California State University, San Bernardino

Office of Student Research





Fall 2021











Issue 06

Office of Student Research

NEWSLETTER









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Office of Student Research

California State University, San Bernardino
College of Education, 357
(909) 537-3728 | osr@csusb.edu
www.csusb.edu/student-research





Ryan W. Keating, Ph.D. Director, Office of Student Research Interim Chair, Department of History MMUF, Coordinator Professor of History

We are beyond thrilled to begin another exciting academic year here at CSUSB and excited to welcome students, faculty, and staff back to campus after a long and difficult year and a half. I want to applaud you all for your tenacity during the last eighteen months and am excited to see the great things you all can accomplish now that we are back in person and with access to so many materials dearly needed for you to complete your research scholarly and creative activities. I also know that one of the best things about a university is the community of people passionately engaged in their work—it is a place where vibrant discussions occur, where we are challenged to think in dynamic ways, and where we are able to share our work with others. All of these things contribute to your educational experience and to the growth of our university community. The Office of Student Research is thrilled to be able to support your research, scholarly, and creative activities, and to help continue the mission of building a

community of scholars here on our campus. We look forward to another year of growth here at the OSR we add new programs and workshops, and support new and returning students engage in a research related activities.

Furthermore, herein you will find information on a variety of programs, activities, and grant opportunities the OSR will support over the coming year.

Thank you all for your continued support of the Office of Student Research, and we look forward to celebrating the great work of our students and faculty over the coming year!

Dr. Ryan Keating, Director, OSR

What's New at the OSR?



Farewell Danielle White

This fall, the Office of Student Research (OSR) said farewell to our long-time program coordinator, Danielle White. Those of you who have had the opportunity to work with Danielle over the last ten years know what a great loss this is to our campus community.

A Coyote at heart, Danielle has been a remarkable asset to the OSR, and has been instrumental in its growth. She has helped to facilitate the research, scholarly, and creative activities of thousands of our students and faculty, and has done so with contagious enthusiasm and gusto.

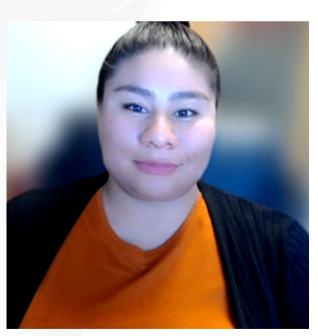
Danielle White, MA

Though we will miss her dearly, we are thrilled at the prospects for her future at the BLU Educational Foundation where she will continue to serve the San Bernardino community in her new leadership position. We have no doubt that many of the high school students she will work with will join our Coyote family to pursue their college degrees.

Welcome Sara Valdez

The Office of Student Research is thrilled to welcome Sara Valdez as its new Program Coordinator! Sara started off as a student assistant for the OSR in 2018 as an undergraduate, and became a graduate assistant when she joined CSUSBs Masters in Public Administration program. All this and more made her the natural choice to fill Danielle's position.

As an undergraduate Sara earned her degrees in Political Science, "What I loved most was political thought (Plato, Socrates, etc.)." As a graduate student Sara has one semester left to obtain her public administration degree, "I am so happy to finally be done! My mind needs some rest."



Sara Valdez, OSR Program Coordinator

Please help us in welcoming her to the office, stop by to say hello, CE 358.

Welcome to the Pack: OSR Team

There are some new faces at the Office of Student Research! Stop by and say "Hello" next time you are in the College of Education! We are here to serve the student population and hope to meet you soon at one of our events or workshops.



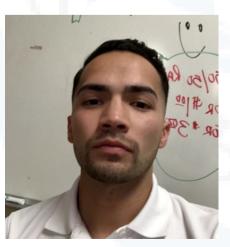
Sara ValdezProgram Coordinator





Cindy Lopez Student Assistant Undergraduate, Senior Psychology





Tomas Hernandez
Peer Statistician
Specialist
Undergraduate,
Senior
Psychology









Save the Date

CSU Student Research Competition

The CSUSB Student Research Competition gives students the opportunity to develop their presentation and communication skills while showcasing their scholarly achievements.

Date: February 11, 2022



Academic Research Week

CSUSB Research Week is held to celebrate the research and scholarly achievements of faculty and students across campus in all disciplines. All faculty, staff, and students are invited.

Date: April 11-15, 2022



11th Annual "Meeting of the Minds" Student Research Symposium

The 11th Annual "Meeting of the Minds" Student Research Symposium, is an opportunity for students to present their research to the entire community of CSUSB in the form of oral and poster presentations or art exhibits.

