

 **CSC** 

 DAY 
Spotlight

Zoe Boehmer
Madeline Bremel
Matthew Burgstahler
Allison Cwikla
Olayemi Fadahunsi
Natalie Frier
Kaitlin Geisenhof
Miranda Kremers
Audrey Kristufek
Katie Langer
Sabrina Urick

Zoe Boehmer

CSB Senior, Nutrition Major

Project Title: Investigating dietary habits and health risk factors of vegetarian and omnivorous college-aged students

Faculty Advisor: Emily Heying, Nutrition

What inspired you to select your research topic?

“When people find out I’m majoring in nutrition and planning to be a Registered Dietitian, I get asked a lot of questions about different diets. I wanted my research to focus on vegetarian diets because one of the top questions I get is what my thoughts are on being vegan or vegetarian. It’s a diet that’s trending in popularity so I wanted to learn more about it and how it may affect my peers and their health.”

How has participating in undergraduate research or creative work benefited you?

“The most beneficial part of doing undergraduate research was being able to develop my skills involving all aspects of research. I learned a lot about the research process and it was a great opportunity to push myself and grow as a student. I developed my research skills, writing skills, and public speaking skills, which will continue to benefit me in the future post-graduation as I continue to pursue my future career.”

What advice would you give to future CSB/SJU students that want to participate in undergraduate research or creative work?

“The undergraduate research project can be a lot of work so it is important to stay focused and set mini deadlines along the way. Taking the process step by step was extremely helpful to keep moving forward. In the end, it's all worth it and feels so fulfilling to see your project come full circle.”

Zoe also presented her research at the Minnesota Academy of Nutrition Annual Meeting in April 2018.



Madeline Bremel

CSB Senior, Integrative Health Science Major

Project Title 1:

Efficacy of technology based and in-person health education in college women

Project Title 2:

Practical Methods of Health Behavior Change: a Discussion of Two Interventional Studies

Faculty Advisor: Mary Stenson, Exercise Science & Sports Studies

What inspired you to select your research topic?

“For a while, I have been frustrated by the observation that health institutions including clinicians, researchers, hospitals, and administration have an immense body of knowledge to optimize human health, but that it doesn't really seem to translate into better health outcomes and quality of life for the average patient. I think this is especially apparent in the U.S., where we have both some of the best equipment for medical advancement, and some of the most unhealthy people in the world. Obviously, this is much too broad of a question for an undergraduate research project (or any project, probably), so I chose to focus on one specific area within this. It seemed logical to me that if people had the appropriate resources available to them and were effectively educated on a particular health topic, they would make better health choices, and improve their health outcomes. As an extension of this, I wanted to compare two different methods of health education: technology based, and in-person, to see which was more effective at improving patient health behaviors in the clinical setting”

How has participating in undergraduate research or creative work benefited you?

“Working on this project has allowed me to learn in a way that is not always possible in a classroom setting. The ability to choose a topic that you are especially passionate about, and learn as much about it as you can, is a particularly valuable experience. In the classroom setting, even the most relevant work is inherently bound by grade restrictions and rubric expectations, but working on this project has allowed me to see the value of research and academic learning for a greater society”

What advice would you give to future CSB/SJU students that want to participate in undergraduate research or creative work?

“Choose a topic you are passionate about and then work on it because you care about it, not because you have to do it. It is so much easier to work hard on something when you are doing it because you care about the result, and not because you have to fulfill some requirement. You're probably going to have to commit a decent amount of time to your project, so you might as well enjoy what you're doing. Maybe this seems obvious, but there were definitely times where I was completing things because I was required to, and other times where I grounded myself, and was motivated by my own interest in what I was doing. They were both a lot of work, but the latter was infinitely more enjoyable. It is important to remember how your state of mind can affect the overall value of what you produce.”

Madeline also presented her research at the Northland Chapter American College of Sports Medicine Conference in April 2018.



Matthew Burgstahler

SJU Senior, Integrative Health Science Major

Project Title:

Effects of Guided Mindfulness Meditation on Perceived and Biomarker Stress in a Pre-Healthcare College Student Population

Faculty Advisor:

Mary Stenson, Exercise Science & Sports Studies

What inspired you to select your research topic?

