Hello Scholars,

And just like that, you’re more than half way through fall term!

This means winter term registration is opening soon. Check out the deadlines below to make sure you sign up in time for the classes you want. If you need any help with choosing classes or planning out your courses for the year, meet with BUILD EXITO’s Academic Advisor, Carlos Quatela. Don’t forget it’s mandatory to meet with him every quarter so if you haven’t this term, make sure to set an appointment ASAP. Book your appointment here.

With those reminders out of the way, let’s jump into the November Newsletter!

As a Scholar you get a Career, Research and Peer Mentor. Each of these Mentors play a crucial role in your development as a young researcher and student, whether that’s helping you develop new skills in your RLC or sharing potential career options.

With the holidays already in sight, we thought it’d be a great time to show our appreciation for the Peer Mentors we have this year by highlighting them in this month’s newsletter. Learn all about them below!

**CONTENT**

1. Peer Mentors of 2019-2020
2. Recap - Mentor Appreciation Dinner
3. Winter Term Registration
4. Reminder - YASS
5. Upcoming Portland Events
6. Opportunities for Portland and All Scholars
7. Financial Aid & Scholarships

---

**Peer Mentors for 2019-20**

**Alonso Delgado Covarrubias**

Alonso is a Biology major with a focus in systematics and genomics. He is a part of Dr. Annie Lindgren’s lab, working on deep sea evolutionary genomics.
Alonso grew up sunny Los Angeles, CA. He's thankful for the support of the EXITO program and the mentors he's been able to work with.

If he had a superpower, he'd want to do magic and manipulate time, or just be Dr. Strange.

Heather Hamilton

Heather is a post bacc student, studying biomedical physics. She was a Scholar in OHSU's Trauma Research Lab and is now the Clinical Research Coordinator!

Heather grew up in the Bay Area and Sacramento Valley in California. She is thankful that the human brain has the ability to rewire and renetwork after significant injuries. If she had a superpower it would be the ability to feel well rested all day and everyday without over-caffeinating.

Motutama Sipelli

Motu is a pre-med health science and biology major. He is a part of Dr. Podrabsky's lab where he researches heart development, anoxia/hypoxia tolerance, and gene expression in the model organism, Asutrofunduls limnaeus (annual killifish).

He is from the village of Utulei of American Samoa. He is thankful for the BUILD EXITO program as it has helped him make the decision become a physician-scientist. If he had a superpower, it would be the power to heal and bring an end to all chronic diseases!

Chanel Maramag Ison

Chanel graduated from PSU with a BA in Sociology. As a Scholar, she was part of Dr. Jennifer Blakeslee's lab at the University's Regional Research Institute and is currently working there. Their work is primarily centered on foster youth advocacy and services. Some of Chanel's responsibilities at the lab include: data cleaning/entering, holding interviews with participants, brainstorming project ideas, and writing final manuscripts and papers for future publications.

Chanel grew up in San Francisco, CA but because of gentrification her family moved to Fairfield, CA. Her love for her community and the unique liveliness of the Bay Area is what leads and inspires her work.
When asked what she's grateful for, Chanel said, "I'm most grateful for a life bathed in love and fight. I'm grateful for my culture, my community and its resilience. I'm grateful for both my blood and chosen family for teaching me these resilient practices. I'm blessed to be able to carry these teachings and craft my own lessons."

If she had a superpower, it would be teleportation!

**Sara Herrejon Chavez**

Sara is an Environmental Studies major minoring in Sustainability and Biology. She conducted research with the Ballhorn lab, studying the microbial communities that live inside of nitrogen-fixing root nodules. With the help of another EXITO Scholar, Sara collected data on nodules that came from red and sitka alder trees. Lab experience she gained included: sterilizing nodules, culturing samples, running electrophoresis gels, and building phylogenetic graphs.

Sara grew up in the Portland area and decided that she wanted to stay in her hometown for college because it was cheaper than leaving the state. Plus, she could stay close to her family. She's thankful for all the powerful individuals in her life who give her so much to aspire to. She's also thankful for her house plants.

