



Bethany Haus

Minnesota State University, Mankato

Home

About Me

Leadership

Research

Global Citizenship



Bethany Haus

Hello, I am Bethany Haus, a recent summa cum laude graduate from the Honors Program at Minnesota State University, Mankato. I received a Bachelor of Science Degree in Biology with an emphasis in Biomedical Sciences, and a minor in Psychology.

Medical School is the next step in my journey into healthcare. In addition to becoming a physician, I am also pursuing Masters degrees in Nutrition and Public Health.

Honors Program

Leadership

Research

Global Citizenship



Minnesota State University, Mankato
<https://mankato.mnsu.edu/>



Bethany Haus

Minnesota State University, Mankato

[Home](#)

[About Me](#)

[Leadership](#)

[Research](#)

[Global Citizenship](#)

Education

Minnesota State University, Mankato *August 2016- December 2019*

Summa Cum Laude, Cumulative GPA: 3.81

Research: Connective tissue infiltration in sintered metal alloy implants in rats. The research is conducted utilizing various methods such as sterilized in vivo surgery, Electron Scanning Microscopy, and Energy-Dispersive X-ray Spectroscopy. The research was presented at the many different research conferences from 2017-2019. (See more under Original Research)

Minnesota State University, Mankato has presented me many opportunities that I would have never thought possible, such as getting involved in cutting-edge research, taking classes that relate to my future career, and becoming a part of a community of scholars. The professors are willing to lend help to all of their students, while creating an appropriately challenging environment for learning. I enjoyed virtually all of my classes, and each had special contributions made by each individual professor that engaged me in my learning. On-campus programs are easy to become involved in, and allow students to broaden their talents and perspectives. I was involved in the Honors Program, Tri-Beta National Biological Honors Society, Pre-Medical Club, and the CSET Student Advisory Board.

1651 Warren Street, Mankato, MN 56001

External link: <https://mankato.mnsu.edu/>

Chiang Mai University *June 2018- August 2018*

Chiang Mai, Thailand

Study Abroad through University Studies Abroad Consortium (USAC)

- Global Health Psychology
- Introduction to Thai Language
- Thai Homestyle Cooking
- Hill Tribe Field Study

239 ถนนพยุคนแก้ว ต.สุเทพ Amphoe Mueang Chiang Mai,
Chang Wat Chiang Mai 50200, Thailand

External link: <https://cmu.ac.th/en/index.php>

Technical Senior High *September 2012- May 2016*

GPA: 4.12 weighted; 3.78 unweighted

I graduated from Technical Senior High with highest honors in May 2016. I took as many Honors, Advanced Placement, and Senior to Sophomore classes that I could. These advanced classes allowed me to be academically challenged, and the teachers inspired me to perform to the best of my ability.

Outside of class, I was involved with National Honors Society, Swimming, and Chamber Orchestra. In orchestra, I was principal cellist my senior year, performed in the Central Lakes Conference twice, and scored excellent and superior in every large and small ensemble pieces at Solo and Ensemble. During my senior year, I made a string ensemble arrangement of Knights of Cydonia by Muse. In National Honors Society, I participated in almost every volunteering event hosted by NHS, including We Scare Hunger food drive, collecting over 100 pounds of food donations two years in a row.

122 S. 12th Ave. St. Cloud, MN 56301

External link: <http://www.isd742.org/Page/31>





Bethany Haus

Minnesota State University, Mankato

[Home](#)

[About Me](#)

[Leadership](#)

[Research](#)

[Global Citizenship](#)

Leadership

Synthesis Essay

Although I had been in leadership positions in high school, such as a captain for swimming and a mentor for Girl Scouts, I was unsure how I would approach it in college. I was not sure if I would need to join a board of a club or become a team captain of a sport, and what really qualified as leadership if it did not feel like I was in a powerful position. I participated in [Maverick Day of Service](#) my first year and observed how each person's role differed and how we worked together to complete a common goal: cleaning a local park of trash. Initially, I thought a leader had to command a group and create massive change within their role. This idea changed when I took [Honors 401: Exploring Personal Leadership](#). I realized that my values included some non-traditional leadership traits such as equality, integrity, and compassion. Delegating from within was another non-traditional philosophy that I tend to use when leading, which allows me to organize the group and encourage them as I work along-side them. During the Personal Leadership course, I explored the strengths and weaknesses of my approach. Strengths of leading within include group cohesiveness and quality of project completion. Weaknesses of my approach may be that I take on more responsibility than appropriate or that some members may not respect my role as a leader because I am not aggressive in my philosophy. After exploring the pros and cons of my own style, I also critiqued the leadership methods of the Civil Rights Movement leaders.

