

IINSPIRE-LSAMP Alumni Committee

2019 -2020 Annual Report

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Mission

The IINSPIRE-LSAMP Alumni Committee aims to unite post-baccalaureate students in hopes to encourage, motivate, and mentor current undergraduate students to achieve success by attending conferences, hosting workshops, and participating in virtual panels and discussions.

2019-2020 Leadership Team



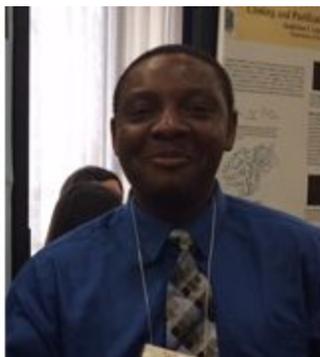
Co-Founder
President
Paul Faronbi



Co-Founder
Historian/co-president
Queenster Nartey



Vice President
Glorianne Dorce



Secretary
Rodrigue Mbog



Social Media Chair
Raissa Souza

Goals

1. Continue to grow network of post-baccalaureate IINSPIRE students
2. Leverage President, Vice President, Secretary, Social Media Coordinator, and Historian to lead the community
3. Host yearly enlightening sessions at national/regional conferences
4. Schedule monthly/quarterly meetings to stay up to date with events occurring in the alliance
5. Communicate with IINSPIRE leadership monthly/ as needed to maintain relationship
6. Develop and nourish mentor-mentee relationships
7. Continue to grow our network by sharing the phenomenal benefits of being part of the IINSPIRE-LSAMP alumni community
8. Expand to Midwest/Regional Leadership for LSAMP
9. Create plans for developing national leadership for LSAMP alumni

Milestones

I. Achieved 26 IINSPIRE LSAMP Alumni members

- A. Up-to-date contact information
- B. 12 members participating in mentoring program

II. Hosted/Participated in 3 Workshops, 4 Panels, and 2 Resource Fairs for Students at LSAMP Conferences

- A. IINSPIRE LSAMP Annual Conference February 2020, University of Northern Iowa
 1. Friday Networking, Speed Dating activity with Alumni
 2. Vision Board, Creating a vision for your future
 3. Panel for Professionals to share journey
 4. Resource table to share mentorship program with students and recruit future alumni for IINSPIRE-LSAMP Alumni Committee
- B. ILSAMP Annual Symposium
 1. Panel to share transitioning into college life and into workforce

2. Resource table to share mentorship program with students and recruit future alumni for LSAMP Alumni Committee

C. Indiana LSAMP Tea Time event

1. Hosted session on Virtual Interviews

D. LSMRCE Summer Speaker Series

1. STEM Career Pathways panel
2. Finding/Applying to Graduate School

III. Revamped Mentorship Program

- A. Using technology and QR Codes to make Mentorship bios more accessible
- B. Developing a virtual method for mentorship with alumni and current students - Stay tuned!

IV. Launching National LSAMP Alumni Committee

- A. Working with Louis Stokes Midwest Regional Center of Excellence (LSMRCE)
- B. Currently recruiting from other LSAMP Alliances
 1. ILSAMP in February
 2. MOLSAMP was postponed in April
 3. Indiana LSAMP in October
 4. Coordinating with LSAMP Leadership to formalize a plan
 5. Plan to launch at LSMRCE conference in November

National LSAMP Alumni Committee Strategy

We are excited to announce that we are currently working on a new expansion for a National LSAMP Alumni Committee that will be available to all LSAMP alliances across the country! The overall strategy for recruitment is based on in-person connections while at LSAMP alliance conferences across the country, and connecting with campus directors from other alliances. We have started by partnering with Louis Stokes Midwest Regional Center of Excellence (LSMRCE). We have developed a Smartsheet form to use at conferences that will filter into a website. This will create a database for alumni with information about our backgrounds, current work, locations, and ways that we can connect with LSAMP to give back. The website is also beneficial for students to partner with alumni to develop mentoring relationships, and will allow campus directors to have a directory to choose from when developing speaking engagements, panels, and workshops. It is an exciting time, and it is being made possible from resources from LSMRCE. We are developing strategies to stay connected especially during this time of social distancing due to COVID-19. Our committee has been working with LSMRCE and Indiana LSAMP on webinars to further grow our connection and grow the National LSAMP Alumni Committee. We are thrilled to see how much we can grow this new national committee!

