



Welcome!

Welcome Message

Hello and welcome to my Honors portfolio! My name is Hannah Turnipseed and I am currently a Senior at Minnesota State University, Mankato. I am majoring in Biomedical Sciences and I hope to attend Dental School and become a Doctor of Dental Surgery (DDS) once I graduate from Mankato. I have always known I wanted to achieve a profession in the medical field and dentistry caught my eye.

Mission Statement

My personal mission is to step out of my comfort zone and allow myself to explore different opportunities I wouldn't be able to experience if I kept living comfortably. I hope to strengthen my skills in all three competencies as a honors student while continuing to achieve my personal and academic goals.

Leadership

Research

Global Citizenship

About Me

Hello, my name is Hannah Turnipseed! I am originally from LaCrosse, WI. I am a fourth year at Minnesota State University Mankato. I am majoring in Biomedical sciences, and I will be pursuing dentistry once I graduate in the spring of 2022. I graduated from the Health Science Academy in 2018, along with a high school diploma in 2018. The Health Science Academy was dedicated to high school students that wanted to pursue a career in the medical field. The academy offer science-based college courses, job shadows, CPR and first-aid certification, tours of hospital departments, and many more opportunities. This academy first introduced my interest in dentistry, and I have ran with it ever since.

My parents recently moved to a lake home in Chetek, WI. Ever since the pandemic started, I would move home during the summers to enjoy boating, swimming, paddle boarding, and many other water related activities. Along with spending time outside, I also enjoy painting, drawing, listening to music, and spending quality time with friends. I have two brothers, Brandon and Bennett, whom have been my role models throughout life. Growing up the only female sibling helped me gain thicker skin and a competitive mindset.

Attached below is my Curriculum Vitae (CV), consisting of everything I have experience and accomplished in my life. I hope this helps give an idea of my commitment to the communities I live in and my future career.



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HANNAH TURNIPSEED

Phone: (608) 799-5214
hannahturnipseed@gmail.com (personal)
Hannah.Turnipseed@mnsu.edu (school)

EDUCATION

BS (In Progress) May 2022	Mankato State University, Biomedical Sciences
High School Diploma May 2018 • Top 10% of the class	West Salem High School

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Honors Program Mission Statement:

The mission of the Honors Program at Minnesota State Mankato is to encourage future leaders, researchers, and global citizens by providing high ability and motivated students with exceptional learning opportunities, mentoring relationships, and a community of scholars that foster their development as future leaders in a global society.

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Leadership

Research

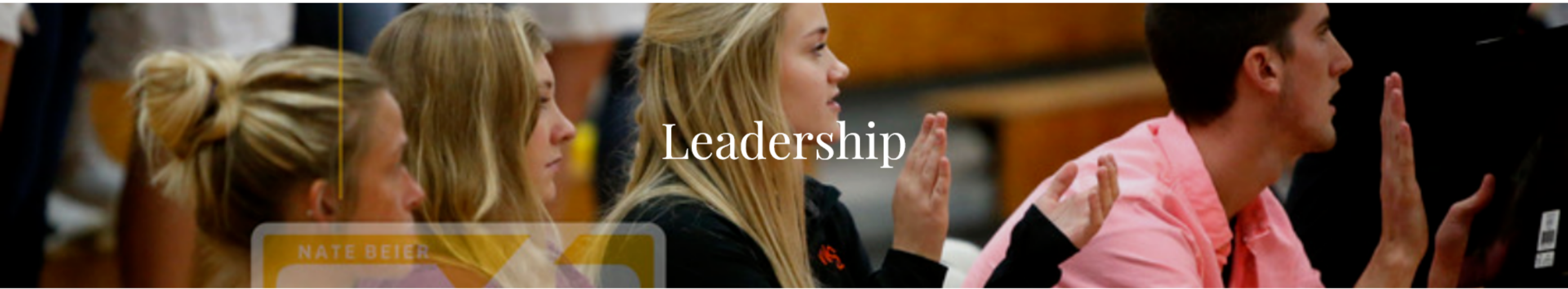
Global Citizenship



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Above are my learning plans for the 2020-2021 school year and the 2021-2022 school year.



