

“The Doctor”

McNair Scholars Program

Division of Campus Life and University Relations

Research is Under Way

As the fall semester closes, we would like to highlight students conducting scholarly research the during 2010 - 2011 academic year:

Rachel Jacobs

Dr. Francis D’Souza - *Chemistry*

Christina Johnson

Dr. Suzanne Tirk - *School of Music*

Sophia Johnson

Dr. Kathy Strattman -
Communication Sciences & Disorders

Carla Lee

Dr. Gina Lee-Olukoya -
Center for Student Leadership

Francis Nguyen

Dr. Kirk Lancaster - *Mathematics and Statistics*

Rebecca Rodriguez

Dr. Ron Matson - *Sociology*

Immanuel Thompson

Dr. Andra Bannister -
School of Community Affairs

Five Healthy Eating Tips for the Busy College Student

College students are busy, stressed and often eat on-the-go. A healthy diet can help students feel better, cope with stress and increase academic performance. Here are pointers to get students started:

1. Eat breakfast. Studies show skipping breakfast detracts from scholastic achievement. Grab a bagel, piece of fruit or juice on-the-go.
2. If you eat fast-foods, choose pizza with half the cheese, a regular-size roast beef sandwich, a baked potato or a green salad with reduced-calorie dressing. Limit high-fat foods like french fries, fried chicken and fish sandwiches.
3. Keep healthy snacks on hand like fresh or dried fruit, pretzels, popcorn, rice cakes or whole wheat crackers on hand to prevent vending machine temptation.
4. Eat foods rich in calcium. People in their early twenties need to build stores of calcium to prevent osteoporosis later in life. If you don’t like milk, eat low-fat yogurt, low-fat cheese and green, leafy vegetables.
5. Sugar provides calories and causes tooth decay. Use sugar sparingly or use alternative sweeteners instead.

Campus Visits January 28, 2011



Source: University of Oregon <http://healthed.uoregon.edu/10tips.htm>

McNair Scholars Program:
Keys to Success in College and Life

Grammatically Speaking

Major Components of a Research Paper

Introduction: Establishes...

- **Background:** What is the context of this problem?
- **Rationale:** Why is this research important?
- **Problem Statement:** What don't we know?
- **Objectives:** What steps will the researcher take to fill gaps?
- **Scope:** Is the study limited to a special geographical area or to certain aspects of a situation?

Methodology: Addresses...

- How was the data collected or generated?
- How was it analyzed?
- Why was a particular method or procedure chosen?

Results: Includes...

- **Statement of Results:** Results are accessible to the reader using graphs, tables, diagrams and written text.
- **Explanatory Text:** All visual aids are accompanied by text that guides the reader to significant results. The text simplifies results and highlights significant trends or relationships.

Discussion: Includes...

- **Explanation of Results:** The explanation comments on whether the results were expected and explains unexpected/unsatisfactory results.
- **References to Previous Research:** Compares research results with those reported in the literature review.
- **Deduction:** Claims how the results can be generally applied.
- **Hypothesis:** A general claim or possible conclusion arising from the research results.

Conclusion: Summarizes...

- What was learned through the research?
- What remains to be learned? Include suggestions for future research.
- Shortcomings of the research and includes an evaluation of the research.
- The benefits, advantages and applications of the research.
- Recommendations.

Source: <http://www.languages.ait.ac.th/el21meth.htm>

Ten Ways to Be Positive

1. Think before you speak.
2. Keep an open mind.
3. Discuss rather than argue.
4. Cultivate a soothing voice -- how you speak often means more than what you say.
5. Never lose an opportunity to say a kind word.
6. Exceed your professor's expectations.
7. Be objective about personal criticism.
8. Respect the feelings of others; show interest in their lives and families.
9. Refuse to discuss the shortcomings of others.
10. Let your virtues speak for themselves.

Source: TopHealth: The Health Promotion and Wellness Newsletter, Stress Connection, 2009.

Happy Birthday!

The staff wishes a
Happy Birthday to those
celebrating during
December, January & February

Carla Lee - 12/8
Nicole Hill - 12/17
Antony Ngicu - 12/20
Joi Bell - 12/30
Cierra King - 1/4
Carnell Roberts - 1/24
Sophia Johnson - 1/23
Rebecca Rodriguez - 1/21
Christy James - 2/2



McNair Scholars Give Back for the Holidays

The staff and scholars ended the semester eating pizza and bowling while collecting donations for the Kansas Food Bank and the Salvation Army Angel Tree. **Hugo**, age 14, will receive a digital camera, a hat and gloves and **Tamaya**, age 6, will receive a dress-up gown, a hat and gloves, and a tiara.