ILAC Lending Library

The purpose of establishing an ILAC Lending Library is to support current undergraduate students by meeting the growing need for textbooks, graduate and professional school preparation books, and more. During our undergraduate careers, we recall the relief we felt when a fellow student gave us a textbook when we informed them that we would be unable to afford it. It significantly alleviated the stress of scanning the required readings and homework each day at the library. As alumni, we may still have some textbooks, and test-preparation books for the GRE, MCAT, DAT, etc., that we no longer need. Below is the process we envision for the ILAC Lending Library.

1. From June - July, the ILAC Secretary will take a poll asking alumni what textbooks and test-preparation books they own but no longer need
2. Secretary will gather all the information into spreadsheet (book name, authors/editors, version, quantity)
3. The spreadsheet will be emailed to the IINSPIRE campus directors to share with current IINSPIRE students
4. Mail textbook to interested students before the start of the Fall Semester.
5. Repeat process during December for the Spring Semester
6. Gather books used in Fall Semester at February Annual Conference

Sponsorship Tier System

We are working on a new Sponsorship Tier System consisting of four levels ranging in amounts and incentives for reaching that level. The purpose of this new Tier System is to allow the Alumni Committee to expand its reach and to be able to do more to help students and well as develop the committee itself. We have developed a list of priorities as we obtain funding. These priorities are listed in order of importance below.

1. ILAC Lending Library
2. Provide student conference award at IINSPIRE Annual Conference
3. Post-Baccalaureate Examination Scholarship (GRE/MCAT registration fees)
4. Summer Research Scholarship for LSAMP student
5. Fund workshop and conference participation for current alumni
6. ILAC Annual Retreat

It is our hope that tapping into our pool of alumni will allow us to do more than we ever imagined. At the same time, these sponsorships are not limited to individual contributions, and we encourage groups or corporations to contribute as well. Together we can IINSPIRE students!

Mentor-Mentee Highlight

Mentee: Han Le, Mentor: Queenster Nartey



" This achievement was reflected by my mentor [Antentor "A.J." Hinton, Jr., Ph.D.](#)'s Outstanding Mentor award. Congratulations! Thank you for pushing and having faith in me. Big wins for the Abel lab at [#LSAMP2020](#). Many thanks to Dr. Abel and [@iowamed](#), Dr. McKinney and NWU LSAMP program for the support and opportunities; and [Queenster Nartey](#) for encouraging me to start on summer research!" -Han Le

Spring Newsletter Update



Click for
Conference Photos



IINSPIRE LSAMP Alumni Committee

April 2020



Click on Newsletter to
discover external links

HOPE YOU ARE STAYING SAFE

LEADERSHIP TEAM



CO-PRESIDENT
PAUL FARONBI
IOWA STATE UNIVERSITY '16



VICE-PRESIDENT
GLORIANNE DORCE
GRINNELL COLLEGE '17



CO-PRESIDENT
QUEENSTER NARTEY
GRINNELL COLLEGE '16



SECRETARY
RODRIGUE MBOG
UNIVERSITY OF IOWA '17



SOCIAL MEDIA CHAIR
RAISSA ZUIM DANTAS DE SOUZA
NEBRASKA WESLEYAN UNIVERSITY, '19

CLICK TO STAY CONNECTED



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NEW INSTAGRAM
ACCOUNT!

[@iinspirelac](#)

FOLLOW US!

*The IINSPIRE-LSAMP Alumni Committee
Aims to unite post-baccalaureate IINSPIRE students in hopes to facilitate a
successful undergraduate career for current IINSPIRE students.
Questions? Contact iinspirelac@gmail.com*

IINSPIRE LSAMP Alumni Committee

April 2020

CONFERENCE RECAP



CONGRATULATIONS

Outstanding IINSPIRE LSAMP Alumni Award

Sonyta Ung, ISU,
Kirkwood CC
Jocelyn
Jackson, UM, ISU

Excellence in Mentoring Awards for faculty/staff

Nigel George, UIU
Antentor Hinton, UI



Outstanding Student Mentor Awards

Andres Mora, Doane
Anthony Onyia, Wartburg

Oral Presentations

Morganne Borsh, UNI
Abigayle Elaine Moser, ISU
Haley Montgomery, ISU



Poster Presentations

Han Le, NWU
Aubrey Schatz, Doane
Tatiana Castillo, UI

People's Choice Award

Madison Anae, UI
Ryan Wooten, UIU

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ALUMNI HIGHLIGHTS



Penn State College of Medicine 2019 Commencement Ceremony with mentor, Dr. Patricia Silveyra.

Nathalie's dissertation title was "Endocrine control of air pollution-induced lung inflammation".

Iowa State University 15' Alumni.

Don't tell me the sky's the limit when there are footprints on the moon." – Paul Brandt.