If she had a superpower, it would be the ability to duplicate things, specifically herself. That way, she could get more done in a day, like being at a movie with friends and going grocery shopping at the same time.

---

**Re Cap - Mentor Appreciation Dinner**

Stephen Percy, the Interim President of PSU, sponsored the Mentor Appreciation Dinner this past Wednesday. The keynote speaker, Dr. Som Saha, shared some great words about the importance of the EXITO program and its impact on the biomedical field and society as a whole.

Shout out to the following Scholars and Alumni who shared their stories at the dinner:

- Sara Autry
- Medina Lamkin
- Edlyn Lopez
- Melissa McEntire
- Stephanie Paris
Take some time this week or next to thank your Mentors!

Check out the program brochure here.

Winter registration is here!

Reminder: take the YASS!

All Juniors and Seniors have received an email invitation to take the Yearly Academic Scholar Survey (YASS) in the past few weeks. The YASS is our local yearly follow-up to your Orientation Survey and is a big opportunity to show leadership and funders the changes that can occur while you’re in EXITO. It is confidential and should take about 15 minutes if you haven’t taken it yet.

If you have any questions please contact Matt Honoré, part of your friendly neighborhood evaluation team, at honore@ohsu.edu.

Upcoming Events

Career Workshop: Internships Overview & Search Tips
December 5 from 1:30pm - 3pm

This discussion-based workshop covers topics such as the benefits of doing an internship, search tips, informational interviewing, networking, how to create your own internship, etc. Q&A time is available.

Silver Falls Hike
November 23 from 8am to 6pm

Join the ODP on an exploration of the 10 unique waterfalls of Silver Falls State Park. This 7.5 mile (12 km) loop hike will even include walking behind the 177 ft.
R-Studio Weekly Workshop
Thursdays from 1pm - 2:30pm
Learn about the basics of R Studio. Workshops will start on Thursday October 24 and every Thursday after.

The Feminist of Color Collective
Fridays from 4:30pm-5:30pm
A space for students of color on PSU’s campus to gather in community through storytelling, connection, and exploring dialogue of feminist possibilities.

Click Here for More Info and Events

Upcoming Opportunities

CleanTech Challenge
Do you have an inspired solution to one of today’s most pressing environmental problems? Take your concept from idea to reality with the 2020 PSU Cleantech Challenge. Now open to all PSU Students! The PSU Cleantech Challenge is an exciting competition for campus cleantech innovators and entrepreneurs. Undergraduates, graduates, postdocs, and faculty are invited to compete for $10,000 in grants and prizes. Applications close on December 8, 2019. Learn more here.

PSU Campus Recreational Center
PSU Campus Rec is hiring for lifeguards and intramural sports. Check out their website to learn more about these positions! Learn more here.

CPRTP Summer Research Experience - University of Texas
The Cancer Prevention Research Training Program (CPRTP) Summer Research Experience is a paid internship designed to provide research experience and mentoring for undergraduate, graduate and health profession students interested in cancer prevention research. Applications due January 16, 2020. Learn more here.

2020 Summer Research Opportunities at Harvard (SROH)
During this 10-week program (June 8 - August 20, 2020), SROH interns conduct research and participate in discussions with Cambridge-based Harvard faculty, build their presentation and research discussions skills, and take part in field trips with other Harvard summer programs. Students in the program live in Harvard housing and enjoy access to the outstanding resources of the university. Applications due February 1, 2020. Learn more here.

University of Michigan Frankel Cardiovascular Center - Summer Undergraduate Fellowship Program
The University of Michigan Frankel Cardiovascular Center is pleased to
offer a 10-week fellowship program starting in May 2020 to support undergraduate students interested in cardiovascular research. Applications open December 16 2019 and close January 20, 2020. Learn more here.

Click Here for More Info and Opportunities

<table>
<thead>
<tr>
<th>Financial Aid &amp; Scholarships</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FAFSA</strong></td>
</tr>
<tr>
<td>Applications for 2020/2021 are open. Some schools have limited funds so get your applications in ASAP.</td>
</tr>
</tbody>
</table>