While I was taking these courses, and exploring my philosophy more in-depth, I was already in leadership positions. During the last half of my second year, I became the Vice-President of the [Pre-Medical Club](#). Although I usually did not actively lead the group, I served as a support to the President and learned how to do the role effectively which was important when I later became the Co-President. Without even realizing it, I had quickly become a mentor to members. Mentoring further developed my understanding of leadership by allowing me to realize that both the mentor and mentee benefit from the interaction. The mentee receives guidance, and the mentor gains personal fulfillment. Moreover, a mentor leads the mentee through their individual journey.

Working as a Playworker at the [Children's Museum of Southern Minnesota](#) also helped me develop my personal leadership philosophy. Before we gained a Museum Experience Supervisor, Staff rotated as Lead Playworker, which meant organizing the other Playworkers and ensuring all tasks were completed by the end of the day. Moreover, we encouraged our co-workers on difficult days and supported areas that needed assistance. Even now, when we do not have a Lead Playworker, we all collaborate to achieve the goal of providing an amazing space to play for children. Although I began working at the museum early into my second year, the experience I gained from leading Pre-Medical Club and completing the Personal Leadership course allowed me to further my growth at the museum. I gained confidence in my leadership style, and I became more mindful of how I use my leadership style at work.

Overall, my leadership philosophy has developed greatly since I began my college career. Now, I utilize my values of respect, integrity, and helpfulness in a way that positively impacts others. In the future, this will mean utilizing my strengths to become a leader in my healthcare team as a physician, as well as leading the general public by educating them about their health.

CHILDREN'S MUSEUM

HONR: PERSONAL LEADERSHIP

PRE-MEDICAL CLUB

MAVERICK DAY OF SERVICE





Bethany Haus

Minnesota State University, Mankato

[Home](#)[About Me](#)[Leadership](#)[Research](#)[Global Citizenship](#)

Research

Synthesis Essay

When I began thinking about research my first year, I was intimidated. Imagining countless hours plating cells or concocting some mysterious chemical compound was not something I was thrilled about. I was nervous that I would need to begin a project from scratch and that all scientific questions had already been answered.

In my freshman General Biology class, I began to explore research further. As part of a lab assignment, I collected background information about the lab techniques then wrote a [Lab Report](#) on detecting genetically modified organisms using methods I learned in the lab. Those methods later went on to help with other classes. I also realized that I enjoyed doing some lab work because it meant that I could apply course concepts to real life. At the same time, in my freshman Composition 101 class, I wrote a proposal essay titled [Health and a Plant-Based Diet](#) on the epidemic of coronary heart disease, type two diabetes, and some cancers. This essay allowed me to further my research competency because I was able to ethically integrate data from a plethora of sources in order to make a compelling argument for a specific solution. Moreover, I was able to identify reliable sources and search engines for future research. In my Technical Communication class, I went further than simply researching articles, I created a proposal, called [Increasing the Bee Population](#) on how to positively impact bee populations on campus.

