

WELCOME

Welcome to my Portfolio. I invite you to look through my experiences as an honors student at Minnesota State University Mankato. I have participated in numerous opportunities to better myself as a leader, researcher, and global citizen and to become a more progressive member of an academic community. Take a moment and look around to see how my time here has impacted my skills, workmanship and professional experience. Please contact me directly to learn more.



HONORS EFOLIO

Mara Soupir

HI! I'M MARA.

As an Honors student and Presidential Scholar studying History and Antropology at Minnesota State University Mankato, I am surrounded by opportunities. I take advantage of these character and experience building programs to become a more informed scholar, competitive applicant, and progressive citizen. My experiences range from original research to grant management to cultural awareness programming. I have been able to work with children, adults, and community organizations to build personal and professional relationships to aid me in reaching these goals.

Thank you!

Personal Mission Statement:

To effectively, efficiently, and wholeheartedly learn and grow as a student, leader, and community member.

Contact Me



HONORS EFOLIO

Mara Soupir

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LEADERSHIP

Synthesis

I believe that leadership is founded on effective, efficient, and knowledgeable communication.

Effectiveness is an important aspect of my leadership philosophy. I first came to understand this in a first year seminar where I discovered my leadership traits. This understanding is important for effective communication because it allows me to understand, in a very textbook way, how I communicate best. I can discuss goals, plans, and ideas in a clear and approachable way to an audience.

Efficiency is another important part of my leadership philosophy. Through my opportunity as the Director of Education and Outreach I was introduced to the importance of this quality. By relying heavily on a team, I learned to efficiently communicate personal goals and understanding. Doing so allowed me to connect program goals with my own experiences. Efficient leaders who work with teams understand group dynamics, expectations, and individual goals.

Finally, I believe that knowledgeable understanding is important to my leadership philosophy. First, I emphasize how listening and understanding are integral to communication. Doing so has allowed me to meet expectations which are the most beneficial to the intended audience. I experienced this first hand in my time as the CoBank Rural Hunger Fellow. Second, I emphasize neutral language which relies on compromise. I understand the significance of personal bias. By having an idea of my own approach, I try to set aside negative or unbeneficial approaches in order to work with other people to create positive results. I came to know how important this part of my leadership philosophy was while I was participating in the Henry Clay Center for Statesmanship Student Congress.

My experiences have influenced my understanding of leadership. Through personal and first hand opportunity I am better able to identify and articulate what I perceive to be a good leader.

Honors Competency Requirements



GLOBAL CITIZENSHIP

Synthesis

The Honors Program at MNSU has helped me to become a more active and aware member of my community. I've done this by learning methods of understanding through various social engagement opportunities.

Being an active member of the community is important in my understanding of global citizenship.

Engaging with other peoples, cultures, and understandings increases my knowledge and communication with unique experiences. As a tutor in the **AVID** program, I utilized this to work effectively with my students. It was also beneficial in teaching me different ways of conversing, studying, and engaging with individuals who have experiences which differ from my own. I was also able to be active in my community as a tutor in the **History Day Program**. This program helped me to better understand age as a component in understanding and experience. By engaging with students of various ages, levels, and interest I became more aware of effective communication and understanding, I am learning.

Being an aware member of the community is important in my understanding of global citizenship.

By acknowledging the other communities and cultures which exist around me, I am becoming more aware of my own personal experience and bias in a way which allows me to grow as a global citizen. I experienced this in my **Kinship Chart** Project. Being aware is also important in understanding cultural norms and tendencies as they exist outside of my own. Language is an effective tool for this. In my **French Class** I was challenged to understand unique experience through the lens of communication.

Through these experiences, I have become a more aware and active member of my community.

These are important qualities in being a global citizen who understands personal experience and cultural influence.

Honors Competency Rubric

HONORS EFOLIO

Mara Soupir

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[History Undergraduate Research Project](#)
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[Women of Distinction Oral History Project](#)
[Anthropology Undergraduate Research Project](#)


RESEARCH

Synthesis

Research is an essential part of the collegiate experience. The Honors Program at MNSU therefore integrates it into its curriculum. As a student in the program I have developed and nurtured research skills.

Through my course work and extracurricular opportunities I have developed an efficient questions, testing, and analysis style which lends itself heavily to my role as a researcher.

My experience in research has allowed me to develop skills in accessing information. Utilizing appropriate databases, keywords, and analytical skills has enabled me to become more proficient in my work. Through my

HONR 401 Semester Project, this ability was useful in discerning appropriate primary source material. I relied on old English sources with unfamiliar vernacular and font style to support my thesis and investigate my research questions. In order to effectively use these sources, I had to learn how to find them and assess them based on the answers I was looking for.

My experience has also allowed me to explain the findings of my research in a way which adds to my field. For example, I participated in an **Undergraduate Research Project through the History Department**. In this project I uncovered a popular genre of literature that has not been extensively studied. Through my research I was able to understand this writing style and effectively use it in my own research. This genre, titled "Letters from a Dying Mother" has proven useful in other historical research projects I have completed as well.

I have had the opportunity to present my results in a public venue. I participated in the National Oral History Association Conference in Minneapolis as a member of the **Women of Distinction Oral History Project** in the Fall of 2017. Through this experience I was exposed to the difficulties of public presentation. Our original research project was lengthy and heavily self-criticized, however opening the dialogue to other experts, community members, and passionate individuals allowed me to look at my project from a different lens. It also asked me to consider factors of my project that I had not yet before. For example, a more thorough explanation of personal results was frequently required because not all of the background information was presented in a format which all viewers found intuitive. This experience helped me to grow as a researcher and a presenter by enabling me to understand my project as a community learning opportunity as opposed to personal career goal.

Finally, my research as an undergraduate student has afforded me opportunities to create a novel statement extending from a current body of research. In my **Undergraduate Research Project** through the Anthropology Department, I created a unique thesis, researched it utilizing essential analytical skills, and synthesized it in a comprehensive argument. By proposing my thesis of cross-cultural breast-feeding expectations I added to the current body of Anthropological research and continued to develop and nurture skills as a researcher.

Through my various experiences and opportunities, I have become a well-equipped researcher. I have developed essential skills, honed necessary qualities, and produced numerous artifacts to speak to my development and progression as a researching student.

[Honors Competency Requirements](#)