Date: April 14, 2022



Be sure to check out page 14 for descriptions programs and deadlines!

Faces Of The Pack: Student Researchers



Keya Soles

Student: Keya Soles

Mentor Name: Dr. Arianna Huhn

Prospective Project Title: Researching the Research Assistants **Biography**: "Hi! I am an undergraduate Anthropology major with an emphasis on museum studies. My research interests include cultural anthropology, comparative mythology and religion as well as the sociology of the end-of-life experience in the U.S."

Brief Summary About Research:

"My current research surrounds the 1915 Panama-California Exposition that took place in San Diego's Balboa Park. The Exposition commissioned ten expeditions to various regions across the world in an effort to acquire human material for the "Science of Man" Exhibit. With the use of both primary and secondary sources, my work sheds

light on the lives of the research assistants exploited by Czech Anthropologist Vojtech Suk, during his expedition to South Africa. My work also seeks to use Suk's memoirs as a window into life for Indigenous Africans in early 20th century South Africa."

Student: Alyx Duckering

Mentor Name: Dr. Michael R. Lewin

Prospective Project Title: The Relationship Between COVID-19 Stress,

Psychological Inflexibility, and Psychological Well-Being

Biography: "I am a second-year graduate student in the M.S. Clinical/Counseling Psychology program. My current research interests include acceptance and commitment therapy, increasing engagement in services across populations, understanding factors leading to dropout in long-term Parkinson's studies, and community based participatory research with LGBTQIA+ youth."

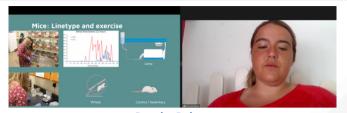
Brief Summary About Research: "The purpose of this study was to explore whether the processes of psychological inflexibility mediate the relationship between COVID-19 related stress and psychological well-being. We hypothesized that the relationship



Alyx Duckering

between COVID-19 stress and psychological well-being would be indirect and mediated by psychological inflexibility. Results revealed that psychological inflexibility fully mediated the relationship between COVID-19 stress and psychological well being."

OSR's Undergraduate Summer Research Program





Brooke Baker

Undergraduate Summer Research Program (USRP) students presenting their resarch at the USRP Conference via Zoom.

The OSR's Undergraduate Summer Research program included 10 teams of faculty and their student mentees. Over the course of an intensive ten week summer program, CSUSB students, working in teams of two to three, worked with their faculty mentors to complete research projects or other scholarly activities related to their fields. The Faculty-student teams represented all five colleges, and the students presented their research at the USRP Conference in August.

Isaiah Golden was one of the students who participated in this year's program. Below, he recounts his experience working alongside his mentor Dr. Kate Simonian.



What was your overall experience in the Undergraduate Summer Research Program?

Being in the Summer Research Program was a rewarding experience for me. I got the chance to research a subject that means a lot to me, what makes students the most confident in the creative writing field. I also got to work with other students whose passions and worth ethic matched my own.

What real world experience did you gain?

The program helped me gain a few skills that can be used outside of academia as well. As an intern I was tasked with proofreading our work for publication, reaching out to authors for comments, and working with other students to produce the best results for our research. I think these responsibilities have helped develop my communication skills as well as my editing and English one.

What was your favorite aspect of the program?

Something that really made me eager to be a part of the program was the idea that our research could help lesson future students' anxiety. Our data collection consisted of fellow students written experiences in the classroom, whether positive or negative. I was given the opportunity to read through them and come up with theories to help improve classroom conditions.

How to Apply

The Application for USRP is currently open and closes on January 16th, 2022. Faculty must submit an entry to the OSR's Research and Creative Activities Database as part of the application process.

Welcoming the New Coyote Research Ambassadors

The Coyote Research Ambassador (CRA) program is intended to help and foster the development of a research culture on our campus while also increasing the exposure of the OSR. CRAs offer peer-to-peer advising, student workshops, and support for on-campus events, all while working to improve the research experience for students and encourage more first-year and transfer students to seek out opportunities to engage in the interactive research opportunities obtainable on campus.