Because of my technical communication class, I began discussing research with my academic advisor for an assignment. Fortunately, while interviewing him for my class, I learned that there was an opening in one of his research projects. During the second semester of my freshman year, I was invited to a [Research](#) team on an on-going student-lead project. We were exploring the ability to grow connective tissue through sintered metal implants on rat skulls. Primarily, we hoped for bone growth within the implants. To see this, we performed sterile surgeries on rats, using a Scanning Electron Microscope and a Confocal Microscope to analyze tissue samples closely. This opportunity has allowed me to explore research first-hand and build connections in the Biological Sciences Department at MNSU. Additionally, I was challenged to problem-solve solutions to our research questions, which involved thinking outside of the box, and drawing on previous research. Moreover, an unexpected challenge of the research process was organizing data that had been collected before I joined the project. Organization, I learned, is extremely important for a research project to operate smoothly and allows for greater ease of integration of new information. I presented my research at eight different conferences, including twice at the National Conference of Undergraduate Research (NCUR). Opportunities such as NCUR allowed me not only to present my research but learn about others' projects, regardless of study area. Disseminating my research has given me practice and confidence in public speaking, especially in a professional setting.

Now that I have been on the research project for nearly three years, I have learned that research can be fun while progressing scientific knowledge. Unlike when I started, I also now realize that there is so much that science has not discovered yet, and it will take many great strides in research to uncover everything.

[ORIGINAL RESEARCH](#)[COURSE EXPERIENCES](#)



Bethany Haus

Minnesota State University, Mankato

[Home](#)

[About Me](#)

[Leadership](#)

[Research](#)

[Global Citizenship](#)

Global Citizenship

Synthesis Essay

When I entered Honors, I was excited yet nervous about the Global Citizenship competency. I knew that I would love to connect with people that are different from me, but I was unsure about how much taking language courses would push back my graduation date.

During my Freshman year, I began my second language, American Sign Language. There, I watched a video Through Deaf Eyes that changed my perspective on language and culture. I had not thought about how deafness can be a cultural characteristic, and how it can change people's perspectives on the world. Moreover, I had not realized that I was then automatically part of the hearing culture until then. The movie also taught me about Deaf history, grammar, and culture in the US. With classmates, I went to the interpreted night of the musical Aida. I was surprised about how different it is watching a play from the perspective of a Deaf person. Foremost, you must pay attention to both the stage and the interpreter in order to understand what is going on. Luckily, there are Deaf theaters that enable Deaf and hearing people alike to enjoy plays without distractions. During my second year of ASL, I helped organize a Silent Social where Deaf and hearing members of the Mankato community got together to have a potluck. While chatting with some Deaf people, I was able to better understand the cultural differences between Deaf and hearing people. Also, for the class, I created my own ABC story—a common visual poem that uses the alphabet to tell a story. An important observation to note is that ABC stories--like other ASL--cannot be directly translated in English, however, they may still be somewhat understood by someone who does not know ASL based on common body language and facial expressions. While working at the Children's Museum of Southern Minnesota, I have been able to use ASL to interact with Deaf and nonverbal children without any preparation. Because I knew ASL, I was able to welcome the kids to the museum and engage with them in play. Without ASL, I would not have been able to communicate with these kids. Moreover, in the community, Deaf people generally are not able to communicate with hearing people which can be a barrier in an increasingly interconnected world.

Determined to expand my experiences and learn about another culture, I began to research a study abroad trip to Thailand. During my preparation, I learned about Thailand's history, culture, and geography. I had to address my own biases in order to adapt to their culture, which was a challenge in the beginning. For example, feet are considered the dirtiest part of someone in Thailand, meaning that it is rude to hold open doors or point at someone with your feet, while in the US they hold no special significance. By taking classes such as Thai Homestyle Cooking, Introduction to Thai Language, and Hill Tribe Field Study, I was able to learn more about Thai culture from local people. Moreover, I began to appreciate the differences in perspectives. For example, stray dogs are cared for by the community rather than immediately impounded. I tried to suspend all my judgments and keep an open mind at all times, especially when visiting somewhere new. There were times where it was a challenge, however, because people have strongly-set schemas and it can be difficult to overcome them.

Understanding can be difficult due to schemas that developed throughout our lives, moreover, not being a part of a specific culture can cause us to be alienated towards it but being aware of those schemas can help prevent ethnocentrism, judgments, and prejudice. Professionally, I will use what I have learned to be a globally conscious physician in the future. Personally, I will be more open to new people and unique interaction. My ideal is to view everyone as a human being who deserves love and safety.

THAILAND

AMERICAN SIGN LANGUAGE

