

Rachel Newinski – Freshman, Biomedical Sciences Major
Honors First Year Seminar
Critical Incident Journal
12/2/15

Met with my academic advisor, Marie Slotemaker.

I had a meeting with my academic advisor to develop a four-year plan for my education. This was extremely helpful because I learned about the requirements for my major and I can meet them. Ms. Slotemaker also suggested taking certain classes at certain times because the professor that teaches the course teaches specifically for pre-medical students. This really helped me to realize the workload of my major and visualize my plan for success and graduating in four years.

Joined Mankato Ski and Snowboard Club.

Joining Mankato Ski and Snowboard Club was an easy decision for me because I love to ski. But, what I did not realize when I joined was just how important the club would be to me. Since the majority of the clubs and activities I do on campus are academically focused, it has been great to have a club purely for fun. Being around this club has helped me learn what leadership skills it takes to run a successful social club on campus and how important it is to maintain your hobbies and to find people that share similar interests. I am one of the most involved underclassmen in the club and the current officers have recommended me to run for an officer position in the next elections. I plan to do this in order to further my leadership competency.

Joined Pre-Medicine Club and video-conferenced with a current medical school student.

One meeting, the Pre-Medicine club had a discussion over video conference with a former Minnesota State student who graduated last year and is currently in medical school. We had a question-answer session with him to talk about his experiences and he shared advice with us.

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This experience was invaluable because he shared knowledge with us that was very specific to our situation as pre-medicine students at Minnesota State, Mankato. I asked questions about his MCAT preparation, undergraduate courses he recommended, and his daily life as a medical student. This experience was very helpful because I learned what it takes to make it into medical school and tips on how to do so along with a picture of what my life will be like in medical school.

Attended Honors Freshman Orientation and Cookout at Wheeler Park.

At the Honors Program Freshman Orientation we met with our student mentors who taught us about the Honors Program, its competencies, and how to achieve the competencies. This was especially helpful because I came into the Honors Program not knowing what it all entailed. From this experience I was able to better visualize what the expectations of me as an Honors student are and how I can complete the Honors Program.

Attended Middle-Eastern culture night.

The Middle-Eastern culture night on campus was a great way for me to introduce myself to another culture that I am unfamiliar with. At the culture night there were many different performances, traditional food, and speakers that taught us about their native countries. I believe that this extended my global citizenship skills because I learned more about these cultures and I had to understand how these other cultures view things in order to enjoy the performances and their meanings.

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Had lunch with Erika Allen and the Honors Program.

Erika Allen, the daughter of Will Allen who wrote our common read book The Good Food Revolution, came to campus to give a public lecture and she had a lunch with the Honors Program. During lunch, we had a discussion about topics from the book, such as food in America and urban agriculture. This was an interesting experience for me because it really turned the abstract ideas from the book in reality, as we saw someone who was carrying out the actions described in the book. Speaking with Erika also furthered my knowledge that I had gained from the book. This experience was helpful to take something that I learned in the classroom and taking it to real life.