New Ambassadors



Student: Alyx Duckering **College:** Social & Behavioral

Sciences

Major: Clinical Counseling

Psychology **Level:** Graduate



Student: Stephanie Alfonso **College**: Arts & Letters **Major**: Communication **Level**: Undergraduate



Student: Andres Garcia Garcia **College:** College of Natural

Sciences

Major: Public Health **Level:** Undergraduate



Student: Xavier Resendez **College:** Social & Behavioral

Sciences

Major: History

Level: Undergraduate



Student: Estevan Hernandez **College**: Social & Behavioral

Sciences

Major: Clinical Counseling

Psychology **Level**: Graduate

Request a CRA Presentation!

CRAs are available for class/Zoom presentations and workshops on a variety of topics, including getting involved in research, finding a faculty mentor, writing a personal statement, and more. Email OSR@csusb.edu for more information

Helpful Tips: Campus Burnout



Burnout is on the rise among students navigating through a year afflicted by the COVID-19 pandemic. Burnout is related with less creativity, increased anxiety and insomnia, and decreased work performance – all of which are side effects that college students would prefer to avoid as they embark on one of the most difficult semesters since the beginning of the pandemic.

Burnout in college students is far more difficult to deal with than regular exhaustion since it makes it difficult to cope with stress and manage day-to-day tasks. Burned-out students frequently feel as if they have nothing more to contribute. Burnout is a condition that does not go away on its own, and if left untreated, can lead to

significant medical and mental disorders such as depression, heart disease, and diabetes.

ACTIONS YOU CAN TAKE TO AVOID BURNOUT

Simplify and Reduce Work Whenever Possible: Being unrealistic about goals and your ability to meet them, piling on more courses than you can handle, and having a social life can be a recipe for disaster. It's important not only to avoid too many classes but also to have a mix of courses.

Develop Good Study Habits: Keeping track of priorities and deadlines, staying on track with duties, and avoiding procrastination is all made easier by utilizing a calendar to manage time and deadlines effectively.

Build Resiliency and Coping Skills: There is always something to do, but everyone can take 10 minutes for themselves to do something personally enjoyable and fulfilling. Schedule personal time every single day, even for just 10 minutes. Build your resilience to stress by taking care of your physical and emotional health.

WHAT TO DO IF YOU ARE ALREADY EXPERIENCING BURNOUT

Evaluate and Improve Work Conditions: It's important to set aside time each day to rest and calm your thoughts when you're under a lot of pressure. If you're juggling a hefty course load with additional obligations, such as a part-time job, you may need to reduce some of your commitments.

Self-Care: Maintaining good physical and mental health is just as important as getting enough sleep. A healthy diet and regular exercise are necessary for both physical and mental well-being. Healthier lifestyles and fewer stress may be achieved by taking care of your body. This is good for your health and removes stress.

Reach Out: Asking for assistance might be frightening, but it is necessary to improve. Surround yourself with people who understand your situation and can help you recover. Ask an academic advisor for help with time management. Plan a fun activity with your pals. Turn to your family for comfort. You are not alone, but others can only assist if they are aware of what's going on.

New Scholars Accepted to the Mellon Mays Program

Congratulations to the newest Mellon Mays Undergraduate Fellows! We look forward to seeing your hard work and research contributions within your fields.



Jaime Castro
Mentor: Dr. Daisy Ocampo
Prospective Project Title:
The Role of Cultural Practices as a
Coping Mechanism Among Native
American Communities During the
COVID 19 Pandemic

Biography: I am an Anthropology major with a concentration in Native American studies. My research interests include cultural practices and cultural preservation in indigenous communities.



Alexis Hernandez
Mentor: Dr. Jasmine Lee
Prospective Project Title:
Stigma and Young Adult Literature;
What it Means to Read Young Adult
Literature

Biography: I am majoring in English with a concentration in Literature, with a minor in Creative Writing. My research interests include children and young adult literature, specifically the latter's impact on readers' lives, the possibility of integrating more YA into secondary school curriculum and what the benefits could look like.



Viviana Alvarez
Mentor: Dr. Pedro Santoni
Prospective Project Title:
Children of Sandinistas: Comparing
Youth Protest in the Nicaraguan
Revolution to Contemporary Youth
Protests

Biography: I am majoring in history with a minor in political science. My research interests are Latin American resistance during the Cold War and responses to American intervention in the region.



Megan Haynes
Mentor: Dr. Kate Simonian
Prospective Project Title:
Oops All Zombies! How Evolutionary
Psychology Reveals The Walking
Dead's Reveals the Problematic
Depiction of Gender

Biography: I am majoring in English with a concentration in creative writing. I believe a close analysis of pop-culture phenomenon's shines a light on society's underlying attitudes and biases. My MMUF research project takes a critical lens to *The Walking Dead*'s portrayal of gender and examines how it intertwines with politics, specifically the rise of the Alt-right.