Avoiding “Plague” Words and Phrases

Students completing their research projects and writing their manuscripts should avoid the following words and phrases to improve the quality of their sentences:

And/also: This is often redundant.

And/or: Use one or the other.

Etc.: Suggests laziness. Write one more example.

He/she: Is used to prevent gender bias, but is overused. Choose one pronoun or pluralize.

Got: Many writers regard “got” as an ugly word. Avoid writing it.

Had ought/hadn’t ought: Drop the auxiliary. “You ought not to pester your sister.”

Irregardless: Use “regardless” instead.

Kind of/sort of: In formal academic writing, substitute “somewhat,” “rather” or “slightly.” “We were rather pleased with the results.”

Lots/lots of: In academic prose, avoid these colloquialisms when you can use “many” or “much.” Remember that “a lot of” requires three words: “He spent a lot of (not alot of) money.”

Just: Use it when you need it, as in “just the right amount.”

Of: Don’t write “would of,” “could of” or “should of” when you mean “would have,” “could have” or “should have.”

Suppose to/use to: The hard “d” sound in “supposed to” and “used to” disappears when pronounced, but it shouldn’t disappear when spelled. “We used to do that.” or “we were supposed to do it this way.”

Very/really/quite/like/basically: These words seldom are useful. Write sentences without them for improvement.

Events to Come

JANUARY

- 3 Campus Re-Opens
- 17 Dr. Martin Luther King Jr. Holiday
- 18 **1st Day of Classes**
- 26 **Brown Bag Session** (12:30 - 1:30 p.m.)
Rhatigan Student Center (RSC), Rm. 305
“*Graduate School Panel*”
- 28 **Campus Visits to Oklahoma Universities**

FEBRUARY

- 5 **Grad Prep Meeting** (2 - 3 p.m.)
Devlin Hall, Rm. 106
“*Networking and Mentor Selection*”
Dr. Gina Lee-Olukoya,
Center for Student Leadership
- Research Assembly Meeting** (3 - 4 p.m.)
Devlin Hall, Rm. 106
“*The IRB Process*”
Velda Eaton, Office of Research Admin.
- 11 **Communication Fitness** (2 - 3 p.m.)
Devlin Hall, Rm. 106
Rebecca Rawls,
McNair Research Coordinator
- 12 **Faculty-Led Seminar** (10 - Noon)
Devlin Hall, Rm. 106
“*Writing for Publication*”
Dr. Deborah Soles, Philosophy
- 17 **National TRIO Day Celebration** (6 - 8 p.m.)
Rhatigan Student Center (RSC) Ballroom
- 17-19 **Oklahoma State University Research Conference**, Stillwater, OK
- 23-25 **University of North Texas McNair Research Conference**, Denton, TX
- 26 **Grad Seminar** (2 - 3 p.m.)
Devlin Hall, Rm. 106
“*Social Skills and Professionalism*”
Dr. Michael Birzer,
School of Community Affairs

Holiday Edition

The History of Santa Claus



Most famous of all: Thomas Nast's Santa Claus illustration, Harper's Weekly, 1881.

The history of Santa Claus is deeply rooted in the past and is a combination of many legends. The Christian foundation for Santa Claus was Bishop Nicholas of Smyrna, in present day Turkey, who lived in the 4th century. He was rich, generous and

loving toward children, often giving joy to the poor by throwing gifts in their windows.

Bishop Nicholas of Smyrna was later named Saint Nicholas by the Orthodox Church. Russia's oldest church was built in his honor. The Roman Catholic Church also honored Saint Nicholas, who became the patron saint of children and seafarers, as one who helped children and the poor. The day that celebrates his sainthood is December 6.

In the Protestant areas of central and northern Germany, Saint Nicholas was later known as der Weinachtsmann. In England, he was called Father Christmas. The legend made its way to the United States with Dutch immigrants, where Saint Nicholas was referred to as Santa Claus.

This Dutch-American Saint Nick achieved his fully-Americanized form in the 1823 poem "A Visit From Saint Nicholas," commonly known as "The Night Before Christmas," by writer Clement Clarke Moore. Moore described the names of the reindeer; Santa Claus's laughs, winks and nods; and the method Saint Nicholas used to return up the chimney. Moore also referred to Saint Nicholas as a small elf like those who worked in his workshop.

The American version of Santa Claus received his name and was inspired by the Dutch legend of Sinter Klaas, which was brought to New York in the 17th century by Dutch immigrants. As early as 1773, the name "St. A Claus" appeared in the American press, but the legend was popularized by author Washington Irving who first gave Americans detailed information about Saint Nicholas. In his "History of New York," published in 1809 under his pseudonym Diedrich Knickerbocker, Irving described the arrival of the saint on horseback each Christmas Eve.