Leadership

Leadership Synthesis

Being a leader looks different for every person, which is why it is important to understand your leadership strengths and weaknesses to successfully lead a diverse group. After discovering leadership can be interpreted as leading yourself or a group and discovering the type of leader I am, I developed my own leadership philosophy. For myself, the leadership philosophy that works for me is staying true to myself in leadership positions by guiding a group with confidence to help them reach individual or common goals, before reaching my own. I have always put others before myself, in a healthy way, so one helping others achieve their goals is a goal of mine. Having a passionate leader that cares about your success can lead to many successes in group and individual situations.

My leadership philosophy began to develop when I took the [StrengthsFinder](#) questionnaire during my sophomore year of college. Along with other workshops completed in the class, I was able to develop an idea of who I was as a leader by completing my leadership essay. The knowledge and values I learned through this class has helped me lead different groups on campus and in the Mankato community.

My main leadership roles on campus helped me further discover the purpose of my leadership style, values, and philosophy. I am the [Honors Senior Class Representative](#) and the [Co-President for the Pre-Dental Club](#). Although these roles have different responsibilities, they taught me the importance of being yourself as a leader. During a meeting with the honors executive board, we did a personal values/characteristics questionnaire, the top result of my questionnaire was humor. I was defeated by these results because I did not think humor brought importance to a group like communication or problem-solving can. My fellow board members took the time to explain how crucial it is to have humor in a leadership position. Humor can bring a group together through happiness and make everyone feel more comfortable in a potential stressful situation. I continued to carry this leadership strength into the pre-dental club meetings because they can be very stressful for students. Many times, students left dental club meetings feeling behind and stressed out because the process of getting into dental school is time-consuming. My humor helped lighten the mood and seriousness of the meetings while also bringing empathy to help my colleagues feel they are on the right track.

The first time my leadership was challenged was working as a delivery driver for the [Campus Kitchen](#). I would deliver meals to the Echo Food Shelf, Maxfield, Open-Door Health Center, and the Boys and Girls Club. I struggled with this position because I did not see where my leadership skills were being benefitted. I did not feel like a leader in this position due to being alone while delivering food across the community. As time continued, I began to learn without my role in the Campus Kitchen, food would not be distributed throughout the community. Individuals and families would not have the chance to receive the food from Campus Kitchen without my commitment and passion to serve the community. This leadership was different for me but helped me experience the importance of leadership in a different way and how to apply my leadership values to multiple settings.

Since I graduate this semester, I will carry my leadership values into the work setting at the oral surgery office I work at as a lab assistant. In this setting, I will develop my courage skills because they are something I believe I lack in a leadership position. Going outside my comfort zone has always been a struggle of mine, so I plan to work on this at work and during my gap year before applying to dental school. I hope to continue and develop the leadership values I have learned once I get into dental school to help colleagues and patients.

A close-up photograph of a microscope's objective lenses, showing various magnification labels like '10 / 0.25' and '160 / 0.17'. The word 'Research' is overlaid in white text on the image.

Research

Research Synthesis

Before attending Mankato State University, I knew I would be exposed to research opportunities as a Biomedical science major, however I was unsure what these opportunities would look like. Over the past four years, I have taken myself outside my comfort zone to learn and conduct research in several ways. My experiences in a library activity, completing an Endocrinology research project, and Professor Anderson's research lab have helped me recognize the importance of understanding effective and ethical research writings, and how to use that knowledge towards studying research ideas of my own.

I started developing my hands-on research skills in biology courses, but I did not understand the importance of written research until I completed a [library activity](#) through the Honors 201 course. The library activity focused on reviewing several research sources and deciding whether they were credible or not. Although I have written lab reports in the past, the biology courses did not explain how to evaluate a credible and ethical source. I have since been able to apply these skills writing article summaries for my research lab with Professor Anderson and complete research projects for classes such as Endocrinology.

The research project I completed for [Endocrinology](#) was based on the disorder Gigantism. We were instructed to use primary articles or reviews to obtain information such as history, causes, and treatments for the disorder. My knowledge from the library activity allowed me to choose articles from the PubMed database that contained accurate and ethical information. The Gigantism research project also expanded my synthesizing skills by taking complex information and rewording it in a way that was more suitable to my scientific language. While reading the complex articles, it opened my eyes to the significance of incorporating as much detail as possible to scientific papers. Adding detail helps individuals fully understand and potentially expand on the research to develop new findings.