U-RISE Program



The NIH-funded U-RISE program (Undergraduate Research Training Initiative for Student Enhancement) is seeking excellent undergraduate students who plan to continue their academic careers and gain a Ph.D. in research-based disciplines that have relevance to health (psychology, biology, chemistry, kinesiology, etc.)!

Students selected for the U-RISE program will receive a stipend of over \$1,100 per month while working with a CSUSB faculty researcher, travel money for conferences, a tuition waiver that will cover approximately 50% of tuition expenses, and summer placement in a research laboratory at a major university.

Principal Investigator

Dr. Cynthia Crawford, a professor in the Department of Psychology, is the Program Associate Director for the U-RISE Program. Her area of research focuses on animal and human models of drug addiction, second messenger system pharmacology, and developmental neuropsychopharmacology.

Criteria

To be eligible for support, students be a full-time undergraduate student majoring in the biomedical sciences—such as biology, chemistry, physics, mathematics, psychology, etc. – and be attending California State University, San Bernardino, must have a strong GPA, goals consistent with the purpose of the U-RISE grant (i.e., the intention of gaining a Ph.D. in a health-related field), a desire to be actively involved in research, and have two years remaining in their undergraduate careers.

Additional Information

Appointments are usually made in twelve month increments, and are open to U.S. citizens, non-citizen nationals, or those who have been lawfully admitted for permanent residents of the United States at the time of appointment.

Contact

Interested students should contact Dr. Cynthia Crawford (Program Associate Director) at ccrawfor@csusb.edu.

U-RISE Program

Here is What Dr. Crawford Has to Say about the Program



Dr. Cynthia Crawford Professor of Psychology

How will the program transform the educations of undergraduate students?

U-RISE scholars participate in a research-intensive experience under some of the best faculty mentors at CSUSB. Great care is taken to match students up with researchers who are doing high quality work in the student's area of interest. During the second summer of the program, U-RISE scholars go on a 10-week summer research experience at a major R1 research institution. The main focus during the summer experience is participating in the laboratory of a nationally recognized researcher, but there are also workshops and events available to students that cover such topics as GRE preparation, writing effective letters of recommendation, etc.

By being actively involved in research at CSUSB, and experiencing the exciting world of research at a major research-intensive institution, the U-RISE program provides transformative experiences for our undergraduate students, many of whom advance to doctoral programs in health-related fields.

What can students expect to learn, gain, and experience during the program?

The primary focus of the U-RISE program is to gain research experience; therefore, the U-RISE scholar can anticipate becoming actively involved in a productive research laboratory or research program at CSUSB. The goal of all U-RISE mentors is to conduct quality research and disseminate their finding through presentations at national conferences and articles published in quality peer-reviewed journals. The U-RISE scholar is expected to become part of this process, and the expectation is that U-RISE scholars will actively participate at regional and national conferences and become co-authors on peer-reviewed publications. In addition, U-RISE scholars are enrolled in specialized classes in which grant writing, manuscript evaluation and preparation, and research ethics are taught. After gaining these various experiences, we anticipate that the U-RISE scholar will be well prepared to advance to a doctoral program in their chosen field of interest.

What are the benefits of this program for the university and faculty?

Student success, in and of itself, is always a benefit to the university and faculty, and the entire purpose of the U-RISE program is to foster student success. U-RISE scholars are more likely than the general student population to advance to doctoral programs and achieve the Ph.D. or M.D./Ph.D. degree. These former U-RISE scholars often go on to postdoctoral fellowships and eventually make a career in a health-related field. In the short-term, faculty benefit from the U-RISE program because they have an NIH-funded student working in their laboratory. The university also supports and recognizes those faculty members working with U-RISE students. In sum, the U-RISE mentor and U-RISE scholar form a productive relationship that benefits the student, the faculty member, and the university.

Remembering Dr. Sanders McDougall

APRIL 9th, 1957 - SEPTEMBER 29th, 2021

Dr. Sanders McDougall was a biopsychology faculty member in the Psychology Department for 30 years, and he was recognized for his remarkable teaching, mentoring, and research. He was one of the architects of our biopsychology undergraduate program, as well as the director of the MARC and U-RISE programs, all of which aim to increase the variety of students getting bachelor's degrees and progressing to advanced research-focused, biomedical degrees.

