a \$2000 research stipend

### Eligibility Requirements:

- \* GPA of 2.75 or better
- \* US citizen or permanent resident
- \* Underrepresented scholar or first generation & low income

### Meet the Staff:

- **Dr. Adrienne Morton**  
McNair Director
- **Ms. Stacie Rose**  
Program Coordinator
- **Dr. Rebecca Burch**  
Research Coordinator
- **Michael Regan**  
Technology
- **Ms. Annie Timbello**  
Office Assistant