During the last three semesters I have been on Professor Anderson's research team. Our research focuses on the bacteria, Methicillin-Resistant *Staphylococcus aureus* (MRSA). The research I am currently working on involves [MRSA vs. Disinfectants](#). As previously stated, I have been able to develop my information literacy and synthesis skills by writing article summaries based on the research I have conducted. My [research experience](#) with Professor Anderson has also helped me develop my own research question and perform experiments to test my hypothesis. I plan to present the data I obtain at the Undergraduate Research Symposium this spring. Through my research, I have been able to recognize the importance of mistakes in science. Due to human error, I have redone my procedure three times to create an experiment that gives the most accurate results.

Overall, I have gained a deeper understanding of research and all it may entail. My research experiences have allowed me to expand my problem-solving and critical thinking skills. Research I have completed has also shown me how to apply these critical thinking and problem-solving skills to other scenarios in life. In the future, I hope to continuously enhance my knowledge and expertise in the research competency by developing my own thesis or joining a research team in dental school. During my gap year, I would like to work in a research lab as well to gain more hands-on experience and enhance my critical thinking skills.

Global Citizenship

Global Citizenship Synthesis

Before coming to college, I have lived in communities that were not considered diverse. Growing up in these communities hindered my idea of what global citizenship was because I was not exposed to it. After joining the Honors Program, I have been able to put myself in uncomfortable situations to learn about my culture and the cultures of those surrounding me. Thankfully, I have been able to develop a clearer idea of global citizenship through experiences in Spanish language learning, listening to the Hidden Brain podcast, learning about the Lakota Tribe, and taking an Explorations of Yoga honors class.

Throughout college and experiences outside of the classroom, I have learned how to apply my global citizenship understanding to dive deeper into the Spanish culture. Although I have been learning the [Spanish language](#) for several years, I did not immerse myself in the culture. Realizing the purpose of the global citizenship competency helped me understand that learning a different language does not mean you know the culture. A [Hidden Brain podcast](#) called “Lost in Translation” taught me that language and culture are linked. I had studied the Spanish language for several years, but I did not go the extra mile to respectfully learn the culture. I was given the opportunity to immerse myself in a Spanish speaking culture on a trip to Mexico. My trip to Mexico helped me overcome certain biases I have developed about the culture based on assumptions pulled from information I have heard. This experience opened my eyes to the type of culture I have been living in, which has diverted me to be more mindful of the information with which I surround myself with.

While starting to enhance my knowledge of different cultures, I thought back to a youth leadership trip I took to Pine Ridge, South Dakota. On this trip I met several members of the [Lakota Nation](#), but my group focused on teaching leadership skills. I took it upon myself to reach out to the individuals I met to learn more about their culture because I was beginning to understand the benefits of learning the cultures of others around you. What I learned made me realize how different and similar cultures can be. Everyone takes pride in their culture but conversing with the Lakota Nation made me noticed that I do not take as much pride in my culture(s) as I should. On top of being educated about the Lakota Tribe, I was able to question the kind of culture I find myself living in. Along with the Lakota Nation, I put myself in a culturally uncomfortable situation by volunteering at [Connections Ministry](#). While volunteering here, I learned how to shift my mindset on bias I have developed and educate those around me. Slowly, I have concluded that we can be comprised of many cultures based on different factors that make us who we are.

Exploring my own culture has been difficult for me but taking an [Explorations of Yoga course](#) helped me face these difficulties. The yoga course did not only show me the physical and mental benefits of practicing yoga, but the culture and values behind it. In yogi culture, there are concepts known as the East and West concepts which focus on self-recognition and our grounding to the earth, which is something I find our society struggles with. Learning about the concepts helped me realize the importance of how we speak to ourselves in verbal and nonverbal ways. Learning how to communicate in verbal and nonverbal ways has helped me continue my journey to self-awareness of my own culture.

Global citizenship has taught me how to reflect on different cultures and cultures of my own. I have also learned how to respectfully approach understanding and learning about different cultures. By developing awareness to global citizenship, I will be able to use the knowledge and skills I have learned when applying to dental schools. The comprehension of different cultures will be critical to providing exceptional patient care when I become a dentist.