Questions about internships, graduate school or research opportunities, click on Nathalie's picture to contact her.

NATHALIE FUENTES

"Before becoming "Dr." Fuentes, I was just Nathalie. Being a scientist was my dream since an early age; and as Beyoncé said "I dream it, I work hard, I grind till I own it". I was born and raised in Caguas, the heart of Puerto Rico. In 2012, I transferred to the Biochemistry Program at Iowa State University. I am forever grateful for programs like IINSPIRE-LSAMP that made a difference in my early career development and helped me overcome obstacles associated to being an underrepresented woman in science.

Thanks to the program, I was able to intern at Harvard University and co-found the Iowa State Research student organization, which focuses on creating an environment for professional networking, career awareness and development for students. Half a decade later, I obtained a Ph.D. in Biomedical Sciences from Penn State College of Medicine. Now, I am not only a "doc", a scientist, a mentor, but also a mommy! I am currently working for the federal government at the National Institutes of Health in the Washington, DC area. My goal is to understand lung diseases such as asthma and find a cure. My advice to fellow students is to believe in yourself, be persistent, eat pizza, dance and never give up! "

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ALUMNI HIGHLIGHTS



LIZETH TAMAYO

Lizeth is currently in the 2nd year of her PhD program. She is working on developing an intervention to return genetic information for a population in Bangladesh that has been chronically exposed to arsenic through their drinking water. She aims to identify participants with high risk for arsenic related toxicities, create an intervention with the genetic data to incentivize greater behavioral changes.

Lizeth's future plans are to apply for the F31 predoctoral fellowship as well as to prepare to defend her dissertation proposal.

In August 17th, 2019 Lizeth got married and said: "It was a really wonderful day, and really does go as quickly as everyone tells you it will!" She was kind enough to share a few of her favorite pictures.

Lizeth's favorite quote: "Write what should not be forgotten"- Isabel Allende

ALFREDO COLINA

Alfredo recently got engaged, and he will be restarting my first year of my PhD program this fall at Medical College of Wisconsin. He will be joining the Interdisciplinary Program in Biomedical Sciences and hope to part of the Microbiology/Immunology Department.

Alfredo's favorite quote: "Research is formalized curiosity. It is poking and prying with a purpose. It is a seeking that he who wishes may know the cosmic secrets of the world and they that dwell therein." - Hurston, Zora Neale



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IINSPIRE LSAMP Alumni Committee

April 2020

SHARE YOUR ACHIEVEMENTS!



**WE WANT TO
PROMOTE YOU!**

Tell us what you have been up to, we would love to hear about your accomplishments



BECOME A MENTOR!

Share your experiences and connect with current IINSPIRE LSAMP students.

Upload your resume OR Fill [this form](#) to connect with students



POST OPPORTUNITIES!

Post Job
Internship,
Conference
Volunteer

Scholarship opportunities
for current students and Alumni



The IINSPIRE-LSAMP Alumni Committee

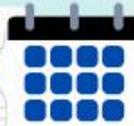
Aims to unite post-baccalaureate IINSPIRE students in hopes to facilitate a successful undergraduate career for current IINSPIRE students.

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ALUMNI GOALS



Establish a network of post-baccalaureate IINSPIRE LSAMP students



Schedule monthly meetings to stay up to date with events occurring in the alliance



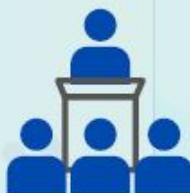
Maintain executive positions to support the alumni committee



Communicate with IINSPIRE directors bimonthly



Develop and nourish mentor-mentee relationships



Host enlightening sessions at national/regional conferences



Continue to grow our network by sharing the phenomenal benefits of being part of the IINSPIRE-LSAMP community

In these uncertain times of COVID-19, please stay at home whenever possible, but please reach out if you ever need anything. We are here to support you however we can.

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Upcoming Deliverables

1. LSMRCE Conference, November 2020
2. Elect new leadership, August 2020
3. Launch National LSAMP Alumni Committee, November 2020
4. Launch ILAC Lending Library
5. Launch ILAC Sponsorship Tier System
6. Reach out to recent graduates for IINSPIRE Alumni Facebook, Instagram and LinkedIn group
7. Provide resources to support mentors, analyze feedback from surveys to mentors and mentees, and identify ways to improve the Mentoring program
8. Draft proposals for IINSPIRE LSAMP Annual Conference in 2021
9. Assist during proposal review
10. Alumni Committee Retreat - February 2021



Thank you for taking the time to read our report! Please send any questions or comments to iinspirelac@gmail.com.