

Liberty Hombe



Welcome !

Hello and Welcome to my e-folio

My Name is Liberty Hombe , I am currently a senior at Minnesota State University Mankato. I am a pre-medicine student majoring in Biochemistry ,Biomedical Sciences and Nuclear Medicine Technology. I am planning to graduate in Fall 2022.

Mission Statement

Constantly striving to be more than just a doctor but a leader in medicine who will take the principles of a broad education in medicine to improve health through patient care ,research and education.

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Honors Program

Honors Program Mission Statement

The Honors Program at Minnesota State University, Mankato is committed to supporting motivated undergraduate students by providing them with exceptional learning opportunities, mentoring relationships, and a supportive community that fosters their personal, academic, and professional development.

Honors Portfolio Experience Log



[Honors_Portfolio_Experience_Log](#)
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Why Honors ?

I am now a senior and I joined the honors program during my sophomore year. I made that decision because I knew the program would help me build the ability to articulate my learning path and skills in a way that would help me through my medical school application process and other future opportunities. I am committed to develop competences in areas like leadership, research, and global citizenship. At MNSU the Honors program offers learning opportunities, mentoring relationships, supportive learning community groups that helps us as students to promote our personal, professional, and academic development. The Honors Program became a perfect fit for my learning needs. It helps me dig deep into my learning experiences and gives me a framework to reflect on my learning experiences. It also prepares me to articulate my improved competencies in ways that benefit me professionally and personally. My experience at MNSU has been impacted by my participation in the Honors Program. To fulfil my Leadership competency I had to expose myself to campus activities and assume leadership roles. The first honors class prepared me for future leadership roles. First, I became aware of my leadership growth and I attained a deep understanding of different aspects and approaches of my leadership. The HNRS 201 class enabled me to understand my leadership strengths and weakness and to establish connections between my personal life experiences and my leadership qualities. I became the President for International Student Association and I started enhancing my leadership skills and everything I learnt in my honors class.

As I was fulfilling this leadership competency, it overlapped with the intercultural engagement competency. I had the opportunity to be exposed to many different cultures. This leadership experience working in groups, shaped how I approached working in a research team. It made me a better team player and gave me a good understanding of how important it is to find common ground with those that are different from you. When it comes to research the HNRS 401 Interdisciplinary Research class played a vital role in enhancing my understanding of research outside my usual area of learning, it allowed me to deeply understand the process and responsibilities of a researcher. I intend to use that knowledge in my research competency in future research projects that I will get involved in. Intercultural engagement will be one of the vital instruments that I am acquiring from the honors program and I know it is preparing me for the world experience with different people. I intend to use it in the future to exhibit communication competencies and exhibit cultural competency and awareness. I want my participation in the Honors Program to continue helping me personally and professionally through focused mentoring relationships and increased learning opportunities.

Leadership

SYNTHESIZING ESSAY

My leadership progression has been characterized by constant change that enabled me to learn leadership as a set of principles on which the practice of leadership is based, while putting my knowledge and skills into practice. Through this dynamic process I grew as a person and learnt leadership styles and roles that are complimentary to my leadership strengths and personal values. The same process allowed me to become aware of leadership qualities that need improvement as I learn from my mistakes and the mistakes of other leaders. On my leadership journey for the past few years I became aware of who I am as a student and leader. I discovered my leadership strengths through honors program classes, and I learnt how to apply my leadership skills in a more effective manner. From my past experiences as a leader I developed a leadership model on which I will seek to contribute professionally and personally as a member of the community . First, I became aware of my leadership growth and attained a deep understanding of the different aspects and approaches of my leadership. The HNRS 201 class enabled me to understand my leadership strengths and weakness through completing the StrengthsFinder Inventory and to then establish connections between my personal life experiences and my leadership qualities. One of my strengths is the ability to execute meaning by having the ability to catch an idea and make it a reality. This strength is supported by my most significant leadership value which is courage. Courage is the main pillar of my strength, the ability to have triumph over fear in everything I do. I didn't understand it clearly before I took the inventory. Also knowing that I am an achiever, focused and responsible, increased my ability to get things done especially implementing a solution. I realized that these qualities can be leveraged to improve my leadership abilities As I discovered who I am, I strengthened my leadership skills by immersing myself into campus and community leadership involvement. The leadership concepts I learned in theory provided guidance for me to critique myself in these roles. By working with other students on the Lee Online Peer Tutoring program, I evaluated my leadership strengths and became aware of major weaknesses. I realized that I struggle in authoritative leadership roles such as telling other student tutors what to do or mapping a way and setting strict expectations while engaging and energizing followers along the way. I am more comfortable with a democratic leadership style, such as asking my peer student tutors what they think is the best way forward in every situation. This leadership style engenders trust and promotes team spirit and cooperation from the student tutors. I also realized that it allows for creativity and helps other student tutors to grow and develop. I did not ignore my weakness. I am striving to build the attribute of an authoritative yet visionary leader, as I know that it is important in some situations. When team leadership creates an atmosphere of uncertainty, the authoritative traits would allow me to lift the fog for the team by helping them to see where the program is going.