"I originally came across the idea of mindfulness as a tool for running and athletic competition as a way to be more mindful while suffering during races. However, as I read more and practiced meditating I realized the benefit academically. I thought it would be interesting to test my own experience against others experiences and also work with a fairly stressed group of students...pre-healthcare students."

How has participating in undergraduate research or creative work benefited you?

"Undergraduate research with human subjects is an incredible bumpy experience. The research improved my logistical, communication, and creative capabilities as things did not always go as planned. The experience also gave me great respect for research and what it adds to collective knowledge."

What advice would you give to future CSB/SJU students that want to participate in undergraduate research or creative work?

"Your advisor is your best ally, supporter, and trouble-shooter. If you have the privilege of working with a great advisor, the shared feelings of accomplishment and insight are unmatched. I would say reach out to professors who are interested in studying similar patterns of the human or world experience because shared excitement is the best excitement. Also, plan and start early. The process takes longer than you imagine, but the experience is worth the effort!"

Matthew also presented his research at the Minnesota Private Scholars Showcase at the Capitol in February 2018 and Northland Chapter American College of Sports Medicine Conference in April 2018.



Allison Cwikla

Senior, Psychology Major

Project Title: Theoretical Analysis of the Impact of Emotion on Reading Comprehension

Faculty Advisor: Catherine Bohn-Gettler, Educational Psychology

What inspired you to select your research topic?

"I became involved in this project because it focuses a concentration within psychology that I previously had little experience with. Throughout my time at CSBSJU, I have primarily taken courses related to neuropsychology. This research project applies psychology concepts to a classroom learning environment rather than a laboratory environment, so I was excited to be involved in something that would challenge my psychology thinking skills in new ways. I also chose to participate in this research project as it involves theory construction. Constructing and integrating theories is an excellent way to build critical and abstract thinking skills. It has been a fun and new challenge!"

How has participating in undergraduate research or creative work benefited you?

"Participating in undergraduate research has been an incredible experience as it requires the application of skills and knowledge I have gained in the classroom to the real world. As a student researcher, I am given problems and tasks to approach from start to finish with less guidance than offered in the classroom. Although this is overwhelming at first, it has developed my leadership, organization and presentation skills immensely. I feel adequately prepared to enter a graduate education now that I have had many trial and error experiences with research opportunities during my undergraduate education."

What advice would you give to future CSB/SJU students that want to participate in undergraduate research or creative work?

"Go for it and challenge yourself! Find a big idea or question and make your own project out of it! Research is great for academic, professional and personal development skills. Find a professor who's interests align with yours and take it from there!"

Allison also presented her research at the National Consortium for Instruction and Cognition in New York, NY in April 2018.



Olayemi Fadahunsi

Senior, Political Science Major & Anthropology Minor

Project Title: FACES of COP 21

Faculty Advisor: Ellen Block, Anthropology

What inspired you to select your research topic?

“I was inspired to select my research topic from my curiosity for understanding those who attend global climate conferences. From there I narrowed it down to who is underrepresented and how their voices were being considered.”

How has participating in undergraduate research or creative work benefited you?

“Participating in undergraduate research has opened my eyes to seeing all the possibilities that come from research, first just carrying out the research, then putting it together through a paper or presentation, and lastly being able to discuss it with others. I have benefited from this because I learned how to present my research and why research on my topic is important.”

What advice would you give to future CSB/SJU students that want to participate in undergraduate research or creative work?

“I would say that it is important to first be passionate about your research because this serves as fuel for making it the best you can. I also say that take any opportunity out there to talk about your research because you never know how it may benefit others or spark a conversation that gives people a broader perspective of your topic.”

Olayemi also presented her research at the Society for Applied Anthropology Sustainable Futures 2018 Conference in Philadelphia, PA in April 2018.



Natalie Frier

Senior, Psychology Major & Communications Minor

Project Title: Theoretical Analysis of the Impact of Emotion on Reading Comprehension

Faculty Advisor: Catherine Bohn-Gettler, Educational Psychology

What inspired you to select your research topic?

