



# IINSPIRE-LSAMP Alumni Committee

2019 Annual Report

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## Authors

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Gabriella Mercado

Myra James



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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.

## 2018-2019 Leadership Team



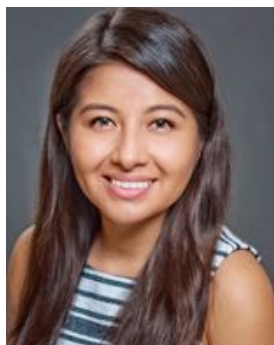
Co-Founder  
Co-President  
Queenster Nartey



Co-Founder  
Co-President  
Paul Faronbi



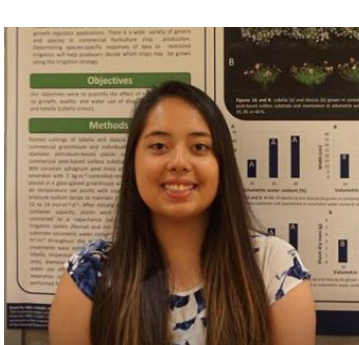
Vice President  
Alfredo Colina



Secretary  
Lizeth Tamayo



Treasurer  
Gabrielle Mercado



Public Relations Coordinator  
Myra James

## Goals

1. Establish a network of post-baccalaureate IINSPIRE LSAMP students
2. Select President, Vice President, and other leadership positions as needed
3. Host enlightening sessions at national/regional conferences
4. Schedule monthly meetings to stay up to date with events occurring in the alliance
5. Communicate with IINSPIRE directors bimonthly
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 community

## Milestones

### I. Drafted Charter

### II. Recruited 20 active IINSPIRE LSAMP Alumni

- A. Up-to-date contact information
- B. Received complimentary item

### III. Hosted six Alumni Workshops during Annual IINSPIRE LSAMP Conferences

- A. February 2017, Iowa State University
  1. Friday Networking Session with Brian Thomas
  2. Saturday Afternoon Alumni Panel
- B. February 2018, University of Iowa
  1. Friday Networking Session with Sunday Faronbi
  2. Saturday Afternoon Alumni Panel
- C. February 2019, Iowa State University
  1. Friday Networking, and Resume Workshop with Carmen Jones
  2. Interactive dialogue with Alumni

#### IV. Enrolled 40 INSPIRE Undergraduate Students in Alumni Mentoring Program

- A. Opportunity Fair, 2019: We collected biographies from 11 alumni in different fields, academia, government, industry, and consulting, to act as mentors to current students. Note, some mentees have more than one mentor.
  - a) Alice Ndeau, Ph.D., Candidate Mathematics - 1 student
  - b) Alfredo Colina, Research Associate - 1 student
  - c) David Enciso, Mechanical/Project Engineer - 2 students
  - d) Myra James, STEM Director- 2 students
  - e) Jan Michael, Associate Engineer - 2 students
  - f) Lizeth Tamayo, Ph.D. Candidate - 3 students
  - g) Ana Collazo, ORISE Fellow - 4 students
  - h) Nathalie Fuentes Ph.D., Post-doctoral fellow - 5 students
  - i) Rodrigue Mbog, Ph.D. Candidate - 6 students
  - j) Paul Faronbi, Continuous Improvement Specialist - 7 students
  - k) Queenster Nartey, Research Coordinator - 17 students

## Alumni Mentoring Program

### From the Students

#### Ala Sobi

*"Both my mentors Myra James and Elizabeth Shirtcliff helped me to stay focused and on track in my career through advice, skills development, and networking. And they have been great support for me especially this summer, they made my summer easy, they were both available for me. I have become more confident with myself as well as gaining lots of experience from them."*

#### Sonyta Ung

*"LSAMP is a great program, which provides many wonderful opportunities for students to get involved and improve their future career path. Such as group meetings, which students get information and opportunities to improve their knowledge and skills; the annual conference, which help students build new connections and learn from successful people and give opportunities for students to share their experiences; internship and research opportunities, which allow students a great learning experience at the real working environment. Moreover, the club coordinators, Ted, Susan, and Jana, really care, are kind, and encourage, advice, and motivate students to improve their ability and build more connections to have a better future career. Queenster is a great mentor that I am really proud of and wish to follow her footprint. She gave me lots of good advice and encouraged me to be stronger and believe in myself. If I didn't meet Queenster, I might not have applied for a summer internship. She is my idol, I'm really grateful to know her."*

### From the Mentors

#### Myra James

*"I want to brag about my awesome mentee Ala Sobi. We met at the Annual conference in 2019 and she expressed an interest in conducting research but wasn't sure how to start. Together we worked through the different avenues of research and developed a plan. She took the initiative and contacted many professors. Ala received two research offers! One for the summer and another for the fall 2019 semester! She was also accepted into the IINSPIRE LSAMP summer research program. I am so proud of the effort she has put in the last few months! I can't wait to hear about her research experience."*

### **Queenster Nartey**

*"Sonyta's ambition caught my attention during the 2019 IINSPIRE Conference during a breakout session. As we spoke about her experiences leaving her family behind in Cambodia to study in the States, I could feel her drive to be successful. She signed up to be one of my mentees during the opportunity fair and was one of the first people I heard back from after sending out times to meet. Sonyta had submitted an REU application and was very anxious about whether she would get an offer. I was extremely proud when she was accepted into the IINSPIRE LSAMP National Optical Astronomy Observation (NOAO) in Tuscan, AZ! After sending her some resources, about ways IINSPIRE can ease the financial burden of summer internships, she received some assistance to help with her room and board which alleviated a lot of stress. Due to the heavy reliance on physics for her astronomy research internship, she insisted on studying more physics immediately after her Spring finals were over to do well. In our most recent communication, Sonyta informed me that the project she is working on is almost done. She just needs to test and check the results of her model from her algorithm. I have no doubt that with that drive, Sonyta will accomplish big things in the future. I am honored that I am lucky enough to witness this process."*

### **Nathalie Fuentes, Ph.D.**

"I had the opportunity to video conference with Grace Su and Towanou Noukonme. We discussed career goals, graduate school applications, research and internships. I will contact them before the Fall semester begins. In the case of Towanou, he is in the process of transferring to a 4-year college so we were able to discuss expectations and class schedules. Grace Suis currently doing a summer internship."



