

# Nina Rose Tulashie

HOME

HONORS PROGRAM

ABOUT ME



## *Welcome*

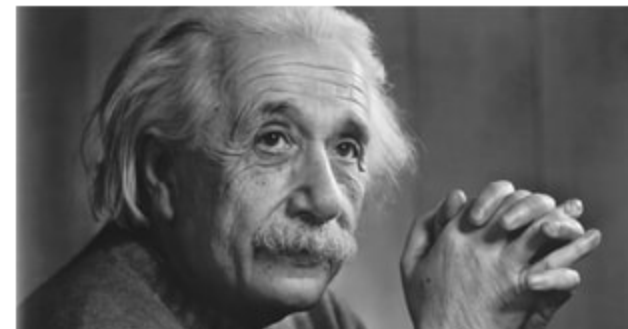
My name is Nina Rose Tulashie and I am a senior honors student at Minnesota State University, Mankato. I am a student majoring in biochemistry and will be attending optometry school in the fall of 2022.

## *Mission Statement*

I plan on working extremely hard during my time here at MNSU. I want to see my goal of continuing my education in the health sciences become a reality. Additionally, I want to incorporate leadership, research, and intercultural engagement into my life after I graduate college.

"Education is what remains after one has forgotten what one has learned in school."

-Albert Einstein





## *Honors Competencies*

### **Leadership**

A leader is someone who guides people towards success. There are many different ways to lead, so the right leaders also understands the people in which they are leading.

### **Research**

Research is the way to find the truth in the world we live in. It takes practice and time to become an accurate researcher.

### **Intercultural Engagement**

In a vastly diverse world, people live, think and speak differently. To engage with different cultures is a way to understand people's differences and similarities.

## *Why Honors?*

During high school I was often surrounded by students who wanted to excel in school. Many of my friends and I were involved in the same classes and extracurriculars. It was nice to be able to be with people who had some of the same goals as I did such as, going to college and doing well in school. When I got accepted to MNSU Mankato I noticed the honors program on the website. Although I did not know what exactly the program was, but I knew I wanted to know students who valued school as much as I did. I applied and got accepted.

I was involved in the Honors Learning Community during my freshman year. I was able to learn more and more about the program from not only faculty, but also other students. It was also a great way to meet other people in the honors program. There were lots of honors events to participate in. Now, honors has become a part of my life for development. Part of why I have learned so much from college is because of the honors program. Everyone has new experiences in college. However, real growth comes from taking a step back and evaluating the lessons from new experiences. I have been able to reflect on experiences I would be otherwise forgotten. Instead of just going through college year after year, I pay attention to how I have changed. For me, learning how I have grown throughout my higher education is valuable. Additionally, I have learned how to be self-aware by reflection.

I want to continue focusing on the competencies and reflecting. I have one year left in the honors program and I want to be able to communicate what I have learned affectively through my website. I also want to be able to apply the things I have learned from being in the honors program to life after undergraduate studies. I want to continue to reflect learn more about myself and other people. The honors program has been an excellent way to grow and learn and I am happy that I have learned so much.

## *Competency Experience Logs and Learning Plans*

School Year of 2018-2019

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School Year of 2019-2020

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School Year of 2020-2021

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School Year of 2021-2022

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## *My Philosophy on Leadership*

Leadership is the ability of an individual to lead another individual or a group of individuals. At a young age, I thought a leader was the person who knew the most. As I got older, I thought leaders were the most assertive in a group setting. My interpretation of a leader changed when I started the Honors Program at Minnesota State University, Mankato. I realized that being a leader can be multiple combinations of several different traits. The best leaders are the ones whose guidance impacts people's lives for the better.

## *Leadership Synthesis Essay*

During my four years of college, I have grown as a leader. The vehicles of my growth have been my Honors 201 class, my Community Advisor (CA) Position, and my Chem Club President position. Each of these experiences has its differences as well as its similarities. The Honors 201 Class introduced me to leadership. My CA position was probably my most intense leadership role. Being the Chem Club president is similar to the CA job but has more freedom.

