

Name: Rachel Newinski

Year: Freshman

Major: Biomedical Sciences (Pre-Medicine)

Second Language: Spanish

### 1.) Leadership

- I will improve my leadership abilities and become a leader within my field of study by joining Beta Beta Beta National Biological Sciences Honor Society.
  - *Demonstration:* I will be initiated as an associate member of Beta Beta Beta Pi Psi chapter at Minnesota State University Mankato where I will be able to participate in volunteer and research opportunities until and after initiation. I will write a reflection about my early experiences with this organization and place it in my portfolio.
- I will strengthen my leadership abilities by helping the men of Sigma Chi raise money to participate in a philanthropic event.
  - *Demonstration:* I will use my personal connections with the fraternity and with the Anthony Ford Fund to work alongside the men of Sigma Chi to organize a team and raise funds in order to participate in the Anthony Ford Pond Hockey Classic. I will write a journal entry with photographs detailing the progress we make and towards the fundraising goal and about the tournament itself and upload it to my portfolio.

### 2.) Research

- I will further my research skills by increasing my information literacy through formal writings in Honors Composition 101.
  - *Demonstration:* I will write a problem-solution essay using scholarly and peer reviewed sources. The essay will be placed in the research portion of my portfolio.
- I will begin to search for a faculty member to perform research for in order to further my research competency.
  - *Demonstration:* I will approach my Biology 105 lecture professor, Dr. Cynthia Forsman, about her research about late stage cancer treatments and possibly joining her research team or the research team of one of her peers.

### 3.) Global Citizenship

- I will learn how to be a better global citizen by using history as a tool for understanding other cultures.

- *Demonstration:* I will write essays from the perspective of a historical figure and reflect on what I learned about global citizenship during a role playing game of classical Athens in Honors European History to 1648 with Dr. Christopher Corley.
- I will learn more about being a global citizen by attending a campus event highlighting another culture.
  - *Demonstration:* I will attend Middle Eastern Night on campus on November 7, 2015 and write a journal/reflection about the night and what I learned about from the Middle Eastern cultures and also what I can learn from these cultures.