“Future endeavors will hopefully lead me to work with students in the schools as a speech pathologist, and the understanding of emotion and comprehension is imperative for learning. When the opportunity arose to pursue an answer to these questions, I was ecstatic to delve into prior research to find answers to my own research. Our creative work is theoretical but is heavily based on our own inferences and creative connections that we have fostered throughout our four years of learning at the Institution. This creative work has allowed me the opportunity to return the favor and teach and build upon questions others may have. The goal of any research proposal is to add to an ever growing literature that aids in understanding regarding a topic. Our proposal would act as a springboard for countless studies and learning on a topic that is imperative for student development and growth.”

How has participating in undergraduate research or creative work benefited you?

“Participating in undergraduate research has opened my eyes to how truly fortunate I am to be engaging in not only research with colleagues and mentors, but also proposing my own research. Often times, we can find ourselves floating through the motions that are our school work. Undergraduate research has pushed me not only academically, but also psychologically to build in my own creativity and plasticity to learn. Research has benefitted me in many ways in the present day. But, I think the best benefits from undergraduate research is yet to come. Through research, I have been taught how to think critically, how to apply the critical thinking to a new area of thought which has lead to unexplored and novel areas of research. These tools I have added to my tool-belt will be useful far beyond my days at CSBSJU.”

What advice would you give to future CSB/SJU students that want to participate in undergraduate research or creative work?

“For future students that aspire to participate in undergraduate research or creative work would be that you can find research that suits your interests. Our institution is unique in many ways, but one of the most notable parts of our institution is the wide breadth of research options available for our students. Our faculty strives for research, and crave student assistance and independent endeavors. I have had many options for research, which I did not expect. I did not expect many research options because of the size of our school. It would be false to assume the size of our school equals the small size of research options. However, it is quite the opposite. I believe that because of the small class sizes, the faculty strives to connect with students and that connection leads to a plethora of research opportunities. The connections with professors lead to independent and personalized research that many other larger institutions do not, and simply cannot offer.”

Natalie also presented her research at the National Consortium for Instruction and Cognition in New York, NY in April 2018.



Kaitlin Geishenhof

Senior, Natural Science Major

Project Title: Can E.Coli Adapt to Changes in Carbon Source While Growing in Minimal Media?

Faculty Advisor: David Mitchell, Ellen Jensen, Biology

What inspired you to select your research topic?

“The idea really came from my mentor, Dr. David Mitchell. I knew that I wanted to do research during the summer of 2017, so I talked with Dr. Mitchell about a Biology summer research position. During the summer another student researcher and I worked on projects that continued or went further in-depth on topics that Dr. Mitchell's previous student researchers looked into.”

How has participating in undergraduate research or creative work benefited you?

“Completing undergraduate research has allowed me to gain independence in the laboratory setting and allow me to understand the struggles of research. It was truly a learning experience, and the problem-solving that was involved will surely benefit me in future endeavors.”

What advice would you give to future CSB/SJU students that want to participate in undergraduate research or creative work?

“I would advise students to start talking with their professors about research opportunities--it's never too early to get involved with research.”



Miranda Kremers

Senior, Integrative Health Science Major

Project Title: Differences in Anxiety and Mental Health Resource Knowledge and Use on Campus

Faculty Advisor: Mary Stenson, Exercise Science & Sports Studies

What inspired you to select your research topic?

“As an Integrative Health Science major, I wanted to focus on a topic that encompassed a variety of research areas and health perspectives. I believe mental health is an important topic to discuss on college campuses. The stigmatization that often accompanies mental health interested me in identifying inequities associated with the field of public health. Additionally, the unique experience of attending dual-campus, split-gender schools spurred my interest in identifying potential gender differences.”

How has participating in undergraduate research or creative work benefited you?

“Undergraduate research taught me how to think critically, analyze sources effectively, meet and achieve personal goals and deadlines, gain independence, and grow professionally. The opportunity to participate in undergraduate research under the direct supervision of masters- and doctorate-educated advisors is an experience unique to private liberal arts schools like CSB/SJU.”

What advice would you give to future CSB/SJU students that want to participate in undergraduate research or creative work?

“If you do not think you are "qualified" enough to participate in undergraduate research, you are wrong! You are a liberal arts-educated student at CSB/SJU with the ability to think critically, lead courageously, and advocate passionately. Not only will you grow individually and professionally, but you will also affect development or change in your fields of study. During a time where the government is attempting to silence researchers, prove to them the significance and necessity for research.”