During the Honors 201 class, I took the StrengthsFinder test. My strengths had a lot to do with my long-term goals. For example, one of my strengths was achiever. This strength is how I finish assignments or tasks throughout the day. I always strive to accomplish something every day. My strengths lacked in the relationship building category. For me, this made sense. During my first semester, I was very focused on getting into medical school. I felt like I needed to do my schoolwork perfectly to get in. I ended up poring myself in studying. Rather than striving to build relationships during college, I was focused on the school part. I was especially intense during my first semester. Towards the end of my first semester, I was thinking about applying to be a CA. The CA job requires relationship building skills to form a connection with residents. By the end of my first semester, I made the goal to make a conscious effort to work on talking to people more. I wanted to be a good CA, so I needed to figure out how to balance a social life as well as academics.

As a CA, I was a role model and leader on campus. I had never been in a position like this. Many people describe CAs as living in a fishbowl. You constantly have people watching you. You also have tons of people who you do not know, but they know you. I made sure to follow all the residence hall policies partially because I had so many eyes on me. One of my first successes as a CA is during the first few days of my residents moving in, I knew all of them by name. Apparently, I am good with names, which (I think) made the residents feel more welcome. A unique challenge of a CA is finding the balance of friendship and authority. Something that pushed this line was when I had to enforce quiet hours on my floor. It was awkward for me to tell people they need to quiet or even write reports, but it was part of my job. Throughout my two years of being a CA, I became more comfortable approaching students and setting my own boundaries in relation to my job.

Being the chem club president is similar to the CA job because I have to plan events for people on campus. However, there is not as much pressure as the CA job put on me. As a CA I constantly had a meeting with my boss to discuss events and keep track of everything I was doing. However, I still had to focus on relationship building skills. Residents are usually full of excitement and nervousness for college. However, the students in chem club were quieter. It has been difficult to find a way to connect the club members. They do not live together, and I am still struggling to make events for them.

Overall, I have developed many leadership skills and I plan on continuing to develop more. Something I have realized from my leadership positions is that leaders can majorly or minorly impact people's lives. This is especially true for my CA job. Most of my residents will remember my name for years. Leaders can affect and change people's lives. Great leaders change people's lives for the better. This is my leadership philosophy. Additionally, from being in these positions, I have realized that leaders are people too. They are people who make mistakes, have good days and bad days, and deserve respect. I have developed more empathy for people in leadership roles. I am proud of how I have changed and what I have learned. I hope to continue to lead and make decisions based on my leadership philosophy.

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HOME HONORS PROGRAM ABOUT ME



## *Research Synthesis Essay*

Research is relevant in every single field of study. For me, the first step of developing my research competency was learning how to gather reputable sources. I learned how to do this in my Honors World History class during my first semester. One of the last assignments of the class was a research paper on a leader. I chose to research Malala. I remember being very excited about researching her. I knew she did amazing things, and I had seen her in media a few times. I picked her as a research topic because I did not know a lot about her. I started with reading her autobiography as a primary source. I then moved on to researching credible secondary sources. The sources I used were from the university's databases and they were all peer reviewed. I also watched interviews with her as well as her speeches. I ended up being proud of my paper. I had just finished my first college semester and this paper was one of my final things to turn in. I learned how to find resources and synthesized them with different types of resources. This assignment served as a guide for my chemistry 481W class because I could apply skills I learned from writing and researching about Malala. CHEM 481W was specifically about reading research.

In CHEM 481W I was able to learn about research literacy in the world of chemistry. I was able to start learning how to read and understand scientific literature. I always struggled being able to understand scientific research. I remember constantly restarting, zoning out, and skimming while reading. During this class I was able to formulate a plan for reading. Reading the scientific literature was a challenge for me in the beginning. Formulating a plan for reading allowed me to gradually get more efficient. This helped tremendously. I felt like I was able to get through any scientific paper and at least understand part of it and that is the important part. One of the last parts of the class was a review article that we had to write. This was similar to the Malala research paper in the sense that I had to synthesize information from several sources. However, it was significantly more difficult to understand scientific literature when compared to the interviews and a book written by Malala. I had to understand the literature and then synthesize the information while presenting it with a scientific tone. I was happy with how my review article came out.

