



SPOTLIGHT

THE FUTURE BELONGS TO THOSE WHO PREPARE FOR IT.

SPRING 2012

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University at Buffalo The State University of New York

REACHING OTHERS

CSTEP



25TH ANNIVERSARY SCHOLARSHIP AND ALUMNI GALA

CSTEP TOP TEN

Congratulations to the following students who are recipients of a \$100 card to the University Bookstore for exemplifying excellence in academics by consistently maintaining a superior GPA

- Kwasi Adusei, Intended Nursing
- Temprest Batts, Nursing
- Hao Chen, Industrial Engineering
- Lynrossa Clement, Nursing
- Thomas Drzymala, Biomedical Science
- Sharleen Green, Pre-Law/Political Science
- Alexander Hartman, Accounting
- Jasmine May, Medicinal Chemistry
- Christine Tjahjadi-Lopez, Chemical Engineering
- Melina Bowdin, Nuclear Medicine Tech

BUILDING TOMORROW'S LEADERS TODAY

HAVE YOU REGISTERED YET?

It is with great honor that we announce the 25th Anniversary Celebration for the Collegiate Science & Technology Entry Program (CSTEP). CSTEP will recognize its graduates, alumni, faculty mentors, and scholarship recipients on Friday, May 4th, 2012. In an effort to continue supporting our current graduate and undergraduate students, CSTEP presents two scholarships for academic achievement and research to undergraduate students annually. The dinner will feature a motivational keynote by Dr. Pamela McCauley Bush, author of *Winners Don't Quit Today they Call Me Doctor*. The night will continue with a silent auction and live band!

CSTEP at the University at Buffalo is one of fifty-one CSTEP Programs in New York State. Since our inception, we have served over 2,100 students. Our program has consistently provided services and resources to talented underrepresented students pursuing the licensed professions, as well as scientific, engineering, technological and mathematical (STEMP) professions. Resources available to CSTEP students include: paid internships and research with faculty, graduate school preparation, Kaplan Scholarships, academic and career advisement, tutorial services, monthly seminars, travel to conferences, and a support network to assist promising students in achieving their academic and professional goals.

During our previous grant cycle, CSTEP received the Presidential Award for Excellence in Science, Mathematics and Engineering Mentoring (PAESMEM). This award, administered by the National Science Foundation, recognizes individuals and organizations that have demonstrated a commitment to mentoring students and increasing the participation of minorities and women in STEM. Awardees serve as exemplars to their colleagues, and in the national effort to develop the Nation's human resources in science, mathematics and engineering.

Register online at cads.buffalo.edu/cstep/events/anniversary.php. The first 150 CSTEP students to register will get tickets for \$5 (regular tickets are \$50). One hundred percent of the funds collected will be used to fund student research internships.

**CSTEP Student Dinner
25th Anniversary Celebration
May 4, 2012 at 6pm
Buffalo/Niagara Marriott Hotel
1340 Millersport Highway
Amherst, New York 14221**



GRADUATE ASSISTANT WELCOME

“When faced with a challenge, look for a way, not a way out”

DAVID L. WEATHERFORD,
CHILD PSYCHOLOGIST



Amber Diem, 2nd Year Law Student, CSTEP Graduate Assistant

I have been working in the CSTEP office since October 2011 and have met many of you. I am very happy to be a part of CSTEP and look forward to being a resource to you. I am excited to discuss your long and short term goals and I am here to offer support and guidance to my best ability.

I was born and raised in Rochester, NY and I have a B.S. in New Media Publishing from the Rochester Institute of Technology where I participated in the McNair Scholars Program. McNair was the key that unlocked my post-graduation fears by exposing me to different graduate school options. If not for my mentor in McNair asking me “Have you ever considered law school?” I would not be a second year student at UB Law.

I am here to tell you that although the journey to graduate school can seem long and daunting, it is one worth taking. It is your responsibility to succeed in the classroom. CSTEP offers the support and opportunities you need to get through the application process. With your hard work and CSTEP’s resources, the possibilities are endless. I encourage you to take advantage of this program, stop by the office and talk to me or one of the other GA’s about your future goals. You might be surprised by how much we can help!

Best,
Amber Diem

“Try not to be a man of success but a man of value.”

ALBERT EINSTEIN,
THEORETICAL PHYSICIST



Malissa Rivera, 2nd Year Higher Education Administration Masters Student, CSTEP Graduate Assistant

I met many of you since I started working with CSTEP in Spring 2010, and I am looking forward to connecting with the rest of you.