The American version of Santa Claus was further illustrated by Thomas Nast, who depicted a rotund Santa for Harper's Magazine from the 1860s to the 1880s. Nast added details like Santa's North Pole workshop and his list of good and bad children. A human-sized version of Santa Claus, rather than the elf of Moore's poem, was depicted in a series of Coca-Cola advertisements introduced in 1931. The ads made Santa's red suit an icon. Rudolph and his red, shiny nose was invented in 1939 by an advertising writer for the Montgomery Ward Company.

In North American poetry and illustrations, Santa Claus--in his white beard, red jacket and pom-pom-topped cap--would sally forth on Christmas Eve in his sleigh pulled by eight reindeer. He would climb down chimneys to leave gifts in stockings hung by children on the fireplace's mantel. Naturally, children wanted to know where Santa Claus came from and where he lived when he wasn't delivering presents. That question gave rise to the story that Santa Claus lived at the North Pole where his workshop was located.

North Pole, Alaska, is a real city with a tourist attraction called the "Santa Claus House." The U.S. Postal Service sends letters to Santa to the city's zip code of 99705-9900. Each Nordic country also claims Santa's residence in their territory. In Norway, Santa lives in Drøbak. In Denmark, he lives in Greenland. The national postal terminal in Tomtebodå, Stockholm, receives children's letters for Santa. Korvantunturi, Finland has long been known as Santa's home.

Through the centuries, different customs came together to create the world's Santa Claus: the timeless, white-bearded man in a red suit who brings joy and sparks the imagination of the young-hearted each Christmas.

HAPPY HOLIDAYS!

Sources: "Santa Clause," Wikipedia, http://en.wikipedia.org/wiki/Santa_Claus
"History of Santa Claus," <http://www.the-north-pole.com/history/>

GRAD-CONNECT

Getting the Most Out of a Research Conference

Presenting at an undergraduate research conference will resonate with McNair scholars as they continue their preparation for graduate school. However, some preparation is needed to make information gathering, skill building and interacting with faculty more beneficial during the conference. Below are some guidelines to help scholars make the most of their conference experience.

Pre-Conference Preparation:

- Think about the connection between the value of attending the conference and your professional and personal goals.
- When you arrive at the conference, choose sessions, activities, panel discussions, dinners and receptions that will provide you with information about your research and enable you to make valuable networks.
- Research the speakers and make a list of those you want to meet. Call or e-mail to introduce yourself and your research interest, and let the speakers know you plan to attend a particular conference and look forward to speaking with them.
- Practice your introduction. Prepare a 30-second "informational" speech about yourself and your research. Be prepared to expand it in case someone asks for more information. Your handshake should not be too limp or too strong. A good handshake will make a good impression.
- Create business cards featuring your contact information and research interest. Give them to people who may want to contact you.
- Prepare a list of questions you need answered.

During the Conference:

- Dress for success. Looking like a professional will make a good impression.
- Do not drink alcohol around people with whom you want to create a professional relationship.

Post-Conference Activity:

- Reflect on the conference. Did you get the information you needed, and did you make good contacts? Were you happy with your presentation? What can you do to improve?
- Craft or update your curriculum vitae (CV) to reflect the conference you attended. Your CV should highlight your education, awards and skills.
- Stay in contact with department alumni to increase opportunities for future contact with those sharing your research interest.
- Send "thank you" e-mails to those who made a special effort to meet you or provide you with important information. Let them know your appreciation.



WICHITA STATE
UNIVERSITY
TRIO PROGRAMS
McNair Scholars Program

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"The Doctor"

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McNair Facts: Did You Know?

In 1981, Ronald E. McNair received a bachelor's degree in physics, magna cum laude, from North Carolina A & T University in Greensboro.



NOTICE OF NON-DISCRIMINATION

1. It is the stated policy of Wichita State University to prohibit discrimination in employment and in educational programs and activities because of race, color, religion, gender, age, marital status, national origin, sexual orientation, political affiliation, disabled/Vietnam-era veteran status or physical or mental disability.
2. In working to achieve and maintain a welcoming and discrimination free environment, it is necessary and appropriate that employees and students be encouraged to make complaints and concerns about perceived discriminatory behaviors known to University supervisors and officials.
3. Any University employee or student who in retaliatory conduct against a University employee or student who has filed a complaint alleging discrimination or otherwise exercised their rights and privileges against illegal discrimination will be subject to disciplinary actions pursuant to establish University procedures up to and including termination of employment or student status.
4. This prohibition against retaliatory conduct applies regardless of the merits of the initial complaint of illegal discrimination.