The research I have been working on for Dr. Vorlicek is on the *Speciation of Vanadium in Sulfidic Waters*. I have been taking a spectrum of aqueous forms of vanadium in ocean-like sulfidic water. After looking at the graphs I along with several other students made, we learned that we were not making thiolvanadates. From the analysis of a filtered solid we learned the type of oxidation states of vanadium we were making. I presented my research at the 2022 American Chemical Society in March. I was nervous about the conference because I wanted to present the research correctly. The data from our research is hard to explain. I was worried people were not going to understand what I was saying, because my understanding was wrong. However, everyone understood the presentation. I also wanted to represent Dr. Vorlicek well. People thought his research was exciting. The presentation was successful. My favorite part was seeing people's reactions. There were lots of head nodding questions.



## Intercultural Engagement

### *Intercultural Engagement Synthesis Essay*

Intercultural engagement is an essential part of communication among different individuals. The first step is understanding oneself. Understanding my own cultural identity helps me understand my own perspective and how it may be similar and different from others. Another part of intercultural engagement is learning about other cultures. This has allowed me to be more open towards other cultures. Lastly, learning to interact with different cultures is something that I hope to continue to do throughout my entire life. I want to be able to interact with future patients, co-workers, neighbors, etc. This contributes to being a more well-rounded person, a goal of mine. While taking a sociology class and a gerontology class at MNSU I was able to open my mind to other cultural groups.

I took sociology 101 last year and I thought it was going to be similar to the other general education classes I had taken. It was going to be mostly online, so I was not looking forward to it. However, it had a huge impact on me. In the class, the lectures were fascinating and allowed me to question some of the societal standards I was so used to. For example, why do men and women dress differently? Why do most women in the United States shave their legs? I learned that I do not only shave my legs because that is what I prefer, I do it partly because I am female and have been taught, I am supposed to shave. We also went over statistics that related to race, gender, etc. We looked at minority groups and discussed them as a class. These discussions help me become more aware of different minority groups and some of the issues they deal with. For example, we talked about the prison system in the United States. In US prisons most of the inmates are black. I did not know this beforehand. We spoke as a class about how something in society contributes to that data, not necessarily their skin color. Being able to speak on these issues could help me in the future. Being able to learn about cultural issues could help me speak with patients as well as co-workers.

Currently, I am taking Gerontology 200W. The class has readings to do every week, but a portion of it is out of classroom learning. I have been conducting interviews with adults ages 60 years and older. Older adults are a minority or marginalized group that does not always see in the eye of people my age. Sociology 101 helped me recognize this about the older adult community. When I read about the different types of older adult groups, I used the eye-opening skill I learned in sociology. For example, I questioned what age means from a sociological perspective. This was my first question during interviewing too. I asked what does it mean to be older? This is one way I thought more deeply about older adults.

I have been able to learn from these interviews and classes. What I have taken away from these classes is not just facts and statistics, but the ability to learn and interact with people from different intercultural backgrounds. I have also learned how to be self-aware. Something that helped me learn was the conscious effort to stay open-minded. Open-mindedness is how I want to approach intercultural engagement. It is part of my personal framework. By staying open-minded I hope to learn from my patients, teachers, and all others. Additionally, another part of my personal framework is to be aware of my biases. This skill would allow me to remove judgment as best I can when learning about others. For the future, I want to remain open-minded and aware because it will help me throughout my personal and professional life.

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## *My Identity Chart*

My identity chart consists on things that I identify with myself. I have inserted Michigan in my chart because I grew up in there. I still have my closest friends there as well. I also have Minnesota because I am going to college here and my Mom is from Minnesota. Along with that I have Ghana in my chart because my Dad is from there. I also traveled to Ghana when I was in elementary school. I have things I enjoy or enjoyed spending my time with like, robotics, music, and rock climbing. Lastly, I have Premedical on there because going to medical school is an important goal I have.



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