Dr. Sander McDougall joined the faculty of California State University, San Bernardino in 1991, after getting his doctorate. Dr. Sanders McDougall was a dedicated teacher, mentor, and scholar during his 31-year tenure in our faculty. He was a strong supporter of research on the CSUSB campus, and he was committed to providing opportunities for student research, particularly for first-generation college students and students from marginalized groups. He was well-known at CSUSB for his advocacy and support of students in his lectures and the student development initiatives he directed. His greatest achievement however, was the more than 130 students, from fields such as Psychology, Biochemistry, Nursing, and Biopsychology, he mentored in his laboratory and his student research programs. Dr. McDougall was a tremendous contribution to the Psychology Department and the university, and he will be profoundly missed.

Dr. Sanders McDougall is survived by his spouse, CSUSB psychology professor Dr. Cynthia Crawford and their family.













BECOME A MELLON SCHOLAR

APPLY FOR THE MELLON MAYS UNDERGRADUATE FELLOWSHIP PROGRAM

BENEFITS INCLUDE:

FACULTY MENTORSHIP
RESEARCH OPPORTUNITIES
PROFESSIONAL DEVELOPMENT
FINANCIAL SUPPORT
GRADUATE SCHOOL PREPARATION

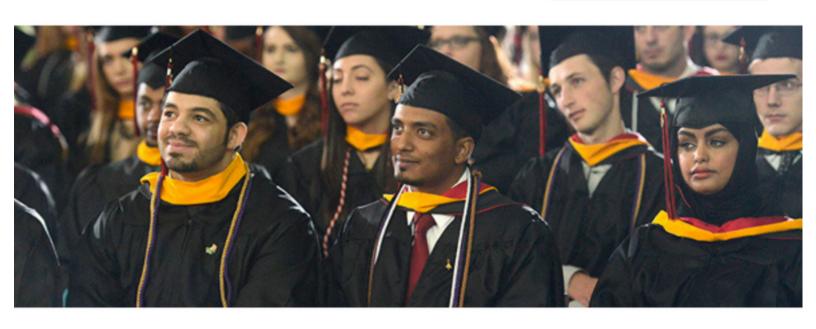
APPLICATION OPENS: NOVEMBER 16TH, 2021

APPLICATION DEADLINE:

APRIL 12TH, 2022

VISIT

WWW.MMUF.ORG/ABOUT/ELI
GIBLE-FIELDS-STUDY



FOR MORE INFORMATION:
CONTACT THE OFFICE OF
STUDENT RESEARCH OR
EMAIL: MMUF@CSUSB.EDU
APPLICATION AVAILABLE:
WWW.CSUSB.EDU/MMUF

INFORMATION SESSION ON: FEBRUARY 24TH, 2022

TIME: 12:00 PM - 12:50 PM,

LOCATION: TBD

FOR MAJORS WITHIN HUMANITIES AND SOCIAL SCIENCES ONLY

MELLON MAYS





Program Descriptions & Event Deadlines

COYOTE RESEARCH AMBASSADOR

Purpose: Ambassadors work to inspire broader engagement in research and creative activity by educating and serving the CSUSB campus community.

Amount: N/A

Deadline: April 29, 2022

UNDERGRADUATE SUMMER RESEARCH PROGRAM

Purpose: A 10-week mentored research program which provides funding and resources to support undergraduate students (enrolled in the Fall) complete a mentored research project.

Amount: \$5000/Faculty

\$2800/Student

Deadline: April 30, 2022

OUTSTANDING STUDENT RESEARCHER AWARD

Purpose: Designed to acknowledge one graduate and one undergraduate student who has demonstrated exemplary scholastic work in both their academics and research.

Amount: \$500

Deadline: March 1, 2022

"MEETING OF THE MINDS", STUDENT RESEARCH SYMPOSIUM

Purpose: For students to present any research conducted throughout the academic year, within all colleges and disciplines.

Amount: N/A

Deadline: March 6, 2022

FACULTY RESEARCH & CREATIVE ACTIVITIES MENTOR AWARD

Purpose: Awarded to one faculty member from each college, whose mentoring is considered exemplary.

Amount: \$2000

Deadline: March 1, 2022

CSUSB STUDENT RESEARCH COMPETITION

Purpose: Students of all class levels compete for a place on the CSUSB team which will attend the CSU Research Competion.

