Dear EXITO Community,

Communication continues to be a common thread for us in our Community Newsletter. Last month, we featured Dr. Dora Raymaker as an innovative communicator and highlighted her recent participation in research related Reddit forums. This month, we feature another important aspect of communication: how we communicate with our families and friends.

Many of us come from a family where we are breaking through barriers and being the first to do things like finish high school, attend college, apply for graduate school, participate in research labs, or present at national conferences. Our families may desire to support us but don’t understand our experience in academic environments. It can be challenging to share and communicate our triumphs and perhaps more importantly, our challenges with our families. There are many times where we might feel alone and not able to connect with the people who matter the most to us.

BUILD EXITO Peer Mentor, Annalisa Ugarte, knows the difficulty of explaining (and in ways justifying) her academic/research pursuits to her family all too well. Her experience inspired a conversation with some other Peer Mentors and our PI, Dr. Crespo, resulting in a short video we would like to share with you. Although it can be challenging to find the words and ways to share our pathway with our families, we hope this is a starting point to recognizing that we are not alone and can help each other with communicating our academic/research pathways with our families.

Check out the video and as always, feel free to reach out on Social Media or to exito@pdx.edu with reactions or thoughts about this topic!
EXITO Scholar Kayla Townsley on teaching kids about the brain

"The greatest minds found balance through both scientific inquiry and artistic creation"
-Kayla Townsley

We couldn’t agree more, Kayla wrote an awesome blog about the work she is doing with one of our Career Mentors, Dr. Griesar.

Check out the blog [here](#).

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RLC Fair a huge success!

We had 182 Mentors, Scholars, and Faculty show up to our RLC matching event this year for our PSU and OHSU research placements.

We know our other four year partners are hard at work in the matching process too. We can’t wait to see all the fantastic work that gets done as a result of EXITO Scholars’ presence, passion, and experience on these research projects.

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**May Rose Dela Cruz, DrPH**
Assistant Researcher
University of Hawai‘i at Mānoa
Hometown: Wahiawā, HI

When I was an undergraduate at University of Hawaiʻi (UH), I was a researcher in the Hauamana/MARC minority researchers program. This program opened doors to research and provided me with wonderful mentors. My research path had first taken me into a honeybee laboratory to where I am now, as a Community-Based Participatory Researcher. Research is very eclectic and there are many possibilities! It is my hope that I can contribute to the scholars in EXITO and guide them through a meaningful, productive, and fun research experience.