Audrey Kristufek

Senior, Nutrition Major

Project Title: Hydration Status, Performance, and Knowledge of CSB/SJU Musicians
Faculty Advisor: Emily Heying, Nutrition

What inspired you to select your research topic?

"I am a Nutrition Science & Music Performance double major at CSB/SJU. I wanted to blend these two areas for my capstone research project."

How has participating in undergraduate research or creative work benefited you?

"I gained invaluable hands-on experience with all stages of the research process: design & IRB approval, recruitment & data collection, data analysis, manuscript writing, and poster & oral presentations."

What advice would you give to future CSB/SJU students that want to participate in undergraduate research or creative work?

"If you have the chance, take it! There is a great support system already in place; use it."

Audrey also presented her research at the Minnesota Academy of Nutrition and Dietetics conference in April 2018.



Katie Langer

Senior, Psychology Major & Sociology Minor

Project Title: Proposed Influences of Emotion on Resonance within the RI-Val Model of Reading Comprehension

Faculty Advisor: Catherine Bohn-Gettler, Educational Psychology

What inspired you to select your research topic?

"I first became interested in working with Kate when I took her Educational Psychology course my sophomore year. She mentioned that she did research about how emotion relates to reading comprehension and I was immediately intrigued. Through my years working in the lab, I have loved combining ideas from education and cognitive psychology to deepen our understanding of how an individual's emotional state will impact how they read a text."

How has participating in undergraduate research or creative work benefited you?

"Participating in this research has benefitted me in a number of ways. The challenge of reading difficult psychology articles has improved my abilities to grasp cutting edge concepts in the field. Applying this issues to our topic has also greatly improved not only my critical thinking skills, but my creativity. One of my other favorite things about being a member of this research lab is the collaborative nature. I absolutely love working with Kate and the other students and learning and growing together. I will without a doubt carry all of these skills into my future education and career."

What advice would you give to future CSB/SJU students that want to participate in undergraduate research or creative work?

"Don't be intimidated by something that may initially seem over your head! Additionally, if there is a professor who's research interests intrigue you, go up to them and ask if there is any way you can get involved. Not only will research experience look great on your resume or graduate school applications, you'll build incredible professional and personal relationships while learning about your field of study in an entirely new way."



Sabrina Urlick

Sophomore, Psychology Major & Gender Studies Minor

Project Title: The Influence of Emotion on Top-Down Models of Comprehension

Faculty Advisor: Catherine Bohn-Gettler, Educational Psychology

What inspired you to select your research topic?

"I was inspired through the guidance of my professor, Catherine Bohn-Gettler, to research how emotion influences top-down models of text comprehension. Throughout the last year in research lab, we've been looking at the overall topic of interconnections between emotion and text comprehension, but I specifically took interest in my work topic after an abundance of reading and researching work from acclaimed professionals in the educational psychology field."

How has participating in undergraduate research or creative work benefited you?

"Participating in undergraduate research has helped me discover my many interests in the psychology field, but to also understand how interdisciplinary one field is to another. In addition to expanding my knowledge about how psychology and education fuse, I've had the amazing opportunity of collaborating closely between a small group of students and my professor to fully understand each aspect of our research. Recently, we obtained a valuable opportunity to travel as a group to New York City, New York to present research conducted on our campus at a national conference which gave me more insight as I further my career goals and aspirations for the time I have left as an undergraduate student."

What advice would you give to future CSB/SJU students that want to participate in undergraduate research or creative work?

"My advice to anyone seeking the opportunity to participate in undergraduate research would be to talk to professors and advisors about any opportunities that they know about on or off campus and to pay attention to emails, especially from the department relevant to your major. I found my way into research through an email that the psychology department sent through general announcements but getting to know professors that are involved in the subject of research you're interested in or making a professor your advisor that can give meaningful and helpful advice towards what you are seeking during your time in college is also important. I would also encourage future CSB/SJU students to try participating in research even if they feel that it may not be the best fit or the subject they particularly want to focus on. The experiences that are gained through participating in research attribute more than only accumulating to collaboration and researching skills, students may also build connections that are meaningful and beneficial to future career goals and aspirations."

Sabrina also presented her research at the National Consortium for Instruction and Cognition in New York, NY in April 2018.