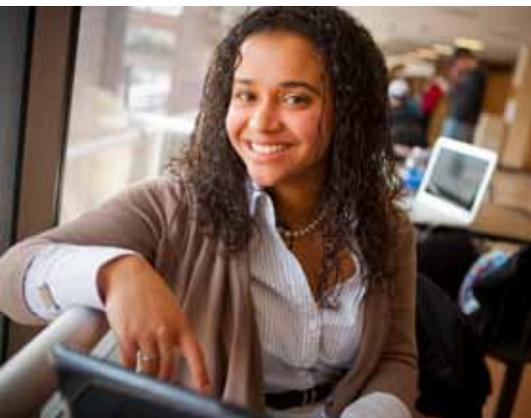
I am originally from the Bronx and have been in Western New York for the past six years. I received my BA in Psychology from SUNY Geneseo and I am currently pursuing my masters in Higher Education Administration. Like many of you, I started off majoring in the sciences and aspired to be a doctor. I soon realized my passion lies within helping college students realize their potential and to guide students through their development.

One of my favorite experiences interning with CSTEP was hearing the accomplishments of the students and future plans of the graduates at the Annual Student Recognition Dinner. I was truly inspired by the perseverance and dedication you all have to your academics and future. Many of you acknowledged CSTEP as a major component of your success and I

look forward to being a part of that this year. Whether you need assistance in choosing a career, applying to graduate school, resumes or personal statements, having trouble in your classes, or simply want to talk, stop by the office anytime to see what I can do for you.

Best,
Malissa Rivera

GRADUATING SENIOR SPOTLIGHT



Jasmine May, Senior Medicinal Chemistry Student, CSTEP Student since 2009

“CSTEP has greatly shaped my career.”

Jasmine May, Medicinal Chemistry

When I first came to UB, I had no plans of having a research career. Then, after encouragement from a chemistry professor, Dr. Takeuchi, I applied for and participated in the CSTEP Summer Research Program. It was my first look into research and it was a valuable experience in the field. This program had sparked my interest. So, I continued to participate in research by being a CSTEP research intern during the following several semesters. Through this work, I have helped in making advances in the silicon quantum dot cancer therapeutics field and have completed two papers on the topic, currently under review for publication.

These experiences have also helped me secure the Honors College Research Grant, the Creative Activities Fund, and the Barry M. Goldwater Scholarship. All of these opportunities have helped me to pursue an MD/PhD. I have been accepted to Northwestern’s Medical Scientist Training Program, fully funded, in which I will become a physician and a trained researcher. Overall, CSTEP has greatly shaped my career and I encourage all CSTEP students to REALLY take advantage of all the program has to offer, and when the opportunity arises, take the time to give back to this wonderful organization.

RESEARCH INTERN SPOTLIGHT



Jonathan Feliciano, Junior Psychology student, CSTEP Student since 2010

“The summer research program was more intense and in-depth than I expected.”

Jonathan Feliciano, Psychology

Last summer, Jonathan worked with Dr. Seery as a lab assistant running different social psychology experiments on aggression and self-esteem fragility. In their research, participants were given the opportunity to aggress after receiving negative feedback on a test and being lead to believe they were socially rejected by a fellow participants, by distributing a highly disliked food to the participants who ostensibly rejected them. Their research experiment hypothesized that participants with fragile high self-esteem will aggress by distributing a larger amount of the disliked food. Additionally, if the act is successful, it should bolster self-views and produce a positive physiological response.

Jonathan plans to pursue his PhD in Psychology. His advice to students is jump right in any opportunity they get in research, it may be scary, it may be time consuming, but it will open up so many doors for them.

Mentor: Dr. Mark D. Seery
Research Site: Department of Psychology

RESEARCH INTERN SPOTLIGHT

Tavia Garvey, Pre-Pharmacy

Tavia applied to the summer research program to gain experience and learn how she can contribute to her field through research. The summer of 2011 was her first time conducting research. She worked with Dr. Qing Ma from the School of Pharmacy and Pharmaceutical Sciences on "The Use of Psychotropic Medications Among HIV-Infected Patients with Substance Abuse." They studied the prevalence of neurocognitive disorders in HIV+ patients that were being treated. This experience gave Tavia the resources and knowledge to become more confident in her application package for Pharmacy School.

Her advice to undergraduates pursuing research is to be open-minded. "Research is a great experience, but it is not always easy. There are people around to help you so you shouldn't be afraid to ask questions and seek advice."