**Myra James** • 1st

STEM Director at Boys & Girls Clubs of America  
1w



I had the opportunity to hear about Ala's research at the IINSPIRE LSAMP summer research symposium. In the last 6 months she found a research mentor, completed a research project, and presented at a poster symposium. Congratulations and excellent job accomplishing goals! [#symposium](#) [#research](#) [#mentor](#) [#ISU](#) [#iinspirelsamp](#) [#whatsnext](#) [#awesomementee](#)



Myra James, Public Relations coordinator, supports her mentee Ala Sobi at the Iowa State University Summer Research Symposium





**Myra James** • 1st  
STEM Director at Boys & Girls Clubs of America  
1w



Greetings Alumni!

Join me in congratulating this year's IINSPIRE LSAMP and RISE UP summer research interns! The Research Innovation in Science Enrichment University Program (RISEUP) allows underrepresented, community college, STEM students to conduct research at ISU. It is a great first step into the world of research!



IINSPIRE LSAMP RISE UP Summer 2019 Undergraduate student researchers at the Iowa State University Summer Research Symposium

# Spring Newsletter Update

Spring Update 2019



  
 Clickable!  
 Linked to  
 external  
 website for  
 your  
 convinnence

## IINSPIRE LSAMP Alumni Committee

### Leadership Team

Co-President:  
 Queenster Nartey  
 Grinnell College 16'



Co-President:  
 Paul Faronbi  
 Iowa State University 16'

Vice President:  
 Alfredo Colina  
 Iowa State University 17'



Secretary:  
 Lizeth Tamayo  
 Augustana College 16'



Treasurer:  
 Gabrielle Mercado  
 Grinnell College 16'



PR Coordinator:  
 Myra James  
 Iowa State University 18'



### Stay Connected

 /IINSPIRE LSAMP Alumni

 /IINSPIRE LSAMP Alumni

### Annual Conference



Alumni attendees Left to Right:  
 Alfredo Colina, Queenster Nartey, Rodriguez Mbogue,  
 Paul Faronbi, Myra James, Ana Collazo.



IINSPIRE LSAMP Annual Conference 2018-19' Attendees

*The IINSPIRE-LSAMP Alumni Committee aims to unite post-baccalaureate IINSPIRE students in hopes to facilitate a successful undergraduate career for current students.*

*Questions? Contact [iinspirelac@gmail.com](mailto:iinspirelac@gmail.com)*

Spring Update 2019

## Annual Conference Sessions

"The standard of different research was amazing for undergrad level. The organization was very professional and everything was done on time."

-Rodrique



"My favorite part of the conference was the networking social. I was able to meet lots of new IINSPIRE LSAMP members and share my experiences!"

-Myra

"I really enjoyed listening to the students oral presentations. Each student presented great research!"

-Alfredo



## Congratulations Awardees!

**The Excellence in Mentoring  
Award for faculty/staff**  
Martin Thuo, ISU

**The Excellence in Mentoring  
Award for students**  
Taha Gesalla, UI

**Award for Outstanding Alumni**  
Myra James, ISU  
Glorie Borsay, Kirkwood CC

**Stokes Award for  
Outstanding service to the  
IINSPIRE Alliance**  
Dr.Nancy Woods, DMACC

**Oral Presentation**  
Nikita Kozak, ISU  
Jesse Cochran, UI  
Haley Montgomery, DMACC  
Lucas Goodman, ISU

**Research Poster**  
Sean Wright, Grinnell  
Andrea Fondren, ISU  
Jose Prado, ISU

**Experiential Poster**  
Zory Hamblin, UIU  
Eleni Vaskova, ISU  
Sandro Aldana, Doane

**Peoples Choice Award**  
Kylee Joiner, ISU

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Spring Update 2019

## Mentoring

### 7 Tips for Being a Good Mentor

1. Set Expectations Together in the Beginning
2. Take a Genuine Interest in Your Mentee
3. Guide Your Mentees Development
  4. Share Your Mistakes
  5. Celebrate Their Milestones
6. Give More Than You Ask For
7. Solve for the Long-Term

## Ways to be involved



Mentor sign-up opportunity fair  
Paul Faronbi & Ana Collazo

### Share Your Awesomeness

Keep the IINSPIRE LSAMP committee up to date on your life.

### Be a Mentor

Share your experiences and connect with current IINSPIRE LSAMP students.

### Post Opportunities

Post Job, Internship, Conference, volunteer, and scholarship opportunities for current IINSPIRE LSAMP students and/or Alumni on Facebook & LinkedIn

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## Upcoming Deliverables

1. Fall Newsletter
2. LSMCE Conference
3. Elect new leadership
4. Add recently graduated students to IINSPIRE Alumni Facebook and LinkedIn group
5. Provide resources to support mentors, analyze feedback from surveys to mentors and mentees, and identify ways to improve the Mentoring program
6. Plan a Leadership Team Retreat (Sunday after Annual Conference)
7. Draft proposals for IINSPIRE LSAMP Annual Conference in 2020
8. Assist during proposal review



Thank you for taking the time to read our report! Please send any questions or comments to [iinspirelac@gmail.com](mailto:iinspirelac@gmail.com).