

SPECIAL POINTS OF INTEREST:

- **Message from the Director—Dr. Lydia Fox**
- **Cohort VII presents their research at annual SHSU McNair Research Conference**
- **Meet Cohort VIII**
- **Meet the New Graduate Mentor—Jen**
- **Jen's Corner—Financing a Graduate**

Message from the Director

Another exciting year has begun in the McNair Program at Sam Houston State University. Our scholars have been busy completing their research projects and attending and presenting at conferences. We are proud of their numerous accomplishments.

In October, we selected a new cohort of scholars and they, too, have been busy with seminars and workshops this fall. They are currently forging relationships with

their faculty mentors and developing topics for their McNair research projects. It is so exciting to see new faces and to begin the journey to graduate education with a new group of scholars. This is the eighth group of scholars that I have worked with and I have enjoyed every minute of it. I look forward to their success, as well.

~Dr. Lydia Fox

Congratulations Cohort VII!!



Eight scholars from Cohort VII successfully presented and completed their McNair Research at our Fall 2010 Conference

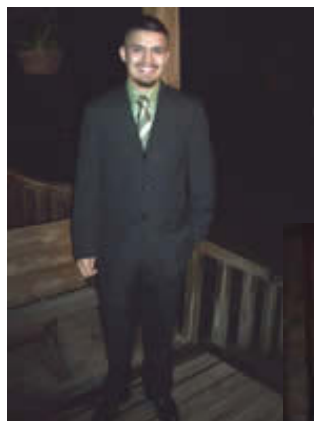
Meet Cohort VIII



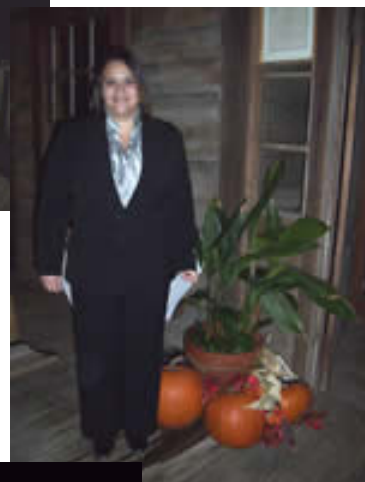
Danielle Brush
History



Brandi Cannon
Biology



Gabriel Castillo
Chemistry



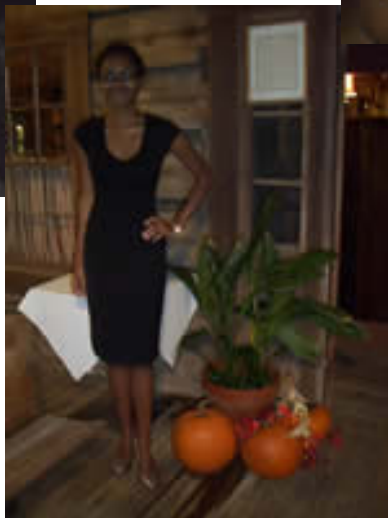
Erica Cisneros
Psychology



Cathy Fearn
Sociology



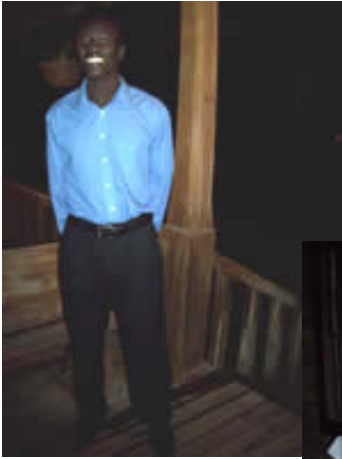
Rosalin Lambey
Psychology



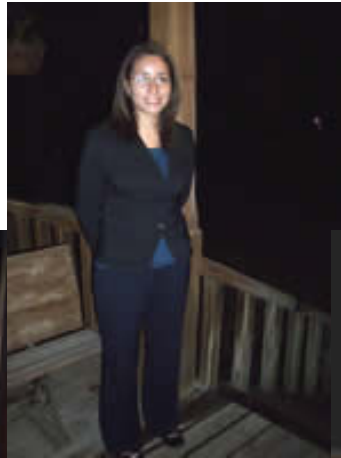
Andrea Garrison
Psychology



Amber Massey
Psychology



Julius Michael
History



Araceli Rosillo
Biology



Amy Perez
Biology



Rarielle Starks
Psychology



Krystal Stephen
Psychology



Alejandra Trevino
Education

Meet the New Graduate Mentor

Jen McLaughlin grew up in Denton, Texas, but did her undergraduate work at Oklahoma State University graduating with a BA in psychology and a minor in sociology. She is now in SHSU's Clinical Psychology Doctoral Program with a forensic emphasis.

Jen has been riding horses since she was 3 years old and was captain of the OSU varsity equestrian team her senior year. When she's not at the barn or school she enjoys watching the Big Bang Theory, Glee, Dexter, True Blood or anything on the Food Network!



Jen's Corner: Financing Graduate School

Graduate school is scary and trying to pay for it is even scarier. But you have options! There are a whole slew of opportunities out there to help you pay for graduate school. In general, there tends to be more availability for financial aid for doctoral level students, but there are also several opportunities for masters level students too.

At any graduate degree level there are prospects for financial aid. Remember, once you are accepted into graduate school, the university wants you there! And they typically do not want the cost to impede you from attending their school.

Some of the most common types of financial help are loans. There are a few different types of loans ranging from federal loans to private loans. One of the main problems with loans; however, is that you have to pay them back. Debt can be hard to handle right out of graduate school so be sure you will be able to pay them back and that you have some sort of payment plan in place. Loans are probably the most readily available form of aid, but not always the best or the best fit. Yet, if you are considering using loans to help with graduate school, make sure to complete the FAFSA so you can see how much money you can get in federal loans. This can

help you decide if you want to look at outside forms of income or scholarships as well.

Another option to think about is scholarships. This can vary from school to school as to whether they even offer scholarships. It would be beneficial to ask the department of interest if there are any available scholarships and how to apply for them. Also, do your homework! There are all kinds of scholarships to be had outside of school, ranging from different organizations (i.e. churches) to businesses. You just have to go out and look for them. If you go to the financial aid office at your current university they may have more information on available scholarships.

Many times universities offer some form of financial help specific to the department. For example, some schools may waive tuition or give everyone instate tuition. In addition, a number of universities give stipends. A stipend is basically like being employed by the department. Stipends are often earned by being a research assistant, teaching a class, or working at some outside placement set up by the department. Typically, the placement is a part time job (i.e. about 20 hrs/week). The stipend is there so that, in theory, outside employment is not necessary and you can afford the cost of living and tuition without too much additional financial distress.

In addition, there are also fellowships offered around the country, both federally and through various institutions. Fellowships are often merit based or research specific within the field. Also, sometimes they are geared specifically towards minority and under represented groups. Most fellowships require full time enrollment, do not allow for outside employment, and last between 1-6 years. Like scholarships, you sometimes have to go looking for these. Start talking to directors of the particular graduate school you are interested in and/or start searching for some nationally awarded fellowships. National fellowships can be used at any university you choose to attend.

Finally, if all else fails there is always the options to get a part time job, a work-study, etc. The key to financing graduate school is not to panic. You have options! You just have to do your homework and take the time to look into all the opportunities for aid out there.