The MCAT prep club leadership role allowed me to put my leadership philosophies to a different test. As a vice president, my roles are quite different. I am under the authority of a president who has a different leadership approach. This taught me how to adjust and work with people who have a different perception of leadership. It also taught me that what I think is the best way to lead isn't always the best for every organization and other leadership approaches work too. I had to learn to be flexible. It was hard to adjust, but I loved it. I know it will help me in the future to get along with people I don't agree with in terms of leadership approach or philosophies. Furthermore, leading the student workers organization allowed me to put my leadership capabilities into practice by leading a diverse group of students from different parts of the world who have different cultures and customs. This increased my ability to find common ground with people who think differently from me, and it allowed me to be a leader that fights for the voiceless without fear, with only one goal to establish a better working environment for the students. My overall leadership skills can be seen through my influence on campus and in the community by developing strong relations with those I lead, building trust in my community and influencing them to be better leaders and most importantly better people. These are the same values that drive me to become a physician and help people.

Research

When I started college, research was a broad idea to me. I thought research was all about mixing up chemicals in a lab or dissecting rats. I also knew it had something to do with literature reviews. The fact that research is relevant and possible in almost every field was new to me. For the past 3 years participating in research, I have learnt that research is a process of advancing or improving knowledge in a particular field by combining existing information with new observations to create or introduce something better than before.

When I took [Honors 201](#) we visited the library and I developed skills such as information literacy and synthesis. I learned the importance of citing work and not forging data because research is built upon previous studies. I understood plagiarism and became familiar with some methods for conducting ethical research. From here I began to seek out opportunities to conduct research and eventually began working with Dr Secott.

I started by just helping with different experiments as needed. I gained a lot of experience in lab work during that period. After two semesters of helping as a lab assistant, I started working on a research project on [Quantitation and Characterization of Bacteria Present in Dental Clinic Water Systems](#). This project allowed me to put all the experience I acquired into practice. I managed to connect the dots from the knowledge I acquired from class to what was supposed to be done in this lab. I am currently finishing this project and will present the project at NCRC 2022.

I also had the opportunity to complete [interdisciplinary research in my HONR 401 seminar](#). I never thought I would be doing research in behavioral sciences. We looked at mask usage behavior during the pandemic. This style of collecting data and analyzing it was very different from what I am used to. This made it interesting to me because I wanted to learn something different. We wrote a grant proposal which we submitted to the URC. I felt like this was an important part of the process, I gained knowledge on how to properly write a research proposal, and I managed to write another proposal on my own for a different project and it was accepted.

After this interdisciplinary research project, it felt good to get out my comfort zone and learn something new. I was motivated to engage in another interdisciplinary project. In this research I am using an artificial intelligent algorithm to help identify breast cancer on ultrasound images. I love this project because it is allowing me to connect my computer science knowledge with biology and this is important for a future physician as the technology is forcing its way into the medical world. I am presenting this project at NCUR 2022.

I am confident that the research experience I acquired in Dr Secott's lab has set me up for success in future biology research projects and my other research projects have prepared me for additional opportunities. As an aspiring medical student I hope to get accepted into a MD/PHD program where I can be able to provide patient care services and also engage in research in my specialty as a research doctor. I am not very certain about what I would love to focus my research on, but I am confident that the honors program research competency has provided a strong foundation for me to build my research interest in medical school. I will continue to look for more research opportunities in medical school and narrow down my research interests.

Intercultural Engagement

Essay (Intercultural Engagement)