Amount: N/A

Extended Deadline: January 1st, 2022

Should additional funding become available, spring application dates will be announced.

Call for Submissions

CSUSB Student Research Competition

The CSUSB Student Research Competition gives students the opportunity to develop their presentation and communication skills while showcasing their scholarly achievements. Students present their research before a panel of judges and winners advance to the statewide CSU Research Competition, where they will compete against other outstanding scholars in the California State University system. Application Extended Deadline: January 1st, 2022

Undergraduate Summer Research Program

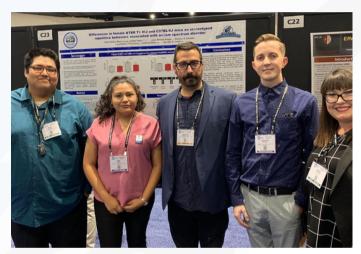
The Undergraduate Summer Research Program provides funding and resources to support undergraduates who are interested in any research projects or scholarly activities related to their field. The ten-week program begins the last week of June and includes a series of workshops designed to develop students' research and presentation skills and help them prepare for graduate school. The Summer Research Program culminates in undergraduate research conference where students will present their findings. Application Deadline: January 16th, 2022

"Meeting of the Minds", Student Research Symposium

At the Meeting of the Minds Student Research Symposium, CSUSB graduate, and undergraduate students have the opportunity to showcase their research and creative activities (RESCA) through oral and poster presentations. This event is an excellent

opportunity for students to refine their presentation skills while sharing their talents and knowledge with others. Participants with the best oral and poster presentations will receive an award and be recognized during the reception and award ceremony. Application Deadline: March 6, 2022.

All applications are available in InfoReady and through the respective webpages of the OSR.





Highlights

Southern California Conferences for Undergraduate Research 2021

Southern California Conferences for Undergraduate Research (SCCUR) is an organization of Southern California faculty, administrators, and interested members of the community who share the common goal of improving education for college and university students through hands-on experiences of undergraduate research, scholarship, and creative activity. SCCUR supports inquiry-based education, in which students learn while doing, working closely with faculty mentors on significant academic projects and presenting their results to audiences in a professional manner.

This year the conference welcomed all disciplines: science, technology, engineering, math, health, social sciences, business, arts, humanities and performing arts. Participants came from approximately 80 institutions in Southern California and the rest of the nation, with some international presenters.

We would like to extend our deepest gratitude to our faculty moderators for their time and support of SCCUR, the students, and the OSR.

We would also like to extend our deepest gratitude to the CSUSB faculty and staff that assisted in planning this year's conference and whose contributions helped make this event possible and successful.

And, a special thanks to all the student presenters for show casing all of their hard work and dedication put into their research.



southern california conferences for undergraduate research



Highlights

Palm Desert Campus, Taste of Research

The Taste of Research event is held at the Palm Desert Campus (PDC) each fall to introduce PDC students to the OSR and provide an overview of OSR activities and funding opportunities. The event also consists of oral and poster presentations highlighting research activities from various disciplines.

We would like to extend our gratitude to Palm Desert Campus Dean Jake Zhu who opened the event. We would like to thank the Palm Desert Campus faculty members Dr. Sarah Dunn, Dr. Pablo Gomez, Dr. Michael Karp, and Dr. Deirdre Lanesskog for participating in a panel discussion on their thoughts about undergraduate research and their experiences in research.

We would also like to thank the students who presented poster and oral presentations at the event. Thank you to Nadine Jolly, Dolores Vega, McKenzie Feeken, Xavier Resendez, Andrea Hughes, Tanya Alvarez, Alejandra Ramirez, Ashley Patterson, Cynthia Sanchez, Clarissa Welch, Nancy Villalta, Donna Andrea Villasenor, Vanessa Lopez, and Nelly Zambrano.



From left: Bryan Haddock, Department Chair of Kinesiology, Dr. Sarah Dunn, Associate Professor of Kinesiology, and student Andrea Hughes



From left: Dr. Pablo Gomez, Dr. Deirdre Lanesskog, Dr. Michael Karp, Dr. Ryan Keating, and Dr. Sarah Dunn





California State University, San Bernardino

Office of Student Research



Office of Student Research



Dr. Dorota Huizinga Associate Provost for Research & Dean of Graduate Studies



Dr. Ryan Keating Director, OSR



Sara Valdez Program Coordinator



Contact Us

College of Education 357 Phone: (909) 537-3728 Email: osr@csusb.edu Follow us!