Mentor: Dr. Qing Ma

Research Site: Department of Pharmacy Practice



Tavia Garvey, Junior Pre-Pharmacy Student, CSTEP Student since 2009

"The program met my expectations because I not only learned how to be a researcher, but I learned how to conduct myself professionally"

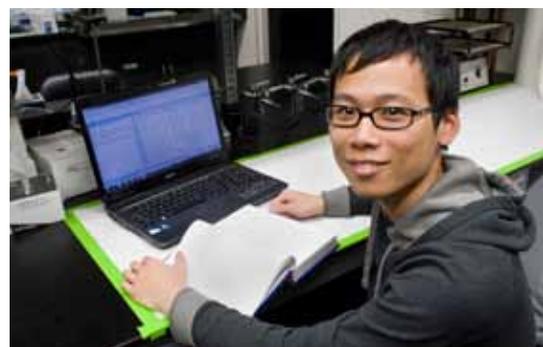
Shihe Zeng, Chemical Engineering

Shihe's ultimate goal is to be able to help people by improving their health. The CSTEP summer research program helped him learn many things that were not taught in the classroom and he also discovered the potential within himself.

Shihe worked under the guidance of Dr. Tzanakakis, whose research project was on "Optimization of Embryonic Stem Cell Differentiation Protocols by Factorial Design and Response Surface Analysis of Gene Expression Levels." Shihe performed experimental designs which were cost effective and time saving. He plans to work or attend graduate school. His advice for undergraduates who are interested in pursuing research is to be dedicated. "Do research because you love research."

Mentor: Dr. Emmanouhl S. Tzanakakis

Research Site: Department of Engineering and Applied Sciences



Shihe Zeng, Junior Chemical Engineering Student, CSTEP Student since 2011.

"Do research because you love research."

Have you registered for the CSTEP 25th Anniversary dinner yet? If not, make sure you do at:
<http://cads.buffalo.edu/cstep/events/anniversary.php>

Considering Graduate or Professional School?

HERE ARE SOME PERSONAL STATEMENT TIPS

Students often visit our office for assistance with writing their personal statements and many face challenges when trying to create the perfect personal statement. We decided to create a list of writing tips that we often share with students. If you would like to see examples and more suggestions for crafting a great personal statement, check out [Accepted.com](https://www.accepted.com).

In your personal statement, you will need to demonstrate to the admissions committee that you have interest in and commitment to your field to slog through years and years of study with nothing but the promise of a rewarding future ahead of you.

- Do you have a specific memory of what first got you interested in your subject?
- What experiences confirmed that this is what you really want to study?
- When did you realize that this wasn't just a casual interest, but what you actually wanted to do with your life?

Every other applicant will want to help people lead better lives. So, don't spend all your time talking about what you intend to do with the degree, but instead tell the reader how and when you knew that your intended profession was right for you. Maybe you put on the "freshman fifteen" and after breaking your mom's beloved sofa, you devoted your newfound energy into studying ergonomics and becoming an industrial engineer. Maybe you got food poisoning and decided to devote your life to studying the bacteria that grows on food. Or maybe, nothing really dramatic happened to you.

Remember, you were not born with the intentions of being a physician, pharmacist, lawyer, psychologist etc. Something, someone, or some series of events influenced your decision to learn more about the field you plan to pursue. Your story is what will make you stand out. Now that you've begun to organize your ideas, what do you need to think about before you put pen to paper?

Consider the following:

- List 3 of your academic qualities
- List 4 qualities that make you someone with whom others want to work

>> CHECK OUT THESE WRITING TIPS:

1. USE TRANSITIONS BETWEEN PARAGRAPHS.

Transitions tie one paragraph to the next. A transition can be a word, such as later, furthermore, additionally, or moreover; a phrase like After this incident...; or an entire sentence.

2. UNDERSTAND THE WORDS YOU WRITE.

You write to communicate, not to impress the admissions staff with your vocabulary. When you choose a word that means something other than what you intend, you neither communicate nor impress. It's REALLY obvious when you're trying to use words you just discovered today.

3. GET TO THE POINT QUICKLY.

Compare these two sentences:

A: During my sophomore and junior years, there was a significant development of my maturity and markedly improved self-discipline towards the rigorous assigned curriculum.

B: During my sophomore and junior years, I matured and my self-discipline improved tremendously. For example...