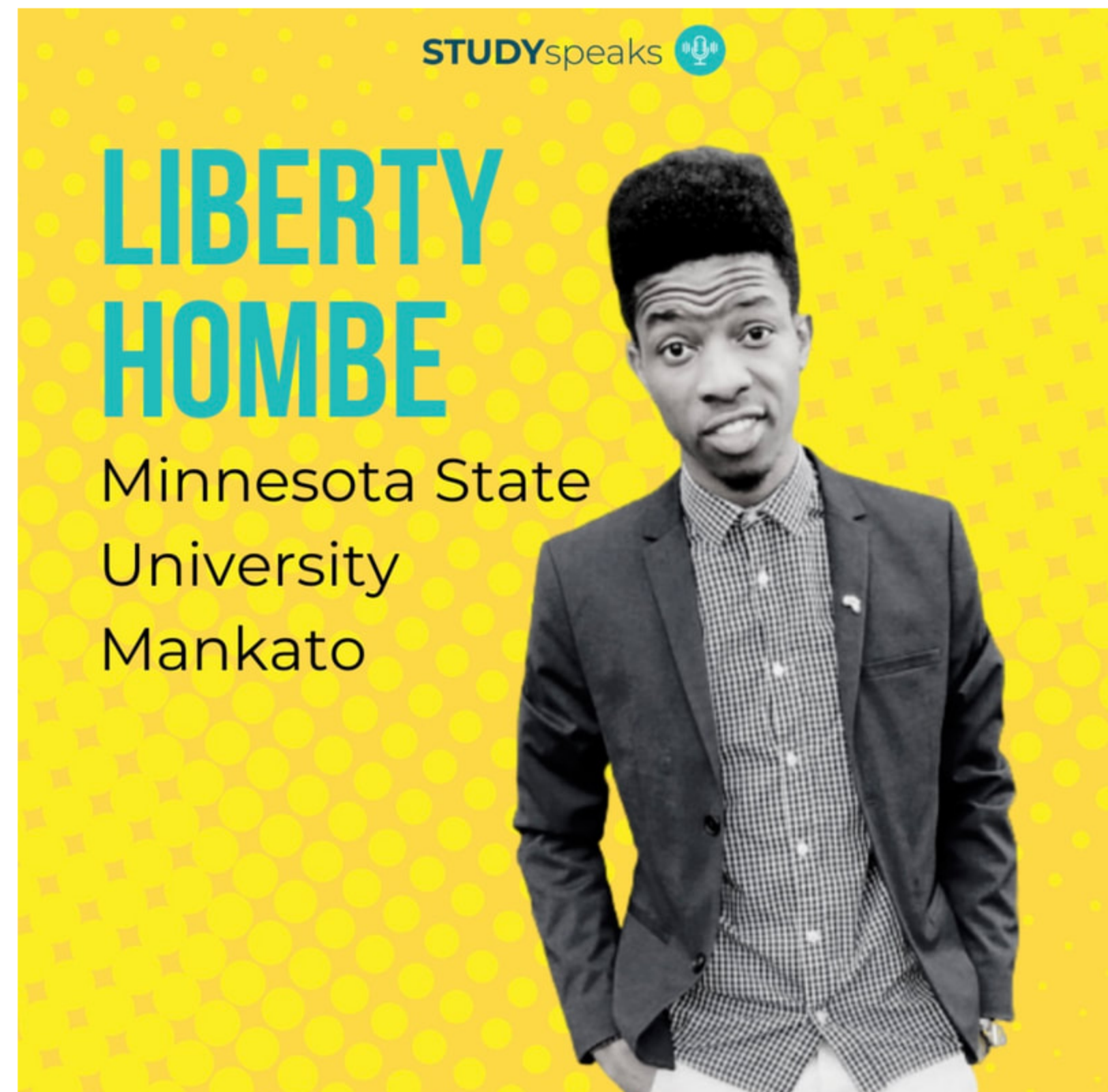
The intercultural engagement competence unit in my first year Honors course enlightened my knowledge about culture, self-awareness, but most importantly I learnt more about how to respect other people's culture and learn from them. I used to think culture is all about people's beliefs and what they consider a right way of living. My definition for culture was completely changed, it was actually improved as I learnt more about it. The iceberg analogy we discussed in my [HNRS 201](#) class was a useful tool for me to get to this realization. I realized that much of culture is not visibly apparent, and that what we see externally about a culture is just the tip of the iceberg. After this class I was more curious to know more and it kinda gave me a head start on where to start, I started to interact more with new people from different parts of the world through leadership roles, volunteering work and tutoring. Through these interactions I learnt more about other people's culture. I learnt that culture shapes ideas that people have, decisions that people make, the choice of food that they eat, and the choice of words they use. We are a product of our environment and culture.

During the last 4 years I had a great opportunity to interact with a lot of people in different activities. I started [volunteering at Kiwanis lights](#). This opportunity allowed me to get exposed to the Mankato community because in the Christmas season, a lot of people will be at the lights with their families. As a volunteer I was helping them with directions and other things . These roles allowed me to interact with people and also experience new cultural practices. Where I come from we don't spend a lot of money decorating Christmas lights like they do here. It's something new to me but I also loved something about this way of celebration. As they do donations ,they are also raising money to make a difference in their community. I think it's something I would love to graft in my community back home because it makes Christmas more fun and also make a difference in the community.

I also had the opportunity to be a [tutor](#). I really loved this role as it allowed me to make a difference in other students' academic lives. I interacted with a lot of students from different backgrounds and that speak different languages. I realized that language is a very important aspect of culture. These students are more free to express themselves in their mother language and language can also be a barrier for these students' academic success journey. I learnt how language influences or shapes culture. Language plays a major role in how we interact with each other, make new connections with friends socially and build professional relationships., It is important to know other people's languages as it increases interactions between us and other people different from us .

We don't live in an isolated system, and we are social creatures. Good communication skills and cultural awareness are very important. I am currently learning a new language in addition to the ones I know and improving my communication skills so that I can be a better member of the global society. I am trying by all means to improve my cultural awareness. I hope to continue having more intercultural interactions with other people in my life and have a better understanding of the world.

The Life of Liberty



STUDY IN THE USA PODCAST