The first example takes many more words to give the same information. Say what you have to say in as few words as possible. Hopefully, this gives you ideas on how to begin organizing your story.

STILL HAVE QUESTIONS? Stop by the CSTEP Office in 222 Norton Hall to see CSTEP staff for guidance and assistance with writing and revising your personal statement. Remember, even when you think you are finished, the most important step is to have more than one person review it.

CSTEP Kaplan Scholarship

"My math scores increased over 100 points to 740... The CSTEP/Kaplan Scholarship was a great investment because the course showed me tricks and strategies that I would not have thought of. It also allowed me to get comfortable with the test, so when I actually took it I knew what kind of questions to expect."

Jonathon Rivera, 1st yr. Civil Engineering Ph.D. Student, SUNY Buffalo

"[The Kaplan course] greatly improved my score. I went up 10 points from my diagnostic... The course helped me tremendously in my weak areas and it really helped improve my test taking skills"

Ista Adujko, Patient Navigator, NYC Community Health Center

"I think it was a good investment because it prepared me on what to expect on the real exam."

Krystal Vera, 2nd yr Audiology Au.D. Student, SUNY Buffalo

Applying to graduate school can be a daunting process for many students because standardized exams are an important component of admissions criteria. The advice often given to students is to purchase books and/or take a Kaplan course that help achieve higher scores. While very beneficial, Kaplan courses are expensive and unaffordable for many college students.

CSTEP has partnered with Kaplan Educational Services to offer students the CSTEP/Kaplan Scholarship. This scholarship provides CSTEP students with an opportunity to take Kaplan courses in preparation for required graduate entrance exams (GRE, MCAT, PCAT, LSAT, and DAT). Kaplan courses provide instruction books, on-line practice resources, diagnostic tests, and personalized study plans. You will learn test taking strategies to help you become familiar with the exam before taking it. Taking a Kaplan course will give you the tools to achieve a higher score to give you a competitive edge in the graduate school application process.

The CSTEP Kaplan Scholarship application requires demographic information, GPA, major, expected graduation date, standardized entrance exam of interest, Kaplan preparatory course date, and exam date. Each applicant is required to identify six graduate schools to which they will submit applications. The main component of the application is a personal statement that meets the criteria of a program of interest. Applicants then must schedule an appointment with CSTEP staff to review and enhance the personal statement.

Law Corner



LSAT Prep Course (Optional)	\$1,000+
LSAT	\$139
Credential Assembly Service	\$124
Law School Report (Per Application)	\$16
Applications (Each)	\$30-85

YOU HAVE DECIDED THAT A CAREER IN LAW IS RIGHT FOR YOU. Once you have narrowed down what law schools you are going to apply to, you must register for the Credential Assembly Service through the Law School Admissions Council (LSAC.org) at least four to six weeks before your first application deadline. It takes approximately two weeks for LSAC to process anything you send them including transcripts, letters of recommendation, writing samples, etc. LSAC will also receive your LSAT score and send it to the schools you have chosen to apply to. Ideally, you should take the LSAT June, October, or December of your senior year. The next step is to look at each application and keep a check list of all the required documents. Most applications will require:

- 1) Undergraduate transcript
- 2) Personal statement
- 3) LSAT score
- 4) 2-4 letters of recommendation
- 5) Resume

Remember, each component of your application is important. Keep in mind that your academic ability should be highlighted in each component because law schools are looking for people who will not give up when it becomes challenging.

The CSTEP office can also help! Come talk to us about the CSTEP Kaplan Scholarship for the LSAT exam. Need help revising your personal statement? CSTEP offers one-on-one personal statement reviews. We also host CSTEP Law Day and other workshops to promote discussion between current law students and prospective CSTEP law students.

Campus Health Educators

INCREASING ORGAN DONATION AWARENESS ON CAMPUS

The Spring semester marked CSTEP's inaugural Service Learning Program – the Campus Health Educator (CHE) Program. The mission of CHE is to increase the number of organ donors among minority populations through engagement in service learning. Service-learning integrates meaningful community service with instruction and reflection to enrich the learning experience, teach civic responsibility, and strengthen communities. This provides a vehicle for allied health majors to address a critical health issue.

Since January, the thirteen CHE participants have been trained on the importance of organ donation, diseases leading to organ dysfunction, disparities in organ donation, and cultural competency by transplant experts and community engagement specialists from Upstate New York Transplant Services [UNYTS] as well as faculty and researchers. The participants have utilized what they learned to create presentations to various student organizations on campus. Collectively, they have conducted over 30 workshops which yielded 200 completed organ donor registration cards. The project culminated with a campus-wide organ donation registry drive on Wednesday April 18th in the North Campus Student Union.

There was a good turn-out in support for organ, eye, tissue, and blood donation. CHE particularly intends to positively impact the racial disparity in organ donation. Become a part of CHE to learn why currently, over 100,000 individuals are waiting for a life-saving or life-improving organ donation. Unfortunately, approximately 18 die a day waiting and 132 a day are added to the list. It is CHE's goal to debunk myths and get everyone thinking about organ donation. This program was funded by Learn and Serve America and in partnership with UNYTS.

2012 CHE PARTICIPANTS



CHIAMAKA AGBASIONWE	Biological Sciences
MELINA BOWDWIN	Nuclear Medicine Technology
NURYS DE LA CRUZ	Biomedical Sciences
RONALD DESROUILERES	Exercise Science
TAVIA GARVEY	Pre-Pharmacy
KAYLA GRAVES	Biomedical Sciences
DELNESSAW HIRPA	Biology
SINDY ISMAEL	Intended Nursing
JOHNNATHON LOPEZ	Biomedical Sciences
JASMINE MAY	Medicinal Chemistry
CHRISTINA MCCUNE	Chemistry
SAMANTHA SENIOR	Pre-Pharmacy
THERESA YERA	Pre-Med/Anthropology

TEST YOUR LEARNING STYLE

Everyone studies and learns differently. Most people tend to be one of three learning styles: auditory (learn by hearing information) visual (learn by seeing) or kinesthetic (learn by doing). By answering the following questions, you can discover how you learn best.

WHEN STUDYING, DO YOU PREFER TO:

- A. Sit quietly and in a quiet place
- B. Study in a group so you can discuss things with others
- C. Move your body or move around the room

WHAT KIND OF DIRECTIONS DO YOU RESPOND TO BEST?

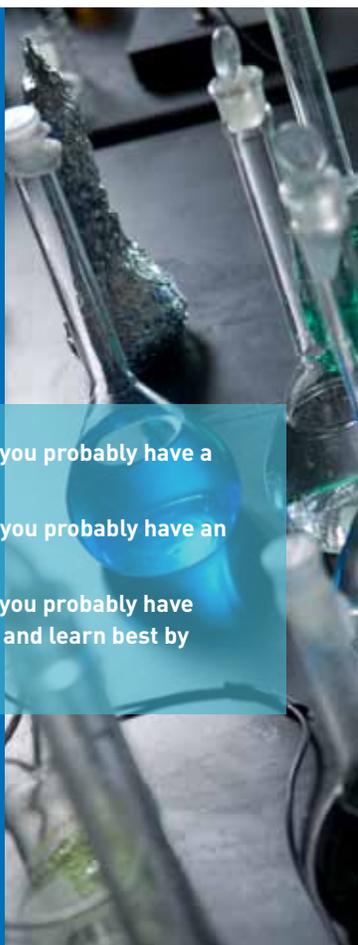
- A. Written
- B. Spoken
- C. Those I can repeat in my own words

HOW DO YOU SOLVE PROBLEMS?

- A. I write things down so I can look at them
- B. I talk about the problem with others
- C. I do something physical while thinking about the problem

HOW DO YOU FIGURE OUT HOW SOMETHING WORKS?

- A. I read the manual
- B. I listen to a demonstration
- C. I take it apart



If you answered mostly As, you probably have a visual learning style.

If you answered mostly Bs, you probably have an auditory learning style.

If you answered mostly Cs, you probably have a kinesthetic learning style and learn best by doing.



CSTEP OFFICE
222 NORTON HALL
BUFFALO, NY 14260

 *The State University of New York at Buffalo*



THE FUTURE BELONGS TO THOSE WHO PREPARE FOR IT.

CSTEP MISSION STATEMENT

The Collegiate Science and Technology Entry Program (CSTEP) provides services and activities to increase talented underrepresented students' retention into the licensed professions and careers in science, technology, engineering and mathematics (STEM). CSTEP meets this objective by providing the following services: academic and career advisement paid academic year and summer research/internship opportunities, tutoring, academic and career workshops, the CSTEP/Kaplan Scholarship, personal statement review and assistance with the graduate school application process, the CSTEP Excellence Scholarship, monthly student meetings, newsletters, attendance to conferences, and other enrichment activities.

